

within us - that's the real transformation. So, no use having any attitude about it - better seek the truth about it. Whatever attitude we have, is a mental projection, that's all.

Is a whichever way you are made, you see that Christians think they're the best, Hindus think they're the best, everybody thinks they're the best and if you want to locate this, it's rather difficult to see anything good about it. So, there's something wrong - it's all saying for being self-certified. It's better to know the self, that's what everybody has said it. Even Mohammad sahab has said it so clearly - on the contrary, I would say, He has said something so clearly that you can feel the cool breeze and that your hands will speak against your will, you witness against , will tell you what's wrong with you. I mean, there's so much they've said. Not only that but a complete [UNCLEAR] but Muslims have closed that part that they don't want to hear. So, the artificially given uh..baptism is no great, real thing, it has to be actualized. It has to be actualized, it has to happen. Then we don't have to go to church - church is within ourselves. So, what do you say now, should we have?

Now, there's one thing at the very outset, you cannot force it on anyone. Because when you have to achieve ultimate freedom, your freedom has to be respected. So, I cannot force on you. If you want to have your realization really, then only it will work out. So, those who want to have their realization, should be there, otherwise no use, I'll be wasting My energy on them. So, you have to be decide for it first of all, secondly as I've told you before and again I request you that forget the past, forget the past forgive yourself completely and know that you are all capable of becoming very highly Self-realized people - all of you are, so, don't find faults with you, don't feel guilty, have confidence. At any age, whatever may be your [UNCLEAR], maybe your [UNCLEAR - NATURE?] - it's all going to work out. So, have confidence in yourself and not to feel guilty at all. These are the two conditions.

So, the first humble request is that we have to take out the shoes because the Mother Earth is going to help us. - [INAUDIBLE] - Talking, talking. Now, take out your shoes just uh.. and put the feet on the Mother Earth - need not take out the socks, it's all right. What's it? - [INAUDIBLE] - What happened? [INAUDIBLE] - [MIXED VOICES] - It's all right. All right, doesn't matter, doesn't matter. It's all right, doesn't matter. It's all right, it's all right, sit comfortably. You have to be comfortable, it's all right.

It's all right, you have to sit comfortably and you have to not to bend too much, not to stretch yourself but comfortably in a straight way. Now, today I want to tell you, also how you can raise you own Kundalini and how we work it out. It's very simple and we'll get somebody to tell you that. [UNCLEAR - CAN COME?] It's very simple, so, first of all we'll show you - keep your eyes open and then you have to close your eyes because the attention has to go inside. But first he'll tell you, we'll tell you how to do. That the, tomorrow you'll know that the left-side represents our desires so you put your left hand towards Me like this on your lap, need not be like that but could be on your lap itself, and the right hand is to be used for nourishing your own centers. First of all you have to put your hand on your heart. If you have any thing in the pockets better to remove them little bit so that there's no pressure. In the heart resides the spirit, that's why we first put our hand to our heart.

We work only on the left side with our right hand - all the time the left hand being towards Me like that. All right. Now, from the heart you move your right hand on the left hand side, in the upper portion of your abdomen, here, the left side, press it hard. Now, this is the center of your mastery, what we call as guru principle - that you become a master. Then, you have to take your right hand in the lower portion of your abdomen, on the left hand side - press it hard. This is the center of pure knowledge. Knowledge doesn't mean book knowledge or mental knowledge but knowledge that you feel on your Central Nervous System that is uh.. the early Christians used to call it as Gnostics - those who knew it on their Central Nervous system. Even Vedas come from the word vid - means to know on your Central Nervous System. And in the Buddhism they call it a bodha - bodh means also the same thing - you have to know it on your Central Nervous System. So, this is the pure knowledge, center for the pure knowledge.

Then we go back on to the uh.. left hand side of our abdomen, the upper portion, press it hard there, then to the heart again. Then we move our right hand in the corner of your neck and your shoulder. Now, this is the center which is mostly catching because people feel guilty. It's a very dangerous one, gives you spondylitis or it gives you also angina. Disease of angina comes from the clogging of this center - is called as the Left Vishudhdi, as we call it. Then, you have to turn your head to your right - do it better because you can push back your hand a little, push your - that's all. Then you have to take your right hand on top of your forehead across, like this, and put down your head. This is the center where you have to forgive - forgive everyone. Now, it's easy to say that. Some people think that's difficult to do it but whether you forgive or you don't forgive you don't do anything - it's a myth.

So but, if you say that, "I forgive everyone," then you get out of the clutches of wrong people, mentally. Now, take back your hand on the back side of your head and slowly push back your head towards the sky, like this - this is the center where you have to ask for forgiveness from the Divine without feeling guilty - that is the first condition, the foremost condition - is not to count your mistakes, your past and whatever you think you have done wrong. So, without feeling guilty, you have to ask for forgiveness. Then, you have to stretch your hand fully and the center of your palm is to be placed on the fontanel bone area, which was a soft bone in your childhood, here. Now, here it is important to understand, push back your fingers completely, push them back and put a pressure. Now, bend down your head, press it hard and move your scalp slowly, clockwise, seven times. Slowly, push back your fingers. Pressure should be on the scalp movement, not that your hand is moving but the scalp more. That's all, one has to do. But still I think, you didn't push back your fingers so next time you'll remember.

Now, you have to close your eyes. You can take out your spectacles also, it helps eyesight, please. Now, please don't open your eyes till I tell you, please don't open, till then. You have to close your eyes, put your feet on the ground, as much as you can touch and put your left hand towards Me and right hand on your heart. Here, you have to ask Me a question because it's like a Divine computer that works and when you become the Divine computer, you'll work the same way. So, you ask a first question to Me - you can call Me, Shri Mataji or you can call Me, Mother - whatever you think it proper. [UNCLEAR - THAT?] "Mother, am I the spirit?" Ask this question in your heart three times. "Mother, am I the spirit?"

Have faith in yourself, have full confidence in yourself. You ask yourself, "Mother, am I the spirit?" Keep your eyes shut, don't open them. Now, if you are the spirit, you are your master because your spirit is your guide. So now, put down your right hand in the upper portion of your abdomen on the left hand side and press it hard, keeping the left hand towards Me, here you ask another very important question three times, "Mother, am I my own master? Mother, am I my own guru?" - Ask this question three times. As I've already told you that I respect your freedom and I cannot force it on you - not even the pure knowledge. So now, you have to ask for pure knowledge. Put down your right hand in the lower portion of your abdomen, press it hard.

And now, you have to say, "Mother, please give Me pure, pure knowledge." In the glory of your own freedom, you have to ask Me, "Mother, please give me pure knowledge." This you have to say six times because this center has got six petals, so you have to say it six times. "Mother, please give me pure knowledge." In Sanskrit called as Shudh Vidya. As soon as you say that, the Kundalini starts rising. So now, we have to nourish the higher centers so that Her movement becomes easier. So now, please raise your right hand in the upper portion of your abdomen, on the left hand side and press it hard. To open this center, with full confidence, you have to say ten times, with full confidence in yourself, "Mother, I am my own master." Please say it ten times.

"Mother, I am my own master." Please say it ten times, asserting. This is very good for people who have been to wrong masters. The greatest truth about yourself is that, you are not this body, you are not this mind, you are not this ego, you are not this, these emotions, your thought, your work - you are the spirit. So now, raise your right hand on your heart and now with full confidence say, you have to say twelve times, "Mother, I am the spirit." Put it on your heart, the right hand and say with full confidence twelve times, "Mother, I am the pure spirit." Now, one has to understand that Divine power, which is All-pervading, is the power that is the ocean of bliss and knowledge, is the ocean of joy but above all it is the ocean of forgiveness. and you cannot do anything that it cannot forgive. Whatever you may have done, please rely on the power of that ocean of forgiveness and forgive yourself. So, please raise your right hand in the corner of your neck and your shoulder and turn your right, turn your head towards right - as much as you can, push back your hand.

At this centers, one has to say with full confidence, with full confidence, "Mother, I am not guilty at all, " sixteen times. "Mother, I am not guilty at all, " sixteen times. Now, as I told you, that some people say, it's very difficult to forgive others but whether you forgive or you don't forgive, it's a myth. But if you don't forgive, then you play into wrong hands. So, have confidence in yourself and now, raise your right hand on your forehead across and bend your head. At this point, you have to say, without counting people, without thinking about them, just say, "Mother, I forgive everyone." You say it from your heart, not how many times but say it from your heart, which is very important. Now, take back your right hand on to the back side of your head, where the optic lobe is and now push your head upward, as much as you can, resting on that hand. Here again, without feeling guilty, without

counting what mistakes you have committed for your own satisfaction, you have to say from your heart, not how many times, "Oh Divine, please forgive, forgive me if I have done any mistakes." Say it from your heart.

Now, stretch your hand fully and put the center of your palm on the fontanel bone area, which was a soft bone in your childhood. Press it hard. Now, really push back your fingers, as much as you can, to put a pressure on that area and now bend your head. Please move your hand seven times in a clockwise manner. But here again, I cannot get over your freedom, in the sense that I cannot insult your freedom. I respect you, so I would say that, you have to ask for your Self-realization. So, you have to say seven times, "Mother, please give me Self-realization." I cannot force it on you. Seven times. [SHRI MATAJI BLOWS IN TO THE MICROPHONE] Now please, take down your hands, both the hands and slowly open your eyes, slowly open your eyes.

Slowly. Now, put both the hands towards Me, like this. Now, put the right hand towards Me, little higher like that - right hand and now, put down your head and with your left hand you see here in the fontanel bone area, if there's a cool breeze coming? Now, don't doubt it - there's no air conditioning or anything working it out that thing. From inside you'll feel the cool breeze coming in. Bend your head. Now, don't doubt because then you go in the lower level of thought. Just see for yourself, if there's a cool breeze coming out of your fontanel bone area. Now, please put the left hand towards Me, like this higher and now, again bend your head and see for yourself with the right hand, if there's a cool breeze coming out of your fontanel bone area. Sometimes there could be little heat also, doesn't matter, it will disappear.

If there's heat in the body, it has to come out. Once again, put left hand towards Me - right hand again, towards Me. Once again, put right hand towards Me and see with your left hand bending your head, if there's a cool breeze coming out of your fontanel bone area. Good! Now, please put your both the hands up like this and push back your head, push back as much as you can, and now you can ask a question, "Mother, is this the cool breeze of the Holy Ghost? Mother, is this the cool breeze of the All-Pervading Divine power?" You ask this question three times, just ask this question, "Is this the cool breeze of the Holy Ghost?" - three times, please. Now, Now, take down your hands, please take down your hands. You feel very relaxed, very relaxed and [UNCLEAR] Now see, if you're feeling the cool breeze in your hand?

Now, those people who have felt the cool breeze in their hand or the cool breeze out of your fontanel bone area, please, raise both your hands. Ah, just imagine! You're all saints now, so I better say I'll bow to you. May God bless you! It's beautiful, started with so many. Some did not feel, doesn't matter. We'll have it tomorrow - you're all going to feel it. So nice, but now don't think about it. When you come down, don't think about it - just be silent. Sleep well tonight.

Tomorrow again we'll work it out and fix it up. May God bless you! May god bless you! May God bless you! We have a very nice center here and I'm sure we want our progress very well here. May God bless you! Thank you very much. It's not well, so many, really! We, we 'll have to work it out tomorrow morning also. Could shake hands with Me if you want to.

They want to shake hands with Me, come along. -[UNCLEAR] - Annh? -[UNCLEAR] - Annh? Come on this side, this side is better, I can hear you. [UNCLEAR] - Can't you come to the ashram? - [UNCLEAR] - Looks better. Hmm - At least, if they want, they can shake hands with Me, I would say good-bye to them. - There may be some problem [UNCLEAR] - Annh? - There may be some problem [UNCLEAR] if they come to shake hands No, it's... [SHRI MATAJI LAUGHS] - Tomorrow evening - He's saying, if they come and shake hands they'll give You some problems. Shri Mataji will be [UNCLEAR] in full manner.

- [UNCLEAR] will be here 8:30 [UNCLEAR] - I could sit in front - [UNCLEAR] Thank you. [UNCLEAR] I would like to shake hands with each one. [SHRI MATAJI SHAKES HANDS] Come, good. Haan, that's My Who? Haan, you. Are you good, are you all right? -[UNCLEAR] - Yes, I do, how are you? - [UNCLEAR] I know but now you [INAUDIBLE] Now, just say, just say, I forgive everyone. Just say, I forgive everyone. Must come again.

Come back again soon. Thank you for getting it. Hope to see you all tomorrow - bring all your friends also. This is the best thing

they could have. Now, that's [UNCLEAR] Can you see Me, can you see Me? Hello! Where are we having our program tomorrow?
Annn, how are you, better now? Kya haal hai iska? Theek hai, theek hai?

Kya naam hai aapka? What are you afraid of? You are the [UNCLEAR] All right? Haan, better?

1990-0303, Living process of sprouting the Kundalini

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Living Process Of Sprouting The Kundalini

Public Program

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1990-03-03 Public Program Day 2, Perth, Australia

I bow to all the seekers of truth. I was very happy to learn that in Fremantle there are many seekers of truth. Maybe, the blessings of the sea and the expanse gives rise to the curiosities to know what is beyond and the time has come today, I think that we're trying to find out what is beyond this human awareness, what is beyond human endeavor. Is it all a fruitless life? So many questions are peeping in. That's why I call it a blossom time. Because there were never so many seekers in the world before as they're today. Of course in ignorance they might be mislaid into wrong paths and they might be completely disillusioned as well. But whatever maybe, truth exists, it is there and to find it out should be the easiest thing for us, it should not be difficult because it is so vital and so important. Whatever is vital has to be, has to be very simple and so we call it sahaja. Sahaja also means spontaneous - it means born with you.

Is the spontaneous happening of this living process within you, of sprouting the Kundalini, just like a seed sprouts when you put it in the Mother Earth. You can't pay for it first of all, no you can't. You can't have a course in it - it's not mental, it's something that is inside. Anything that says that by paying you can purchase God or gurus, then know that they're not anywhere near Divinity, they have nothing to do with God. Because God doesn't understand money at all, He can only understand love and genuineness within you. So now, we come to this subtle system that exists within us - I hope, you are listening to Me, can you hear Me? This subtle system that exists within us has been known to many people, since long, but was kept a secret. I would say, there were very few flowers on the tree of life at that time and, as I said, this is the blossom time and many people have to have their realization. So, this is the breakthrough into the evolutionary process, as you are a human-being. You have to just have a little more jump to get to that point where you become the spirit.

It is your own, all this system belongs to you - is within you. Only thing, that a one enlightened candle can enlighten another candle, that's how it works out. But there's no obligation, it just a... , you can say, a triggering or like a catalyst it works. Now, in this system yesterday I was telling you about is, there are three type of channels you can see clearly - have you talked about that to them? No. Now, these channels are, the first one is, is the left-side channel, which uh, which is called which supplies to the left-side sympathetic nervous system but in Sanskrit language it is called as the Ida Nadi. Also it is called as the Moon channel - is the left-side, which caters to your Sub-conscious mind and to your Collective Sub-conscious. On the right hand side there's another area which, we can call it as the one which nourishes the Right Sympathetic Nervous System. This one is for your future. So, we can say that, the left one is the one, which emits the power of desire and the right one emits the power of action through your physical and mental being.

So, we have these two Sympathetic Nervous Systems within us. In the center is the Parasympathetic Nervous System which in Sanskrit called as the Sushumna Nadi. So, the left is the Ida Nadi which is the Moon channel, left, right is the Pingala Nadi which is the Sun's channel and the central one is the Sushumna Nadi through which we have now come to this stage of human awareness. From Amoeba to this stage we have arrived through this system of Parasympathetic activity. And whatever we have achieved through our evolution, we can feel it on our Central Nervous System. For example, if you have some dog or a animal, any, say a, a, a horse, it can pass through any dirty lane - it doesn't see the beauty of a building, it just goes through. But it's only, a human-being can feel the filth and the dirt and also the beauty. So, in our awareness we have achieved a lot but still, there's something more we have to achieve and that achievement is, the Absolute Truth. So far, whatever truth we have, is all relative. We're finding this is nice, somebody says this is very nice, somebody says that's very nice - somebody says Communism is good

somebody says Capitalism is good - somebody says this religion is good, somebody says that religion is good - it's all relative terminology, there's nothing Absolute about it.

So, whatever is Absolute, we have to know on our Central Nervous System. That's what is called as bodha in the Buddha religion and as uh.. as vid in the Vedas, also what the early Christians called themselves as Gnostic. 'Gna' the word 'Gna' comes from the word 'Gnya', 'Gnya'. Some people call it Gyana, some people call it Gyan. So the 'Gyna', from the 'Gyna' means the one who has known on the Central Nervous System, not mentally, not reading something. It is something that you have to know on your Central Nervous System. And what do you have to know, is the All-Pervading power, which is described by all the saints, prophets and all the Incarnations. You have to feel that subtle power which works out all that is living. We cannot explain how it works out. A little seed sprouts, becomes a big tree and the tree bears all so many seeds which has so many trees.

So the one little seed has all the maps of all the progeny it is going to produce - it's a tremendous thing. And this Infinity, all that is built-in, in one little seed is like a, something, is beyond our imagination, beyond our understanding. In the same way, within us lies this very subtle uh.. system, which works out the last ascent. There's the power as he must have told you - is the triangular bone called as sacrum - called as Kundalini. The other day, somebody asked Me the question, that people say the Kundalini awakening is a very dangerous thing. It's not at all because Kundalini is your pure desire. So now, we have three powers, as I told you. The first power we have is the power of desire ordinary desire. Now, desire is never fulfilled in general - is a principle of Economics, as you know, that in general is never satiable. Supposing, today uh.. we want to buy a car all right, you have a car, then we want to have a house, then we want to have this we want to have that.

Whatever we have, we cannot enjoy. The desire goes jumping from one to another. That's power of desire and the second one is the power of action by which we put in physical effort and mental effort - we think we'll have this, we'll work it out, we plan it and sometimes, that also leads us nowhere and we really get absolutely flabbergasted the way we have missed the point. So, all these two powers work separately but human-beings have a capacity to go to extremes, to left or to the right. If they go too much to the right they cause a problem to their centers which, I would say, are like this in the center. Now, the left and the right and in the center you see this, is, you can say, is the spinal cord. Now, in this lies the center, the subtle center. Now, if you use too much of this or use too much of this, it breaks. When it breaks, you lose the control or you can say that the connection with the whole is lost and you become on your own. That's how, diseases like cancer set in.

Cancer is simple thing, that you go to extremes on the right side or to the left side and is, when it is triggered also by the right or the left side, it just separate like that and then the cells start growing on their own, which is called as malignancy. Now somehow, if you can bring them back to their original position, cancer can be cured. There are so many things like that, which can be corrected very easily, only if you know the fundamentals, the roots on which we stand. Our civilization has grown outside like a very, very big tree but we haven't found out our roots that's why they're writing these days that we are verge, on the verge of shock - this is going to happen, that is going to happen. We have to find out our roots. Now, when we depend so much on Science and the advancement we have to understand that it has certain defects in it. For example, science doesn't have any humanity, science doesn't have any consideration of love and affection, it has no art in it. It has no consideration for other human-beings - science is blind. And if you go after science to that extent that the whole nation becomes blind then is possibility that you might just create something like atom bomb, hydrogen bomb - devil sitting on our heads, you see, telling us what we have created. So, to get the balance, we have to see to the roots of this tree and the roots are within ourselves, which we have to find out.

These roots are, as he has told you, these three systems that work within us - one which is the desire power, another which is the thinking power you can call it or a mental uh.. understanding that we have about things or mental action and the physical action. The central one is the ascending. As Christ has said, that Holy Ghost will have three capacities. One is She Comforter - then Comforter is the left side, then Counselor is the right side and the central path is the ascending part, is the Redeemer, by which you're redeemed. Now, when one system starts working, say the right system, which works very much in the modern times with people - we're planning, planning, planning like mad and all the time thinking, thinking, thinking to create something new, to create something great. In that uh.., in that endeavor to create something new and to create something great, what do we do, is to use our right side too much. Now, if you see, the right side is connected to a yellow uh.. colored center, a chakra, sukhsha-

chakra. Now, this yellow center is the one, that represents the energy for all the organs of the stomach. It helps to work out your liver, your pancreas, uh.. your spleen, kidneys and part of your intestines. But it has some very important work to do and that important work is to convert your fat for the replacement of the grey cells in your brain.

That fat is converted to make it into grey cells. Now, when you use too much of your brain - all the time you start using it too much - then what happens, there, there's an imbalance. and you start neglecting the viscera, the, the, we should say, the organs of your stomach. At that time, all these things like your liver, your pancreas, your spleen, your kidneys, all of them go out of order. I'm just giving you an example of one, of one, one side working too hard. So, such people might get liver troubles. The liver is responsible for absorbing the heat in the body. It absorbs all the heat that you have and then it uh.. releases into the water which is in the blood. But when the liver goes out of order, the heat remains as it is. Then it starts spreading upward.

When it goes upward it can cause you Asthma and all such diseases which are due to the heat of the liver. Then, if your pancreas is also neglected, then you get a disease like Diabetes. Now, Diabetes is a disease very common with the people who think too much, who sit in the, on their chairs and are planning - they get Diabetes - not the villagers. Say, in Indian village they take sugar in such a way that the spoon has to stand at perpendicular, then only they think it's tea otherwise it's no tea. And they never get, they never get Diabetes - they don't know what is Diabetes is. It's only the people who are sitting on their chairs and thinking too much get Diabetes. So, this neglect of the pancreas creates this problem. The third one is much more dangerous, is the one, is the spleen. The life today is so hectic and so full of tensions - early in the morning first of all you read the newspaper. Of course the newspaper always give the horrid, most horrid news in the first page, you see, so it's a sensation.

But as soon as you read that newspaper, your spleen goes into contractions. Because the spleen has a job to create Red blood corpuscles for the emergencies and such an emergency is a reason, so poor spleen doesn't know what to do. After that, you in a hurry, you just don't take your breakfast or may take it somehow, jump into your car, shouting at all the people who have jammed on the way and then ultimately if you reach your office somehow or the other little late then you had it. So, all this spoils the rhythmic system of your spleen - it's the rhythmic system. It gives you the rhythm of life and when it becomes unrhythmically active, then it goes crazy. Because our life is little crazy and the poor spleen also becomes crazy with it. That craziness causes the vulnerability to a very serious disease called as Blood cancer. It doesn't know when to produce more blood, when to reduce it and it just behaves in such a crazy manner that a disease like Blood cancer is caused. You'll be surprised we, with sahaja yoga, with this Kundalini awakening many people, at least I know about 10 or 12 people have been cured of Blood cancer who were certified to be dead within one year's time or minimum of one month also, they're all nicely kicking because it's about, I think, 6-7 years back they were cured of their diseases and still living all right. So such diseases can be cured only by putting uh.. your Kundalini, through those centers, nourishing them and bringing them back to normal and connecting them through the central uh.. path, it passes through the last center, as we call it, the limbic area - you see, there's a limbic area, beyond that crosses over the fontanel bone area which was a soft bone on your head and that's how you get the actualization of your baptism.

It's not just something artificial that I take the child and child is crying loudly and put some oil on that and say now you're baptised. No, it's, there has to be the cool breeze of the Holy Ghost coming out of your head. And such a person has to have the powers of a realized soul and the powers of the realized souls are many fold. We can describe them in short that first of all, once you get your realization you know about yourself, about your centers. You know what's wrong with you, you know what's wrong with others because there's another thin g that happens to you that you become collectively conscious. That means on your Central Nervous System you can feel others on your finger-tips. That's how you know what's wrong with them, what's wrong with you. If you know how to correct that part you're all right. So, health-wise you become all right. Then, mentally we have seen many people who have been suffering from depressions and Schizophrenia - all so many diseases, even some cases cases of retardation of small children, have been cured by Kundalini awakening.

It's remarkable! Some people take more time, some people take very little time - it has worked out. It's fantastic the way it works out your corrections. It's like, putting to the mains and you get all the energy flowing into you and you just get corrected. The third thing that happens to you, apart from Collective Consciousness, is that, when the Kundalini crosses over this center of Agnya, we become absolutely a person which has got a capacity, what we call, is of thoughtless awareness. That means you're absolutely aware. Now, if you want to think you'll think otherwise you won't think. You just get, don't get bothered about thinking, just it's

there, you see everything like a witness - you just see everything. Now say, for example, I see something beautiful, like these flowers now, somebody would say, "Oh, from where to get this?" lots of thoughts, "From where to get these flowers, uh..how much should I pay for it, what should I do about it?"

or else, I just watch it. And when I just watch it, just witness then what happens, the joy of that creation, of that Creator, just starts flowing from My head downward, cooling Me down completely. There's no thought, it's like a lake which is absolutely ripple-less - that's how the mind becomes - and all that is created around it, reflects completely into it without any disturbance. Such a mind you develop and that's what I call, is the mind of a realized soul which is so peaceful. Now, we talk of peace, foundation of peace and all that - I've seen the people, now in the other life of [UNCLEAR] one I lead as a wife of someone, I've met many people who are supposed to be uh...Nobel Prize winners on Peace and who have founded Peace Foundations and things but in the Foundation there is no peace at all. They're one of the most disturbed people I've come across - and how can they emit peace to others when there's no peace within yourself. And this is your own glory, your own quality, within yourself - it is just to be awakened to have that peace. That, as if, you go from your peripheries to your axis and you're just looking at all those things that are happening. This is the peace that you develop. Then, you get the capacity to know the Absolute Truth.

For example, you can feel it on your finger-tips. Now supposing, there's a gentleman just coming out of the jail and wearing these robes and things, comes to Australia, you see, everybody thinks he's a big guru. How will you make out whether he's real or not? In the beginning he may not even take money from you but ultimately he will. I mean, that's the attitude. After all he's come all the way here not for, just for your benevolence but for some money making propositions. But still, if you put your hands towards such a person, you'll feel heat in your hand - maybe sometimes a little blistering might... But if it's a real person, if it's a realized soul, whether dead or whether away from us, we can make it out whether that person is realized or not, if he's truthful or not. Even if you have ten children and tie their eyes, if they're realized souls, you ask them, "What's wrong with this gentleman?" They'll show the same finger, all of them, meaning, this is the center which is catching.

So, it's Absolute Truth you know through that. And last of all, you become the joy. And joy doesn't have unhappiness and happiness - you just become joy. Cannot be described - is to be experienced and enjoyed. As it is, when it passes through the center there, the green part, you see, we call it as void. This is a different void from what Zen talk about but this void is where our valency is. We have ten valencies. As you know, all matter has 8 valencies, animals have 9 and we have 10. These valencies get enlightened so, we, we get awakened in our own valencies which is the innate religion within us. Such people don't commit any sins automatically.

Like the saints never committed any sins in the same way we do not because we become so powerful. Now, if you, if you're following any religion, you are capable of committing any sin that you like - there's no bondage on you. But once this happens you just don't do it - you just enjoy your virtues and virtues of others. It's such a beautiful life, is ahead of us, which we call as the Kingdom of God, where we have to enter into. These are the few things that happen but the best that I have seen in England is that overnight people have given up drugs, overnight. It's very surprising, alcoholism. There was a doctor who was an alcoholic and a very learned and a good doctor but took to alcoholism and he was just about to finish. When he came to us, he got his realization, now he's in-charge of seven hospital and he's reading paper about sahaja yoga in Helsinki and also in New York and then he went to Boston and now sahaja yoga is taking a very, sort of a, official form because when I went to Russia, I was surprised at the Russian people, really very much surprised, never expected even ten people to come to My program but there were two thousand inside the hall and two thousand sitting outside. And they were all sitting till I was speaking to others - when I came out they were still there. And they said, "Mother, now what are we all going to do?"

I said, "All right, tomorrow you all come here, in the morning time I'll be here." And all of them - the two thousand inside and two thousand inside, all of them were sitting there waiting for Me to get their realization. And such beautiful people and the reason maybe that they're not conditioned like we are. We are free to think all right, it's all right to think about politics and all that but it's nothing to think about politics, what is there to think about? Whatever is there, is there. You can see that clearly but the way they are, I think because they don't talk of religion, they don't talk of God - there's no conditioning. They don't say, "We are chosen ones and that Jews are bad or Christians are bad or Hindus are bad and they are bad." Nothing, they don't know anything about it, they are like clean slates. And it's perfectly all right. I talk to them about God, Jesus Christ and everything - they didn't mind at

all - they were very happy about it.

That they said, "This is the knowledge we were waiting for." And now, you'll be surprised that Russia has accepted us as an independent organization - we are the only people who have got this. There are three doctors in Delhi, those who have got M.D. in Sahaja yoga for curing Epilepsy, curing Asthma and other Psychosomatic diseases. Now, there are seven doctors in London, who are now doing researches. Of course, we have to now prove the existence of God, existence of this All-Pervading Power. Existence of this power which is God's love - it exists. We should not be so desperate in life, whatever we are seeking, is just at hand. I'm so happy to be here with you all. Yesterday, I allowed them to ask some question, they asked really very good question, very relevant and I think, at least ninety percent got realization.

I was very happy to see yesterday's crowd and today, I'm sure, all of you are going to experience it. Your own being, your own glory, your own Self - what Christ has said that you're to be born again. It's not a certificate, it cannot be an organization - we have no organization as such. You cannot be a member of anything - you cannot pay for it but it just becoming, becoming is the point. May God bless you all! I would like to have some questions from you and then I'll, I hope we'll be able to do something about Self-realization. All right. [INAUDIBLE] [INAUDIBLE] [INAUDIBLE] [INAUDIBLE N UNCLEAR] - What is the question he asked? -[INAUDIBLE] -Unnh? - [INAUDIBLE] - Valency?

- [INAUDIBLE] - Have you been a student of Chemistry, please - the gentleman who asked Me about valency? - [INAUDIBLE] - No, no, all right, then it's quite a big story. How to explain? You see, if you see the Periodic laws of all the chemicals, you'll be amazed how they're planned out. They're divided into eight different categories and where there are two types of chemicals. One which give-in unnh.. to others and join and some which take it from others and join. So, that is what is the valency, for example, something like Hydrogen has one, Oxygen has two, like that, and at the end of it, the last is the eight valencies, as they call it, so there could be 4+ or 4-. In the human-beings we have ten valencies and these ten valencies act but Carbon has four valencies that's why Carbon is very important for forming Amino acids because it can join on both the sides, it has four, it can give four or take four - it's a neutral sort of a thing and unless and until you have Carbon you cannot form Organic Chemistry and after that you have to have Nitrogen with it, so you form unnh.. what you call, amino acids. So, it's not so important at this point to talk about these things uh.. I just mentioned it that there are, there are ten valencies within us, meaning there are ten dharmas, there are ten religions within us.

But if I say religion, you would jump , so I used, unnh.. the word valency - is the dharma. Dharma means the one you should sustain. Like the quality of the light is to give light in the same way you have ten qualities as human-beings - these are the ten commandments. You can say, it's in every religion there are these ten commandments. Pankha laga do, pankha, pankha nahin laaye. Rehne do, yeh nahin chahiye. Yeh nahin chahiye, iski zaroorat nahin. [INAUDIBLE] - What's she saying? - [INAUDIBLE] It has, it has some problem but you see, Kundalini is such a beautiful thing, She's your mother, She's your individual mother and She has been like a tape recorder for you. She knows all about your problems and She knows how to work it out.

So, though it is damaged, of course in the beginning little difficult but then Kundalini itself goes and works it out and She builds it up, repairs it and it's so beautiful the way She looks after. Supposing, you have a liver problem - of course you'll get your realization - but then, She will go down to the liver and show that, "See, this is the point". You can actually see the pulsation at the liver point, just like heart. - [INAUDIBLE] - [INAUDIBLE] dreams [INAUDIBLE] Dreams could be from 3-4 areas - from the Collective Subconscious, could be from the Subconscious of the last lives, could be the Subconscious of this life - it can be from different areas. And unless and until you are a deep person, you cannot decode it and understand it - it's all haphazard and comes. So, it is a suggestion that comes to us through our Subconscious area sometimes but it can also come from the Unconscious area and when it comes from Unconscious area, then it is very suggestive, what is to be done. Hume has done lot of work on that and he's really reached quite a great explanation on this point of dreams. But better than dreams or anything else, which is rather vague, and you have to go to a Psychiatrist to find out and maybe, he might be also wrong but here it is on your finger-tips, you can feel everything - so what's the need to know through the dreams? [INAUDIBLE] [INAUDIBLE] When the Kundalini rises there are spiritual effects, does this [INAUDIBLE] to physical effect as well? Yes, there are.

There are many physical uh..effects you can see that the other pupils dilate and your eyes start sparkling. Then also, you start

feeling the cool breeze on your finger-tips, you can feel the cool breeze coming out of your head and I've seen people who got realization and I met them after one year, I couldn't recognize them because they had suddenly become very young - about 10 years younger than what they were. And the face shines and the skin becomes very nice. So also, the because the health improves and the temperament improves, person becomes very sweet, kind, compassionate and dynamic and sometimes you're amazed at yourself and others are very much amazed too, the way you are changed. [INAUDIBLE] [INAUDIBLE] [INAUDIBLE] She's [UNCLEAR] that Hatha Yoga [UNCLEAR] Yes, it is. Please be seated, I'll answer that question to you. Bhakti yoga means devotion to God - it's very important. But if you see Gita, it was written by Shri Krishna, who was very intelligent and knew that human-beings are little not up to the point. So, uh.. He tried to say things in a way uh.. where we have to read between the lines.

For Bhakti He said that, "If you give Me flowers and water - pusham, falam, toyam - and also fruits, I'll accept." But when it comes to Bhakti He said it should be ananya. There's a very important word - ananya, means when there is not the other. That means, when you become one with Me, that means when you are realized soul. That's what is the Bhakti. Bhakti, without the connection is like telephoning God without the connection -- is as simple as that. - [INAUDIBLE] - What she's saying? - [INAUDIBLE] She says, surely Bhakti means union through love. No, but you see, the love that is true love but we say is imagination without connection - it's just imagination, is not the truth. Unless and until you have got your realization, your Bhakti is just imagination.

Anything else, please [UNCLEAR - MADAM?] [INAUDIBLE] [INAUDIBLE] The person's been practicing yoga and experiences all of negative emotions like anger - Very [UNCLEAR - MUCH OR WELL?] - heart, the subtle system is affected Uh.. you see, the so called yoga, is just the right side activity of Prana Actually, Patanjali started Hatha yoga - 'Ha' means the, 'Ha' is the Sun 'Tha' is the Moon - so both the things. And if you read the whole Patanjali, so big is that - you see the Patanjali yoga shastra is so big. He's dealt with, first of all, the cleansing of the right side and then of the left side and then he has talked of all these things that I'm telling you, about thoughtless awareness and doubtless awareness that is called as nirvichar samadhi and then it is called as nirvikalpa samadhi. All that he has talked throughout - 'Rutambhara Pragnya' he's called into the All-Pervading power. But some people who must have been to some guru somewhere and must have had the first wee part of it so they came down and have started teaching people these yogas of exercise and acrobats. This is all right sided because is all physical. We're not only physical being. As a result of that what happens, such people dry out.

Right side dries you, like the Sun dries you - you dry out. I mean, you say, it's true, I mean, the other day I was telling you that if you have to reach any Hatha yogi, better carry a barge pole with you because can be any time they might jump at you. They're good at curses, they're good at anger, so, that's not yoga - in yoga you're completely integrated. Only your liver gets bad and sometimes they get very bad massive heart attacks also. So, this is like indiscriminate use of something. Like you take all the, all the medicines from the medical, medicine box without knowing what is to be done. Of course, we also use certain physical, physical things, like supposing as you asked Me, that for the uh.. if there's any problem in the spinal cord you see, we might tell you that you do a particular type of an asana but we must know it scientifically what's to be done. Unless and until the Kundalini rises, how are we to know where is the obstruction. Just before that, what's the use of doing all these things. You might be having problem here and you might be doing the exercise of your stomach - what's the use?

So, it is very scientific. You must know what is to be done where. We do use very rarely, but we do use it. But it is precise - it's a science. [INAUDIBLE] [INAUDIBLE] - What's she talking about? - [INAUDIBLE] - She says Hatha yoga is a science too. No, it is, if you know the whole of it, not half way. You see, a, a half-baked doctor is more dangerous than an ordinary person and that's what they are. So madam, if you care for your benevolence, you have some patience and take your realization then you'll understand how wrong it is - all right? Just certifying like that, is not proper - you must first go into it and find out what is what and then you can say something about, something very definitely.

It's a science, no doubt, but how many are equipped? They haven't even read the whole of Patanjali - none of them - it's a business. Is best is go jogging instead, don't have to pay at least. That's also sometimes not good, too much of it. You have to be in moderation in everything. [INAUDIBLE] [INAUDIBLE] - What's say? - Is the role of realization of sahaja yoga protecting the environment? Oh, very much, very much! Annh, as it cleanses you, it cleanses also the atmosphere. There's a doctor we have, Dr. Hamid from Austria, who has, who has tried sahaja yoga vibrations on the, on the trees which are afflicted by acid rain and they were surprised that 60% of those trees which were uh..

I mean most of them which were lower than the 60 years of age have survived and thriving because this clears the whole thing. That's the vital energy which neutralizes environmental problems absolutely. It helps agriculture very much. You won't believe if I tell you, it's so fantastic. Because understand that this is the energy from where we get everything. This energy thinks, as I told you, coordinates, organizes everything and above all, it loves. It solves all the problems - I think, human problems will be solved on three levels, I should say. First of all, that human beings get transformed, so human-beings improve. Then, because of Collective Consciousness, they relate to each other very well. The, we are travelling like criminals with our passports all over, you see, while this world is made one by God.

And all this division by races, by religions, by all kinds of rationalities, everything disappears - second level is and the third level, the atmosphere. The whole atmosphere improves, the society improves, the political atmosphere will improve - is also the natural atmosphere will improve because we become so sensible and wise and we don't go to extremes of producing plastics. We get satisfied - there's no need to produce so much of plastics but it is so because, say about, when I was young young, eh.. we didn't need so many tumblers in the house but somehow now, we want to have disposal ones. So, once you start disposal ones, there's no end to it and you can't dispose them ultimately, that's what they are. One good tumbler could be cleaned out for one person and can be used for various things but now we have so many things. And then another modern problem is of creating new fashions everyday so you go to any house and you find piles and piles of clothes from nineteen such and such to nineteen such and such and every year they're changing. So, all these nonsensical ideas go and you really become such a wise person. You know what to use, how much to use, how to have a balance in life - we lead a very imbalanced life in modern times and we're playing into the hands of entrepreneur. Then we play into the hands of the people who produce these eh.. things like seeds, which are eh.. to be, they cannot be reproduced and the seeds are specially made as hybrid they are but if you have even ordinary seeds vibrated they give much more yield than the non-hybrid. Even the animals, we try to do all kinds of things with them and, I must say, that the animals like this are real bizarre, horrible people.

They don't understand anything, they can walk on the street, get killed or they have no brains and if you take milk from such animals, we also become little pulpy there. We have experimented in India, that animals who have been unnn.. hybrid type are something, schizophrenic of that kind while animals which are natural, understand. Even the chickens, they have found out the same thing. So, all this hybrid feeding our body, can create lot of problems for us in our brains. So though, there is the, we are more more worried about the environment but within ourselves we're creating lots of problems already. To get to natural food is impossible because as it is, you see the natural seeds and the natural things are not capable of reproduction but if you give them vibrations they produce much more - that's how you solve those problems. But first, we must believe in ourselves that we can do all that. If we can go on to the moon, why can't we go to our Spirit? Excuse me, Mother. Can You sent excellent vibrations to somebody to get Self-realization without him being - in front of You?

- Yeah - Yes, please. - You can. You see, it's like the subtlest of the Ether, supposing, subtlest of the Ether. Now, through the Ether you can see anything, you see. If you put on the television, you can see anything that's from India or from England. In the same way, it's the subtle thing. But this ether is something so wonderful that it not only that eh.. it [UNCLEAR - TRANSLATES OR TRANSPATES?] your ideas, not only, but it acts. Like you can see that eh.. a television you eh.. you supposing eh.. use a television now you just see the image but the image does not come out and act on you but here this goes and act. That's why they say that Kaliyuga is over.

The worst times of Kaliyuga means the bad days are over. Now Krityuga has started when this All-Pervading power is working it out. But the problem is, how many are going to get to it? It's said only 144 thousand people - we already have it - in the Bible, it's quite - I hope they don't mean exactly that. [SHRI MATAJI LAUGHS] [INAUDIBLE] [INAUDIBLE] [INAUDIBLE] practical exercise which carries this flow of energy. That's like a real seeker. That's what we are going to do now. That's like a real seeker. That's the best question, I was waiting for. All right, so we are all ready for it, isn't it?

Can you put it up, please, a little, for Me? You have, I'm sorry, you have to take out your shoes unnn to touch the Mother Earth, though She's for... - [UNCLEAR] You should stand? - I think, I'll sit down and stand up. You stand up here, yes please. You can take

out your shoes also, I think. They.. First of all, of course as I told you, it acts spontaneously but I will tell you this because you should know, later on, how to raise your Kundalini again and again, which is a very, very simple thing. At the very outset, there are two conditions, of course. The first condition is, that you have to be very self-confident about yourself - that you all can get your realization and forget your past. There's nothing like sin at this moment, nothing like mistakes at this moment. Whatever has happened, has happened, is finished.

So, first of all, you must forgive yourself completely - that's first condition. Then the second condition, that you have to forgive everybody else, at this moment. Not to remember who has tortured you or troubled you. It's nothing difficult - it's a myth, it's a myth that you don't forgive or you forgive - what do you do, nothing? But if you don't forgive, then you play into wrong hands. So, I would request you, that you just say that, "I forgive everyone and I forgive myself." After all, we are human-beings, you see - we're not God. So, human-beings will create mistakes and will do something wrong, isn't it? It's nothing wrong in it and the Divine power has such powers of forgiveness, is the ocean of forgiveness. So also, not to feel guilty at all.

This idea of sin and all that, I don't know, from where it has come into the heads of people. So, just forget about it and I'm sure, it will work out. Because today I can feel it it's, on this center you can feel it, it's too much catching. So people are just feeling guilty, that how can I get realization - you are going to get it, have confidence - that's the promise, all right? Now, he's going to show you, how we're going to work it out. Both the feet have to be away from each other, as I told you, left and, left and right side are two energies, so, away from each other. Now, the left hand has to be towards Me, like this, in a comfortable way, whichever you want, you can put it on your lap or can have it like this - because it's the desire to get Self-realization. And the right hand has to be put on different centers as I tell you. First on the heart because in the heart is the reflection of God Almighty as the spirit, in the heart. And then, we have to go to another center on the left-hand side - we work only on left-hand side.

We put our right hand in the upper portion of our abdomen. This is the center of your mastery. You have to become master of yourself. This is created by all the great masters and we have to just awaken it. Then you go down to the lower portion of your abdomen, on the left-hand side, press it hard - this is the center of pure knowledge. This pure knowledge acts through your Central Nervous System, acts through your Central Nervous System. Then we go up again, into the upper portion of our abdomen, on the center of the guru principle, the mastery and then again we go to the heart, where we're the spirit. Then, we take our right hand in the corner of our neck and our head, here and turn our head towards the right, like this - this center is the one, I'm telling you, is today very much catching - which is that people feel guilty, so this center is a very dangerous one. If it catches on the left-hand side one develops horrible things like angina and also spondylitis so better is to turn your head right, towards the right, fully. Now, you have to stretch your hand - not stretch your hand but put your hand across, like this, on your forehead, hold your forehead and put it down, as much as you can.

This is the center for forgiving others. I'll tell you later on when you close your eyes in full way. Now, take back this hand on the back side of your head, back side of your head and push back your head completely, resting on that hand, and here now, is the center where you have to ask for forgiveness from the Divine, without counting your mistakes, without eh.. counting the people eh. whom eh.. whom you have hurt or anything, so just without feeling any such guilt, you have to just ask for forgiveness. Now, stretch your hand, right hand, fully and the center of your palm has to be put exactly on the spot where it was a soft bone in your childhood - press it hard, put down your head. Now here, push back your fingers, as back as possible and put a pressure on your scalp. Now, you have to move the scalp, very slowly, clockwise. Clockwise, very slowly, seven times just like that. Done. That's all we have to do but now, please take out your spectacles and close your eyes, until I tell you don't open your eyes - it might help your eyesight also.

Everyone should do it and you'll see the results will be good. [UNCLEAR] Now, we close our eyes, put both the feet apart. Don't worry about your thoughts, let them come. They'll all disappear after some time. Put your left hand towards Me. Put your right hand on your heart. Now, here lies the Spirit. So, like a computer you have to ask Me a question, "Mother, am I the Spirit?" Ask the question in your heart three times, please. "Mother, am I the Spirit?"

ask this question. Now, if you are the Spirit, you are your own guide because in the light of Spirit you know your way, you become a master. So now, take down your right hand on the left hand side of your abdomen, the upper part, press it hard. Here you ask

another question to Me - you can call Me Mother or Shri Mataji, whatever you like "Mother, am I my own master?" Ask this question three times. Now, take down your hand on the left hand side of your abdomen in the lower region and press it hard. Here, I have to say, that I respect your freedom as you have to have the ultimate freedom. I cannot force on you the pure knowledge so please ask six times in your heart, "Mother, please give me pure knowledge." Now, it is six times because this center has got six petals. As soon as you say that, the Kundalini starts moving upward.

So, we have to now nourish the upper centers with our self-confidence. So now, take your right hand in the upper portion of your abdomen, press it on the left hand side and with full confidence, you say, to open this center, "Mother, I am my own master," just say that ten times - it has got ten petals. "Mother, I am my own master." The greatest truth about you is that, you are the Spirit. You are not this body, you are not this mind, you're not these emotions, you're not this ego but you are pure Spirit. So now, raise your right hand on on your heart, press it, and say it with full confidence, the greatest truth about yourself, twelve times, "Mother, I am the Spirit." The All-Pervading power is the ocean of bliss and of peace. It is the ocean of knowledge and joy but above all, it is the ocean of forgiveness. So, whatever mistakes you might have committed, can be easily dissolved by this power of forgiveness. So, please forgive yourself and now, raise your hand, right hand in the corner of your neck and your shoulder and turn your head towards the right side.

Here, with full confidence, you have to say, "Mother, I'm not guilty at all." Please say it sixteen times. "Mother, I am not guilty at all." Now, it is a myth whether you forgive others or you don't forgive. But if you don't forgive, you play into the wrong hands. So now, raise your hand to your forehead across and put down your forehead, on that hand, bend it down as much as you can. Here, you have to say, without thinking about it "Mother, I forgive everyone." Please don't count people whom you have to forgive but just say, "Mother, I forgive everyone," just say - it's not difficult, it's just a myth. Say it from your heart, "Mother, I forgive everyone." From your heart, not how many times.

Now, take back this right hand on the back side of your head and push back your head, push back your head on that hand, as far as possible. Now here you have to say, without feeling guilty again, from your heart, "Mother," or you can say, "The Divine Power, if I have done any mistakes, please forgive me." This is the time you don't have to count your mistakes. Just for your own satisfaction you're saying that from your heart, "If I have done any mistakes knowingly or unknowingly, please forgive me." This forgiveness you're asking from the Divine Power which knows everything about you. Now, spread your hand fully and the palms stretched and put the center of your palm on top of the fontanel bone area which was a soft bone in your childhood. Now, press it hard and push back your fingers. Now move it seven times - by putting down your head, you'll do it better - clockwise. Here again, I cannot trespass your freedom, I cannot force Self-realization on you, you have to ask for it. So, seven times please say, "Mother, give me my Self-realization."

[SHRI MATAJI BLOWS INTO THE MICROPHONE] Push back your fingers, please push back your fingers, please push them back. [SHRI MATAJI BLOWS INTO THE MICROPHONE] Now, take down your hands, please. Open your eyes. Just clear [UNCLEAR - THIS?] Both hands like this. Right hand towards Me, like this, and bend your head and with the left hand see if there's a cool breeze coming out of your fontanel bone area. You have to certify yourself - now don't start doubting because you see, it is coming out of your head. Just try to see here, if there is a cool breeze coming out of your head. Maybe, wee bit - some people get it here, some people get it closer. So, but it should not be touching the head, it should be above the head.

Just try to see, if there is a cool breeze emitting out of your heads. Now, please put your left hand towards Me. Again bend your head and see for yourself, yourself to be seen - just see if there's a cool breeze coming out of your head. Now, put your right hand again, last and again see, put your left hand, bend your head, please see clearly, if there's a cool breeze coming out of your head - could be very far away, could be closer. Could be hot, doesn't matter - the heat has to come out - doesn't matter if there is heat. Now, you have to put up both your hands in the air, like that and ask a question - push back your head and ask a question, "Mother, is this the cool breeze of the Holy Ghost? Mother, is this the All-Pervading power of God's love?" Ask this question, thrice, ask this question. All right, bring it down now. Now, watch Me without thinking - you can do that.

You can watch Me without thinking. Now those, who have felt the cool breeze out of their fontanel bone area or on their finger-tips, please raise both your hands. It's all right, don't you worry, we'll see you, all right? That's like Fremantle - May God bless you! Now, you felt it - is beyond mind. So now, when you go home, you're not to discuss it, talk about it - it cannot be discussed. But you have to grow and we have a center where you can come. Just you have to spare some time by which we'll grow and they will tell you all about it. In one lecture, like you can understand, such a big knowledge cannot be explained but if you come they will tell you all about it and you're going to enjoy yourself, enjoy them and enjoy the whole life - that's what is the aim of God's creation that He wants you to enter into His Kingdom and enjoy yourself and not to suffer. All right, so May God bless you!

I would like to shake hands with people and those who haven't got it can come this side and work it out on them. Some people who haven't felt it can come this side, can raise your hands. Some people can come and see him. You didn't feel, you three ladies You did feel it na, you come for the first time, I think. All right, doesn't matter. Can you have a look at them? Some sahaja yogies, can you work it out on them? Just a minute, one minute hain, have patience with yourself, little patience. [MOTHER SPEAKS IN MARATHI] Annn? Please put both your feet like that madam, just like this your hands.

It will work out. Have.. Haan? It is working out. Did you forgive, really? Please forgive from your heart. [MOTHER SPEAKS IN MARATHI] You can feel on somebody else's head also. Now, you can feel it, yeah. It's there. There are, these two, three ladies, just have a look on them. Two ladies Those who haven't felt it, please raise your hands so these people will help you.

You just feel it on him - he's a sahaja yogi, so he's all right. Just see his vibrations. Just put your hands, like this, towards Me. Got it It's very peaceful. Are you all right, now? [INAUDIBLE] what does it mean? - It's not very good to see the colors now. - What does it mean [UNCLEAR] ? It means your supra-conscious side is developed, right side is developed. They're all going.

Which guru you have been - did you do Buddhism? Did you do Buddhism, what did you do before coming here? - No, no, no. It was somebody else. - No, no who? Yes, yes, ask him. What did you do? - [INAUDIBLE] - Come here, come here. Just, just come to Me, I will tell you. Like yesterday we had that Buddhist, you see, he was just seeing lights.

So, what are you seeing Me as? [UNCLEAR] it's like, when I close my eyes it came and goes, came and goes. - What, light? - Three times, three times, like a light. Very beautiful violet - I see - All right, now it's there? Now close your eyes, let's see. - Again I close my eyes, I see - It came and goes - What, what did you do before coming to sahaja yoga? - Nothing though. - Nothing? What work do you do?

- What do you mean by.. I drive [UNCLEAR] - Unnh? - [UNCLEAR] - [UNCLEAR] - No, no, [UNCLEAR] [UNCLEAR] just came to me like that All right, I'll work it out [UNCLEAR - ISKO SAAMNE KIJIYE?] sit down. [INAUDIBLE] - Blue lights you see? - Violet - Violet You have to become the light so you don't have to see the light - all right? - [UNCLEAR] - Unnh? - [INAUDIBLE] - Unnh? - [INAUDIBLE] - Painter, artist? - [UNCLEAR] Right Swadishthana Left ko right kar do.

Is there light coming now? Better now! Good! Haan! Better, upar dekho. Halka hai, achcha raise karo. Raise karo usko. - You have been to any guru or anyone? - No. - Never? Have you been reading some books or like that?

About something eh..what you call this - eh.. mystic books or something - [INAUDIBLE] - No Better. Forgive - Forgive, forgive. Did you forgive? - Thoughtless - Thoughtless So now. Annn.. - Is it better now? - Thank you so much - Feeling it? - So? - Sometimes when I'm worried like [UNCLEAR] something in my back [UNCLEAR] - and I really felt it [UNCLEAR] - Unnh? - like if I were really stretch this out [UNCLEAR N INAUDIBLE] - What [UNCLEAR] - [INAUDIBLE] - [UNCLEAR] Can't stretch - [UNCLEAR] - Can't stretch your hand? - Only sometimes it happens - [UNCLEAR] - Is it only the right side or the left side, both sides Sometimes [INAUDIBLE] You're relaxed now?

I'll see you tomorrow morning definitely, all right? I'll give your mother something for [UNCLEAR] All right? Good! How're you? -

Very nice! - [UNCLEAR] - Yeah. - It just requires raw material, no [UNCLEAR] - It's all right, anything you like -- But is it, did you feel the cool breeze? - Yes, thank You. - That's great! - Yes, how are you?

Please. - Mother [INAUDIBLE] - What is it? - I'm a Hatha yoga [UNCLEAR] - Oh, My God! Horrible! - Sorry? Hamara rumaal kahan hai, zara dekha hai? Hamara rumaal dekho to? That's what he's done to you. [UNCLEAR] It's terrible! All right, now do Me a favor.

Sit down please, be comfortable. It's all right. Now take out your shoes. Now, put your hand on your [UNCLEAR] Just go on saying, "Mother, I'm my own master." Just go on saying. You can say it ten times. Inko dekhiye? Done. Better now? It's working in your hand Did you say it, "I'm my own master?"

Fever ho to balance karo. Inse sawaal poocho ki Holy Ghost ka sawaal poocho? Better? All right. [UNCLEAR] ask a question. - Yes, so? - [UNCLEAR] My brother's an alcoholic. What can I do to [UNCLEAR] - Really? - Yes, he is [UNCLEAR] - He won't come to sahaja yoga? - No, no, can I help?

- Can you send his photograph? - Yes - I will give some vibrated water. You can make a shake in that and put it in the alcohol. - Thank You very much. Yes, thank You. - I meet You [UNCLEAR] - Yes, looking much better now. - Yes - So much better! - Yes. Feels good in my house - Okay - What say? - Aapse poonchna tha meri beti kuch khati nahi.

Sahaja yoga se kuch aise kar sakte.. - Haan, liver, liver hai usko. Haan, to aap center mein aao..

1990-0304, Talk to Sahaja Yogis: In Sahaja Yoga we should not criticize anybody

View [online](#).

4 March 1990

Talk to Sahaja Yogis

Applecross ashram in Perth, Perth (Australia)

Talk Language: English | Transcript (English) – Draft

Informal Talk to Sahaja Yogis, Perth (Australia)

I must say all the Indian Sahaja Yogis have sent you lot of love and are sorry that they could not come here, though the musicians will be coming on the other side of Australia. But in any case I'll give them the good news that you already have become musicians and you don't need them. Now coming back to the basics in Sahaja Yoga, we have to know that in Sahaja Yoga we have no hard and fast rules for anything, because you are awakened people, you are Saints and you know what is good for you, but you must keep that quality of Saintliness within you, and certain things you should avoid yourself, if possible and if not that see that what's wrong with your centers. If something is wrong with your centers you start getting into problems, getting into ideas, something which are destructive. So is best is to judge yourself first of all - how are your vibrations.

Now the best part that has happened so far I think in Perth, which I was happy, that they have assured Me that they will try to get a big ashram, because yesterday you saw how many people there were; day before you saw how many there were. Now if you have to help somebody in such a big way, then we have to have a big ashram, a big place where people can come. Now I've found out a suggestion, another one, if you can accept it, that first of all you can have a big ashram somewhere, which is to be renovated and all of you try to renovate it, it's not difficult, as he said that you can purchase some dilapidated things as we have in Sahaja Yoga, mostly people come dilapidated. Isn't it? And then we put them right with the candle.

In the same way we have to rebuild the whole thing, renovate the whole thing, a big thing, and he says that he can get a loan for that, for renovation, which you can pay as rent and can be looked after, and also the people who are coming from outside you can tell them that it's not for Sahaja Yoga but for the hall that we have here, a bigger place, that little bit money could be paid and they wouldn't mind paying you some money. But not for Sahaja Yoga - it's just for that. Gradually you should introduce this idea to them, will be a very good thing. Now collectivity should grow; and collectivity grows with certain other subtler ideas that we should have about collectivity. First of all we are all Saints, aren't we? So now we cannot talk ill of each other, at all. We cannot talk. If we are thinking ill of somebody or criticizing somebody, then we must know there's something wrong with us. In Sahaja Yoga we should not criticize anyone. We should see the beauty, the glory of another person and praise the joy that you have, the happiness that you have, because if you want to gather the thorns, you'll get thorns, you can't get flowers. But if you want to gather flowers, you'll get flowers. So nobody should talk ill of any other Sahaja Yogi, because that is one thing creates a big problem in Sahaja Yoga.

Then secondly, there's a leader with you. Now there's a leader and there's - you find something wrong with him then you directly tell Me. Don't discuss among yourselves and create a group against him or her, because through him only or her I can talk to you, or come to you. Now supposing there's something wrong you can telephone to Me, you can trunk call to Me if you think something dangerous, something is going to... It's all right, doesn't matter. I can talk to that person, I will ask the whole thing and we can manage. There's nothing wrong in it. I mean after all you are a part and parcel of the whole.

But every moment if you go on standing, fighting with the person or trying to find something wrong with the person or trying to do something that will harm the basic unity, then it's very wrong and that is one of the responsibilities you have, that whatever you think, there's something to be done, your suggestions, you can give it to the leader. And if you think there's something very wrong in the leadership or in certain decisions he has taken or she has taken then you are open to write to Me absolutely, you can telephone to Me; all these letters pass through proper ways and it's - every letter is sort of found out, to be - whatever is needed to be given to Me they give Me. Otherwise also they mark it, that Mother this is the point that letter has. And the letters which do not require any sort of answering, we don't answer, but the answer comes somehow. So, supposing you have a

problem, the problem can be solved and all that.

So there is no need to write various things like sometimes I - from Australia a letter comes which could be from ten to twenty pages. First of all it costs so much money to you. Secondly the people in England become suspicious, not the Sahaja Yogis, but the Post people, they think what's coming here, some sort of a politics or what. So there's no need to write very long letters, just few things of how you are, how you are enjoying Sahaja Yoga, how everything is and sometimes you know, from America, on the Thanksgiving Day, they wrote such sweet, sweet things. Only one sentence, but such beautiful things that really I couldn't get over for ages. I said: 'Oh God I am done, so much as the way they have described.' Very deep and subtle things. So the subtler you become less you talk, the less you tell things, the less you write - as you know that in Zen system they write very small sentences, very, very small sentences, and in that small sentence they say such deep and subtle things. So there is a rapport on a subtler level, not on a superficial level.

Thirdly I would say there's also a tendency, among so many people - like Hersh was with Me, or somebody is with Me, closer, but he's not the leader, you see - so they'll tell him: 'Hersh go and tell Mother like this, please tell Mother.' And he got fed-up really. He said: 'I am not the channel. Leader is the channel. Why don't you tell the leader? Whatever you want, you tell the leader and leader can tell Mother, not me, nothing doing.' Then he got really mad because everybody started telling: 'Tell this to Mother, tell this...' He would not tell Me anything. He said: 'I'm not telling Her anything, what's the use of telling me.' So you should not find out any other channel. Your leader is there, and we can decide.

Now the point he has brought out now that about marriages. Normally, normally and there's no hard and fast rule as I said- that's it's better to marry a person, not from the same place, or not from the same collectivity. Now the reason why, in India, supposing now there's a village, they don't marry in the same village. Or from long-time back it was not in the same university they would not marry, even today, the one who belongs to a particular university, is called as a gotra. Say My gotra is Shandilia, so I cannot marry in the Shandilia gotra. Now this was thousands of years back you see our forefathers must have studied in that particular university, the Shandilia University, but even till today I cannot marry somebody belonging to the same Shandilia University. I mean it's so far-fetched. But the reason was that, that in the colleges or university, a relationship should be there of complete celibacy and purity. That purity gets spoiled.

Supposing you want to marry somebody in the same area, is all right, you can marry, but it should not be a common rule, because then the purity cannot be maintained. You'll be looking out for a girl in the same area where you belong. And there, what happens, some eyes will lose their innocence. Mooladhara might be caught up. So, it should be that you should marry outside. So at least the purity of this place is kept, you are all brothers and sisters. But if there's somebody who really thinks that it's important to marry and they want to marry, so I mean there's no hard and fast rule so it's all right. But normally it should not be. It should not be a normal thing because then you start seeking out girls and all the time looking at girls, with this idea: 'whom should I marry? Whom should I choose?'

In the beginning we had these things, lot of these things, in India, this problem, and it was such a problem, and mostly such marriages have turned out to be very funny to us, very funny. We had a very big mishap in Austria. There was a girl who wanted to marry someone. I said: 'All right.' I cannot force anything like that. 'Marry.' See so both are Sahaja Yogis. And then that girl fell in love with another Sahaja Yogi. And with another. And she became pregnant, with another man, when this Sahaja Yogi had gone out. But it's such a problem I didn't know what to do with it. I just don't know. But then this Sahaja Yogi, the first one, her husband refused to have her. The another Sahaja Yogi would not say that that is his child, and a big problem came through, because this girl lost her sense you see, she went from one boy to another. Because if you go on like that there's no end to it. And it was a big problem. Still it exists there but now she is left high and dry. There's no-one who is with her.

So first of all we should not pay so much attention to this. It's not important in Sahaja Yoga. The most important thing is you try to keep yourself pure, your vibrations all right, no problems. And also if you - any Sahaja Yogi wants to have relationship outside Sahaja Yoga, one has to be very careful, because we don't know what sort of a mooladhara they have, what kind of problems they have; you might jump into something very serious, and then you'll come back with a very serious problem telling Me, Mother - we had such problems - as he knows very well, even in Australia, that somebody went with somebody else and she developed

herpes, and now it's difficult to marry her, something like that.

So you see in Sahaja Yoga we have to understand that marriage is all respected, it has to be, but it has to be monogamous. We cannot have mono-androus and monogamous. We don't believe in marrying one man, living with another man, running after third man. Because you see, what I have been saying is coming true now, people have AIDS, people have all kinds of diseases. Now in America also they think that monogamy is the best. And after all, it is not natural, because supposing a man is married to a lady, then the lady wants that the man, in her privacy should be hers, and also the man wants the same. If it is not so they feel jealous. They are never happy. That's one of the symptoms that if a person is not happy with this kind of a thing, then what's the use of doing such a thing?

Marriage must make everyone happy, that's first sign. If a marriage doesn't make everyone happy, such a marriage is a curse on society and these marriages don't stick also, because you must have the support of the collective. If you have the support of the collective and if it generates joy and happiness, children are better, society is better, and the whole situation is so good, you enjoy I mean, such marriages. But when you find something goes wrong, you become very serious, you don't like it. As in, now you know in England we have problems with the Royal family and there was a rumor that this Princess Diana is going to divorce, and everybody was so unhappy about it, because they used to think such a ... as if they were Romeo and Juliet, and all these ideas were in their heads and suddenly you read of such a, ugly stuff and people were very nervous you see, and they became very unhappy about the whole thing.

So the marriage is the best way to give happiness to others, by having sweet children, having a good family, having sensible life, gives such a joy to all the collectivity. So that's why it is important in Sahaja Yoga that you should have marriages which will be successful, which will be sensible, which will be balanced and which will create beautiful children because I told you so many children are anxious to get born to Sahaja Yogis, because they are great souls and they want good, sensible parents. So we must understand the essence of everything, why in Sahaja Yoga we prefer this. But of course there's no hard and fast rule, if you want to experiment with something, you can experiment but when you suffer, Sahaja Yoga can't help you. So whatever is needed, whatever is good, has to be told and guided and we should live with that idea.

Now, another thing that affects collectivity, I think, is the idea of having a separate house; is very common with Indians specially, so beware of them. Indians will find out ten excuses to have a house of their own. This is the worst part of Indians you see, they cannot have a collective life. Now, we built a nice ashram for them, in Delhi, spending so much money - I tell you I also gave them lot of money - and there's not even a rat living there. I said: 'What is this? Ah, nobody lives there.' He said: 'Mother You can live.' I said: 'I am the only one who has to live in so many ashrams, what's the use of wasting money on ashrams then, what is this? There's no need to build any ashrams if you are not going to live together.' If you people cannot live together, how can this world going to live? And only when you are all of you together My Attention is there.

Now we have some very good ashrams, very good ashrams, and they have done wonders. Wonders. Where the leader is kind, compassionate, loving and also correcting. If you love somebody the person doesn't mind being corrected, doesn't mind. Now I also tell you many things, you don't mind because you know I love you very much and this love is the thing that really is the correcting point. So if the leader is loving, affectionate, compassionate, then if he tells that it's not good for you, this is not for your benevolence, then nobody minds it, because it's good for you. It's just for something that will be good for you, good for your society, good for the country, for the whole world, and so we have to realize that we are here for a tremendous task. Such a work nobody has done so far. No Saints have done this. Poor things they were born one here and a one there and a one there. Either they were killed or given poisons, were thrown away or tortured, so far. But you are not one, you are so many all over the world, you have friends everywhere and you have so many relations everywhere, such sweet things.

The another thing is people come to Ganapatipule, many of you, then you should not form a Australian group. This was once we discovered, that Australia is great, Australia is this thing, and it fell down. God created one world. Really. But then human beings called them Australia, India, England, like that, that's their own doing. You see it's all their headache, not ours. We are all one. So when they come to Ganapatipule, you should know that you should get mingled with other people, you should know them, you should write to them and you should have lot of fun and make fun of yourself and fun of them. It's very enjoyable, because after

Sahaja Yoga only, you start seeing what's wrong with Australia, say what's wrong with India, what's wrong with England because you are so detached, then you start seeing that: 'This was a mistake' and you really enjoy it and I enjoy when they really pull each other's legs nicely and enjoy each other's company and are so sporting and so sweetly enjoying each other's company. That's the greatest enjoyment for Me.

And when I see people are in a very jovial mood, in a very understanding mood, they are together, of all the nations, now we are in forty nations. Can you believe it? And if we can just forget that we belong to any particular country, we belong to the country of God's Kingdom, everything works out all right. And we have to be beautiful people, otherwise the others see and say: 'Oh that such a man was there and such a person was there, he did that' and we have no business, no need to be arrogant at all with anyone, there's no need. We have to be extremely loving, because love some people think is a weakness - is not. It's not. Is the strongest thing. Now you can see from Me, in a way I am a foreigner in your country, I came to you and all that and the love has worked. So love is the strongest thing and we have never used the Power of love, which of course you know how to give bandhans and things and to work it out, your love. So have faith in yourself, that you are loving, you are compassionate, that's why you are dynamic, because love is dynamic, and all these things will help you.

Now living together you can do something collectively also. I have been giving some ideas that you can work out this way, that way, so many things can be done and we can really establish a kind of a, proper society of Sahaja Yogis. As you know that Vishwa Nirmala Dharma has been accepted as a federal religion in America, as a federal religion, in America. So, we have to establish here also. Now when you have entered into that, then all these conditionings and all this ego and all this, just drops out, and you become pure, beautiful people - which you can. I mean it's your own property; it's within you, so why not get to it, why to ruin yourself for anything else, but to ascend, and in ascending you never can be in trouble. Never can be in trouble.

Now we have to help so many people. There are people suffering from alcoholism, suffering from drugs, suffering from other things, mental problems, physical problems, all kinds of things - you can do a lot. One person can save so many people. So now all of you should decide also how many people you are going to meet and how many people you are going to give Realization to, and how many people you are going to attend to.

Now when these new people come in, then also one has to be careful - not to immediately say: 'You are a bhoot, or you are this, you are that.' They don't understand your language, you see. You must know your language is different, of chakras. So the best thing is to talk to them softly, gradually tell them what is Sahaja Yoga. Because it's absolutely a new science. They think it's a new philosophy. It's not new, it's an ancient one, but they think like that, so best thing is to take everything, in such a manner that, the another person understands that you are dealing with that person in a very subtle and a beautiful way. You don't just try to be aggressive. Aggressiveness is not the sign of a Saint. You have to be very kind, you have to be very gentle, you have to be very sweet and understanding and that they are not yet Realized souls, they have just now come to Sahaja Yoga, they are not yet established as Sahaja Yogis. That's the sign of a good Sahaja Yogi.

Anything else you want to ask Me you tell Me and I will definitely try to see to it that it works out. And there's one thing I've seen, how much depth we have, that works out the best. Sometimes it is so remarkable. There was one fellow called [Alok?] who came to Me in Madras about one and a half year back, only, just imagine and he just jumped into the Ocean. He's such a great Sahaja Yogi and then he went down to - he was in Bombay where he received the news from his mother that she was very seriously ill. So went down to Rotak from Bombay, and when he was in Rotak he found out that his mother was just about to die. The doctor said: 'Within three days she's going to die'. So he just put My Photograph and before My Photograph he prayed: 'Mother please cure my mother.' That's all. And, can you imagine, in three days she improved so much that he brought her all the way to Bombay. Then he took her - they said: 'It's a serious type of a cancer.' And he took her to the very famous hospital in Bombay, Thata Hospital, for this cancer, and you'll be amazed that they said: 'It's all negative, there's no cancer at all.'

So is the depth within you. It's not the blind faith but the depth, deeply, how much you are in Sahaja Yoga. But he's been there only one and a half year. And then he said: 'I want to give up my job now what's the use of doing jobs?' you see. 'I'll better do Sahaja Yoga job.' I said: 'You are doing Sahaja Yoga job all right, don't give up this job.' There's no need to give up anything. So you grow like a tree is settled in the same place but grows. In the same way you have to grow, and it works out very well.

I hope [INAUDIBLE]. How they express their love. Nothing like children in this world I tell you. Now another thing was you asked Me about a school to be started here. Is a good idea. To start a school would be a good idea. That will be good for little children, and then when they grow up they'll see [INAUDIBLE] this is a very good thing. And in a place like that you can have a school. If you have a big basement or something you can have a school, you can have a meditation center there. Meditation room should be separate. Everybody should not be brought to a Photograph which has got the crown and all that, they get a shock. So just have ordinary Photographs like this for meditation but for a meditation room you can have everything you like but for a general center you need not have all these things, because they don't like it to begin with. And then for the children also you can have there and you can also make it an exhibition room or something like that.

And another thing I find that Australia is a very expensive place, no doubt, very, very expensive. So I think when you all come to India you should get the list of things that you want to buy from there and buy them....terribly I mean, just can't imagine how expensive it is. All those who are here also you can buy things for them and bring them I think this is one of the most expensive places. I don't know about - Helsinki is another one. But in some things this is a very expensive place, except for food. Food is all right. But rest of it is very expensive. So when you come to India remember that if you go out shopping nicely and get things for other Sahaja Yogis also who are left behind.

So next time I hope to see you all in Ganapatipule. I know that Ganapatipule is rather expensive but we are trying to put it down a little bit, but as the time is passing you see, every inflation going up and even the food in India is going up. I don't know how to bring it down. But we have kept to the same amount for the last three years and this year maybe we might bring it down a little bit more with some sort of a compromise on things. But for one month in Australia would be much more than in India I can tell you. Only your traveling is a problem which you should little bit sort out but the more the merrier as they say you come along. But I would say still the Australians shouldn't stay together. You should mix with other people, make friendship, you should be able to write letter to us. Because I am talking here about the collectivity of the whole world, and that's what you belong to. Anywhere you go, in any place, it's so surprising sometimes how you meet a Sahaja Yogi.

Like we had one girl, she went down to Sicily, and another one went from I think Austria and both were sitting in one restaurant. This one was sitting here and the another one, and suddenly because of vibrations they were attracted to each other. They didn't know why they were attracted so one went and talked to the other and said: 'You come from where?'

She said that: 'I have come from Austria.' Then she just put her hand under the table. She said: 'Are you a Sahaja Yogini?'
'Yes, yes, how do you know? Are you a Sahaja Yogini.'

'Yes I am.'

And then the amount of love they felt between themselves and they describe it so beautifully, like a poetry, the whole thing, and they were so happy that, in a far-fetched place like Sicily, two girls from two countries meet there. They were so very happy, just with vibrations. Same with people when they come, you see, sometimes they are not wearing badges or anything, just with vibrations they know that this is Sahaja Yogi. All over the world you have brothers and sisters, can never get lost, even if you want to. So that's how it is.

Now you have anything, any problem, you tell Me. Now about this one marriage you have said it I've no objection to it but responsibility is more there. It's not Mine so much. All right? And the second one is a problem of this lady having two children, she's a Sahaja Yogini, and we don't like people staying with somebody like that. We must have our self-respect. Unless and until you are married with someone, if you stay with someone, it's a stigma for you as well as for the children. So I don't agree there that you stay with someone without marriage. You see, you don't know how he'll treat you, how it will work out and they have to be Sahaja Yogis, because then we can see that they don't misbehave. Of course I wouldn't say that hundred percent we are successful but at least ninety-nine percent we are successful in our attempt to get very, happy, prosperous, beautiful married lives. And without that, what's the use all the time, you see, in a struggle, fighting? What's the use? So that will be a better idea is to have a sane thing which is marriage and which is a very sensible thing and which will definitely help you all very much to be settled down. Otherwise you'll be all the time unhappy and insecure.

Now those who cannot get married say, they cannot come to Ganapatipule, can send their photographs and all those things, we'll decide there. I mean they can get engaged, they can get married, not such a problem. They can get married here also but they should send the photographs properly and also send their - just like anybody else you see. And supposing we find somebody for you there, very good, then we'll send you a message and the collectivity can pay for you to come and you can stay with that person for a month [SHORT SECTION MISSING FROM TAPE]

It works, I must say. More on vibrations. Somebody could be this way or somebody could be that way. Like a very remarkable thing happened this time that we have a very, very good Sahaja Yogi called as Chris Marlow, in London, very good Sahaja Yogi and he told Me that he wants to marry an Indian girl but she should be very good in vibrations. I said: 'Any color, any shape, anything?' 'Yes that doesn't matter, as long as she's a bundle of vibrations, Mother, I don't want anything else.' I didn't understand what he was saying. But for his age there was only one girl available and she was from South, very dark. Though I would say she was quite good-looking in the sense that, to Me, I don't know, with the norms and...but very dark and little on the plump side. He wanted a plump wife also, that was one thing. He said: 'I don't want to have bones around my arm.' So that was all right. But still I would not call her anything beautiful for a western mind, could be ugly. And I told him all this, then see: 'This is the photograph of this girl and this is this. If you like her and really want to marry, really want to marry her, you can marry.' So when he saw her he just jumped. He said: 'That's the one Mother for me.' I was so surprised. I said: 'Why?' He said: It's the limit! The vibrations from her eyes also, there are vibrations flowing ; such innocent eyes.' He just fell for her, and he's so, so happy you can't imagine.

While you'll find somebody because somebody is - I mean I don't know why - suddenly, just say, I know for someone because they have black hair, somebody has grey hair, and 'I don't like a blonde' and 'I don't like a black-haired person' all these nonsensical ideas start. It's so superficial. I mean hair you can always color it, except for some people will say the nose is long, somebody will say - after all God has made everybody differently. There cannot be one like they are not plastic things. So they have to be different and the faces have to be different but in Sahaja Yoga they have that inner beauty shining in their faces and that you can see. If you understand this point then you won't say: "No because this is this' but of course if there's any reasons for saying 'No' I will say: 'All right, never marry.'

But even after marriage I have seen people become so crazy and mad I can't understand what happens to them. Like we had one marriage to a boy who's very good Sahaja Yogi in India, to a very good-looking girl, very, very good-looking and, I mean a good Sahaja Yogini, but then she went mad I tell you. She went amuck. She took that boy to Kashmir for a honeymoon. We don't have honeymoon because we have honey and moon everything in Sahaja Yoga. There's no need to go for honeymoon and all that. But she went for a honeymoon and spent two lacques of rupees of that boy. And then she started asking him for this and that and she started giving all kinds of troubles to the mother-in-law and father-in-law, staying in their house. 'Oh must take another house, must get out of it.' Within one month's time everybody went crazy and she went into Pune's street you see, kissing him, hugging him, oh God and so embarrassing for other Sahaja Yogis. They came: 'Mother what is this girl is?' And the boy also got frightened with her. Said: 'Mother please send her away. I just can't bear it. It's too much.'

Now she's gone. Now she's improved. She said: 'Mother I was possessed, it was a bhoot.' 'You blame a bhoot, you are a Sahaja Yogini, how did you get into this kind of a madness - that because he was a rich boy all right, so you shouldn't get into such a mad idea. You should understand that he's a Sahaja Yogi and you are a Sahaja Yogini.' And the whole thing is so absurd now that this boy says 'No Mother, not me, not with her.' He's so frightened of her. Though she says: 'Now I'm all right, the bhoot has gone, this that.' I didn't marry her actually. That's one of the points I must tell you because there was some sort of a remark about her - from the leader. So I just had kept that waiting. I said: 'Let's see next year, we'll see about it.' But she stayed back because she was anxious to get married and they stayed in the same house where these people were living and she managed him I think and then all these things happened and such a problem, that boy is completely shattered. He's such a nice Sahaja Yogi.

So it also happens like that sometimes and without My knowledge things have happened but you have to know that whatever you have to think, whatever you have to analyze, whatever you have to decide, should be done before marriage, not after marriage. But before marriage they never think. 'Mother has said it. All right we like her.' After marriage: 'Oh this so...this is so...' It's a funny thing. Once you have taken - it's not a joke, it's not a show, it's not something so cheap as that. You have married

somebody, you have no business to ruin somebody's life like that. They start thinking after marriage is a wrong thing. Before marriage you should decide. That is one of the curses of the western society which should not be brought to Sahaja Yoga. We have no right to hurt anyone No. You decide yourself beforehand, you tell Me, last minute if you tell Me 'I don't want to marry,' it's perfectly all right, but after that when you have married somebody you have no business to hurt someone. It's sort of a very sinister thing, it might come out, that you are trying to hurt someone, that's not the way.

So before marriage you should decide and after marriage you should accept it and make it a beautiful marriage. You can show to people there are people whom we can say have been very, very happily married and also a situation where the husband is dominating or the wife is dominating and that should not be such. As I have told that you are two wheels of one chariot but the left is on the left and right is on the right. If you try to fix the left on the right it will be a mess for anyone of the wheels is smaller than the other, they are equal but not similar, then the chariot will be going round and round. So in case that you have to respect the equality of Sahaja Yoga, Sahaja Yognis and Sahaja Yogis but also you must know that you are not similar. A woman is a woman and a man is a man. And nice to be a woman I sometimes think because poor man have to please so many people in this world and a woman has to just please the husband, finished. It's a simpler job.

But in any case you should be proud of being a woman or a man. And this fighting with men, for what? Fighting with men for jobs and things, is not necessary. What is there to fight with men for jobs and for getting this thing better, that thing better? After all it's so materialistic. We should really understand that we are the source of power, we are like this Mother Earth, which gives everything and still She is so great. That's how we should have that idea that we are doing everything for the family, for everyone. Of course you can work, you can do what you like, but women are the ones who make the society. They don't make politics. If they go to politics they become neither men nor women I think. Women are the ones who make the society so all that is society you have to look after. That's your job and it's very important I think. Your Mother is a woman and I'm a married woman, I have got children, I've got My family, I have everything. I've My relations, such huge family, and My mother's side and My husband's side we are so many. But it's all, all right.

So nobody should feel inferior because they are a woman and nobody should feel superior because they are a man. That's a wrong thing, that's unnatural, that's not so good. So we have to understand each other's dignity, should be respectful to each other, should be kind and wife and husband, both of them, to be collective, not possessive of each other, to be collective, to be pure, to be nice. There are certain few things you see, which we have to understand in Sahaja Yoga and life could be beautiful for us, beautiful. Certain things missing in Indian culture, something missing in Western culture. We have to understand that this both are wrong and we are not going to have them, and it will work out very well. For us there is only one culture and that is Sahaja culture and these children are now growing up so we have to prepare ourselves for that, to face them, otherwise tomorrow they will put you right. May God bless you. May God bless you.

So many will be coming I am sure now.

Yogi: Yes Mother. Mother we have a small gift for You. Shri Mataji: Ah! Every time!

Yogi: It's only a very small one Mother.

Shri Mataji: I have some small gifts for you all leaders but that I will give you in the puja. Isn't it? All right. You know there is no need to give Me gifts. You are My gifts because now this house of Mine is falling short. Where to keep all your gifts? I can open Kundalini - but also it's done so beautifully that you don't feel like opening it.

Yogi: It's a Western Australian pearl, Mother, and we bought it many years ago actually. The mould was made by Robin Reid, it was made here in Perth by a local artist.

Shri Mataji: It's beautiful. But don't you think it's too much? Very beautifully done I must say. Such a combination. Is it gold-plated or gold?

Yogi: It's gold-plated Mother.

Shri Mataji: Then it's all right. Otherwise gold again I'll go into prison in India. All right, thank-you very much. Thank-you. It's beautiful. The pearls are very beautiful. Thank-you so much. And what I am again saying that you get the measurements of children and ladies and men and whatever they need you can buy and bring it from there. Is better because you see here it's so difficult and to waste your money on these things is not good. So better get things from India. You can get very nice things: silks and things like that- will be much better. All right? I had bought lots of things, I must tell you, for Australians but they told Me that the Customs here are so terrible that I can't bring anything. So they got all exhausted in some other pujas.

Yogi: Mother we also have a poem of thanks.

Shri Mataji: Come here. This is a Song from Kabir.

Yogini: Yes Shri Mataji.

"This day is dear to me above all other days For today the Beloved..."

1990-0304, Airport Arrival & Talk to Sahaja Yogis: For our ascent is very important to be collective

View [online](#).

4 March 1990

Talk to Sahaja Yogis

Melbourne Airport, Melbourne (Australia)

Talk Language: English | Transcript (English) – Draft

Informal Talk to Sahaja Yogis. Melbourne (Australia), 4 March 1990.

Very happy to be back here in Melbourne, after such a long gap, and everybody's grown up so much; nice to see you all so healthy, beautiful and joyous. Of course I feel sad about the ashram that we have lost, that we should not have lost the ashram. But whatever has happened you can't help it; but it's important for Sahaja Yoga that we have to live together. I also told the same thing in Perth, that try to get a big place, because you know your children are there, and you all are there, and if you are together, negativity runs away. It has such a tremendous force, an ashram has a tremendous force. When you live together, you help each other, you understand each other, you know so many things, you learn so many things from each other and, it could be done very easily, once you start enjoying the collectivity.

Human being is a social being. He is not a person who wants to live in a - single way. That's why if you jail someone, if somebody's in jail, it becomes a punishment. Though in the jail you have all the conveniences, everything is there, on the contrary you don't have to work so hard, you get your food all right, everything is fine, somebody cooks for you. But it's a punishment.

And for our ascent is very important to be collective. It's said that wherever you are together I reside there[with you?]. But human nature is funny. In some places collectivity has acted very well, like in Austria and we have the best ashram in Austria. Now they have about five, six ashrams there, one better than the other. In itself in Vienna we have I think four ashrams, and it's growing so well. Nobody wants to live alone, so anxious to join, come back to ashrams; and so many problems are solved otherwise also on very material level. Everything gets shared, you don't have to pay too much money. Now if you are living alone, then sometimes you feel like spending your money here, there and at the end of the day no money is left out. But in the ashram you know how much to pay.

Then there are some people who want to buy - I mean on a material level - something very exorbitant, something great and this and that, and nobody to control that, that desire that need. As a result, we become extravagant, so much so that you are left with nothing. Exactly this happened in Perth. I know of people who had money, and when they took their houses and they're living there, they have no money at all. I said, 'Why?' He said, 'For food we spend so much and then need to go and get this and do this,' and the whole day they are busy working it out - on individual basis. There's no time for meditation. There's no time for listening to My tapes, no time for anything. And everybody has gone down so much in vibrations there that I was really shocked. Perth was one of the places I felt was a very good place. It's so open and so clean and so nice; and what are you doing - going out shopping, buying this cloth, that cloth, this dress, that dress and piles in the house, because that fashion was the other day.

In Sahaja Yoga there's a Sahaja fashion. We don't change our dresses every day in Sahaja Yoga. Every year we buy whatever is needed. That's all. And Australia specially, being such an expensive place, I mean, I think this is one of the most expensive nations I've seen - the most expensive. First I used to think Helsinki, Finland is the most expensive but now I've gone just to buy these shoes, I've walked for hours together to get the pair of shoes here. In India you can get it in no time and I've paid at least three times more than I would pay, even in London and at least four times more than I would pay in Italy. In India I need not tell, you know that very well.

So if you -see it's a kind of a time that you have that if you start doing this, doing that. And the essence of all that is what? Is to please others. We buy good clothes to please others; want to have nice curios to please others; want to decorate our house to please others; we don't do it for ourselves, do we? So then there is not the other - like we were staying in London and there were

seven houses, and everybody was busy you see, cleaning, sweeping, swabbing, doing all the lawns, everything and polishing all the brass and everything in those houses. But not even a rat would enter that house. I said, 'For whom are they doing it? I don't know'. Poor things, they are working so hard, nobody to see it. And that's how they become extremely depressed and unhappy.

This depression you don't find among Indians at all because their houses are open, anybody can walk in, have food, walk out. You will not know whose house, to whom it belongs. Then this depression walks in. Is a psychological thing, because human beings are social beings. You must understand the essence of [INAUDIBLE]. You can never be happy living alone. And this aloofness and this individualism has brought this kind of a new thing which we call as tensions and as depressions and then go to schizophrenia. There's not a single case of schizophrenia I have seen in India - not a single case. Ah some people become lunatics but lunatics are there and they are put in the jail. There are very few lunatics.

Now, in England the lunatics are so many, and so many schizophrenics that they have said: "Now we'll not have any more, let them be with the society. If they live with the society they'll be all right". So now they are starting a society of people who would like to stay with lunatics and the lunatics have improved, living with society. Even here they will start after some time, that allow the lunatics to live with the people. Talk to them nicely. Because, how do we live? With love, with rapport. We can't live alone. That's a little bit of a, idea we have that, 'This is my house, this is my this thing, this is my...' But you rise above a little bit and then you'll say, 'It's so nice to decorate the ashram, it's for everyone.' Do good to others, so everybody says, 'What a nice thing it is'. Now see such a nice house [man's name?] has got. If he had not come you would not have seen it. She would have worked so hard, poor thing, nobody would have appreciated it.

And this idea of 'my-ness' and 'I-ness' has to be given up in Sahaja Yoga, then you will know what is joy is; and then you will write to Me, 'Mother, we are all swimming in the Ocean of Joy'. Matter is just - you know you'll be surprised - matter is only for expression of love and for nothing else. They all call Me very generous but you don't know I am very selfish because I enjoy Myself by giving it to others, that's the greatest enjoyment for Me. But this time I had gathered so many things for you, and they told Me, 'Don't bring anything to Australia'. Look at this country - funny one - they don't allow any presents to be brought here for people whom I want to give and enjoy My generosity.

So that is what it is that when we understand the essence, now we are on the essence because we are on the Kundalini. Then we must know the essence of joy. And the joy is in sharing. But here people share which should not be shared, their privacy. Where they have to be private they are not. Just the other way round. I shouldn't say that but is a fact you know it for definite. You see even Mrs. Thatcher said that, 'It's our culture that women must expose their body.' Can you imagine Mrs. Thatcher saying that? But I heard with My Own ears. So whatever is to be shared is not shared, whatever is not to be shared is shared, and if you say, 'Why are you sharing?' 'You are jealous, you are very small-minded, you are very narrow-minded, you are very selfish'.

As Sahaja Yogis you can see it because you have the witness power, you can see it clearly. You have that Divine eyesight, you can see that clearly, that this is this thing, just the opposite. Of course you don't have to take sannyasa. You don't have to do all these stupid things, but you have to enjoy the collectivity. This is the culture of Sahaja Yoga. And now if you people cannot live together, how do I expect the whole world to live together? Of course there are problems, because of our ideas, not because there's something wrong with collectivity. I told them this morning the same thing I would like to tell you: that the first thing is when we start looking at others we try to gather the thorns, 'What's wrong with that another person,' instead of gathering the flowers. If you want to gather the thorns, all right, go ahead. I mean how can you get flowers then? As simple as that. It's a very simple mathematics. But if you want to have flowers you should see to the beauty of another person, glory of another person, the better side of it. And those who cannot see it, can never enjoy another person.

And the Sahaja Yogis can enjoy each other very well. It's so sweet it is and so beautiful that you all can live together like that. I wish I could, all the time, with you all. But it's not in My Fate I have to travel from one place to another. I left them there. I was so much wrenching in My Heart really and I was so heavy that I just closed My eyes trying to get over it; and there I find all the flowers smiling at Me at the airport and whole thing finished. Neutralized. I said, 'Now these were also waiting. After all I have to come for them, here.'

So you see this love, this affection, this deeper understanding that we have, within ourselves, that we are in love with each other, where can we express? In a house which is separate, the housewife is busy with the household, man is busy with another thing. But doing it together is such a beauty, and that's what has happened to Australia today. As it is Australia is such a cut-off place, from the whole world, is more necessary that you should ask for collectivity here. Even to come, even from Perth to here took three hours for us; such a vast country so separated from each other. When you are separated you come closer to each other, very much more. Try to understand your essence and I think now your attitudes will change and next time I should come to an ashram here. That's what I want. All of you if you work it out you can do it. After all there is paramachaitanya working on it.

But is a common case with people that they don't want to live collectively. It's very common case. But those who enjoy, you see, their Spirit cannot enjoy life without living together. Because Spirit is the collective being. It is a collective being. It's nature it is a collective being. That's the trouble. So you can't be in the water as well as in the boat. And either you have to be spiritually inclined, or you should be in the Spirit or in the body. And for your ascent is very important. We have to establish very good ashrams, where you can also have a center down below or something. All of you put together can manage that, I know that very well. If it is decided you can do it. If you need any help I am willing to help you. This Kew thing, I don't know why it fizzled out. The man became very greedy or whatever it is. But this was a very beautiful place, I enjoyed it very much thoroughly there.

Also sometimes it happens that somebody becomes despotic, somebody becomes dictatorial, some things happen like that, but it will pass out. But once you break away, it will be difficult for you to come together. You'll find excuses, 'I have got this work', the other will say, 'I have that job', 'I have to do this'. Everything can be done collectively much better. Just now see I was talking to him, one minute, before, but I didn't know what he was doing. I said, 'What do you do?' He said, 'Government service,' 'What kind?' He said, 'Immigration.' I said, 'That's it. I wanted you.' Not for My immigration, but for John Watkinson, and he's worrying Me too much because poor fellow, John Watkinson, you know; you know John Watkinson very well - how beautifully he works out everything, you know that very well. And he's in trouble. He can't get his wife in England. So I want him to immigrate here. I was talking to him and he gave Me very good idea. Supposing we were not together, I would not have done anything. Immediately you see, as soon as a problem comes up, they say, 'All right, so this place, there is someone like that, Mother can we take her?'

All over the world we have people. It's like one big body. And as soon as there's problem with the eyes, some hand is there to help us. That's how we are going to work it out. Do you understand the importance of Sahaja Yoga, at this juncture? It's not 'by the way', it's very important, extremely important thing. I don't know if you really know about it. Such work was never done in the history of Spirituality, in the history of this world, or universe whatsoever. And this kind of a masse transformation that is taking place, which is going to transform the whole world. But just the opposite of us are Russians. Russians are tremendous people.

Now we have a house, big, huge house, in Russia. I've been there only twice, once for eight days, another time for two days, and they are so dynamic and so spiritually evolved, I cannot describe to you, when I went there in Leningrad, there were two thousand people inside the hall, and two thousand sitting outside, and I didn't know what to do with them. After all lecture, program - it lasted for two hours or so, two and a half hours, when I came out all two thousand were still outside waiting. It touched My Heart really. Said: 'But Mother what about us?' I said: 'All right, tomorrow you come along here outside I'll see you, all of you, I must meet you tomorrow.' So the two thousand who were inside and the two thousand who were outside - all were there on the grounds and all of them are there now in Sahaja Yoga. The follow-up we had to take in the same hall.

Now they've found a house for us, anything you want. Even their ministers. They gave us an independent chart. There's no organization from outside Russia has got an independent chart. We can do what we like. They are willing to pay for My ticket, for the ticket who comes with Me and they are going to pay for My hotels and they are going to do everything. Tremendous personality and they might one day become the greatest Spiritual people - the way they are. But they had to learn collectivity through their training of communism, that has come handy. Though there are many defects of communism no doubt, but the greatest advantage they had is the collectivity; to know to share. And that's why it has worked. I've been thinking "Why is it so much?" Of course they have no conditioning of religions and things, they all divide us, religions this that. But there is one thing that is so great about them is that they are very collectively conscious.

I mean we all went there, forty-five of them just jumped in, from all over the world to come to Russia because very interesting now. You won't believe they looked after us like lords, gave them food, this, make all arrangements. Where My program was there was a big dinner they threw; not a single pie we had to pay them. I mean there was no organization there, nothing; no Sahaja Yoga, nothing. Only Oleg was there; nothing in Leningrad- and Oleg was actually in Moscow, and even to touch the platform on which I was sitting there was a big cue and when I went away also they were touching the platform, can you imagine. They said: "We have never heard of such a thing, it's such a great thing. I cannot believe it there such a thing exists." And they're all very well-educated people.

They are scientists, lots of scientists, doctors, architects, businessmen, all kinds of things. And the ministers of the Supreme Council. What do you say? They came to my program. They all touched My Feet. I said: "What world is this?" And they haven't got this sense that you are a minister or anything; everybody just the same. Of course that's the thanks to communism. But communism has given them something very very great and that is collectivity; they know how to share. I just really didn't know to really measure out their potential, really, I couldn't make out. They're all waiting for Me there.

They made a film out of Me already, and they showed it and all the film had nothing but vibrations and some light tuck tuck on people and all that. So that film became very popular, they made a lot of money out of that. All that they have given to Sahaja Yoga now. And first only they brought lot of money I said: "Why? For what?"

They said: "For Sahaja Yoga."

I said: "I don't need any money just now." Lot of money.

"No but we've saved this for You, we saved for You.

I said: "But you never knew".

When I was going for this another seminar, this Yoga seminar My husband said: "What's the use of going there now? You've been there eight days now. Again for the seminar? Anybody can look after".

I said: "I have to go."

He said: "Why?"

"To break the Eastern Block."

He said: "How will You break?"

I said: "There will be all of them there in the seminar."

Really it happened. They gave Me only forty-five minutes. I spoke for thirty minutes and for fifteen minutes I gave them Realization. See, and in that fifteen minutes all of these were from all East Germany, from Czechoslovakia, Poland; everybody was there. All of them walked with Me out; there was nobody left in the hall for any other lectures, and they gave Me their addresses. "You must come to Poland, You must come to this, You must come to East Germany." And just after that this triggering took place and they all started. But they must be very powerful means, that's the point you must remember. From every country there could be ten or fifteen people who could have attended this. All together there were only three hundred delegates. And in Romania also [spacing] I found people were very spiritual, and I said: "Romania will be all right. Don't you worry." It has happened there also. They have broken the whole shackles. Then came- before that was the Hungary, you see; they said: "What about Hungary, Mother?"

I said: "Let there be one Sahaja Yogi from Hungary." And there was one; he was quite sick though. Hungary became free.

So you are the channels, you are the ones who are going to work it out. If it was not so you think I would have asked you to do all these things? I would have done it Myself. I can't. It is you have to do and you must understand your responsibilities. You should not go into the same mundane nonsensical ideas but come forward with it and work it out. You can break all these shackles completely, if you have that power within you. But if you, who are the one who are the one who are going to transmit this, are not equipped and are not strong enough what will I do? How can I emit? Still we are going in that small circle of: "Me, my family, my children, my, my, my". So it's very important.

I'm sorry I didn't come earlier; I should have come. There's nothing wrong with you that I didn't come. But I wanted to see how you grow, and I think this is not the way we are going to grow at all; we are not going to get separated. We are going to live together. If you have any problems let Me know. But you should immediately try to find out some place- big one, immediately. We all can contribute. From all over the world people will contribute; I know that. Same thing in England, you know; England is another mess.

We got so much money for Shudy Camps, and in the Shudy Camps who lives are people who have no money, paying nothing. Like Hounslow house nobody paid anything, living free. English are the worst in this, the worst of all, I should say; and I don't know how they are going to come up now; everybody has given up. The leaders say: "Mother no use making any house, anything for them; they'll all come with their bag and baggage and we'll have to pay for even their food". But now we are getting some better-educated people, some professionals and things, but still I would say that England this Shudy Camps has failed completely. We wanted about seven doctors to see to this. We had made everything arrangements beautifully done, worked very hard for it. I put in such a lot of money in there; effort, planning ; everything has all failed. Is just haunted by some people who have no place to go to. This is another kind. What's the use of their collectivity there? Except that it's a pressure on us in every way. Now you have to show them. You were running very good ashrams, no doubt. There were no such problems, no such things happening, and then something went wrong here; I know that also. Because of that we should not give up our unity. Has happened something; doesn't matter; we should reunite. Unless and until we are united we cannot fight. And the negativity is at your door that can enter through even Sahaja Yogis.

As it had through your leaders also; I know that. But nobody told Me about it, surprisingly. I've already said that you don't tell Me against the leaders but you tell Me if they are doing something wrong; is absolutely allowed. Nobody wrote to Me a word till I Myself discovered it. Otherwise from Australia I get at least sometimes minimum of ten to twenty pages letters. But not a word about what was happening here or how people were dominating you and how things were going worse. I had to discover it. We are all one family, after all I'm your Mother. If you don't tell Me, who is going to tell Me about it? You have every right to tell Me. Leaders is just a myth as such. That's the way I can communicate. But if you find anything wrong with any leader, or anything, you should tell Me. I'm always available, you can always telephone to Me, I can always talk to you. How many people have talked to? I never say: "no" if I'm there. Any Sahaja Yogi is trying to telephone to Me, if I am in England or if I'm available, I'll talk to that person. Or if there is David Spiro he can convey to Me, he'll communicate to Me exactly what you tell.

So nobody told Me. I never knew what was happening. You'll be amazed I even did not know that the school was removed to Sydney. I did not know; nobody asked Me, nobody told Me; I had no idea. I never knew. Suddenly the photographs of the children came and their eyes, you see: "What's the matter? Where are they?" Then they told us the school has been removed and all that, and the children were not normal at all. I was so shocked. Then I found out that the school was removed without My knowledge, without telling Me. So arbitrary and everything. Nobody told Me. You have to tell Me, you have to inform Me. Now, in My lifetime, if this is the situation, I don't know what's going to happen later. Will it be like other Christianity of Paul or another Hinduism or another thing like that; after all you are Sahaja Yogis. And then you forget your responsibilities because if you are together you remember your responsibilities that you are carrying a big load, a cross you can call it,a big load. Suddenly you remove your hand: "Get out. I have nothing to do. I'm alone, I'm separate". Who is going to carry this big load?

1990-0304, Interview With Greek Journalist And Talk With Sahaja Yogis

View [online](#).

4 March 1990

Interview

Greg and Cheryl Bradshaw's house, Melbourne (Australia)

Talk Language: English | Transcript (English) – Draft

Interview with a Greek Journalist, at Greg and Cheryl Bradshaw's house, Melbourne (Australia), March 4th, 1990

Shri Mataji: What lotuses! Very surprising!

Interviewer: I've heard that You've been brought up in some of – I'm a Greek descendant myself, I was born, my life birth [unsure] in an island in the Aegean Sea. And I've heard that You've been to Greece.

Shri Mataji: Oh, Greece is tremendous! Tremendous people, Greeks. You see, they're very traditional. They're very traditional people and they understand this, you see, and you had such great philosophers like Socrates. So, I mean, is all in-built within them absolutely and they're very subtle people also. They understand serenity. I mean, in the whole of Europe I never heard this word anywhere except in Greece, the word serenity. And it's beautiful.

Interviewer: Could you tell me what's the record of your philosophy?

Shri Mataji: All right. The, you see, the philosophy is actually the practical side of it. Whatever has been the philosophy so far that you have to know yourself: 'Know Thyself'.

Also Socrates said the same thing and Christ said the same thing, that you are to be born again. All the scriptures, all the saints have said, 'You are to be born again' or 'You have to know yourself.'

Now how to do it? You see, how to achieve it was the problem which now is being solved. Not only that is solved for one person but solved for many because you can do it en masse because we have a power within us. I think the Greeks knew about it because they called this triangular bone as sacrum, meaning sacred. So, they knew there's this power, sacred power inside that and this is the power when is awakened and passes through six subtle centres, pierces through your fontanel bone area, you get in touch with that All-pervading subtle Power about which all these saints have talked. And then you start feeling the cool breeze on your finger-tips. Also, you start feeling the cool breeze on top of your head. Then this power is your new dimension to your central nervous system. You see, early Christians called themselves 'Gnostics'. 'Gna' in Sanskrit language means to know and we used to call it same thing.

Interviewer: How do you get to know yourself?

Shri Mataji: Ha, yes. Now this is what happens that yourself is, the seat of yourself is here, but is reflected in your heart. And as soon as this happens, first of all, you come to know about your subtle centres which are within you – which you do not know so far, on your finger-tips you know. These are all sympathetic nervous system centres which are expressed on the right and the left hand you see. So, whatever is the problem you can feel it on your finger-tips, so you know at least the centres that you have. Now these centres are for your physical, mental, emotional and spiritual being. So, immediately you find out what's the problem with you. Then also you develop another dimension on your central nervous system that you become collectively conscious, means you can feel others. You can feel everyone what's the problem with that person, only on the centres. When that happens and if you know how to correct it, you can cure diseases, you can cure mental troubles. And whatever is promised, then you become the Spirit, you become the witness and you become the peaceful personality, and also you become joy.

Interviewer: But in practical terms, how do we start, what do we do first?

Shri Mataji: It's very simple. It's a, it's a living process of evolution.

As we have become human-beings, we can also become super human-beings, not so difficult. But only it's like this that one

enlightened, one enlightened candle can enlighten another, that's all. So, supposing I,

Interviewer: I want to be enlightened.

Shri Mataji: Yes, you do.

Interviewer: What do I do?

Shri Mataji: Nothing, you just have to put hands like this and you get it. Once you get it, you just practice it a little bit and understand all the permutations and combination, then you can give it to others. It's so simple as that.

Interviewer: You believe that there are no problems, that there are no problems that human-beings cannot handle. Is that so?

Shri Mataji: So many problems. First of all, they are not at all collective by temperament, they are collective outside. Now supposing, you follow any religion, any religion whatsoever, you can commit any sin, there's no bondage.

But once it happens, you just become absolutely righteous, just don't do wrong things. You become so powerful and so compassionate; So many diseases which are incurable are cured by this.

Interviewer: Could You explain little bit on this?

Shri Mataji: How it happens?

Interviewer: How it happens, yes.

Shri Mataji: Okay, it's very simple. Like this is the left and the right side, left sympathetic and right sympathetic. In the centre is the parasympathetic nervous system. Now this, these are the centres, you can say, at different positions in the spinal cord and it's all them play [?]. Now what happens that, any diseases caused by the constriction of these centres. Now supposing you are using your left side – means you are very emotional, cry too much, think of your past and all that –

Interviewer: Exactly.

Shri Mataji: Supposing, supposing. [Laughter]

Could you take it further from that side?

Shri Mataji: That's exactly what

Sahaja Yogi: Ho, that's all offensive somehow [unsure]

[Inaudible]

Interviewer: Tell me more. [Laughter]

Sahaja Yogi: I just keep doing and I'll do it again [unsure]

Shri Mataji: [Laughter]

Interviewer: Yes, I'm very emotional, how can I go over it? [unsure]

Shri Mataji: I could see that. On your centres I can feel that you are an emotional personality.

Interviewer: Yes, I don't like to obey it, how do I cope with the situation?

Shri Mataji: That's what I was saying. Now what happens, the right side is the one which balances it here – now the left and the right. But you start moving out because you use too much of left. So, the control of the right is gone, the balance is lost. Apart from that, sometimes you may just break and then all kinds of diseases can start on its own and you cannot control it because there's no connection with the whole.

Interviewer: So, you need what, self-discipline?

Shri Mataji: No, nothing. You just have to get Realization so that this power, which I call as Kundalini, which is placed in the sacrum bone, rises, passes through this and integrates them. And pierces through this so that you become in contact with the mains, you can say. Like any machinery has to be in contact with the mains. You become in contact with that all the time: you feel very energetic, very dynamic and very compassionate, very righteous and you enjoy your virtues.

Interviewer: So, what do I say to my readers that they want to be enlightened? How do they start? I still don't get it.

Shri Mataji: You just come to My programs and it will happen. I, I'll do it for them and then they have to do it for others – that's all. It will work out in the programs.

Interviewer: I believe You are travelling all the time and that You've been in every part of the world.

Shri Mataji: I beg your pardon? Yes, I am, I am.

Interviewer: And I believe that You had a great success but personally, are You satisfied with your results?

Shri Mataji: Very much! Even in Russia I was very much satisfied. Russian people are the best, turned out to be the best! Who never believed in God, no religion, nothing but such a clean slate, you see, wonderful people! Even the government has accepted

us there. Even in India because there are three doctors who got their MD from- for Sahaja Yoga, that the way they cured Psychosomatic diseases, epilepsy, asthma, so many diseases; Even in Russia we have cured some people.

Interviewer: What's the place of the God in your philosophy?

Shri Mataji: God is everywhere, without Him nothing. His Power, All-pervading Power, is his own power of love. So, God is everything.

Interviewer: But You don't seem to approve of the way the various religious interpret the role of God or the way that -

Shri Mataji: Human interpretations are wrong absolutely because they are money-oriented. But, actually, if you see the interpretation of God, is we should go to the Incarnations, to the people who established it, to Christ. Say, if you are a Muslim, then ask Mohammad. Mohammad himself has said, "Your hands will speak when the resurrection will come," He said it.

Interviewer: What you're going to interact [unsure] along with Christianity for instance, I mean Orthodox Christians?

Shri Mataji: You see, Christianity is just a, it's a – I was also born in a Christian religion so there's no problem to explain that. But Christ has said that, "You are to be born again," but it's a social thing, only it's a just a social thing and Christians can go to any limit of doing all kinds of wrong things, converting people. Like in India, they came with a gun, gun in one hand and a Bible in another hand. You see, this kind of a things! Imagine Christ!

And what Christ has said in a very subtle way, "Thou shalt not have adulterous eyes." It's very difficult to find Christians without adulterous eyes, very difficult, so we have missed the point.

We are not following Christ, we are following some sort of a Christianity which was later on made by Paul, maybe, more organisational. You cannot organize God, you cannot pay for it.

Interviewer: Yes. How many Sahaja Yogis there are all over the world, do You know? How many followers do You have?

Shri Mataji: I don't know. They have already crossed the mark what John has said about 144 thousand he said – we have already crossed that mark. So, I don't know.

Interviewer: 144 thousand.

Shri Mataji: Yes, maybe more because we are in forty nations.

Interviewer: Forgive me because I ask but in what way Sahaja Yoga differs from the other forms of

Shri Mataji: Yoga.

Interviewer: Yoga.

Shri Mataji: Other yogas are just the wee part of it, you see. Patanjali wrote about Hatha Yoga. He didn't write about this standing on the heads business and all that, that's just a wee part of it. But Hatha Yoga means 'Ha'- 'Tha', means you have to deal with your right side as well as with your left side. But they just deal with the right side and physically you may feel fit but such a person can become very dry, might get heart attacks and it's a very one-sided life. But he talked about the same thing as I did, was to get to your state of your mind in thoughtless awareness and doubtless awareness. We do the same thing. Then another yoga is Raja Yoga is another very prevalent thing which is also [Shri Mataji speaks aside: Nako pankha nahin?] which is also a very, I should say, very mechanical thing. Like, unless and until you ignite the car, the machines won't work. But the modern Raja Yoga is like this, that you move the wheels without starting the car. So, in Sahaja Yoga we start the car and then we find out what's wrong with you and then we correct it. It's the other way round.

And that's why they cut the tongues of people Raja Yoga and push them back because it happens when Kundalini rises – you won't feel it, nobody feels it – but the tongue is little bit pulled in, a little bit, to hold the flow of Kundalini. But that doesn't mean you cut your tongue and push it back and there are people who are wagging their tongues in Los Angeles – some good doctors from here. Horrible things these yogas have done!

Interviewer: And what place does the exercise have in your-?

Shri Mataji: Not much. If you, I mean, exercise should be for just for little bit, not much is needed. If you worry for your health, it's all right, but not too much of it. Also, not good because that puts a strain on your, on your right side. For example, I have to have lot of water in My body otherwise how will I manage? Because I'm dealing with people and I'm to be protected so, it's all right, I accept it. But these days everybody wants to be like mosquitoes.

Interviewer: What do You think of the state of the war with as it is today?

Shri Mataji: Ah! Now, one problem is solved because Gorbachev is an enlightened man. One problem is solved to a great extent because he has withdrawn from one side so the other side doesn't know whom to fight now. So, they are also receding back. So, this world tension is much less in a way.

Also, when I went to Russia, actually they were all these third, this Eastern Bloc was there – all of them – and I gave all of them Realization. When they came back to their own countries, the Berlin wall fell down. So, this enlightenment gives you strength and sense of honour. It just fell down. And, so now, that problem, is partially or quite a lot, is solved.

But the second problem is of fundamentalism. Everybody thinks they are chosen ones, and they think they are the best. They are all just the same, no difference.

Interviewer: Are You talking about the politicians or -

Shri Mataji: Oh, no, everyone, whatever religion they may follow, fundamentalists. You see, "We are the best." Then the politicians. Politicians, I don't think they believe in God, that God exists really. If they believed, they would have understood that God resides in human beings and we have to look after them; That's the first duty. It will happen. People will start coming. We'll have people like Gorbachev then things will change.

Interviewer: So, You are optimistic of a -

Shri Mataji: Very optimistic, very, very optimistic because such a transformation is taking place and if human beings are transformed, things will be transformed completely. All the mess is because of us.

Interviewer: But are You happy with the rate that this transformation is taking place?

Shri Mataji: Beg your pardon?

Interviewer: The rate, the speed. Is it a slow process? Are You happy with the speed, the process, the rate that this change takes place or – is it too slow? Or would you like –

Shri Mataji: It started very slow to begin with because it's a living process. You see, if you have to produce one flower, it takes time, a real flower. But plastic flowers you can produce any number. But now it's taken over, I think. The speed has increased very much everywhere. It's progressing very fast and things will work out. Now, what we need is this certain number of people in any countries and it will trigger out. It's like that "100 monkey phenomena", as you call it, that kind, that has to happen. A certain number of people have to really become established and the whole thing will be transformed.

Interviewer: In which part of the world Your Sahaja Yogis spread more than any other, than other parts of the world?

Shri Mataji: Of course, in India.

Interviewer: India, yes.

Shri Mataji: India is the maximum.

Interviewer: Apart from India?

Shri Mataji: Indians are very, sort of, they have these basics with them. But I should say the best Sahaja Yogis now are in Austria. There are very good Sahaja Yogis in Austria. And also we have now Russia, I should say. Can you imagine that Germans went to Russia to give them enlightenment! To Russians – Germans! Such a change!

Interviewer: Well, the Western. Germans.

Shri Mataji: Germans are from Germany. We have disciples there in Germany; They all went down, rushed to Russia to help them out. Remarkable!

Interviewer: So, what are You going to do during Your visit here apart from giving lectures?

Shri Mataji: I have programs. I think, we have two programs tomorrow and day after and there I'll give enlightenment to people.

Now it works en masse, it works en masse.

Interviewer: Can You give enlightenment to me now?

Shri Mataji: They are all enlightened people sitting here.

Interviewer: What about me? I'm not. [Laughter].

Shri Mataji: To you I'll give you, I'll give you, I'll give you

Interviewer: I would love to be Realized

Shri Mataji: Yes, that's very great. That's why Greeks are very good. When I went to Athens – now Athena word comes from the Primordial Mother. 'Ath' 'Ath' in Sanskrit means Primordial. So, Athens is very much there. And when I went there, you should have seen the hall and even where we had the hall, the gentleman who owned it, came down he said, "Better stop now. With so many people we can't have it under certain laws, this." But the people were shouting, big problem there. Two days I had.

Interviewer: They're very emotional. Greeks are very emotional.

Shri Mataji: Very, I know. Apart from that, they are seeking truth and very sincere about it. They don't care for other things much. It's beautiful people. We have a lawyer there [name unclear] he's looking after them.

Interviewer: And do You feel that temperament has anything to do with the enlightenment? The type of temperament a person has?

Shri Mataji: No, nothing, you get into balance itself, balance is to be established. I mean, of course, as you said, you are emotional and also Greeks are very emotional people. I mean, when they saw Me there were tears in their eyes, you see. And then gradually they settled down and things worked. Most of them got Realization, thousands. Greeks were great, I must say. I was so happy that You are coming here. I was so happy to hear that because I know Greeks are the ones who will touch very fast. So, Greeks, Egyptians, Indians, are ancient people.

Interviewer: You think they are tuned that way, 'We are seeking the truth and the-

Shri Mataji: Yes, because they are very ancient people. So, they have been doing this, you see, trial and error and then trial. And that's how they are, sort of, at a point. They have reached at a point where they, they think that now, 'We must find it out what is it.'

Such philosophies you had!

Interviewer: When were You in Greece, how long ago?

Shri Mataji: About, I think, about eight months back. Eight months back because I travel the whole year round. In summer time I'm travelling in Europe and winter time I'm travelling in India.

Interviewer: You always get the same satisfaction and the positive results with it?

Shri Mataji: In the beginning it was not because too fantastic to believe, you see. People were not so. But still, I must say, everywhere. I started with one lady and now it's going to be – I started 1970, 5th May slowly. Now it's about nineteen years completed in May.

Interviewer: What do You do with people that are sceptical about the thing that You're worshiping?

Shri Mataji: I don't bother about them. You see, you cannot force it on anyone, you cannot force, you cannot convince it, it's not mental. It has to be asked for, then it works. It is, gradually they also come because they see the results on other people, they see the results on their friends and all that – the change, the transformation and the beauty of their temperament and then they come themselves. But, you see, we cannot force it on anyone. It cannot be forced, that's so improper [unsure].

Interviewer: What position, what place materialism has in Your philosophy?

Shri Mataji: Materialism has to have a balance, has to have a balance. You see, we are in imbalance. Like produce plastic, plastic, plastic so much that we produced, so much of mountains of plastic. Then this machinery, you see. Machinery is for us, we are not for machinery; There has to be a balance for everything. There's no balance and that's why we have gone into this problem of ecology and all that.

Interviewer: But there is – You don't see any harm in having some comfort in life which the material things give us.

Shri Mataji: In a way they do, in a way they don't. It's a headache also sometimes to have material things with you. But the comfort you seek is of your Spirit. Of course, I mean, you can live very comfortably, no problem. The way you want to live, you

can live: you don't have to run away from your house, you don't have to live in jungles, nothing. You can live very comfortably, whichever way you like. But actually, I have seen after Realization people seek the comfort of the Spirit.

It's all right, if it is there, is there. Now, I must say, I come from a rich family. My husband is rich and my parents are rich and all that. So, I have lots of comforts in my family but I can live anywhere. You send Me to a jungle. I can be there. I can live anywhere. I enjoy everything.

Interviewer: So, part of your philosophy is to adapt to various situations.

Shri Mataji: No, we don't force on anything, just automatically it happens. You see, people are used to alcoholism, drugs, this, everything drops off. Just I don't tell them. Just because you become the Spirit in the light of Spirit. And whatever Spirit enjoys that's you like, you're more worried about that. And matter is for the expression of your love so that you can give it to others. Even when we want to wear good dress or want to keep a good house or anything, it is just, we want to please others innately, not for our sake. We don't do all this for our sake, we do it for others. Actually, one has work very hard to keep the house clean and make it beautiful and all, we don't mind. Because really, innately we want to please others. And then ultimately it happens that by giving others or by expression through the matter, we can say, 'I love you very much.'

Interviewer: Apparently, if you are after progress and you want to progress to develop as a person in your sphere, in your profession and we all know that in order to do this, you have to be tough in today's work. What do You think about that?

Shri Mataji: You see, love is such a great power that you don't have to be tough at all; it works.

Interviewer: But we are so tough. So, if you want to survive-

Shri Mataji: No, no, you survive through the power, this subtle power, which is love. It looks after you. You don't have to be at all, at all, tough.

Interviewer: But I find myself, if I'm kind to the others all the time, the others take advantage of me, in my profession for instance.

Shri Mataji: It's true but when you get your Realization, you'll be surprised, you'll be in the Kingdom of God and everything will be done in such a way that you'll be amazed how things work out.

Today only these musicians have come and they were telling Me that, "They were very hard with us. When we entered, they wouldn't give us their immigration because some were not graduates." The artists were not graduates. And just they saw them and these people, just in their hearts said, "Now we have to go somehow," and immediately the whole, everything changed and they got it. Everything works out and everyone of them can tell you the story how things worked out in their lives and how everything is so beautiful.

Interviewer: All right. Do You think that mind can swallow, I'm a bit confused- mind can swallow through different things? I mean, sometimes you say, I say to myself, "Don't do it," Are we divided, do we have two selves?

Shri Mataji: Yeah, yeah, yes. There's a disintegration, but with this you get integrated. Whatever you feel, you do it and enjoy it. It's just that; You get completely integrated. And you know the absolute truth also because whenever you want to find out the truth, you can just put your hands and find out. So, you know the Absolute, what is right. You do that, you're all right, no problem.

Interviewer: But who's telling me what to do? I mean, there are two selves within me?

Shri Mataji: Yes, there are already. The one is the ignorance, one is the knowledge but the knowledge has not come into the light. Once the knowledge comes in, you can feel it on these. Then there are vibrations, you can feel a cool breeze and that tells you. Supposing, there's a man who wants to cheat you. Immediately you'll feel the heat from that man.

Interviewer: How come that sometimes I struggle with myself. I know that what I'm going to do or to say [inaudible] because I'm an impulsive person. I know what I'm going to say it's not right and probably it's going to hurt the other person and it's going to hurt me as a result as well. But I can't help not doing it, not saying which gives me the- I realize that there are two people, there are two selves inside me.

Shri Mataji: But that becomes one now so that whatever you do, you don't mind, it's all right. If somebody hurts you, it's all right, you don't feel it, it's all right but you say – whatever – Interviewer: How can I suppose the other person, what happens to the other self, that I feel it is there but they don't always approve?

Shri Mataji: Doesn't matter, you don't have to worry, it will all work out. You don't have to mentally make them approve, it works out, you see. And sometimes the desires, which do not sometimes - you see, sometimes I'm going in the car and we get lost. Then I think, I have to be lost – there's something to be done here, I have to pass through this lane, it's all right.

Interviewer: So even the hardships that we have in life they, they have a positive message.

Shri Mataji: Absolutely! Whatever you do, you know that it's for your good, you just don't bother. You keep in a very joyous mood and you don't worry about it. There must be something: "Why am I here? Why this happened? All right, there must be something, let's see". You become a witness of the whole drama. Like in a drama you are watching – this event has come – now what must be the reason? Then it shows you. In the same way everything starts unfolding beautifully.

Interviewer: What do You believe is the role of human-beings on earth?

Shri Mataji: I beg your pardon?

Interviewer: What is the role of human-beings on earth?

Shri Mataji: So?

Interviewer: The role, the role? What's the purpose, the meaning or supposed of life?

Shri Mataji: Is to, is to enjoy that's all.

Interviewer: And do You believe in Incarnation?

Shri Mataji: Yes, enjoy, enjoy the bounties of God and to spread the news of God and to give Realization to people and to evolve them. That's the purpose.

Interviewer: And You believe in reincarnation that when we are dying–

Shri Mataji: Yes, we are reincarnated, no doubt. We've been born again and again and again and now we have come to this stage as human beings also. And now human beings have to just go through a little breakthrough, that's all. It's not purposeless.

Interviewer: So, what happens to me when I die? What happens to my soul? Does it immediately goes to another human being that is-

Shri Mataji: No, no, it depends on. Now you become your own master. If you want to be born again, if you want to save more people, you may be born again. If you don't want to be born again, you need not be born again. It's, it's your desire. Then you become the master of yourself. You decide what you want to do.

Interviewer: OK. What do You want to say to my readers?

Shri Mataji: To?

Interviewer: To my readers, to the people that I am writing the article, the interview that we're having.

Shri Mataji: I should say, they must now take their Realization, the time has come. I call it a blossom time. It's a great chance, it's a very great thing that's happening all over the world and should happen. And the Greeks, who have come from Greece, should not lose their moorings and their traditions and should get their Realization.

Interviewer: OK. What do You want to say to my readers?

Shri Mataji: To?

Interviewer: To my readers, to the people that I am writing the article, the interview that we're having.

Shri Mataji: I should say, they must now take their Realization, the time has come. I call it a blossom time. It's a great chance, it's a very great thing that's happening all over the world and should happen. And the Greeks, who have come from Greece, should not lose their moorings and their traditions and should get their Realization.

Interviewer: Thank you. Now, I would like to hear, if You don't mind, some of your disciples as we go for it [inaudible].

Shri Mataji: All right. Sheryl will do that.

Interviewer: Sheryl, is it possible to have a photo- do you mind, by the way, if your photo appears [inaudible] I'm a journalist and I take few articles for a Greek newspaper who is [inaudible] in circulation. And do you mind having your photo appear in there? And telling people what happened to You and- You don't, ah good. Okay. And Greg, could you take a photo while She's talking to me and- [Laughter] I'm sorry, this seems very sort of business to me.

Sahaja Yagini: You want just here?

Interviewer: Yes.

Sheryl: I was, took my Realization ten years ago. I was a very hectic person, very busy, hectic. I had a lot – very busy mind.

Interviewer: Greg?

Greg: Yes.

Shri Mataji: Take your chair there. Better take her chair. This will be nice for her to see Me. [Inaudible]

Greg: Excuse-me.

Sheryl: No, it's OK. Very busy mind. And after I received my Realization through the Grace of Shri Mataji I went, I felt it all happened within me and the next morning, I woke up and I don't have any conference, [inaudible] but all my problems, they just, they lashed. I gave up smoking overnight, I gave up drinking overnight, gave up swearing.

All the really gross things that I used to do, just they lashed. And I didn't know whether that too happened to other people and they said to me that I had to experience it more. It was just so amazing and I felt really peaceful inside.

Interviewer: And it happened overnight.

Shri Mataji: You must show Shirley's photographs to her. Shirley's photographs that...

Greg: One with the light.

Sheryl: And then I developed this Realization. [Inaudible] Shri Mataji because I was given it by Her in person. And I went to India and while I was in India, I took these photographs that Shri Mataji will show you. And when we had them developed, it was just absolute great flames of light just radiating down from Her. But whole day I felt like that couldn't explain it. It's hard to say with those stained-glass window [inaudible] I saw the lights; it was just nothing. And [inaudible] – improving in the heart.

Interviewer: So how do you face the problems that you have?

Sheryl: Well, let's say that I don't have so many problems as I used to, but it's like, within you, you begin to know yourself and when we do something wrong it's like an innate knowing that you've done something wrong and you've got the means to fix it through your Realization. It's like that. You look at things in a calm way and you are much calmer. [Inaudible]. It's like a drama going on and if you can cope up with it, suddenly see that you are in the middle, "What am I doing?" You know, "it's all just a drama."

[Conversation between Sahaja Yogis]

Shri Mataji: These are the ones [the photos], you see. She was the first to get it. Here is the series you got in the village, and in the village, it's just think of it.

Why, why did you put another one on this one?

You have to take it out. [Inaudible].

Yeah, but that's too much for her. Better show her this much only. This much is all right. You can say there are many miraculous photographs I'll show you later.

Go show her this later.

Hmm, beautiful! Yes, I'm laughing.

When are we, when are you going to, when are you going to send the interview?

Interviewer: It's for the afternoon newspaper 'The Noble Herald' Shri Mataji.

Shri Mataji: Hmm?

Interviewer: For the afternoon newspaper 'The Noble Herald'. I'd rather go and call them [unsure] I want to go to make the interview.

Shri Mataji: Good. [Laughter]

I'd better sit facing it.

[Laughter]

Last night he promised not to laugh, she's already broken. [Laughter]

Sheryl: I said I'll try.

Shri Mataji: Your book is very good. You gave Me the book you wrote, you remember, long time back.

Sheryl: Yes, Mother.

Shri Mataji: It's very good and you should come and see our garden in Pratishthan. It requires lot of understanding and I have no time to look after. But all these flowers can come there, I think, all of them could be.

Now show her this one that she would like, you should say.

Sheryl: This is the one 1990 New Zealand in Mahane, after puja.

Shri Mataji: Hmm.

Sheryl: The New Parliament of New Zealand in Mahane

Shri Mataji: Oh, really. We mean England, the other day, in England.

Sheryl: That's the summer storm.

Shri Mataji: Here there are three, one, two, three. This is the Kundalini, these are two. But actually, in another photograph this one maybe, let' see. One, two and three.

Here is also. Pouring of vibrations. Here also there are three: one, two and three but it's light. Shirley: Fantastic, isn't it?

Shri Mataji: These are gold actually, it's a good idea, just imagine!

Sheryl: We got this on photograph.

Shri Mataji: Cameras are clever.

Sheryl: That one was the one, wasn't it? Is that with the deities above?

Shri Mataji: Oh, no, no, no, no. These are all on your head. You see, this is my name written in Urdu language. It's my name on your heads.

Shirley: Fantastic!

Shri Mataji: But not this one. There's another one that this year they were going to give you –

Sahaja Yogini: Sorry, that's the one on the bedroom in the atrium.

Shri Mataji: Um, look at that! I remember.

Sheryl: That was so dark!

Shri Mataji: Is that the window?

Sheryl: That, this was the window but everything was just really black and there was no flash. So, it shouldn't not have really come out all right.

Shri Mataji: I know, I know. I know.

This is remarkable. This one of course was there, no doubt. Let's get this, we have yes.

This one is tremendous. No, that's not the one of the Deities. They were going to give you in the- I think, I'll ask them. They have enlarged it for Ganapatipule. They must have given it to some people, I'm sure. Very enlarged ones.

Sahaja Yogini: We didn't see them, with all the deities.

Sahaja Yogi: I think, they've sent them to Sydney. There were some in Sydney, I'm sure.

Shri Mataji: Hum?

Sahaja Yogi: I think they've reached Sydney but don't –

Might be. I haven't seen there. They can make copies. So, I'm sitting here and all of them sitting there, it's wonderful. And the way they are, there are also angels and you can see also the Ganas and every bride, they have got divine flowers, beautiful flowers all around them. And the boys also are all having vibrations on top of them.

That's what is your marriage is.

Shri Mataji: I wanted to talk to him about Taiwan.

Sahaja Yogi: Yes.

Shri Mataji: See, what they told Me – what's the name of the gentleman from New York?

Sahaja Yogi: New York, it is Nelson. Nelson Saw [unsure]

Shri Mataji: Yeah, and he wanted Me to go to Taiwan. But what I told him that, "First of all, you people go there and work it out, then I'll come," because there's just raw just now, no one will know there. So, they said, "Yes". But I said I'll fix a - they said May is a good month for Taiwan. Is it a good month for Taiwan, May?

Sahaja Yogi: Shri Mataji it's a very mild and pleasant, maybe a little humid but very mild and pleasant. Very mild.

Shri Mataji: Is it? What do you think is the best month for Taiwan to go to?

Sahaja Yogi: Well.

Shri Mataji: November?

Sahaja Yogi: I think, You see, it's been five years or six years since I've been there and if I remember basically is that the bad months are summer from late May until early September. It's not only warm but very, very humid as they are rainy months and –

Shri Mataji: Early December will be all right?

Sahaja Yogi: Yeah, it certainly will be all right by November. The heat is all gone by the end of September. The hot months are finished.

Shri Mataji: You see, because I'm coming to India on the, say, 18th of December. And before that, I could go there and then go from there to India. It would be much better.

Sahaja Yogi: Yes, Shri Mataji.

Shri Mataji: And you'll have more time to work it out.

Sahaja Yogi: Yes, Shri Mataji.

Shri Mataji: Can you write to him about it?

Sahaja Yogi: Yes, Shri Mataji.

Shri Mataji: I'll also talk to him from England.

Sahaja Yogi: Yes, Shri Mataji.

Shri Mataji: I'll fix it up like this. First, I said, "I'll come in April," but then I can also go to Singapore, it's Malaysia. Malaysia now we have 30 people. They came at the airport, I was surprised, thirty of them. All Chinese, very beautiful!

If Chinese take to it, they can go very far. And also, Toronto we have lots of Chinese. Vancouver, we have lots of Chinese now. New York now we have some, not many but they are very dynamic.

So, if you think it's all right then we'll do it in the early December.

Sahaja Yogi: Yes, Shri Mataji.

Shri Mataji: On my way to India.

Sahaja Yogi: Yes, Shri Mataji.

Another Sahaja Yogi: May I ask Shri Mother, is it an auspicious time for me to go to Taiwan?

Shri Mataji: I Beg your pardon?

Another Sahaja Yogi: Is it auspicious time for me to go to Taiwan yet?

Shri Mataji: It should be before just I go – if you could go there and find out what you can work it out. Or you can go earlier and again you can go. But you'd better talk to him and both of you consult what you can do.

I've been to Taiwan once, I've been there. I think the Chinese are all right even in China, they're very good to Me. But this news nonsense that has come has spoiled the image of China but the government has tremendous respect for Me. Whenever I went there, they respected Me, they were very kind to Me. But as far as Sahaja Yoga is concerned, I don't know how far they'll react, I can't say.

Sahaja Yogi: The Chinese in Taiwan are easier than –

Shri Mataji: Much easier.

Sahaja Yogi: Than the overseas.

Shri Mataji: Because there's no suppression on them; They are not suppressed people and they're doing well now because lots of people are using their labour and things, much better.

You came from where, which part?

Sahaja Yogi: From Kuala Lumpur, from –

Shri Mataji: Kuala Lumpur but I was surprised there are thirty of them now.

Sahaja Yogi: They're all very new, aren't they?

Shri Mataji: Yes. But very good, very dedicated and the children know how to give Realization, they know the mantras and everything, so beautiful!

Angie has done that.

Indians are horrible in Kuala Lumpur, horrible! They've all kinds of funny problems here. I said you give up Indians. You see, Indians are like uprooted people, anywhere.

Once they, when they're uprooted from India, they become very funny. I always say, a mango tree if you take it to England, it won't give you mangoes but also not give you an apple. It's like that, useless thing.

Sahaja Yogi: Yes Mother, we have an Indian man who comes to one of the programs in John Wayne. He comes and he is from Kuala Lumpur also and he was just in Kuala Lumpur.

Shri Mataji: He's Chinese?

Sahaja Yogi: No, Indian.

Shri Mataji: That's it.

Sahaja Yogi: He was there last month and he got in some quite serious trouble with a lot of other Indians there, who are –

Shri Mataji: Very predictable. All kinds of false people have gone there, very stupid, absolutely stupid people.

Sahaja Yogi: He talks to everybody about Sahaja Yoga and TM people got after him, so he is-

Shri Mataji: No but Chinese are very good. Chinese are very good in Kuala Lumpur, extremely alert.

Are you satisfied with that?

Interviewer: Yes, yes.

Shri Mataji: So, would you like to have your Realization?

Interviewer: Yes.

Shri Mataji: All right, better take out your shoes.

You can sit on the chair now. Please be seated. Give her the chair, please.

Just, if you can face Me here, it'll be better.

No, no on the chair. Just be seated.

Now, you put your hands like this, that's all, that's all. Just see on her head if it's already there.

Interviewer: Beautiful feeling!

Shri Mataji: She's got it already. Feeling the cool breeze already.

Interviewer: So, it's tingling on my feet.

Shri Mataji: Feet are tingling but hands because you got down from there – but hands you've got the cool breeze. Now don't doubt if they are on the finger-tips, they are. You got it so fast. The only thing is that you're also very hard-working person. Despite the fact you are emotional [Laughter].

So, but you must forgive, you must forgive people, that's very important. Just say, "I forgive." Don't think of them who they are or anything, you just say, "I forgive everyone." Just in your heart, "I just forgive them," just say that.

Good and you are relaxed, no thought. Watch Me without thinking [Shri Mataji shows her bindi] you can do it.

Very simple.

You see as a seed you can put in the Mother Earth; it sprouts by itself so you are built-in within you, built-in; Sahaja means born with you, is there. Only this yoga, the union with the Divine, has to take place. That works out. See now. I told you Greeks are very good.

[Laughter].

Interviewer: Thank you.

Shri Mataji: They're wonderful, wonderful people.

Interviewer: Thank you.

Shri Mataji: All right, May God bless you!

But you must know what it is and you must understand what it is and how to work it out, how to help people, it's wonderful! You should see these people again.

Can you give her some address of yours where you're going to have the program today and tomorrow?

Sahaja Yogi: There is one thing I'd like to show you... It's an interview with Bruna, the necklace that Francis is wearing is Bruna's work.

Interviewer: All right. Wow!

Sahaja Yogi: And that's his –

Shri Mataji: What's it?

Sahaja Yogi: Bruna's, Bruna's work, Mother.

Sahaja Yogini: Bruna, Shri Mother.

Shri Mataji: Really.

Sahaja Yogini: Yes.

Sahaja Yogi: Bruna, yeah.

Shri Mataji: You made it! It's wonderful, ne?

Sahaja Yogini: It is a very beautiful jewel!

Shri Mataji: They all have become so dynamic, I must say, the. She must show her the ceramics these Sahaja Yogis have made.

Beautiful ceramics they have made just as this jeweler. Greek style.

Interviewer: So fine!

Sahaja Yogi: Last year [inaudible]

Shri Mataji: Remarkable! And there are people who never knew much of ceramic have done such good work.

[Conversation between Sahaja Yogis]

Shri Mataji: Did you tell her where is the program?

Sahaja Yogini: She has the pamphlet with the addresses.

Show her this. You must see this.

Shri Mataji: Sheryl is the one who got all these photographs. Now we have many more but you should see and many more like this. You show her the others.

Sahaja Yogini: This one?

Shri Mataji: Not this.

Shri Mataji: The one You are talking is that one?

In a village.

Sheryl: In a village, in an Indian village and-

Shri Mataji: Oh, there are photographs and photographs and you'll be amazed.

Sheryl: It started off fine and then it got bigger and bigger. And then at the end Mother put up her hand to stop the light and then after that there was no more light.

[Laughter].

Shri Mataji: There are so many photographs like this that you'll be amazed and we'll show you later on. But you must join this and you must develop it.

Is there the photograph in the dark you took?

Sheryl: Shri Mataji, one of the other ladies in Norway who was also at this program took some photographs. She has some in the album but there's no light. [Laughter].

And they are all mostly the same photographs and there's no light.

Shri Mataji: I know!

Sheryl: That photograph was taken in a pitch-black room with no light whatsoever, just as an experiment and that's how it turned out. My flash was really dark.

Shri Mataji: That's all the Sahasrara, that's also possible. She has some photographs but we have so many of them. And the one which is with the, on the heart, there's light. –

Sheryl: Very subtle things, you know, the camera takes photos of the different lights that emit from us.

Shri Mataji: On top of their heads.

Sheryl: On top of everybody's heads. Now this one here – this is, Shri Mother, this is in Austria also?

Shri Mataji: No, no, no this was in Italy. Now, we were going on a boat.

Sheryl: This was number one, then number two, this is all on a roll; then, wait, number three, number four and then number five. This was all coming from Shri Mataji. Yes, this is the Sahasrara.

Shri Mataji: This is the day when the last centre was opened, the seventh centre. And they wanted to have the celebration on the 6th but it was on the 5th. So, they said, "6th is a Sunday everybody will be there". And we were in a boat, suddenly this happened. One fellow got it, everybody doesn't get.

Sheryl: And this and Shri Mataji is just here, next is –

Shri Mataji: This is my head and these look like when we enlarge them, they look like as if the bones are cut, you see, little, little things, these.

Sheryl: That's all. And this is the sort of photographs –

Shri Mataji: This one is also there, the one with the light in the heart.

Sheryl: The light coming from the heart chakra.

Shri Mataji: This was in say, Ganapatipule.

Sheryl: This one here was the light from the heart?

Shri Mataji: This is from Ganapatipule.

Interviewer: Ganapatipule.

Shri Mataji: It's in a, on the sea-shore, in India.

Sheryl: Would you like this for your paper?

Can she print this in her paper?

Shri Mataji: Yes, yes, why not.

Interviewer: Which part is it?

Shri Mataji: Which part? This is in India, in Ganapatipule.

Interviewer: India, hmm. The next, were You meeting people there or You were only alone?

Shri Mataji: No, no we had some people also around. They just took My photograph.

Sheryl: And then this light.

Shri Mataji: One is there with on the hand. Now recently there's one behind Me. Then another one on my feet, it's the moon, as a complete moon.

Sheryl: There's lots and lots more. We haven't got them all here but we've seen this one here was in New Zealand and Shri Mataji made the neck [inaudible] and the new Parliament of New Zealand appeared – you know how the new parliament of New Zealand looks like in the honey.

Shri Mataji: Also, in England the whole of England came in, yeah.

Sheryl: Came into the honey, yes after New York.

Sahaja Yogi: And the one, the face has come in the clouds on the sky.

Sheryl: Yeah.

Sahaja Yogi: You can see it in the clouds. Everything even-

Shri Mataji: Event the-

Sahaja Yogi: Even I teeth and all.

Shri Mataji: Teeth. Also, I used to wear this thing here [nose ring], that also came in.

[Laughter] I don't know if you have that one or not.

Sheryl: And somebody just took a photo of the clouds. Now, it's often in Sydney for the big enlargement [inaudible] this and this.

Interviewer: Are you Mother's companion?

Sahaja Yogi: Ah, we are children. [Laughter]

Sheryl: So, there's many more miracle photos like that.

Somehow the camera sees things more than people can see.

Sahaja Yogi: How long tomorrow's lecture is going to last?

Shri Mataji: It takes about one hour to explain everything because somebody else will say something and then I'll say. And then about 15 minutes for Realization only. You took hardly any time. You just opened your hands and you got it. [Laughter]
So, the people who are good like you, it will take only one second

[Shri Mataji laughs]

If they have to be like you, seekers, you see, they have to be truthful people. Seekers, it works out. But supposing they are sick or something, there's conditionings, this, that, it takes little time but not much.

[Aside, in Marathi]

Shri Mataji: [About the Indian Sahaja Yogi] Her sister has come all the way but she's busy with Me. I said, "You go and see her." She said, "No Mother, I will be with You."

Her sister has come all the way from India but she wants to be with Me. [Shri Mataji laughs]

All love, you see, just love. In that, it feels so protected and God loves you, you see. He doesn't want you to suffer; This is a nonsensical idea of Christianity. Actually, recently Thomas, when on his way to India, was in Egypt. And he wrote all the treatise about Christ and put it in a big jar. They opened it and in that they found so many things written just what I say. He said, "God doesn't want you to suffer. Christ has suffered for you, you don't have to suffer." So, the whole thing is absolutely challenging the theories that, "You must suffer for God." It's all nonsense. Why should you suffer? He's your father. No father wants his children to suffer and He's the Father of all the fathers.

Why will He want you to suffer? It's illogical.

Interviewer: And the priests say that they seem to go, to have a good time like on Saturday you are not allowed to go out and have a good time because next day you have to go to church. What do You think about that?

Shri Mataji: Nothing of the kind.

Interviewer: Hmm?

Shri Mataji: You see, [Laughter] Sunday is for enjoyment actually.

[Laughter]

All these things are, I don't know why they say, "You are sinners, this." This this is not the way to talk to people, I mean, to make them feel miserable! And the first condition in Sahaja Yoga: you are not to feel guilty for anything. After all.

Interviewer: Even if you do something wrong?

Shri Mataji: Wrong, doesn't matter, after all you are human beings. God cannot do anything wrong but human beings can do, so it's all right. At a human level is all right. Once you get your enlightenment, then you don't do wrong things, so you are excused. Forgiveness is there. You have to be completely forgiven.

You see, this All-pervading power of God's love is an ocean of forgiveness. What can we commit? Mistakes, all the time to feel guilty. It's all money-making proposition, I think, that, "You have committed sins, all right, you pay us the money and sins will be wiped out." Common with every religion. Even in India they do the same thing. "Now, You committed a sin. All right, you give us these things, so we'll tell God, it will be all cleared out."

[Laughter]

Interviewer: If you confess, yes, and then, you see, your sins will be wiped out.

Shri Mataji: After all we must understand God. He is love. He is love and He understands human beings, He loves them. He doesn't go on punishing all the time, that's not His job.

Actually, we in our, in our stupidity, we are the ones who create problems. He does not for each other.

Interviewer: How many hours do You sleep?

[Laughter]

Sheryl: Not many.

Interviewer: Not many!

[Laughter]

Shri Mataji: It's very little. Also, I eat very little, sleep, very little. Also, you see, I don't need much sleep as I'm quite full of energy. I'm now 67 years of age.

Interviewer: Amazing! Nice!

Shri Mataji: And I travel so much this - last night I must have slept at 2 O'clock or 3 O'clock.

Sahaja Yogini: Two O'clock.

Shri Mataji: Two O'clock I must have slept.

Interviewer: Up again three hours later.

Shri Mataji: Yeah, I was up.

Interviewer: So, You have energy with five, six hours of sleep per night?

Shri Mataji: Daytime I sleep for a while, always, little bit. But night time, I can keep awake. [Laughter]

And I can travel. I have no problems of this jet lag and all that. Never I have these problems. Supposing I'm travelling now – some people who travel they have to adjust to the timing, the timing adjusts according to my sleep. There's no problem, nothing. Travelling is no problem. I travel such a lot, such a lot I travel. But I don't think there's anything wrong with travelling, wrong with ourselves because you just think you are there. You are there, that's all.

Whether you are travelling or sitting at home or going anywhere, you are there, that's all. Why to think you are travelling? If you start "you are travelling ", then you start feeling that "Oh, something you have done ". You've done nothing, you're just there.

Interviewer: And where do You get all this energy from?

Shri Mataji: I beg your pardon?

Interviewer: Where do You get all this energy that?

Shri Mataji: It's coming, you see, it's there, all-pervading. You are connected to the mains now.

You should have given her some tea or something like a.

[Shri Mataji speaks in Marathi]

What would you like to have, some cold drink?

Interviewer: No, I'm fine, thanks.

Shri Mataji: What?

Interviewer: I'm fine.

Sahaja Yogini: Some tea or –

Interviewer: No, thanks.

Shri Mataji Something? Anything you'll have. You have come to Mother's house, better have something. [Laughter]

Interviewer: I'll have a cup of tea, thanks.

Sahaja Yogi: Better give her something good to drink.

Interviewer: I'll have a cup of tea, thank you.

Shri Mataji: You made something else?

Sahaja Yogi: Yes, Mother. I was making [inaudible].

Shri Mataji: Let Me see

[Inaudible]

Sheryl: This's called is all the Australian [inaudible] of jewellery.

Shri Mataji: Really?

[Conversation with Shri Mataji in Marathi]

The combination is tremendous but the central one is not the real stone.

Sahaja Yogi: Yes, Mother.

Shri Mataji: Is real?

Sahaja Yogi: Real emerald.

Shri Mataji: All of them are real stones?

Sahaja Yogi: Yes.

Sahaja Yogini: Diamonds?

Sahaja Yogi: Real diamonds.

Shri Mataji: This emerald is real?

Sahaja Yogi: Yes, the emerald-

Shri Mataji: Very delicate, I must say. It's a very delicate thing you have done, really.

Interviewer: Yes, your designs are very delicate and –

Shri Mataji: The combination, you see.

Interviewer: And they have a rhythm.

Shri Mataji: Just have a look. It's very delicate.

Sahaja Yogi: [Inaudible].

Interviewer: What is the material around the-

[Conversation with Shri Mataji in Marathi]

Interviewer: Are you going to interview?

Shri Mataji: Yes, please.

Sheryl: Can I stay. Can I hear?

Interviewer: Oh, yes, please.

Sahaja Yogini: I have some questions, Mother, I have to put down.

Do you have cot deaths?

Shri Mataji: Really?

Interviewer: Yes, very big problem in Australia and in Melbourne.

Sahaja Yogi: They're spending quite a lot of money trying to research it, Shri Mother.

Shri Mataji: They won't believe Me if I tell them the truth.

Sahaja Yogini: That's what I heard Mother if You could find a way of explaining.

Shri Mataji: Yes of course, we can. But will they listen to Me, I don't know if they will listen to Me;

Sahaja Yogini: Once it's in the air, it must help.

Shri Mataji: All right. [Shri Mataji reads the questions]

The first question is, "Why was Melbourne chosen for the initial spiritual education experiment?" It was not chosen, it was Sahaja, you see.

[Laughter]

Sahaja Yogini: I don't know if the readers of the Herald would understand that.

[Laughter]

Shri Mataji: You see, in the sense that, we had a building and we had students and we had teachers. So, naturally, the whole thing worked out.

Moreover, I think, Melbourne has a temperant climate, in the sense that, people are not extremist also here. There're many people who do not drink and go to extremes and – I mean, good parents. They are temperant because of their children, you see. So, that was also a good thing: there were good parents here.

Yes, it has been tried elsewhere. We have one in Dharamshala, which is at the foothill of Himalayas. That's one school. One in Delhi, one in Rome, one in, now, in Milan. Now another we starting near Bombay, Vashi and Vaitarna, ultimately.

"Why did you choose again Russia and why are they excellent Sahaja Yognis? "

Again, I never chose it, as far as I know. [Laughter.] It so happened that, it's a- just a chance.

One of the Sahaja Yogis, it's Yogi Mahajan. He met an ambassador, Russian ambassador, in Delhi who asked him, "How are you so peaceful and relaxed and all that? Who is your guru?" Sort of thing. And he said about Sahaja Yoga. Because they were surprised, he was in a party and everybody's getting drunk and saying all kinds of things and. So, they were surprised at him the way he was looking at everyone and the way he was absolutely so dignified. Then they asked the question, you see, and he said that such and such thing.

Then he said, "Can She come to Russia?" And there was one minister that time there, who also was interested. And they both got Realization.

Interviewer: A Russian minister came?

Shri Mataji: The minister, yes, he got Realization. He was amazed that how could Yogi and another, just a disciple of Sahaja Yoga, could give Realization. So, he told him, "Can we get Shri Mataji here, to Russia?" That's all. And we arranged the timing and I was there. And we had some Russians in London Bogdan you know; He actually is an, he is Australian but he's Russian and also, he's a doctor. So, we sent him first, we sent him first, few people went there.

And they worked it out and I was surprised that they were, as if they were waiting for Me. You know, there were two thousand

people on the first program we went to, outside and two thousand inside and they said, "No we cannot go inside because there's no room." My lecture lasted for about one and a half hour or so and then Realization, all that. I came out and I find they were all sitting there still waiting for Me. They said, "Now what about us?" So, I said, "All right, you come here and we'll have the program outside." Next day, in the morning, the two thousand outside ones and the two thousand inside ones, all of them there.

And then the second question is that:

Sahaja Yogini: "Did the Russian government become interested in Sahaja Yoga teachings and apply it to their education system from there?"

Shri Mataji: Yeah, they did. You see, to begin with, we have got three doctors, who have got MD, in Delhi. They're very open-minded people, as far as the scientific side is concerned. And they were surprised at the papers we produced. And also, we have so many people cured in Sahaja Yoga. But when they saw all these things, you see, they just said, "We must have it here, on the medical terms." And the doctor, who was the head of the Health Ministry, invited us to his office and he said that, "I'll give You an independent charge and do what You like but this is the easiest because you don't have to pay for anything, you get cured – I mean, this is something they could not understand. So, he gave us an independent charge on the medical side.

Then, I think, somebody visited the school in Delhi, perhaps, I don't know what happened but they wanted, very much, the school on the side. Because they're having the same problems, as you have, with their children. They have drug problem, there are parents who are separated and children are becoming quite violent. All the same problems as you have. So, they wanted to change the lives of the children. And they asked us if they could, we could take over one school. They're willing to give us a big building, students, everything and free passage to the teachers and also payment to them and to Me also.

[Laughter] I said, I don't need, I have money, I can come." "No, no, no, no we would like to pay for You." So, the whole thing is so spontaneous, as if they have found something very great they know and that's what they wanted to implement.

Sahaja Yogini: Can You explain the nature what is so different about Sahaja Yoga education than normal education?

Shri Mataji: Other schools?

Sahaja Yogini: Yes.

Shri Mataji: You see, in other schools, they just give mental studies to children, only mental. But they don't teach then to respect themselves and to respect others. Minimum of minimum they should have taught, that is not there. They don't even respect the teachers. Also, the teachers may not be of that quality to command that respect. Possibly, I don't know what is the situation. Now, in Sahaja Yoga when the children come in, first of all, they are all given Realization, their parents are given Realization. As a result there's a transformation and children become extremely obedient, respectful, sensible, tolerant and they're so beautiful. And as you know, there are many children these days born as Realized souls. So, they also have a place to go to. Even Russia has so many children.

Sahaja Yogini: Could You explain what are Realized souls' children and unrealized soul?

Shri Mataji: Realized souls' children are those who are in connection with the All-pervading power.

Sahaja Yogini: How does this make things different?

Shri Mataji: Because that transforms them completely. They become righteous and they become so powerful. They're not afraid of anything. At the same time, they become compassionate because these are the powers of this All-pervading power.

Sahaja Yogini: Is this why people don't understand how these children are being born now what their purpose is?

Shri Mataji: I mean, many people don't know these children, you see, they are born to them. They don't understand them why children behave like this, why they react like this, why this is – like if you see to the Freudian theories are all absurd – that if a child puts a finger in the mouth, he says, "It's sex," It's not. He's trying to show that this is the centre is catching in you or in him. They don't understand how to depict it. So, everything goes to sex, you see. It's not true.

So, they're brought up in the right perspective with love, affection and respect. In all these schools we respect the children and teach them that, "You are now Yogis. You have your own dignity and you have to behave like a Yogi. You can't behave like ordinary stray dogs." And then they understand the difference: you shouldn't go on barking at people. They understand that, "We are human-beings, we are not dogs." So, the way we teach them also the whole system is such a system that they develop their own dignity, serenity, their deeper personality and they mature very fast, mature. They're very matured people.

Sahaja Yogini: How would ordinary parents have their discover that their children are these born Realized children?

Shri Mataji: From everything. First of all, they don't tell lies, they don't steal things, they're very satisfied, contented but they stand against injustice. I'll give an example of my own grand-daughter. They went down to Ladakh. My son-in-law, you know, he's written this book about Himalayas, so they went to Ladakh. And there was one lama sitting on a mound and talking something, wearing some sort of a big Choga, as we call them, you see, and everybody was bowing. This girl couldn't bear it, you see, but still she was watching, she was hardly five years.

And then she saw her parents because, out of everybody's touching his feet, so they also went and bowed. That, she couldn't bear it, you see. She went and stood before him like this with her hands like that [Shri Mataji puts her right hand behind her back]. She said, "Aye you, the one who is wearing such a long dress, you're not a Realized soul. Why are you making everybody touch your feet?" And these two parents were so embarrassed.

Also, once we had a meeting. They invited Me as a Chief Guest for this Raman Maharshi, who was a Realized soul. And all his disciples are hopelessly bad. But they had invited somebody from Ram Krishna Ashram, who was wearing the same sort of a dress and sitting next to Me. So, the another grand-daughter was – they were all sitting in the front line, so many Sahaja Yogis had come. So, she suddenly got up, she said, "O Grandmother, please ask this man with a maxi to get out. He's emitting so much of heat we can't bear it."

[Laughter] And he's supposed to be a big Vivekananda there, sitting there! His name was Akhandananda, you see. He got, later on he got a cancer and died also.

So, that's how they behave, you know, their behaviour is something very unique. And they have great affection and compassion, right attitude. But people find them absurd because if they are girls and boys, they don't like to have dates and things like that, they don't indulge into sex before marriages and they don't have – they're very innocent.

Sahaja Yogini: How can parents nurture these children and look after them and protect them?

Shri Mataji: Parents must get their Realization to understand these children, you see. Actually, these children have ventured to be born to people like that, is rather dangerous. Mostly they are born to people who are Sahaja Yogis. All Sahaja Yogis get children like that, all Sahaja Yogis.

Sahaja Yogini: Will there be another school in Melbourne for these children?

Shri Mataji: Oh, we should try, I've been telling you. We should try to have one more, will be good idea. School is very important. These children, I look at them, the society is so bad. They were telling Me children under twelve also take drugs here, you see. It's such a challenging society and these children will be lost. If you have a proper school, it will help everyone.

Sahaja Yogini: What do You see as the future in Russia now? Will they settle down for a different form of government?

Shri Mataji: Of course, they will. See, there're two types of people in Russia, I found out. There're people who are taxi drivers and ordinary labour class and all that kind of people. And there are very well-educated people also, very well-educated, intelligent people, very well-read, professionals, doctors, very enlightened people as far as education is concerned. So, these drivers and all that, they hanker after and if you go there, they'll ask for an American cigarettes or things like that. Their level is different but most of these people, they just want their Spirit. Now this, these Muslim what's they're called as "Ai"?

Sahaja Yogi: Azerbaijan.

Shri Mataji: "Azer", what's they called as?

Sahaja Yogi: Azerbaijan.

Shri Mataji: Yes, Azerbaijan. They were, when I had gone to Russia there also, they were really rolling in complete wealth. They had big, big beds, that we call as takhatas, as big as this and under, the grape vines, you see, vines and they would take out the grapes and eat like, you see, once upon a time as Greeks did, same style you see.

Interviewer: Yes, I see.

Shri Mataji: Lordly and will have hookahs and all that to smoke. While on the other side, the Afghanis, poor things, are poor people. and there were very rich people there I saw, in the sense that food and wines and drinks and everything, clothes they wear- Russians have very good clothes also, very cheap. You won't believe how cheap the clothes are. Everything so very cheap there, so very cheap. Travelling is five "p" [penny] for miles together, beautiful trains and all.

Now the problem came in when Gorbachev came that the bureaucrats didn't want democracy because they'll be losing the power. So, they created this problem, artificial problem. This is just an artificial problem. They have lots of food, they have everything. but what Gorbachev has found out that unless and until you have incentives, people don't want to produce more. And in Russia everybody gets a house, everybody. As soon as you get married, you get a flat.

And they have no idea, they think in the West it's all paved with gold, you see, they think like that, which is not. So, their life was not such a struggling one. But he felt that after some time the incentive to work will go away and was little bit diminishing also. They couldn't produce sufficient food and things like that, their interests changed. So, he thought is best is to bring democracy by which people will feel that this is their own land and they should work it out and they should have incentives.

Sahaja Yogini: Australia is in the middle of a Federal election campaign. Do You feel that there're any enlightened politicians among our lot?

Shri Mataji: [Laughter] I think New Zealand had one but he's no more now. I don't know where is he gone.

Sahaja Yogini: He's retired.

Sahaja Yogi: He's still in the government there, Mother but he's taken another post other than Prime minister.

Shri Mataji: He's taken another?

Sahaja Yogi: He's another, he's Minister, he's Attorney General or something like that rather than Prime minister, Mother.

Shri Mataji: They must have tortured his life, he's alone. You see, for that you have to have many people with you [unsure]. I don't know. Just pray you get somebody like that. I work with two politicians also.

Sahaja Yogini: I work for a State politician as well and a Federal one so, they're nice people, I've heard.

Shri Mataji: Better give them Realization.

Sahaja Yogini: I've spoken with them about You but they are still little bit stand-up collar.

Could we talk of the National Ordination of Women?

Shri Mataji: I mean, absurd! Absolutely absurd. You see, I asked my father why- at least Martin Luther should have brought forth the rule of Christ's Mother. Why didn't he do that? And he said, "Perhaps, this was expediency on his part because he thought at that there were Muslims and Muslims would not accept a woman to be something like that. So, just to please the Muslims he must have done it." I said, "This is the biggest mistake because women are the shaktis, they are the power." They are the potential power of- and to say they cannot have ordination, I mean, is absurd absolutely. Actually, all this is the work of the Primordial Mother, of Athena.

Also, to say that there is Holy Ghost like a dove is another misleading point. You have Father all right, you have the Son as God. What about the Mother?

Interviewer: Yeah.

[Laughter]

Shri Mataji: Logically! That's the Mother missing which we call as the Holy ghost, is the Mother. And Christ has said, "I'll be sending you the Holy Ghost." How can he send the Holy Ghost? Is He going to send a dove from there or what?

[Laughter]

It's more with the Catholics or with the Protestants also?

Sahaja Yogini: It's the end of all church, Shri Mother. It's split them in half the issue of women.

Shri Mataji: Anglican are from where, from England?

Sahaja Yogini: Yes, it was. And it's a very big religion in Melbourne, very strong.

Sahaja Yogi: In fact, today Shri Mother, they're electing a new Archbishop today.

Shri Mataji: Your bandhan. [Shri Mataji quickly does a bandhan. Big laughter] But they are funny people, I must say.

Sahaja Yogini: This is the last one, the last thing Archbishop was in favour of ordination and he had a heart attack and died recently.

Shri Mataji: They have gone too far in England. There was this Bishop of York. And this Bishop of York is a person who started talking about Christ as a human-being. It's all Pauleen Christianity which is, which is being challenged everywhere. Even I read a book that Christ was in India. There also He's talks of Pauleen Christianity – is all Pauleen Christianity, you see. And Paul, I don't know why he didn't want any woman to be there. He himself was a epileptic. He died of epilepsy. According to us he was just a

supraconscious stuff organizing the religion.

And when this York fellow said all kinds of nonsensical things about Christ, you see, this Archbishop of Canterbury honoured him in that church. And after that, that church was burnt by- you know that. And that too in such a way they said that, "The electrical charge of this lightning was looming around - people could see it -that church and burnt most of it. So, they say that, "See the Grace of God that the lower part was not burnt."

[Laughter] And this Bishop of Canterbury was very much, somehow, impressed by Sahaja Yoga, once upon a time, I would say. And also, he sent his adviser to my program. I didn't know he was sitting there. That day, I don't know why, I lashed out at Paul how he has ruined Christianity, how he came back as Augustine and all that. I said all kinds of things! And the fellow was so upset! He went out and people asked, "How are you?" He said, "I'm appalled," [Laughter] because I said against Paul so, "I'm appalled." I said, "This is no Christianity." Another person who's talked against him is Khalil Gibran, Paul. He said, "I can't understand this strange man".

But despite all that, this Christianity can only have some sort of a social organization, a club, that's all. It is not bothered about Spiritual life at all. It doesn't stop anybody from doing anything wrong.

Just by saying you're Christians, you don't become. You have to be actually baptized. Actualisation of the baptise, baptism is through your fontanel bone. You must get the Holy Ghost coming out. And the early Christians were called as Gnostics, those who knew about it, they didn't have these problems. And Thomas in his treatise didn't try to portray it.

When is it written there should be no ordination? Who has written this in the Bible? Forget Paul part. Even I don't think Paul has written that.

Sahaja Yogini: Though a lot of organisations now are calling themselves Born Again Christians and they put the hand on people's foreheads and they connect backwards and they become very strange.

Shri Mataji: Must be Christ who must be doing that to them.

Sahaja Yogini: They just pass out on the floor and then they wake, when they wake up, they say some strange things.

Shri Mataji: You see, if you do not go to reality, to your Super Consciousness, either you'll go to the Collective Subconscious or to the Collective Supraconscious. If you go to the Collective Subconscious, you become like that, you get possessed. They are all possessed. Or you go to the Collective Supraconscious in which you see light this, that. You don't become the light. You just see the light.

Sahaja Yogini: Could You answer me about cot deaths?

Shri Mataji: Of what

Sahaja Yogini: The Cot Death syndrome.

Shri Mataji: Pardon?

Sahaja Yogini: Cot Deaths, the last question.

Shri Mataji: Cot deaths. Will they believe Me, if I tell them?

Sahaja Yogini: I don't know, Mother. I'd just love to try because the ...

Shri Mataji: You see, there are so many mediums in your country, who are calling Spirits and this Planchet and what you call them also?

Sahaja Yogi: Ouija board Mother.

Shri Mataji: Ah?

Sahaja Yogi: Ouija board.

Shri Mataji: Ha! They are more than your insects, I think, in them. [Laughter].

Because the first few who came to Me in Sahaja Yoga, all were infected by that. Now, when you start calling the spirits and all

that, where the children are sleepy – actually the culture is funny that the children should sleep outside and the dogs must sleep inside the bedrooms. I mean, we can't believe it.

Can you believe in China such a thing? They put the little, sweet little children outside the bed and the dogs are inside the bed.

Sahaja Yogi: Children in China, don't they eat dogs?

Shri Mataji: Chinese what?

Sahaja Yogi: Eat dogs.

Shri Mataji: Eat dogs. That's better than keep them in the bedroom.

[Laughter].

All right. So, what happens, the child is outside, is fast asleep. In his sleep, from his subconscious area with these people can, when they are using those dead spirits and everything, they may just possess. It's a long story actually, to tell you the truth, is the soul and the soul is on our back. And this – you have seen after Realization you can see them, little, little loops like that – you have seen many a times. Also, you have seen the Chaitanya, you have seen the power also that way. Now, I have told you that these are the dead souls and these are the dead souls because our soul, which is on our back, goes into seven loops and is reflected on our cells. There's a reflector on our cell which is called as receptor and all remote control in the body is done by that soul. All remote controls like ductless glands and things like that, the reflex actions and everything's done by the soul. And soul is the causal of all the elements and it looks after the protection of the spinal cord and the brain and of the human-being from evil spirits and things like that.

Now when these people die, who have got dissatisfied minds and who are cruel, who are ambitious, who are sly, they hang around. And when their soul jumps on our soul, they start controlling. Now depends on what centre they are controlling. Now the proof has come out also scientifically. They have seen on the receptor of a cell, the seven loops and they can't explain – exactly the same that you see [in the sky]. If you see the picture of that, Dr. Mishra has brought it out – exactly the same! So, when the children are sleeping in the night, you see, these souls capture them and take away their souls with them, because after all they are very small children and the child is dead; They are let lose by these mediums. But the children should sleep with parents then they are protected.

Sahaja Yogini: There's one more question I'd like to ask You. You once said that people had Poliomyelitis and they were seekers and that was an attack on the centre.

Shri Mataji: Yes.

Sahaja Yogini: Well, now this

Shri Mataji: Polio I would say.

Sahaja Yogini: Yes. People who had polio are now having a new problem. When is the virus who has gone away originally stay on to your home cells on the spinal cord recur but that recur finally lasted for about thirty years and now it's dying away or something is happening to it and people who had polio are getting strange fatigues, now they are not recovering quickly from operations, having muscle cramps and pains and it's affecting about 50% of people who had polio that is in America it would be about 300 thousand people and in Australia quite a lot also, several thousand and-

Shri Mataji: Same thing – same, the mediums, you see. In America there's openly it's freedom "na", you can have witchcraft. All kinds of false gurus are there – here too.

Sahaja Yogini: There are three Sahaja Yogis in Melbourne among us had polio and are suffering these symptoms.

Shri Mataji: Oh, that we can correct That we can correct. We'll correct it, that's no problem. That's only Mooladhara we'll have to work it out, you see, take heat on the Mooladhara.

That can be corrected, no problem. That can be corrected. With the Sahaja Yogis we can but not non Sahaja Yogis.

Yesterday we, day before yesterday we cured a AID patient,

Sahaja Yogini: Oh!

Shri Mataji: Husband and wife, we cured them. But I told them you have to have will power now. Because I have cured before also, you remember that? But they go back to the same bad habits. Now they are married so that's not such a problem. But I said you have to – and he was a policeman to begin with, this fellow. I said, "If you can just have your will-power, we'll get you perfectly alright." Their faces were changed, they were looking so beautiful. So, AIDS is curable; with one candle, both of them.

Sahaja Yogini: Is there something specific that we can do for this polio?

Shri Mataji: Yeah, we will, we can work it out.

Sahaja Yogi: Because it is, it's affecting me and –

Shri Mataji: You said that the virus is gone, is wrong. Virus is still there.

Sahaja Yogi: Still there.

Shri Mataji: We have to take out the virus, that's all. It's not difficult.

Sahaja Yogi: It's affecting Peter Pattern and [inaudible] Brown, there's a new Sahaja Yogi in Israel and myself.

Shri Mataji: They were not Sahaja Yogis before?

Sahaja Yogi: Before they had polio? It's come on [inaudible] too.

Shri Mataji: They got polio before or after?

Sahaja Yogi: Oh, as children.

Shri Mataji: As children they got it.

Sahaja Yogi: Now, it's affecting people in their age and middle age, so thirty years after the disease is.

Shri Mataji: Polio gets cured also in Sahaja Yoga. Not after a certain age, but children and all that they get cured of polio. So, we'll see, we'll see them, we'll see.

There are so many other new diseases which I described before, like Yuppies disease, you see is another one. And it has come now. I told them about three, four years back. I had told them about AIDS and now I told them about Yuppies disease – it has come where the people are overactive, this, that. Now the conscious mind doesn't work. Anything you want to do consciously, you cannot do it – unconsciously you can do it. Very serious disease. And if you want to get up, say from your chair, you cannot. But unconsciously you can get up. They're very common disease. Then over-activity of the children, speediness of the children – so many things that are coming. That I told them, they won't listen to Me – especially in France because of Sartre who was another fellow who talked about will power that, "You must have, your will is everything and sex is nothing," I mean, sex is there but emotions is nothing. So, he put people on the right side. As a result, now this Yuppies disease has started.

You have to be in balance.

All right?

Sahaja Yogi: Yes, thank You.

Shri Mataji: May God bless you!

Sahaja Yogi: Can I ask You one question now, Shri Mother?

Shri Mataji: Yes.

Sahaja Yogi: What do you think of the equality, talking about balance, what do You think of the equality of two sexes?

Shri Mataji: Quality?

Sahaja Yogi: Between men and women. What are Your views on that subject?

Shri Mataji: You see, man and women are like two, two wheels of a chariot. One is on the left, another is on the right. So, one has to be emotional, another has to be more mental. One has to be emotional because they are left-sided, women and the men have to be mental. It's important! We have to have two wheels and you can't fix left to the right and the right to the left. So, they are as they are. It's perfect. They are equal but not similar.

Sahaja Yogi: And what do You think of all these movements towards equality?

Shri Mataji: You see, women should understand that they are complementary to men. And they should know how to handle men, it's a trick.

Sahaja Yogini: How can they be equal when they are complementary, complementary to men? From my understanding it means that it's something that helps, supports, but you are not on the same standard.

Shri Mataji: No, in nature they are different, you see, but they are equal. Women are spiritually more evolved, much more evolved spiritually than men. Because they, they are the preservers of the society – they create the society.

Men are more towards economics and politics. The theories go on changing one after another. You see, politics changes its own theories, then economics changes its own theories and they go on producing theories after theories and then they again come back. It's all mental, you see, the mental projections are there. So, the mental projection goes in a linear way, again collapses. It's like they'll produce science. Out of the Science, they'll produce something so destructive. They start on constructive lines, like Hydrogen bomb. You see, it's like that.

But women are preservers. They must know their quality. They are the ones who preserve. All, they're chosen to be mothers. I mean, they think, to be mother they think is a very low thing because - I don't know how this idea has come to you; To be the mother is the greatest thing, I think. I'm a Mother now. Only because I'm a Mother, they all respect Me. And only a Mother can do this kind of work also.

Supposing in My place there was anybody else, any man – take Krishna, Rama, Christ, anyone. Christ would have got Himself crucified, finished with everyone else! [Shri Mataji laughs] Fed up! Then Krishna would have taken the Sudarshan chakra, would have killed everyone! Rama would have taken his arrow, killed everyone! You have to have patience, you have to have love, you have to look after them and I'm the only one, I've seen, among all of them who has lived so long. Because I've to finish the job. You see, they are not bothered!

Interviewer: But you are not old.

Shri Mataji: Ah?

Interviewer: You are not old.

Shri Mataji: You're not?

Interviewer: You are not old.

Shri Mataji: Old inside. But if you see, I was born in 1923, is a birth certificate is there [Laughter] What's your age, now let's see. What's your age?

Interviewer: What do You think?

Shri Mataji: Ah?

Interviewer: I'm forty-nine.

Shri Mataji: Forty-nine. My daughter is forty-two.

Sahaja Yogini: OK. Thank You!

Shri Mataji: May God bless you!

So, women should not think they are low by any chance. Even if men just laugh at it. You see, Indian women are very clever. First

of all, they know how to cook very well and what their husbands like. So, husband is back at home. He has to eat the food cooked by his wife; he can't stand anything else. Then they know why he gets angry, what are his weak points, on what he gets angry. She doesn't say anything about, she just keeps quiet on that point. And when he is in a sweet mood, then she will tell him that this should be done but the woman has to be wise. If she is wise, she can handle it.

Interviewer: And where she gets, she gets the wisdom from?

Shri Mataji: Wisdom because they are women. They should not try to copy men, then they are wise. Once they start copying men, then they get lost. Otherwise, they are born wise. Wisdom has to be with them because they have to produce children, look after them, they have to create a family, they have to look after the whole society. It's a very responsible job.

But here I find, most of the men are looking after the children and the women are going out for work. God save the children! [Shri Mataji laughs]

Interviewer: Don't You think that men can look after children as well as women?

Shri Mataji: No, they can't. Like mother they cannot. They haven't got tolerance of a mother.

They can't. You have to have that tolerance which only mother has. From the very beginning, you see, when she conceives the childhood, she's worried for it. She doesn't worry for her own comfort. When the child is born, till the child is born she gets terrible pains, she takes all the labour pains. As soon as the child is born, she forgets everything. She doesn't blame the child for that, at all, never. Never a mother has blamed the child for the labour pains she has gone through. But men, if they have to exert anything for the boys, you see or girls, they get fed up.

But nowadays women are becoming more like men, so you can't say, you see, it's such a mixture. They're becoming unisex. So, it's impossible to find out a woman sometimes who's so emotionally attached to the children, looking after them. So, sometimes the men might be more emotional but that doesn't mean that it's a fact of life. Fact of life is that women are endowed with this wisdom of love. They are endowed, they shouldn't lose it.

How many children you have?

Interviewer: Three.

Shri Mataji: That's good. And you're doing your work also. You're doing everything.

Interviewer: Yes.

Shri Mataji: And you have children too. Imagine without children what this world would be! They are like flowers. All right.

Interviewer: Thank You.

Shri Mataji: Thank you very much. You had your tea or not?

Interviewer: Yes, I had my tea. Thank you very much.

Shri Mataji: Thank you.

Interviewer: Thank you, Mother.

Sahaja Yogi: Shri Mother, before [inaudible] takes You, during the interviews I was going to ask you later about the radio program

I'm doing for the ABC about Science and religion coming together. And in the middle of your answers, You spontaneously answered one of the major questions that I had to ask so!

Shri Mataji No, also I'll tell you about this. I told them, the scientist, about the Carbon atom for the – and we have got Dr. Worlikar and Dr. Misra and Dr. Johan, all these are scientists. They said that, "Mother, how do You say that Mooladhara is made of Carbon?" I said, "All right, you take a Carbon atom and make a photograph of that and make a model. Now see that from right to left, what do you see?" They see a Swastika. They made a model. "Then you make a model and same thing, you see the other way round, from left to right," and they see Omkara. And from down below, you see a cross. It's proved.

Sahaja Yogi: It's marvellous! A Marvellous thing Shri Mother.

Shri Mataji: I mean, Science is what you see and religion is what, which indicates what you have to see further. But religion should be real, not this kind of religion so called. There's no conflict of any kind. Now we have proved parasympathetic nervous system. Everything we have proved now. How we have medically we have cured the people if there was no combination between them?

Sahaja Yogi: Thank You for those Shri Mother, it's marvellous.

Shri Mataji: All right. I hope you are satisfied.

But as far as, as far as this question of cot deaths, I don't know if they will believe Me.

[Laughter]

Shri Mataji: You must get rid of all these mediums. You have so many in Australia and they are, compared to your population they are too many, I think. And this Torat [Shri Mataji means Tarot] and all that they have and what is. No, they have some sort of a – what's that Jew stuff is called as?

Sahaja Yogi: Jew?

Shri Mataji: There's something Jewish they use for telling future?

Sahaja Yogi: Tarot cards.

Shri Mataji: Hum?

Sahaja Yogi: Tarot cards.

Shri Mataji: Tarak?

Sahaja Yogi: Tarot.

Shri Mataji: Tarot, tarot. And then this Pentecostals, they are the same. Charismatics are the same and also these Twice Born people. Any fainting means that. Rajneesh's people, before Me they just faint, I mean, become like stones.

Sahaja Yogini: I bought some Eucalyptus Shri Mataji, I'm trying to get people to plant something else. Is, is that a good advice?

Shri Mataji: Something else what?

Sahaja Yogini: Other than Eucalyptus trees to regenerate the soils.

Shri Mataji: But the Eucalyptus is all right if there is water, sufficient water, if it rains more. But otherwise it drains out the water, it sucks in the water.

Sahaja Yogini: Can they help to make Australia more fertile again with other trees they plant?

Shri Mataji: See, what I find there are too many insects here and that may be because you are so artificially treating everything

here. You see, like in India, if we have worms in the garden, we don't mind because the parrots come and eat the worms. And they don't eat your fruits. They're non-vegetarian people, you see. [Laughter]

But when there's nothing, they eat that. And I'm surprised, you have white ant problem, while we don't have anything in India now. How they have solved it: there is one, another kind of a centipede, which eats those white ants. But by removing all these things, you see, there's no balance. In the nature there's a balance, one eats the other and doesn't require too much of insecticides. But they won't have those here, I think. They're extremely, extremely particular about not getting any worms and things but there are maximum here, I think. All kinds of viruses, this, that – you cannot plant any tree because there are viruses. Or even if you have some good, they are eaten up by white ants and this and that. I can't understand.

Sahaja Yogini: One of our major rivers is so poisoned that they can't even get animals drink in it or wash in it or put it on the crops anymore.

Shri Mataji: Waters?

Sahaja Yogini: River, yes.

Shri Mataji: Pollution?

Sahaja Yogini: Yes.

Shri Mataji: It's all due to imbalance –

Sahaja Yogi: In Adelaide at the moment, Shri Mother, they have banned the whole of Eastern half of the Adelaide from using the water from the river Murray. Nobody's allowed to use it. It's actually got an allergy worm in it and it poisoning livestock and people. They're not even allowing them to bathe in it.

Shri Mataji: Also, I think, because of all left-sided people in here like these mediums and all that, all these must be prospering so much.

Well, in a country like India, we don't have all these problems.

Sahaja Yogini: Also, there are so many more good people.

Shri Mataji: I think, they are good people, they are religious and they don't indulge into all these nonsensical habits, perhaps. We have never heard of an allergy coming like that or anything. Why do they grow here so much?

Sahaja Yogi: The site is claiming, Mother, that it is the leaking of the fertilizers into the waters that are doing it. But it seems also to do with heat, that on the days when it gets hot, it doubles with 100% per day.

Shri Mataji: We too have, you see, heat, much worse. But I personally think also you used all these seashores and the river-banks for your resorts.

And you insulted the rivers, if you see basically. That's why you are, you see this new civilization of tourism, you see, tourist. You have insulted the sea, you have insulted the rivers. You do all kinds of dirty things there. That might be the reason.

Another Sahaja Yogi: The river here is going to have a speed-boat racing, water-skiing and paddle steamers, everything like this tourist's-

Shri Mataji: Tourist things.

Another Sahaja Yogi: Yes.

Shri Mataji: But if you put vibrated water, the allergy will die immediately. It will die, it will go away.

In America, in New Jersey, I was there. The night, first night, there were those locusts, kind of locusts, which arrived. And they are making noises "tuk, tuk, tuk tuk ", all the time. From next day they disappeared and they have never appeared since then. We too have mosquitoes but not to such an extent. I mean, a city like Melbourne should not have any mosquito, whatsoever.

[A Yogini proposed some sweet to Shri Mataji]. I don't want, those.

These insecticides also must be dangerous things.

Sahaja Yogi: They're finding, the scientists are finding huge build-up of these insecticides in human brain, Shri Mother. They've been testing many women recently and finding people have got accumulated deposits of these insecticides from the food, that have been carried through in the food.

Shri Mataji: Ah, ah, terrible!

Sahaja Yogini: And they think, that's what's have been to make the children so hyper-active.

Shri Mataji: Yeah, must be. No also this hybrid, hybrid food, hybrid animals, you see, your hybrid animals, I must tell you the story about it. Your hybrid animals are there in Rahuri and cows from here famous. And I went to see them, you see, because Chavan is in the animal husbandry, I went to see. And our Indian cows just came, you see, very sweetly stood there, I put My hands on

them. They had tears in their eyes, very sweet. And suddenly, I don't know what happened to the Australian cows, they all became violent and came running and started breaking this, breaking that. I said, "All the bhoots must be there the way they were behaving." I, I just got out of it.

But they have now studied and they say that, "If you have even the chickens from hens and the cocks from Australia or from anywhere, hybrid ones, they're very funny according to us".

Because an Indian hen as soon as she sees any vulture in the sky, immediately she'll say "coo, coo, coo, coo" get to all of them under her wing. But they, these do not do anything, they just stand like that. The chicks are taken away they [the hens] don't know why.

And if you have an Australian bull, you see, he doesn't know how to go on a street. He just goes towards any vehicle, anything coming around. He has no sense to cross the road. So, there's a big problem. They don't allow them to go out, even the Australian cows, because they are hybrid.

With Sahaja Yoga we produce food out of the seeds which are not hybrid. You know, in my field we, I sowed about 60 kilos of rice vibrated, ordinary, not hybrid, of basmati rice in one acre of land. And we got one thousand four hundred acres, such beautiful thin ones! Even the university people were surprised that, "How did You get it?" And the sunflower so big as that, you won't believe! You could not lift it.

Sahaja Yogi: Shri Mother, with Professor Chavan, could we write to him and get some information about the results of some of these experiments that you've been doing?

Shri Mataji: Yes, you can. There is one Dr. Hamid who has done experiments with pigs, there's Dr - from Austria. Then, there's this Dr. – what's his name is, Sanghvi who has done with wheat and Chavan has done with animals. So, we can get all that. At least here people will see to it. Indians don't want to see that.

Sahaja Yogini: We have contacted the Dr. Hamid about the three programs and he's given us a lot of information.

Shri Mataji: But you know, he had, he had no way to vibrate the water because the water was passing through the tap, you see. It could only go through a, what you call the, pipes. So, what he did is, one of the junctions he opened out and put the ring that you wear [Laughter] and managed the whole show! [Laughter]

And non-hybrid seeds grow better than hybrids. He's shown it he's wonderful!

He could be invited here by some University and he could give lectures. It would be good for you, I tell you, from every angle. And with vibrations all these things disappear all disease, insect, everything.

We have no problems in Pratishthan at all, of anything. We don't use insecticide, nothing. Little bit they did put something, very ordinary. I think, they put the tobacco water, soaking tobacco in the water and put that little bit, that's all I know. Vibrated water solves the problem, you know.

What they were telling that, they wanted to sprout some seeds and when it was to be, they said it will sprout after six days. It sprouted and the lid also came out in two days!

[Laughter]

They can believe into it, they can see it for themselves. I'm going to see somebody, the principal, the vice-chancellor of Rahuri University, who wants to do experiments with it. Our garden was nothing! I mean one year back. And this time you come and see the whole thing is so good. All right, now you had all kinds of angles.

[Laughter] Your father really is a remarkable man, I must say, such a remarkable person! He first went there, took all the measurements then he did this, he brought it with him, fixed them up and nobody knew how he was living in Pratishthan. I don't know [if] he was comfortable. Because I was coming, going, I was not there. He never complained, nothing. So sweetly he did everything. I said, "I must pay for it after all, it's such a thing you have done." He wouldn't accept anything. Amazing! And he worked like a young man, I tell you, everybody was surprised.

Sahaja Yogi: He's sick Mother. He has hepatitis. He's coming-

Shri Mataji: No, no, I'll put it all right, call him here. Must be in India, did he get this?

Sahaja Yogi: Yes, I think so.

Shri Mataji: Must have been. Very simple. You ask him to boil some radish leaves and just drink that water with some sugar. I'll give you the vibrated sugar. Only drink that water, it will go away. Yes, they get it in India, you see, I told them not to drink water here and there but they do drink. He'll be all right but you just tell him. Radish leaves.

Sahaja Yogi: Morning, evening.

Shri Mataji: Simple thing like radish leaves and vibrated sugar, after all, to be mixed with it.

What about the China town here?

[Laughter]

Sahaja Yogi: There're people, Shri Mother.

Shri Mataji: People and everything.

Sahaja Yogi: Like Chinese overseas, Mother.

Shri Mataji: Better go there and see, have a look.

Sahaja Yogi: Yes, Shri Mother.

Shri Mataji: Maybe they might get vibrations. Do they have some ivory here?

Sahaja Yogi: Yes, I think, they still do.

Shri Mataji: But they are expensive compared to Hong Kong, could be?

Sahaja Yogi: It should be. It should be more.

Shri Mataji: But we can have a look.

Sahaja Yogi: Yes, Mother.

Shri Mataji: You see, because now I told them not to give Me any silver, nothing, I will not take and just I put down my foot, nothing doing! So, now, they want to have some ivory [Laughter]

Then I'll bring them down to stone.

[Laughter]

I have stopped for silver because silver is very expensive now in India. So, Guido went down with Me to Turkey and the silver there is so cheap, so very cheap. I don't know how he planned it: he bought all that silver this time, you must have seen it. [Shri

Mataji is laughing]. It's his own doing without my knowledge he bought all that. He said, "This is the last time Mother," but it is cheaper, cheaper than brass! I don't know what to say. I said, "You always get somethings like that."

Such beautiful birds you have, eh? Very beautiful!

Sahaja Yogi: They are named Layla and Majnun.

Shri Mataji: Hum? They should be Realized.

[Laughter]

Give them some vibrated water.

[Shri Mataji speaks in Marathi with the Indian Sahaja Yogini an

Bout the name of the birds, Layla and Majnun

It's a couple, a romantic couple in India.

Sahaja Yogi: Very romantic.

Shri Mataji: But they are of the same kind? Different types they are.

Sahaja Yogi: Different.

Shri Mataji: Hum?

Sahaja Yogi: In America they call them "love birds".

Shri Mataji: These two?

Sahaja Yogi: But in Australia we call them budgerigars. The name is from Australia.

Shri Mataji: But they have different things.

Sahaja Yogi: Different colours.

Shri Mataji: Is it that the female is different and a male is different?

Sahaja Yogi: It is just a variety of colours. You can get green, yellow. And there're many hybrids as well.

Shri Mataji: Hybrid? Then they cannot reproduce. Yeah. You should bring them to India, I think. Ah! We'll arrange it.

Sahaja Yogi: A man gets all these chirping in the back garden. The man in the back, he has one thousand of them, of these birds.

Shri Mataji: This kind?

Sahaja Yogi: Yeah, they're very sweet birds.

Shri Mataji: Very sweet! Because they can stand the heat all right.

Sahaja Yogi: Oh, yes! If you have one at a time, you can teach them to speak.

Shri Mataji: Yes. When you come next time, you'd better bring them.

[Laughter] Because this place is so expensive, I mean, I'm really amazed that the prices you have to pay for something so nonsensical! Silk, cotton so expensive! I don't know. The most expensive place is Australia, do you know that?

Sahaja Yogi: We are too well aware of it Shri Mother.

Sahaja Yogini: [Inaudible] is very expensive.

Shri Mataji: Everything. Even England is cheaper, much cheaper. But it is gone up suddenly within these. You had some nice things here before. When you come to India, why don't you buy things for yourself, bring them here instead of buying them here?

Very expensive! How can you save any money with this kind of things?

Sahaja Yogi: Impossible. [Laughter]

Shri Mataji: Food is all right.

Hello!

Interviewer: Will You excuse me. I have to go back to the office.

Shri Mataji: All right, May God bless you! Thank you very much.

Interviewer: I feel envious.

[Laughter]

Shri Mataji: I didn't get your name, I didn't get your name.

Interviewer: Vivian.

Shri Mataji: Vivian? Vivian. What's the surname?

Interviewer: I was please to meet you. Thank you.

Shri Mataji: Vivian, what's the surname?

Interviewer: Morris.

Shri Mataji: Morris.

Interviewer: Yes.

Shri Mataji: Very easy to remember. Otherwise they are quite difficult names.

Interviewer: Thank You very much.

Shri Mataji: Thank you. Thank you. May God bless you!

Interviewer: Thanks.

Shri Mataji: Now enjoy.

Interviewer: I'll see You tomorrow.

Shri Mataji: Yes, please.

Interviewer to the Sahaja Yogis: Bye and thank you.

Shri Mataji: Please help her. Nice person. Greeks are nice.

In Athens, we had some very good journalists. And one came during the program back, little girl. She didn't understand much and she wrote that: "She came in a Mercedes, this, that, in her place". Next day, I said that "Mercedes is my own which I have given as a present to the ashram. And everybody clapped, you see. [Laughter]

So, what do you do here?

Sahaja Yogi: Shri Mother, last two months I have been wondering what I should do. And-

Shri Mataji: So, what is your, what is your special thing?

Sahaja Yogi: Shri Mother, when I first, I came out university here some years ago and I was quite fine as an accountant. Then I went back to Malaysia and went into timber business, making an importing thing with products from Malaysia. And when I was trying to do so brother went back to UK and I came over to here. So, I'm called, supposed a business manager, a general manager type. Because of the event, I'm not sure whether, you know, I should have come to Taiwan in time. So, I have been asking around looking for jobs. And they all say the same thing that either I try to go back to be an accountant, that means I go back to university for few units only. Or I stay job hunting for what I'm qualified for. But what I'm qualified was business manager. Either I get a very high paid job or nobody would hire me. [Laughter]

Shri Mataji: But why don't you do yourself a business yourself? Like if you go to Japan for example, you see, is in need of goods so much. India is so much needed. And the timber is so much available here. Is it expensive here, timber?

Another Sahaja Yogi: Timber is not very- not all that expensive Shri Mataji. It's more expensive than timbers from the islands and from Asia. But the prices are there both going up very quickly as well in the meantime. So, it's not quite expensive anymore.

Sahaja Yogi: Shri Mother, I still have contacts in timber industry in Australia. My ex-customers were my friends So, if You think-

Shri Mataji: You were supplying them, timber, from this thing?

Sahaja Yogi: My friends, yes. Last time, last time I was supplying them.

Shri Mataji: To Australia?

Sahaja Yogi: Yes. And other places like, you know, Australia to Japan, to America. And this time, when I was about to follow instructions to go to Taiwan, this friend here, who works in a big timber company here, he said that - I didn't tell him the truth, I just told that I'm going to Taiwan for business and I will see. And he said he didn't mind, you know, he wouldn't mind appointing an agent if I can get any sales. For Australian, New Zealand timber to go to Taiwan.

Shri Mataji: I think Taiwan won't take timber; do you think so?

Sahaja Yogi: I don't know this, I don't, I don't -

Shri Mataji: You have to survey it.

Sahaja Yogi: Yes.

Shri Mataji: But see, Taiwan itself is exporting so many things now.

Sahaja Yogi: Yes Shri Mataji.

Shri Mataji: This is, especially those computers chips.

Sahaja Yogi: Yes Shri Mataji.

Shri Mataji: Do you make here computer chips?

Another Sahaja Yogi: Very few Shri Mother.

Sahaja Yogi: I can make a connection as soon as that our Yogi in South Africa, what's his name? He imports on Taiwan and in Ganapatipule -

Shri Mataji: Ya, ya, ya, ya. Peter Pierce. Peter Pierce.

Sahaja Yogi: Yes, I think so.

Shri Mataji: Yes.

Sahaja Yogi: In Ganapatipule, he was saying that when he heard that You are going to tour and then I was going there, he said, you know, I can do that also.

Shri Mataji: Ah, he's from TM and all kinds of things.

Sahaja Yogi: I understand.

Shri Mataji: Last time, I wouldn't say that he is such a good Sahaja Yogi as there is so much negativity there. But he is in the business and he was saying, "In Taiwan you get them very cheap those chips and things like that." But still, I mean, they are exporting so many things now in Taiwan. I don't know what they will import. But clothe, they have so many clothe, they make very cheap clothe in Taiwan. And they make so many machineries in Taiwan. All kinds of things like all these electrical things they make. And suddenly, Taiwan has become very industrial place. When I have been there, nothing of the kind, they just used to make some ceramics. Now, it's so much changed!

Sahaja Yogi: I was told by a Chinese agency where I got ticket from, if I cancel, that he said it's much more expensive than here to live in now.

Shri Mataji: I know. It has become very industrially developed.

Sahaja Yogi: I've been using this Shri Mother, because I don't know what else to do. How to get to Taiwan? That was the best way for me to go to Taiwan.

Shri Mataji: No, but if this gentleman is willing to send you as an agent, you can go as an agent and find out if you can export timber from here. But what is the timber here? I mean what timber you get here?

Sahaja Yogi: Well, you see, Shri Mother, the [inaudible] timber, they cannot export to any other far here, it's because it all comes from America. America is much closer and much [inaudible] so much cheaper. The Oregon and all those red woods, it's the highest calls.

Shri Mataji: Red wood, ah.

Sahaja Yogi: The red oak, the white oak.

Shri Mataji: You get that here?

Sahaja Yogi: Yes, yes, but here, they are very expensive. And not so much as in North, West America. So, my friend suggested that probably, for the Asian Est market, he cannot probably export from Australia only from New Zealand. But he says his company controls companies in New Zealand also.

Shri Mataji: Now, here, you have Jarrah.

Sahaja Yogi: Jarrah,

Shri Mataji: Jarrah.

Sahaja Yogi: A very heavy hard wood.

Shri Mataji: It's something very near rosewood.

Another Sahaja Yogi: The rosewood Shri Mother, that grows something [unsure] in the North coast of the South Wales. And I think it is normally called here rose mahogany. It's the name it goes by. And it's a very beautiful timber.

Sahaja Yogi: Very expensive.

Another Sahaja Yogi: Yes, very expensive timber but a very beautiful timber.

Shri Mataji: But you should try for something lighter. Like, you have got other things I've seen of pine.

Sahaja Yogi: Yes, the pines. There are big industries in pines, different kinds of, different grades of pines.

1990-0305, Music Program and Dance

View [online](#).

5 March 1990

Evening Program

Melbourne (Australia)

Talk Language: English | Transcript (English) – Draft

Talk

Sahaja Yogi: This is the recording Shri Mataji

Shri Mataji: Alright...

Sahaja Yogi: This is the broadcast microphone.

Shri Mataji: It is such a joyful day today, that we have now Sahaja yogis for Musicians [unclear/from India .] They have come to this country of Shri Ganesha to meet you all and to sing to you the praise of Sahaja Yoga. On their behalf, I have to say something that they are very happy, eager to meet you all...Some people have never met before...I hope It will be convenient and [unclear].[lots of echoes]02:17 It was so beautifully planned by the divine that they are here. And I am sure you are going to enjoy their music very much. May God bless you!

And everybody should thank them.

[unclear]

[Performance of various artists]

(Chapter: Talk end of the evening)

Sahaja Yogi : [unclear]

Shri Mataji: There is a present for her dancing ...

[Artist took the present from Mother]

All of you & now feel the collectivity in dancing ...And all my cells were dancing when you were dancing inside ...So you are like the part and parcel of the whole. And you must get back to that awareness. Collective Consciousness...I hope it will be completely established within my stay in Australia. May God bless you all...

1990-0306, What have we to achieve by leading this human life?

View [online](#).

6 March 1990

What Have We To Achieve By Leading This Human Life?

Public Program

Camberwell Civic Centre, Melbourne (Australia)

Talk Language: English | Transcript (English) – Draft

[The music group "Nirmal Sangeet Sarita" is performing while Shri Mataji arrives at the program and asks them to sing "Namostute" along with Australian Sahaja Yogis. Shri Mataji gets up from her chair, stands near the mike and starts.]

I bow to all the seekers of truth. So far, we have been seeking, so many other things. Some felt that by seeking money, we'll achieve the ultimate joy and the freedom. And some felt that if you have the power, then, you will be the Lord of this universe. Some felt that if I could be just concerned about my limited family, about my children, it would be the most joyous thing. Ultimately, we discover, that all these are nothing but mental or emotional projections, which are linear in its movement.

Also, we tried to find out about science, about music, about art. But anyone of them on one side of our mental or emotional projection make us absolutely one sided or we can say they put us into imbalances. And we can see the effects of that in modern times that people are having problems which we feel have no solutions for it and sort of, we are sometimes on the verge of shocks. As a result of that, people have taken to things which are very absurd and destructive, that has added to the problems that we have already.

So let us find out the truth about ourselves. Why are we here on this earth and what have we to achieve by leading this human life and there, when we start asking this question, we look back at all the great prophets and incarnations and try to understand why is it they never had these problems as we have, except that, others tortured them and troubled them, killed them, poisoned them. They themselves were at peace with themselves and always thought of the benevolence of others and also of the whole collective.

This kind of personalities we have seen in every country. It's not only in a particular country but everywhere we have seen there have been such great people. What was the basis, what was their specialty, why were they higher than us? How could they see a greater vision, for that, I say, we have to seek the truth. And the truth is within ourselves. The truth is, within us lies the spirit which is reflected in our heart and that we have to bring that spirit into our attention.

And the other truth is that, all the living work, all the beautiful work of creation, and also of our evolution, everything is done by a power which is called by different names like in Quran they call it 'Ruh', in Bible we call it All-pervading power of God. In Sanskrit language, it is called as 'Brahma Chaitanya'. In every scripture, it is described as a subtle energy which looks after us, which works out all that is living, which does everything that is important for us, everything that is vital. This energy exists.

Now when I say all these things to you, you need not take it up as the truth itself. But like scientist you must keep your mind open. And whatever I'm saying should be treated as if there is a proposition before you put like a hypothesis that a scientist put. Now it is proved, if it is proved, that you can feel this All-pervading power of God's love on your fingertips, on your central nervous, then you have to accept it as honest people and if it exists what can it do to us. What is the promise and what do we get out of it.

The first thing that happens to us, when this Self-realization takes place through the awakening of our residual power which we call as Kundalini from the triangular bone of sacrum that it passes through six subtle centres which look after all our plexuses, all our ductless glands, emotions everything. And the first outcome of this is that physically you feel all right.

I must tell you, that the other day in Perth, we cured two patients of Aids, very surprising. [Applause] In Australia only, we have cured about three persons of Aids. Out of them one is still surviving and two of them had no will power to overcome their habit. I think this habit is the strongest because they get over all other habits like alcoholism, like drug addiction. They get over. I don't know why they couldn't get over this habit and that's how, one of them died and one of them is in a mess. They just can't get over it. I hope so and pray that the ones we have cured, they are husband and wife, who look so beautiful, would survive. I've told them you have to just keep your will power afloat.

So, when this Kundalini rises, she is the residual power placed in the sacrum bone. The sacrum is the word in Greek language means sacred and also in Latin means sacred. That means the Greeks knew about it that it's a sacred bone. And pierces through the six subtle centres, ultimately piercing through the fontanelle bone area which is a soft bone in our head. Thus, actualizing the experience of Baptism. Like this instrument has to be connected to the mains; the human instrument has to be connected to the mains and once it is connected to the mains, it just starts working.

First of all, you start getting this power which is the power which comforts us, cures us, the power that counsels us because you reach the point of absolute truth like as you are looking at me, you can say that I am standing here before you, with your eyes. In the same way, you can feel the All-pervading power on your fingertips and you can decode it and can find out what's wrong with you and what's wrong with others.

Secondly it gives you a mental balance. Many people who have been suffering from mental troubles have been cured with Sahaja Yoga. It's nothing to do with me as such, it is your own. It just works out. It's a living process of the living energy of evolution and this is the last jumping or we can say the breakthrough and there you are into that new realm which we call as the realm of divinity. Once you become a divine personality, you start developing another consciousness and another dimension in your awareness. Is a expansion of your awareness comes through, by which you become "Collectively Conscious" which is described by Hyun very clearly. That means you can feel another person on your finger tips and you can feel yourself on your fingertips. That's how nobody is the other, you become collectively conscious.

Now you'll be amazed these people are Australians here, who are singing these songs. It's very difficult, comes from Sanskrit language and little bit from Marathi also which is another more difficult than Sanskrit in a way. And how clearly they are pronouncing! You'll be amazed that when we had English ruling us in India, to teach them one sentence, it used to take one year and that too when they pronounced nobody understood.

I remember we were sitting in a, in the church when one master was giving lecture, or a sermon in Marathi language and my Grand Ma was sitting next to me and she asked me what language is he using and this gentleman had gone into a thorough education of Marathi language, had passed many examinations and this was his situation.

But today I find Australians, so beautifully singing, even Sanskrit songs they sing so well. So what's happened to them is that they have now become people of universal nature and they can pick up any song. I have seen Indians singing English songs or say Italian songs, Spanish songs; all kinds of things they have picked up so fast in such a small little growth. Some of them are only year old in Sahaja Yoga. You can't imagine how their tongues become so subtle that they can pronounce all kinds of tongue twisters. And they are very peaceful people, very peaceful within themselves. Peace is your own, it is within you, which starts manifesting once you become a Self-realized person and you become a very satisfied person, the whole countenance, the temperament, everything changes. The face shines and the eyes glitter. It's something of a very unique nature that you become, but you are, you are the glory and it has to happen to you.

Apart from this, so many things happened. I have seen that there are people who are, who came to me and said my children are hopelessly bad. They can't do well in the colleges, in schools and things and they are standing first. It's very surprising. Now in England there is such a big rate of unemployment but there is very hard to find an unemployed Sahaja i in England. Is very surprising. They all just get employment. They get so dynamic, very dynamic. We have known people who had never painted, who had never known what is art. In Australia they have become great artists. In Australia they have a big name as artists. So, all

these things are within us, not yet fully enlightened. Partly we are using it and that is the reason we think that we cannot do anything better. But if I say these things are there and so many others within us, why not we do it.

Of course, you can't pay for all these things. This is another mistake that we think we can pay for God. God doesn't understand money. He never knew what was money. It's only a human creation. You can't pay for God. You can't, you can pay for this hall. But you can't pay for your Realization which is a living force like the Mother Earth sprouts the seed. But you can't pay the Mother Earth. She doesn't understand money. You don't have to stand on your heads to sprout the seed, it just works. In the same way it is all within you and the time has come which I call as the "Blossom Time" and so many people have to get their Realization.

Today I think I'll make a short speech so that you can ask me some questions and then we'll have the session of Realization. But at the same time, what I have to tell you is this, that I've not come here to gather votes for elections. I'm not here to get anything out of you. I'm here to just give you your own properties, your own beings being opened out. And I hope you'll ask all relevant questions and not something aggressive, that would be better to understand this subject. In this short speech I can't tell you many things but there are at least three to four thousand lectures of mine only in English language which you can hear later on. I hope today most of you get your Self-realization].

May God Bless you all.

[Everyone claps]

So, this is for the emancipation of the whole world and humanity and without this transformation world cannot change. So please ask Me questions. [Shri Mataji sits back in her chair].

Shri Mataji: He is asking some question. Just listen to him.

Seeker: You said that we are going through an age of trouble on and on, this is the great age of Kali, now I believe that the first world war and second world war were indicative of this.

Shri Mataji [aside]: Is he an Indian? What's he saying?

Sahaja Yogi: He's saying is the First World War and the Second World War, the proof of the time that we are living in the age of Kali, the age of destruction?

Shri Mataji laughs and replies: Yes.

Shri Mataji: Aa, this is the age of Kali as you said, but is not. Now this is the age of Kalki. And the age of Kalki is that, it constructs, it judges you. We can say in the biblical sense, it is the age of judgement and resurrection as described in the Quran also as Qiyama. At the same time, it destroys the evil forces which are torturing the saints and the ascending people. So, it's a very secured age, I should say. Those who are seeking the truth, of course have been mislaid you can see clearly, they have been mislaid,

[Shri Mataji points to the mike and says "This is to be, this is to be fixed a little, this side, no this side, this side, towards me, no, no. A Sahaja Yogi fixes the mike. Shri Mataji says it's good all right, all right and continues answering to the seeker]

So, this is the special type of timing where both the forces are acting what you can call as centripetal and centrifugal force. So, by one force you are attracted towards reality and by another force you are thrown out with the tangent. So, both forces are acting on a very subtle level.

Shri Mataji looks at audience and asks them to ask questions...Amusing

Lady: [Inaudible]

Sahaja Yogi: How can one recognize truth?

Shri Mataji: All right, aah, truth can be only recognized after you have got Self-realization. Like supposing there's darkness and somebody is holding on to a snake and you tell the fellow that it is a snake in your hand and in his obstinacy, he would say, No, it's not, it's a rope. Can't convince. Either the snake has to bite or he still thinks that it's the rope. Another way is to put the lights on. So, when you are enlightened, you start feeling this cool breeze of the Holy Ghost, we can call it as the cool breeze of the All-pervading power. And on that you can feel it. Supposing somebody is false, immediately you start feeling a little heat from that person or if he's very bad, you might even little bit feel like a blistering heat and if he's a real person, you do get from that person lots of cool breeze towards yourself. Even children can decide now. But this new dimension has to come when you become the absolute truth. Without that it's all relative. We live in a very relative world, absolutely.

Seeker: [Inaudible].

Sahaja Yogi: How do you know that you have got Self-realization?

Shri Mataji: It's when you have got Self-realization, the first thing you feel is as I told you the All-pervading power as cool breeze. But you must use it. Now supposing I've come to Australia, and I didn't know about Australian dollars so I should spend them, then I'll know the value of it. So once you get your Realization, you must use it and see for yourself that you can give Realizations to others. You can raise the Kundalini of others. You can do all these things. And you are amazed at yourself. Once I was travelling by ship, and the captain of the ship told me that somebody has got Pneumonia and he has to send SOS. I said should I go down and look after him. But this captain I had given him Realization. I said captain you can do something about it. He said how can I? I said, You can, you just try, you just go and put your hand on her lungs and just close your eyes, it will work out. And he was amazed. He cured him. He said how could I cure? I said you did, isn't it? Now believe into it. So, then you understand that you have these powers, when you start working them out. Just by saying I'm born again, you don't become. You have to have the powers. We should not mislead ourselves because that's not for our benevolence.

Shri Mataji: It's quiet good, I think the music has done the job already. [Shri Mataji laughs] They are all thoughtlessly aware. [Shri Mataji laughs] I mean that you've appreciated this music is very surprising to me also. All right, should we have now the session for?

Yes please?

Seeker: Since will power is very important and since I realize that I haven't got it, have decided to have it, then I have difficulty initially to get that will power because I don't have some other means of obtaining. So, I tell myself, I am willing to have will power, but I don't have will power itself to achieve it. How do I get it?

[Laughter]

Shri Mataji: As far as Self-realization is concerned, you don't have to have will power, need not have emotional things nothing, only thing you should DESIRE that I want to have it, that's more than sufficient. Because this power of Kundalini is the power of pure desire and she is your mother. She is your individual mother and she's got everything recorded with her, about you and she knows how to do it herself. You don't have to bother. You don't have to judge yourself. You don't have to say that I'm this, I'm that or to feel inferior in any way. It is She who'll decide for you and She'll work it out. I am saying will power only for people of Aids who are cured through Sahaja Yoga. That's very farfetched. That means they have to take to the practice of Sahaja Yoga little intensively after getting cured, then they'll be all right.

Tomorrow I'll be able to tell you how these diseases are caused. Then you'll understand how we can keep all right once we are in

the centre. Tomorrow we'll get the map and everything and show you properly how things go wrong with us. Then you'll understand how we can keep ourselves in perfect health and perfect mental balance and into a very virtuous, righteous, dynamic, compassionate temperament.

Seeker: [Inaudible]

Sahaja Yogi: Is it dangerous to awake Kundalini?

Shri Mataji: Yes, yes, it's a common thing, people are always worried about, It is not at all dangerous. You see this is something just to frighten people from going to reality. Also, those who have no authority from the divine, try tricks just to make money. Like if I put my finger into some plug, naturally it's going to burn, if I don't know anything about it. But the one, who knows, can work it out.

So, people who are not at all authorized, are all over to make money. Here they'll say it's very dangerous but we'll work it out. And some will say it's very dangerous, just don't get it done. Now we have been working for about eighteen years or nineteen years and also Sahaja Yoga now is working in forty countries, especially in Russia and nobody has felt anything bad about it. Everybody has improved. How can it be? In your evolutionary process, you have to be a better person, a higher person and a powerful person. Isn't it? Otherwise, why should we seek it? But this is just to desist people.

All kinds of funny ideas there are, like saying you are a sinner, and so you feel all the time inferior, I'm a sinner. Then you must pay for your sins. God does not know a word about banking or money, really. How can you pay for your sins or anything? I mean this is an idea put into everybody's head that you are a sinner, which is absolutely wrong. Thomas has written a very nice treatise which he's put it in Egypt on his way to India where he's clearly said it you don't have to suffer, Christ has suffered for you. And you are not a sinner. God loves you. He is your Father. He is waiting in the Kingdom of God for his children to come. After all, He is the Father of all the fathers.

It's not only in one religion, in every religion they say so, that you are sinners. If somebody dies, you must give something to the temple or to the church. I mean how is it going to reach there. No one knows. We have been carried away by all such things because they are said with such authority. God has not created you people, brought it to human level to suffer, not at all. So at the very outset the condition for your ascent is to know that you are not guilty at all. After all you are human beings and only human beings can commit mistakes. God cannot commit mistakes, so what? But God has created this ocean of forgiveness and it has power to forgive everything, so what is there to all the time feel guilty about something. I mean if you are guilty, you would have been in jail not here, simple thing as that. [Shri Mataji laughs]

The second condition is that you must forgive everyone. Forgive everyone. Because whether you forgive or don't forgive it's a myth. You don't do anything. But if you don't forgive then you play into wrong hands. These are the only two conditions we have.

All right, now should we have the session for Realization and now have self-confidence, that's one thing which is being damned by so many things that you are wrong, you have done this wrong, that, morning till evening in English language you go on saying Sorry, sorry, sorry. There's nothing to be sorry about, I tell you. There's thank God in Indian language there's no word like that. [Laughter; Shri Mataji drinks water.]

Another seeker: How long does it take?

Shri Mataji replies: Ha, this is a very sweet question. It was asked one a very great saint called Ramadasa and the word he used is 'tatkshan' means that moment. That moment, it happens. But it is important that you should have the proper person to enlighten like one enlightened light can enlighten another candle but the candle also should be ready. I don't think that's a problem here. So far, I have seen it works out very fast hardly ten minutes. But then you have to establish yourself. The sprouting takes place but then you have to establish yourself. Alright.

Seeker: [Inaudible].

Sahaja Yogi: He's saying are you from a tradition of religious background or did you have some unique experience which has caused you to produce a new tradition?

Shri Mataji: This is all absolutely traditional but is not a dead tradition. It's like the tree of spirituality which had very few flowers. Now the tree has evolved and there are many flowers, so it is not hanging in the air or something new but supposing you see a flower on the tree, it's a new thing you feel, but it's built in. Is all built in, coming through all the traditions of world. Everyone has said that you must seek yourself, everyone has said. There's no scripture that has not said so. That's what it is, but how to achieve it, is rarely described and one step forward is that you can achieve it amass. That's what is we can say the evolution in this spiritual method has reached.

All of them were born on the Tree of Life. All of them, one, at different times. But people plucked the flowers and said that this is my flower, this is my flower and are fighting with the dead flowers. Lao Tse said the same thing, if you say, start from Confucius to Lao-Tse to this side you go to the other side of it. Christ has said the same thing. I mean endless people. Mohammad said the same thing, Abraham said the same thing, then Rama, Krishna all of them have said the same thing. All the saints, the real saints of the world have said the same thing. Because they knew that people are still not at that level. Like Kabira has said, how can I explain they are all blind? There's a gap in the awareness and everybody has said that you must cross this. But how? That problem is solved in modern times and was to be solved. Is already predicted thousands of years back. Is a special time as I call it a Blossom Time.

Seeker: Is that Blossom Time now?

Shri Mataji: Yes, yes, yes. Yes, this is the time, absolutely. There are so many seekers today here. And there are thousands and thousands all over the world. They are mislaid, I agree but doesn't matter. As long as you are a seeker, you have every right to get it, every right. Whatever you might have done doesn't matter. Forget the past.

Lady: Have you attained consciousness?

Shri Mataji: Again, again. [Shri Mataji asks the Sahaja Yogi to go to the other side and listen to the question of seeker.] If you can say it here, here, there's a lady here.

Lady: Have you attained your consciousness before you came down to the earth? You are truly enlightened being as Buddha as Mahavira, as Lao Tse because I heard [unclear]. But is this the same like you are master?

Shri Mataji: I don't want to categorize myself. It's better to be what I am [laughter]. You see if you say something, people feel challenged like Christ said which was the greatest truth that he was the son of God. No doubt, we can prove it now after Sahaja Yoga. He was, but they crucified him. So, I'm rather tactful. I have known all that. [Laughter].

You better get your Self-realization and find out about me.

[Laughter]

All right. I must tell you, one has to be very clever in these modern times. And I have to do the job. I want to do it.

Lady: In the Bhagavat Gita Krishna says, "I am the Supreme". In the Bible, Christ says, "I am the Lord too." Who's my father? Krishna or Christ or both?

Shri Mataji: You'll know about them everything later on Madam, Alright. They are all related to each other. He has also said those

who are not against me are with me. Who are those? If we have blinkers, we cannot see. Christ is already described in the 'Devi Mahatmaya' [Devi Bhagavatam] very clearly, absolutely clearly, who he was, whose son he was, who was his father, who was his Mother.

The Mother is completely cancelled by the Paul in Christianity, I would say. But when you say the father, the God, the son, the God, what about the Mother part, that's a dove. I mean just imagine [audience laughs], how can you accept logically? Just to cancel women like that. But this, whatever religions are not organized like this, they say that women is the power, She is the Shakti. And the whole thing was created by the primordial Mother like see Greeks call it Athena. 'Ath' means the primordial, Athena – primordial Mother, and a Mother can only do such a job, I tell you. Men have no patience. [Laughter].

So this kind of a thing they have put into our heads that there's nothing like a woman in spirituality. I mean I am a woman all right and I'm proud of it. Like the Mother Earth has to bear everything. She's the only one who can bear it. The sun can give light, all right, but it can't bear anything. It cannot nourish the way the Mother does it. Is a very important role. To cancel women is something I can't understand because they are the ones who are for the upbringing of the children. You'll hear a lot of about it, when you listen to my tapes because there are many tapes on this subject. Is absurd, I can't understand this kind of thing. At the time when Christ was crucified what did he say? "Behold the Mother".

Despite all kinds of cancellations there are some truths still left in, in the Holy Bible. And one of them is 'Behold the Mother'. He didn't say, "Behold the Father". Why didn't he say that? And my father, who was a great realized soul and a great scholar he told me that even Martin Luther felt that it would not be opportune to talk about the Mother, because the primordial Mother, because the Muslims may not accept that kind of a thing but he said, he must have felt that it will be one day exposed so it's better not to talk about it just for the time being to get the Muslims more towards the Christianity.

I know you have a big problem of ordination and all that going on here. [Shri Mataji laughs] That's why then you have these liberation of women as a reaction, this that .Is all a unnatural, very unnatural. They're all complimentary to each other.

Seeker: May I ask a second question. If Self-realization] is teachable that means we can pass from teacher to student.

Shri Mataji says: Of course

Seeker: Then how to avoid the problem of digress because you are apparently told by someone else and that someone by another one and finally comes down to one particular person. I see a problem here that we have to stop somewhere and have one person who is enlightened by his or her own and from then on.

Shri Mataji: Actually, the process is of developing the collectivity. Like this whole body is, you see. So, the cells of the body get enlightened and they become part and parcel of one being, one living organism, which is called Almighty. So, there is no question of fragmentation. If you go out of it, you are out of this circulation. Like if you cut the nail of a finger, then it's out of circulation. But those are, all awakened in the body, are active, are aware and are absolutely in rapport with each other. So, it cannot go down. You see the binding force is the pure love between them. Till you are on the tree you are with the tree, you are in the tree and you are looked after by the sap of the tree. But if you are out of the tree you are finished. It's a living process again if I tell you. There's a difference between other organizations. You see people can club with anything I mean they can club with how you use folk and spoon also, but so artificial. This is a living process and this living process creates that awareness within us by which you become collectively conscious, is nothing artificial. It's just innate within us that happens to us.

There's a very sweet story about a poet in Maharashtra. He was a tailor, tailor and a great poet and a great saint. And he went to see another one who was a potter, had never met before. He saw the potter was kneading the clay and all that. He looked at him and just enamoured and he says "Oh I came to see the formless but here it is in the form" Look at the appreciation of another personality. See the deep appreciation, the subtle appreciation. When we say even thank you, there's no innate feeling of oneness, it's so built in within us when it starts working, you'll be amazed.

An example of that, I'll give you that the people from Germany, Sahaja Yogis from Germany, Germans, went to Russia to give Realizations to Russians. I mean this was so touching, twenty-five of them, rushed. I never asked them, just on their own, spontaneously. We are that. We have never used the power of love so far, always of hatred and artificial fragmentations. We are all part and parcel of the whole, only we have to be aware of it, that's all. So even somebody gives Realization to somebody else, he becomes aware of his, being the part and parcel of the whole.

All right. Are you all right now? One should know it's a living process. One should pin down your questions to think this is a living process that works out, then questions will subside. All right, so, let's have now the Self-realization.

Now again the same two conditions, one is to feel absolutely confident that all of you are capable of getting your Self-realization]. No guilt, no diffidence. You have to forgive yourself and forget the past, completely, at this moment, at the present moment.

And the second one is that you have to forgive everyone, not to think whom you have to forgive, for what you have to forgive, just you have to feel that I have forgiven everyone, finished, done. That's all.

These are the two conditions. Before starting I would say, we better take out our shoes because the Mother Earth helps us, though we are so much far away from us, but still, she'll help us.

[Shri Mataji removes her shoes.]

So, we have to be pleasantly placed towards ourselves. We are going to enter into the kingdom of God. All right. Now he will show you how we are going to nourish our centres because simultaneously the Kundalini will also rise and you'll know it for also you can do it at home also, same thing. Just because though the Kundalini might pierce through. But still if you have some problem somewhere it goes back and how to bring it back and we have a very good centre here, very good centre and we have people who are very capable, who are very good. They'll all help you. Only thing you have to give some time, no money, no efforts, only some time. Every week if you could come will be a nice idea.

It has stopped [Shri Mataji checks her mike] it's all right

Shri Mataji:"You can hear me on this one?"

The audience: Yes.

Shri Mataji: Yes, it's quiet clear.

He doesn't need.

Shri Mataji removes her spectacles.

So, first we'll show you the centers that we are going to touch and then we'll close our eyes for the ascent of the Kundalini. Tomorrow I'm going to explain to you more, what is the left side what is the right side, but today just listen to me.

The left hand you have to put it like this symbolizing that you want your Self-realization. [Shri Mataji opens her left palm and shows] Left hand, because this represents the power of desire. Not the pure desire but desire and the right hand represent the power of action [Shri Mataji shows her right Palm]

So now we have to put both our feet little apart, those who are sitting on the ground are all right. There's nothing to worry, but those who are not, can put them apart and left hand towards me.

Shri Mataji holds the mike and says, "it's gradually falling down." Left hand towards me and the right hand, you have to put on the centres on the left side only. [Babamama comes and fixes the mike] Shri Mataji says thank you to him.

Now first we'll have to put our right hand, left hand all the time like this towards me. [Shri Mataji shows her left palm openly placed] You keep your eyes open and see for yourself, on your heart [Shri Mataji keeps her right hand on her heart on left side of her body] And in the heart resides the spirit as I told you and the seat of the spirit is on the fontanelle bone area [Shri Mataji touches top of her head with her right hand's fingers and shows fontanelle bone area. After that Shri Mataji brings down her right hand and places again on left side of heart and continues her speech.] But here is the reflection.

Then we take down our right hand in the upper portion of our abdomen [Shri Mataji brings her right hand down from heart position and keeps it on upper portion of her abdomen on left side of her body and says] which is the centre of your mastery, which is created by the great masters, which is to be awakened. Then we take down our right hand in the lower portion of our abdomen. [Shri Mataji takes her right hand down from upper portion of abdomen to the lower portion of abdomen on the left-hand side of her body.] Now, this is the centre which works out the pure knowledge. That doesn't mean Pure Knowledge doesn't mean what you understand through your brains but the knowledge that you get on your central nervous system as we can find out something is hot or cold. In the same way in evolutionary process whatever we get, we can feel it on your central nervous system, which is described by the early Christians as Gn, Gnostics. They were called as Gnostics. The word Gna comes from the Sanskrit word Gna meaning 'to know.' Know doesn't mean through your brains. Also, in the Buddhist tradition is called as Bodha. In the Indian tradition is called as the Vidd. Vidd means from where the word Vedas have come. So, to know on your central nervous system.

Now you raise your right hand in the upper portion of your abdomen again on left hand side, then on to your heart. [Shri Mataji brings her right hand up from lower portion of abdomen to the upper portion of abdomen and then on heart on left side of her body] Now you take your right hand in the corner of your neck and your shoulder and turn round your head. [Now from the heart position, Shri Mataji keeps her right hand on left hand side corner of neck and shoulder and turns her neck towards right side] This is the centre always caught very badly, when you feel guilty, you think you've done some mistakes, you've done something wrong, but is a very dangerous one because once it is caught, you get into problems like Spondylitis or Angina and all kinds of problems of lethargic heart.

Then you have to take your right hand on top of your forehead across [Shri Mataji places her right hand on her forehead] and please put down your head. [Shri Mataji bends her head down] Now this is the centre where you have to forgive others. Now you have to take back your right hand on the back side of your head and push back your head fully on that. [Shri Mataji takes her right hand from forehead to back side of her head and pushes back her head on right hand.] Here is the centre where for your own satisfaction, you have to ask for forgiveness from the divine power. But not to count your mistakes or to feel guilty but just for your satisfaction to ask. Now, then you have to stretch your hand [Shri Mataji shows her right hand to audience, stretches it fully] fully and the stretched palm, the centre of the palm is to be put on the fontanelle bone area [how Shri Mataji keeps the centre of her stretched right palm on top of her head] which was the soft bone in your childhood and now this is important that you push back your fingers. Push back, otherwise you'll not have pressure. [Shri Mataji puts a pressure on fontanelle bone area with her stretched palm and fingers pushed back] Now with the pressure you move your scalp clockwise ten times, not your hand but your scalp, sorry seven times you have to move it. [Shri Mataji is rotating her right palm clockwise pressure on the scalp]

I'll tell you later on how many times also correctly. Very slowly [Shri Mataji keeps rotating her right palm clockwise on her fontanelle bone area]. Now Shri Mataji brings her right hand down and both hands relaxed in lap and says mm.., That's all we have to do. That's all. It's very simple.

Now, now be pleasantly placed towards yourself and please close your eyes. Put your left hand towards me and the right hand on your heart. [Shri Mataji keeps her right hand on her heart on left side]

Close your eyes. You can take out your spectacles, it might improve your eye sight and you don't have to open eyes till I tell you.

Now put your right hand on your heart and left hand towards me. Both the feet apart from each other and close the eyes, not pressing them but in a natural way. And sit in a natural way straight, not too much bending or stretching backwards.

At this point you have to ask a very fundamental question about yourself in your heart. So please ask three times a question. You can call me Shri Mataji, you can call me Mother, "Mother, am I the Spirit?" Ask this question three times. Mother, Am I the spirit? Ask this question three times. [Shri Mataji bends her head down and keeps her eyes closed]

Now, take down your right hand on to the upper portion of your abdomen on the left-hand side please. [Shri Mataji moves her right hand down from heart position to the upper portion of her abdomen on the left-hand side] Keep your left hand towards me and both the feet apart from each other. here you have to know that if you are the spirit, you are your own guide. You are your own master. So now ask another question to me in your heart, "Mother am I my own master" Ask this question three times. Mother, Am I my own master? Please ask this question three times.

You have to know that I respect your freedom as you have to have your ultimate freedom, I have to respect your freedom and I cannot force pure knowledge on you. So, you have to ask for it, so please take your right hand in the lower portion of your abdomen on the left side [Shri Mataji moves her right hand from upper portion of her abdomen to the lower portion of abdomen on the left-hand side and her left hand is kept open in same position since the process began] and say or ask "Mother please give me pure knowledge." You have to say this say six times because this centre has got six petals.

"Mother, please give me pure Knowledge." [Shri Mataji is rubbing her left palm with right thumb]

As soon as you say that, the Kundalini starts moving upward. So, we have to open the higher centres [Shri Mataji rubs her right hand on her left hand's palm]

So now please put your right hand in the upper portion of your abdomen on the left-hand side and press it hard [Shri Mataji keeps her right hand on the upper portion of her abdomen on left side] and here to open this centre of mastery, with full confidence you have to say "Mother I am my own master". Say it ten times, "Mother I am my own master." Please say it ten times.

[Shri Mataji takes a long pause and keeps silent.]

Now the greatest truth about you is that you are not this body, you are not these emotions, this ego, these thoughts, you are pure spirit. So now raise your right hand on your heart and say again with full confidence twelve times. There's some mathematics about it which I'll tell you later on. Twelve times, the greatest truth about yourself.

"Mother I am the Spirit. Mother I am the Spirit"

[Shri Mataji keeps her right hand on heart and left hand's palm open]

We have to know that the All-pervading power is the ocean of love and bliss. It is the ocean of knowledge and joy. But above all it is the ocean of forgiveness. So, we cannot commit any mistakes which cannot be forgiven by this great ocean.

So now raise your right hand in the corner of your neck and your shoulder and turn your head to your right as much as far as you could and also push your hand as far as you could up to the spinal cord. [Shri Mataji moves her right hand from heart position to her neck on left side and turns her head to the right side]

Now here with full confidence, you have to say, "Mother I am not guilty at all." Full confidence, sixteen times. Mother I'm not guilty at all. Please say it sixteen times with full confidence within yourself. [Now Shri Mataji brings her right hand down]

As I have told you already that [Shri Mataji now holds the mike with her right hand and left hand is kept open as before] we have to forgive everyone, whether we forgive or don't forgive, we do not do anything, it's a myth. But if you carry on with the myth of not forgiving then you play into very wrong hands and why should you pay. So, to be independent of that, you have to forgive everyone without thinking whom you have to forgive.

So now please raise your right hand on your forehead across and please put down your head. [Shri Mataji bends her head down] Here you have to say from your heart "Mother I forgive everyone. I said from your heart, not how many times. "Mother I forgive everyone." This is very important, very, very important.

Now take back your right hand on the back side of your head, [Shri Mataji takes her right hand on the back side of her head and pushes back her head fully, slowly on the right hand] push back your head fully, slowly balancing on your hand and now here you have to say, without feeling guilty, without counting your mistakes you have to say," O divine, if I have done anything wrong knowingly or unknowingly, please forgive me." This again you have to say from your heart, not how many times.

Shri Mataji brings her right hand in front now and shows to audience and says now stretch your hand and your palm and put the centre of your hand on this fontanelle bone area [Shri Mataji stretches her right hand and puts the palm on top of her head] which was a soft bone in your childhood and now push back your fingers as much as you can to put a nice pressure on this area and move it, the scalp seven times slowly. [Shri Mataji puts a pressure with her right palm on top of her head with fingers pushed back and rotates the scalp clockwise very slowly] Here again I cannot force Self-realization on you. So, you have to ask for it. I respect your freedom. So, in your freedom and glory, you ask me seven times, "Mother, please give me Self-realization." Bend your head and press it hard, push back your fingers and slowly move clockwise saying, "Mother please give me my Realization." Seven times.

[Shri Mataji brings her right hand down, holds the mike with both her hands now and blows vibrations through mike eight times.]

Now please take down your hands. Open your eyes slowly. Put your hands towards me like this [Shri Mataji shows both her hands open, palm facing upwards] Now bend your head and put the right hand like this [Shri Mataji shows right hand open, bends her head and takes her left hand on top of her head, without touching the head, little above the head] and bend your head and see for yourself if there's a cool breeze coming out of your fontanelle bone area. Now don't worry about air conditioning. The air conditioning is coming from inside your head. So you have to certify yourself and don't doubt it if it is coming.

Now the left hand towards me.[Now Shri Mataji keeps her left palm open and takes her right hand little above from top of her head and bends her head down] Put down your head and see for yourself if there's a cool breeze coming out of your fontanelle bone area.[Shri Mataji keeps moving her right hand little above her head to check the feeling of cool breeze coming out of her head] Bend your head and it could be very close, it could be away, [Shri Mataji moves her right hand little close and little away from the top of head] it could be little hot or could be cool but doesn't matter. We'll get it corrected.

Now last of all again put your right hand towards me, bend your head, and see for yourself if there's a cool breeze coming out of your fontanelle bone area. [Again, Shri Mataji brings her right hand down, keeps it open and takes the left hand little above the fontanelle bone area and keeps moving it forward and backward to check the cool breeze coming out of her head]

Now raise your hands, up in the sky, bend back your head [Shri Mataji raises both her hands up in the sky with palms open facing the audience, bends back her head] and ask a question, "Mother, is this the cool breeze of the holy Ghost? Mother is this the All-pervading power of God? Or Mother is this the param chaitanya?" Ask anyone of these questions three times. Push back your head.

It's good. [Shri Mataji brings both her hands down now. She says to the audience] Alright, take them down. You can watch me without thinking and those who have felt the cool breeze out of their head or on their fingertips, cool or hot doesn't matter.

Please raise both your hands. Higher. [Many seekers in the audience raise their hands]

[Looking at this Shri Mataji says]: "O my God! Everyone, Practically, May God Bless You. I'm feeling the cool breeze from you, coming to me. Its tremendous people today. May God Bless you!

Those who haven't felt it also, we'll work it out. It will take hardly five ten minutes to work it out. Shri Mataji asks a seeker, "Did you feel it?" He says, "Me, yes". You did, then it's all right. [Shri Mataji laughs] because you are a seeker out and out and every seeker has a right to get their Self-realization, has a right.

But now you have to practice it and it will work out. Those who haven't felt it can also ask the Sahaja Yogis to help them out like coming this side and I would like to meet the rest of you people. If you want to shake hands with me, I'll be very happy.

Shri Mataji speaks aside in Marathi language and asks the music group to sing song titled "Chalat Musafir" hmm

Some lady comes to offer flowers to Shri Mataji. Shri Mataji holds it and says "such beautiful thing you've done. Thank you. Never seen such an arrangement before." Shri Mataji keeps aside the flowers and shakes hands with new seekers. Shri Mataji asks the seekers to bring their friends also for the next program. She says this is the best thing you can give to them.

[There's an announcement by Sahaja Yogi]

If I can have everyone's attention, tomorrow night's program would be here in this building. It has been advertised on some post as being elsewhere, but it is actually to be here. So, if you'd like to come again, we will go deeper into this topic.

We will follow up this, with a series of courses. There is a sheet in front of you on your chair, which you can fill in with your name, address and leave at the table at the back. There will be people up there to take the sheets and we will contact you this regards to courses. The musicians have actually brought with them some cassettes of music they have performed this evening. Therefore, there's a sale as well at the back of the hall. Thank you very, much

[There's a queue of seekers waiting to shake hands with Shri Mataji.]

[Baba mama makes an announcement to Sahaja Yogis to come and accompany the musicians in singing some fast numbers. Seekers keep meeting Shri Mataji happily. Musicians sing the bhajan "Chalat musafir moh liya re" Everyone claps as the bhajan finishes. Music group sings another bhajan titled "O lal meri" Many Sahaja Yogis dance too on the song. Everyone claps at the end of Bhajan.]

1990-0306, Address to Sahaja Yogis, about leaders

View [online](#).

6 March 1990

Talk to Sahaja Yogis

Melbourne (Australia)

Talk Language: English | Transcript (English) – Draft

Address to Sahaja Yogis, about leaders

[UNCLEAR- ONE SHOULD THINK?]

just she can't have it, you know, under [UNCLEAR] Only thing is she should give it to God, you see, that's the point is. [UNCLEAR] try. Hmm She's much better now. Hmm, good - alright? What more? You are alright. [HINDI - Haan theek hai.] [MARATHI] Keep a candle for her on her left Swadishthana and the left hand towards the photograph, sit on the ground, say Atharvasheersha [MARATHI] and also raise her Kundalini with a candle - three candles to be used. One in front, one there and one to raise it, then she'll be alright. [MARATHI] She's really doing - so many people are [UNCLEAR] her family.

Alright? [UNCLEAR]

Yogi [LC?]:Some newspaper, when You were not in Adelaide, suggested that I follow the path of journalism. It's quite typical, however, this year I found enrolled in the University degree. I'm doing half media studies and half computing and it felt very good but I can say that it's going to be an enormous amount of work and thought best to ask You that this is really the correct direction to go in. - If you want, you can close down Adelaide for the time being. - Yes, Mother. - [MARATHI] - Hunh? [MARATHI] The rest of them can close it down and shift to Sydney or to Melbourne, to Perth. You are alright but they should also shift. It's not that but, you see, a kind of a atmosphere that, this is not good but I think it will work out.

Terrence was there, you see and he did all kinds of nonsense. Leaders have been terrible in Australia, really I tell you. Never we had such problems anywhere. Warren, just he came all the way there, lived with Me throughout - and ultimately how he turned out to be - I was really shocked. - Yes, Mother. Very shocking! There's something basically wrong with these people but they are the first who came and saw Me, you see. The whole thing is gone off now. So, you should not talk to anyone of them - finished - because those who talk ill about your Mother or do not understand it's better not to have anything to do with (such people) - simple thing otherwise you get this cancer, you see; It's very common these days, I've seen it so better not have anything to do with them. Steven, I would also say, don't talk to James at all.

Better not meet him because, you see, it's not proper - they are very negative people. Better not meet them. Better keep yourself aloof from all such things. All of you, if you keep aloof from them, you'll be alright. because they're so negative, you know; Like Elio is such a negative fellow I can't understand him still what has gone wrong with him. He came to Pratishthan - he was so full of ego that everybody told Me, "Mother, don't talk to him at all." So much - his is a hurt ego he has, I think but whatever it is. Then I wrote to him and unless and until he understands, I cannot tell him but he will - very soon you will see that. But what's the use? I mean, you do so much for someone and that person turns round and becomes egoistical.

That's not good; That shows the shallowness of a personality. So better be careful; Don't get into the traps of these people. Serious things are happening and I'm quite worried. You know about Hugo - the one who was - he was an Australian too - Hugo - and I sent him to Germany with that lady - what's her name - Barbara - she's another Australian and one day he just got up and he started proclaiming, "I'm Adishakti, I'm no less, I'm this.." Everybody got a fight of him, you see. They said, "Alright, we're getting out of the ashram now." Germans, that way, are very intelligent. "You are everything we accept. You are Adishakti, you are everything, now, but please forgive us we are getting out of.." [LAUGHTER]. So he said, "But I can't run the ashram I have no money." They said, "Alright, then?"

Said, "You keep the ashram I'll get out." He got out. There's one very old sahaja yogi - Thomas - went to his house. Thomas said, "Nothing doing," he closed the door. He said, "Nothing doing, not in my house. You are Adishakti you go somewhere else, not with me." And then he went to somebody's house, stayed there and you'll be amazed that the lady who supported him got cancer and then now her husband - she's dead and he's dead too. So it's very dangerous, you see, to play with these things because deities just get very annoyed because you are sahaja yogis, you have got it, you've known it, you know the experience, everything. Despite that if you do all these things, it's very dangerous. [UNCLEAR - EVEN?]

this lady has got cancer now. She's quite friendly with Elio. He used to go to their house, so I, I warn you also. Alright, Ricardo, be careful, be careful. We have to preserve ourselves, you see. They say, 'Guru ninda' means somebody who speaks against your Guru - should never listen to that. After all, how much I've done. You ask him how much I've done for Elio. He's sitting here. I mean, they were just had nothing - they were nothing, poor things, you know and I shouldn't say but I sent a truckload of ceramics and they sold it and used the money - everything they did.

Doesn't matter. I said, "I forgive you, alright." Then they came in, they arranged the money, I paid partly, partly the collectivity paid, we saw their marriage, sent them here and here they become like this. I mean, this is such ungratefulness! And I should say, you are very good, when your ego is so much? And when people talk like that, you should not believe them. I had reports about him since long that he was telling people that, "Don't, whatever Mother says, don't believe in it because She's Maya - you should believe in this stupid fellow. And he has broken sahaja yoga quite a lot and people should not try to get him. What are we going to gain by these stupid people? He doesn't understand why has he come here? To do sahaja yoga to help others for their benevolence or to break sahaja yoga, like this.

I agree, that James was wrong and he was very dominating, I agree there but nobody wrote to Me. I discovered it - you never wrote - none of you. - Michael did you write to Me? - No. - That's it. You should have written to Me that he's doing like this and he's trying to trouble others. You should have seen to it - nobody, none, not one person. I discovered that he was dominating you and he was trying to do all this, his wife was like this - I discovered - all the way. So now, you are all free to write to Me if there's any problem with the leader. On the contrary, there're twenty five pages of letter to Me, "My brother is like this, my father is like that, my mother-in- law like that, my.. " what's the use of writing all these things.

Write about sahaja yoga, you write about your leaders - you are all free to do that. You know Me and I know you. Of course, I mean, the leader says something you must obey the leader, you must follow them and you do everything that they say because I know about them, then, I only found out the person while you people never wrote anything to Me. It's like a jailer and criminals or what? Why shouldn't you write to Me? Anybody could have written. Now, it's alright; What ever has happened, has happened. For future we all have to unite together, live together, not to find faults with each other but enjoy each other and develop yourself - you have to ascend. People have gone so far in other countries - where are we? Russia - such imagine - I've been there only for a month - already they are there.

You saw the Russians, you saw them when you were there in India, this time. The lady, who was there, was the wife of the head of the Health Ministry and she stayed with you all; You could not even have noticed her. So learned, so balanced, so humble! We have to know that we have to ascend, we have to work it out. We can do it. Australia was such a strong thing - is all negativity has blasted you off. I know you love Me and I know you have respect for Me and you know that I'm genuine and all those things are there but it should not be just a faith in Me but faith in yourself that you are a part and parcel of the whole and you have to work it out. Everybody has to be responsible. There should be no quarrel, there should be no fight - and understanding. I hope, next time it will all work out and we'll have the nice pujas and things and it's all going to work out for all of us and hope for the better.

After all you are doing such a glorious work - never happened before. So, I don't like the way you hide things from Me. There's no need to hide - why? What is there to hide from Me? Nothing can be hidden. Because I was busy with the other countries and all that, My attention was not here and suddenly I discovered it - suddenly. Immediately I found out the reason but see, the difference is, that girl, who came here all the way from Scotland, she took up all the responsibility and she said, "Mother,

something wrong with me, I did all the wrong." Of course, she said, "These people never understood me and they were playing into my hands and all that," and she resigned from sahaja yoga. She said, "I must get well." She didn't feel hurt at all.

On the contrary, she was unhappy that she was responsible for doing such a wrong thing - that's a character, I say! Because you are not here for some sort of a praise and anything but you are here for your own ascent and for your own certificates. Alright, now don't feel guilty for Heavens sake. I'm not angry with you at all in any way but I'm only expect that next time, you find anything like that, radically wrong, you better let Me know and telephone to Me. It's very easy to telephone from here. Wherever I am, you can find out, you can ask Dr., you can only tell Dr. Spiro he'll convey to Me. About Elio, of course, we got lots of reports but that, much later. Instead of fighting James, he should have written to Me. Why didn't he not write to Me? And as a result he got all the problems upon himself.

Sort of, started a union. What was the need to start a union when I'm sitting down there? Impossible to explain the way he has damaged whole thing. I'm sorry, the day I brought him here, I really tell you. But in any case, be careful. This country is, specially, is on attack, I think, of lots of negativity. AIDS, then you've got the children taking drugs and so many things happening here - horrible things! Marriages breaking, so many horrible things are happening and you have to really now show to the world that by sahaja yoga you have achieved that power within yourself that you can completely transform people. I hope, this time you are all going to work it out and try to come to India, if possible, those who can come. Alright?

It works out, it is better. May God bless you! [MARATHI] May God bless you all! Seems to be good. Now the Kundalini seems to be good on the back [MARATHI] [MARATHI] So, we are trying to make an ashram here for all of you and please try to live together. If you are united, nobody can touch you. Anybody starts talking nonsense like that, "Mother is Maya, this, that," you say, "Alright, we can listen to the tape you don't give us a lecture." Actually, lecturing must be stopped - is the best thing. Don't allow anybody to pass any comments, just listen to My tapes and do meditation. Mostly all such people only give lectures, I don't know why.

Even they get headaches, they'll go on giving lectures. [SHRI MATAJI LAUGHS] Alright, thank you very much. Somebody's left the horrible thing of all. Hope to see you all there. May God bless you! Tomorrow morning we have to fly out. May God bless Look after yourself and be happy. Finished now, all over. [MARATHI] Bolo Shri Adishakti Mataji Shri Nirmala Devi ki jai, ki jai, ki jai.

1990-0307, I will ask Mother for Yoga

View [online](#).

7 March 1990

I Will Ask Mother For Yoga

Public Program

Camberwell Civic Centre, Melbourne (Australia)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of truth. This last song that you have heard was written by poet called Namdeva in the year 12th century. And it says that I will go and ask Mother for my yoga, for the union with the divine. For so many years this is a folk lore, people have been singing in the villages of Maharashtra, this song and has described so clearly what I will do when I will go and ask for my yoga. Jogwa is yoga and aayi means Mother in Marathi language. And he has very clearly described what I will be doing to achieve that yoga. I wish we had time more to explain to you the beauty of this song. And is sung everywhere in a village you go they all sing this song. So this was known to India since long that you have to achieve your yoga your union with the Divine. The modern yogas are just some sort of a wee part of something. That is really not yoga I would say. Like rajyoga these days, is practiced in a very wrong way where they are doing some sort of exercises which are not spontaneous. Like if you start your car with the ignition the car starts moving by itself and the machinery also moves with it spontaneously. You don't have to do any exercise for that. In the same way when the kundalini rises to achieve this union the machinery which is within you (which you will see here also) start acting automatically because it is built for that. And then it creates a situation by which the kundalini rises and then when it passes through one of the centres, it goes into augmentation, is to constriction. Again the upper chakra relaxes, then when she passes through that again there is augmentation. But in the so called rajayoga it is very absurd that without starting the kundalini they are stopping trying to stop the centres by putting constriction from outside. It would be something like without starting the car you remove the wheel or the steering wheel spoiling the wheel as well. In the same way we can say the Hathayoga that has come into being very popular these days is actually written by now Patanjali who was an ancient saint long time back, thousands of years back and it has ashtanga means there were eight fold. Out of that a very wee bit I would say which is Yamanayama which is in that also very little was for the physical exercises. But that too was related to the kundalini that when the kundalini is rising if there is any physical problem on any centre then a particular asana was to be done. It is very systematic and scientific. Is not just do everything without understanding, its like taking the medicine from the whole medicine chest without understanding without discrimination. Thats why many people tell me that through Hatha yoga they got heart attacks naturally because that's not a Hatha yoga. Hatha – yoga Ha is the sun and the Tha is the moon. So is the yoga of sun and the moon. Not only of the sun and what they do is throughout is nothing but the sunline which makes them very one sided imbalanced personalities. And the Hathayogies are so hot tempered, such liver and such heat that you better approach them with a [UNCLEAR–barchpool], mostly they divorce their wives, they have no emotional life and become very very dry people. The reason is the other side which is the emotional side is not catered at all. But this is just a wee part of it. Later on he talks of thoughtless awareness nirvichar samadhi then the doctor's awareness which is called as the nirvikalp samadhi. This is what is sahajyoga is that when you rise Samadhi means awareness which is enlightened. Awareness which is enlightened. So the human awareness expands and gets enlightened. This is the thing main theme main achievement of Patanjali yoga. But I think some must have gone to some gurus and in the beginning they must have learnt certain asanas and they must have thrown out because thinking they are very money oriented or something like that. They must have come to start these classes which is all money oriented. While yoga has nothing to do with money because you are united with the divine power which is all pervading. And all pervading power doesn't know money. Through this awakening of kundalini which is within you. In the triangular bone as you see here clearly I don't know if everybody can see through me. Is this kundalini is the three and a half coiled energy within us. The coiled is called as kundala in sanskrit that's why its called as kundalini. But some people say that its a serpent energy but it is not. Because always all energies move in waves like this. Thats why we can say that it looks like a serpent that is moving like in a wave. But its not a serpent energy. It is the energy that moves like a serpent. And any energy if you see it never moves straight, it always moves with a wavy pattern. So this energy is settled within us in the triangular bone. And it has to pass through six subtle centres. While the seventh centre is below the kundalini. And this is the centre which is for all our excretion inclusive of sex. So sex has nothing to do with your yoga. On the contrary when the kundalini is rising all your excretory movements and

excretory things just become dull or sleep. And then the kundalini rises. It passes through all these six centres. She nourishes them. She integrates them and ultimately passes through here into limbic area which is a hollow place and pierces through the sixth centre here which we call as the brahmarandhra meaning the hole of the Brahma the all pervading power and then enters into the subtle energy which is controlling us, which is organising us which is doing all living work on this earth and in the whole universe. And also which loves us. This is how the connection takes place and this is what is yoga. Yoga also has another meaning is YUKTI. Yukti means the deftness. So the first thing you have to have first phase is the yoga where you get connected and the second part is where you have to have deftness of it. How to use it. When you have this power how to use it. How to manoeuvre it. How to give it to others realisation. How to fix their realisation. How to know about others how to know about yourself. And how to correct the problems that are within you and which are without. This is the second part which is called as yukti meaning the trick you can say. The trick of the deftness of this process of kundalini awakening. Now today we are going to talk about little bit about the centres so that you will have some idea to understand your subtle being. Now the civilisation that has grown outside in the west or anywhere is like a tree which is grown outside and the knowledge we have is the knowledge of the tree but we have no knowledge of the roots. And if we have lost our roots the tree is about to give us a shock may be destroyed also. So it is very important that we should know about our roots. And the roots I am going to describe to you today as I told you that you must keep your minds open to this knowledge. If it is proved you have to accept it like honest people but you have to be like a scientist open your mind and listen to it and see for yourself if it works. And if it works then you must accept it. Because it is for your benevolence. And I will one by one I will tell you about centres how it helps. Now the first centre I have already told you that is for the sex and for other excretion. So it goes into a balance and it is. Once you get your realisation. But before that the kundalini rises and all the activities of these excretion stops at that time. This kundalini rises through the second centre which you call as Swadishthana but actually Swadishthana is coming out of the third centre like a lotus comes out. So we will first consider the second centre but actually it is the third in the movement of kundalini. Now the second centre is very important for modern times because whatever we have discovered in science or whatever futuristic plans we made, everything is done by this centre on the right side. It works very hard. Also when we are thinking too much this centre has to convert the fat cells for the use of brain. That's the most important work it has got to do and as today we are very much thinking about our futures you are planning too much. As a result of that the main job this poor centre gets is to convert the cells fat cells for the use of the brain as grey cells. But at the same time he has very important work is to look after your liver, your pancreas, your spleen, your kidneys and part of your intestines. So as you start thinking too much the work shifts more towards converting the fat cells and these other important functions of the organs are neglected and ultimately sometimes they stop also. So the first thing that happens to people is they get liver problems. I am told that Australia these days is suffering from hepatitis. Is due to too much thinking, their livers are out and they are vulnerable for that and as soon as some virus comes in contact with such a personality they get into hepatitis. But if your liver is healthy nothing can touch your liver and you can never get hepatitis. Now nobody can believe that the heat that is generated in the body is absorbed by this liver. It absorbs it and transmits it into the blood stream in the water of the blood stream. Thus the heat of the body goes away. This heat can rise if not allowed by the, I mean not absorbed by the liver. And rises higher and people get from that many other troubles of the lungs like Asthma. Asthma is a direct effect of a bad liver. Also such people who have heat can reach the heart part and people can get massive heart attacks. So the heat of the liver has to be controlled. So there are people who have overactive hearts and some people who have lethargic hearts. The overactive heart mostly comes from the people who think too much who work on the right side on the yellow line which we call as the Pingala Nadi is the channel of Surya means the Sun. When it works too hard then the heat is too much and can reach even upto the brain and people can have paralysis. So all kinds of things can happen with this liver which doctors are not aware of. I did my medicine and I was amazed to see that they see everything in such a superficial manner. Like if you have some disease on the tree they will treat the leaves. You have to go the roots if you have to really get the tree all right. Then the other disease that is very common is of the pancreas called as diabetes. Now diabetes is also caused because of the neglect of this centre that is [entail] this is manifested because of the work of the Swadishthana chakra more on converting the fat cells. So if you go to an Indian village say and if you ask them for tea, the tea that they make, sugar they take is the measure is like this that the spoon must stand at right angles in the sugar otherwise it is not at all a tea. Is only water. And they drink that tea 3-4 times. Such a lot of sugar they consume they never get diabetes. Because they don't think about future. They have worked today, eaten their food and slept off nicely. Next day again they are there for working. They don't go on worrying about tomorrow what will happen, day after tomorrow what will happen. And thousand years later what will happen. Because the future doesn't exist. The past is finished, the future doesn't exist, the present is the main thing. But when we become very futuristic this brain has to think for the future plans. And I don't know how many percentage of it materialises. Normally it does not. Because if the

Divine has another plan for you is no use meticulously working it out. And then you ultimately find the whole thing has fizzled out. The reason is you have not understood the plan of the Divine. Then the third very serious problem is from the spleen. Spleen also is neglected when the Swadishthana chakra works very hard. By that neglect the spleen doesn't get sufficient energy to work out your emergencies. When there is an emergency supposing you are eating your food and there is Red Blood Corpuscles are produced for the digestion then you feel like running somewhere may be some emergency. So too much RBCs Red Blood Corpuscles are produced at that time and you get a pain. I don't know why you have got the pain now but you see it was supposed to be for the digestion. And the people who lead a very hectic life, we do, all of us, and always in emergency you are always in tension and in an emergency. First thing you read the newspaper you see so many died, so many earthquakes horrible things have happened here and horrible things happened there. I mean any human being would be nervous to read that. I think we are getting immuned but still the immunity is not that, that we cannot feel the shocks of all these things happening. And with that shock then we just jump that we are late the time bound and everything so we had to have our breakfast we can't have our breakfast so jump in the car take the breakfast in your hand the wife is shouting O you didn't have your breakfast. Then the car is driven through a very heavy traffic and you are blaming the traffic and somehow you go to your office and there's the boss who is shouting at you. All these things work out poor thing this spleen of yours feels what a man this one is. He has all emergencies, so hectic, God knows when he is going to ask for more RBC's and all that. At this time if there is any movement towards the left side by any shock, by any unhappiness, by any death in the family or anything like that or a false guru also. You get this centre caught up on the spleen. And thus you get a very serious disease called as blood cancer. And this blood cancer is absolutely curable in sahajayoga. We have many cases who had certified who would be dead within one months time are still kicking and living for the last 6 to 7 years. So this can be cured because the kundalini passes through your swadishthana chakra , gives it a balance, nourishes it and your attention which is so much on the right side comes in the centre and you feel alright. Like that there are so many other things which can be cured very easily. If you want to know how cancer is caused is also very interesting. Now the paper on cancer is now ready in America and Russia all these places where they are quite advanced and they have accepted Sahajayoga as something very enlightening but by the time it is establishes as something very scientific some people have to get their realisation. Without realisation you cannot work it out. So the cancer is caused say this is the centre this is the left side and the right side and in the centre is the Sushumna Nadi, the central Nadi that you see there. Now if you start using too much the right sided moves like that or the left side is moves like that. At this point it is vulnerable to cancer because already your relationship with the whole is broken. At that time suddenly something happens in the left and its cut off completely. Then the cells on any centre or in many centres can start galloping and can become very ego oriented and they become malignant and they start growing. Like in the nose they start growing so fast that they can cover your eye, they can cover your ear and everything. All the other cells are not proportionately growing and so that's how they obliterate the work of all the other organs. This is how cancer is set here. Now when kundalini passes she goes through this and through this and just puts it right like that. The first our attention comes to the centre. And then she nourishes this centre. Cancer is such a common case in the west specially. Such a lot of people are suffering from cancer because they are very one sided people. If they are left sided, emotional people then to the extreme they are. They take to drugs of such drugs which are very injurious. They take to alcoholism which are very injurious takes them to the left side. Or they took to the right side and suddenly any shock they can't bear. So they go to the left side. So there's no balance. And this balance is only established through kundalini awakening. Of course in one lecture I cannot tell you all about all these chakras. But I have told you about one chakra which is very important and extremely active in these modern times. And that is why sahajayoga was so much needed in modern times. It had to work out all these diseases and so far the news about Aids is also good that the people whom we cured are still doing well in Perth. And I hope there will be more people of Aids will come to sahajayoga and will have that much will power to practice it and establish themselves again on this earth. So this is it that we have to work out for ourselves first of all we have to establish ourselves and we can easily help other people because sahajayoga is for your benevolence-- your physical, your mental, emotional, spiritual. All benevolence and that you get empowered. Only by saying I am born again doesn't mean anything. You have to have the powers of a person who is born again. And when that happens you must learn how to use it- this power that you have got. Otherwise it is useless. It is like the story of Christ who said that some of them fell on a marshy land and they just sprouted and finished. Like that should not happen. We have to grow into trees to help others in a big way and can be done. And I am surprised in a country like Russia its working out so well. So why not here where we have all the freedom to understand the truth. So we have to be truth oriented. Not success oriented, money oriented or science oriented, but we have to be truth oriented which integrates everything, every religion is integrated in it. Every religion is explained in it. All the mistakes human beings have created in those religions can be seen clearly and what has gone wrong with human beings also could be seen very clearly if you get your self realisation. And this is

what has to happen. And again today we will have some time for questioning like yesterday. I have to again request you that I am not here to challenge you any way or to take away anything from you but I am just here to tell you what you are. What beauty you are, what glory you are, to enjoy yourself and for the emancipation of the world what you can do.

May God bless you.

H.H. Shri Mataji Nirmala Devi.

[note: Only the main speech is transcribed. I have not included the question answer part and realisation part. The questions asked are not so clear.]

1990-0309, QTV Interview

View [online](#).

9 March 1990

Interview

Cairns (Australia)

Talk Language: English | Transcript (English) – Draft

Interview for QTV. Cairns, Queensland (Australia), 9 March 1990.

Part 1: QTV Program Behind the scene, Cairns

[Preparation for the interview going on. Mataji talking to yogis, every body happy and enjoying. Some sections of part 2 is also included in this video.]

Part 2: 1990-0309 QTV Program On Shri Mataji, Cairns (https://www.youtube.com/watch?time_continue=86&v=dryz4Z_XbhU)

North Queensland today program.

Presenter: Hello! I am Mel O'Connor

Welcome North Queensland today where we look at who is doing what in North Queensland. There is yoga, the meditation way, wet weather driving tips, beach erosion and financial advice for women.

Her name is Shri Mataji. She came to Australia to explain her philosophy of self realization, a delightful lady who had worked with Mahatma Gandhi when she was very young and now she has a following in the [globe? UNCLEAR]. This is just a glimpse of this very unique lady.

[Shri Mataji's voice in the background]

We cannot organise it. it is a living process, a living process of evolution. In the evolutionary process we have become human beings. Now, there is only one breakthrough left is that we have to become the spirit. Sahaja! "saha" means "with", ja is "born". So, with you is born the right for the yoga meaning to be united with the all pervading divine power. Once it happens to you then you become the spirit. Spirit is the source of joy, source of truth, source of love, so you become that just because your attention is enlightened by these qualities of the spirit. It works in so many ways that it cures people automatically by their own powers. It comforts them, releases their mental tensions and they become so dynamic; at the same time they are extremely compassionate. Then you develop a new awareness within you which is called as collective consciousness in which you start feeling another person on your finger tips. You can feel yourself on your fingertips. And if you know how to correct it, you have to transform all the problems that you have. Suddenly, you find you are a beautiful being, a very glorious thing that God has created.

Shri Mataji Nirmala Devi Public Program Cairns Australia) 9th March 1990

[Sno Bonneau addressing the gathering]

Shri Mataji, the lady who has developed Sahaja yoga some twenty years ago and has been travelling world at the same time. She is coming to another wonderful event. She has brought into the traditions. She has actually come to Cains and she should be going to a couple of cities. She has actually come to Cairns and she is quite impressed not only with the actually beauty of Cairns itself but also with the quality people here; would like to comment you all on that.

[Stephen Taylor addressing the gathering]

You will be delighted to know really considering your population the response to message of Sahaja yoga, the message of Shri Mataji has been far greater here than anywhere else in Australia. There must be some reason. I think, it is partly due to the environment you live in, it probably is because of that environment.

[Shri Mataji arrives at the venue and is welcomed to the stage by the yogis]

Part 3: 1990-0309 QTV Interview, Version 1, Cairns, Australia (<https://youtu.be/WlclvvLxaIY>)

Yogi: Mother is likely to talk about [Mahatma Gandhi ? not clear]

Shri Mataji: Of course, would love to. I was with him when I was a child actually seven years old; Stayed on with him, I used to go back to school again go back to him. Very fond of me. He would consult me on certain points on spirituality sometimes. He recognised me alright. But, that was not the time to talk about spirituality when we were not free people.

[Yogis are setting up the room, mike / micro phone and getting ready for the interview. Mataji suggesting toped window, keeping plants, etc. Yogis talking about the weather; how warm it is during that time.]

Yogi: What you think of Cairns? Would you like to come and live here?

Shri Mataji: It is a paradise; It is a surprise to me. I never expected such a beautiful place existed.

Yogi: Have you come here before?

Shri Mataji: Never, never before.

Yogi: And you are here only till when.. tomorrow?

Shri Mataji: Yes

Yogi: Not long enough. You must come back. Even just have a look. Don't talk to anybody

Shri Mataji laughs.

[Interview starts here]

Yogi: Could you tell us about Sahaja Yoga? What is it?

Shri Mataji: Sahaja! "Saha" means "with", "ja" is "born". So with you is born the right for the yoga meaning to be united with the all pervading divine power.

Yogi: How is this supplied?

Shri Mataji: Supplied.. because it is all innately built within you, the mechanism, the subtle mechanism is there. You got a residual energy in your triangular bone which is called as sacrum, sacrum means sacred and from this triangular bone it rises, emerges out and passes through six subtle centres, when it is awakened and pierces through your fontanelle bone area giving you the actualisation of baptism. It is actualisation. You can feel the cool breeze coming out of your fontanelle bone area and also you feel this all pervading power on your central nervous system means on your finger tips; you can feel the cool breeze.

Yogi: How then do you people enjoy Sahaja yoga? Is it taught to them?

Shri Mataji: No; because once this happens to you then you become the spirit and the spirit is the source of joy, source of truth, source of love. So, you become that, just become, your attention is enlightened by these qualities of the spirit.

Yogi: You have lectures which explains this?

Shri Mataji: First I explained to them what it is. I tell them that they should keep an open eye, open mind like a scientist because this is a hypothesis and if it is proved then we must believe that there is this all pervading power. It works in so many ways that it cures people automatically by their own powers, it comforts them, releases their mental tensions and they become so dynamic and at the same time they are extremely compassionate and very beautiful. I went to Russia and you won't believe that the Germans came to give them realisation. That was very touching for me to see that Germans felt such as need to come down to Russians and to help them out. So, this is how we are going to emancipate human beings by giving them this transformation because then you develop a new awareness within you which is called as collective consciousness in which you start feeling another person on your fingertips. You can feel yourself on your finger tips and if you know how to correct it, you have to transform all the problems that you have. Suddenly you find you are a very beautiful being, a very glorious thing that God has created.

Yogi: Is Sahaja Yoga a religion or an organisation?

Shri Mataji: You cannot organise it; it is a living process, the living process of evolution, in the evolutionary process we have become human being; now, there is only one breakthrough left that is we have to become the spirit. Once we become the spirit, we know the absolute truth; in that we do not then have to argue or to discuss about it. It just works out, it just works out and everybody knows that this is the truth. So, all these theories which are argumentative finish off. This cannot be a thing that can be organised; it is a living process. But, also it is not a religion as such because these outside religions have created lots of problems because they are man made. But, within us lies our valency which are ten valencies we have and when they are enlightened we absolutely become righteous. We don't do wrong things, we become saints.

Yogi: Do you is a part of philosophy the physical yoga or more on meditation more meditation than physical yoga?

Shri Mataji: These physical thing is something has come; I don't know from where because if you see the Patanjali yoga which was hatha yoga was not only concerned with just the exercises. Exercises have to be done even in Sahaja yoga when you get your realisation if there is any physical problem on any particular centre. But the way people are doing is kind of hatha yoga so called.. they are really taking all the medicines indiscriminately. There is a science about it. You can't just do it that way.

Yogi: How did you become involved?

Shri Mataji: I was born like this. I knew I was something more on the divinity side and I have to work it out for others. The problem was that if I work on one person or only one or two persons will be self realised.. time had come that we should have amass realisation. So, I worked on all the permutations or combinations of human beings, what is the problem they have in a very subtle way and then I found out the method. And that is how the seventh chakra as they call it was opened out. I started this work of amass realisation.

Yogi: When you were young, you met and I believe worked with Mahatma Gandhi. Could you tell us about some images that you can remember of those days?

Shri Mataji: Ya.. Mahatma Gandhi, I met him when I was just seven years of age I think. We were 11 brothers and sisters. So he said what about the [steve? UNCLEAR], what are you going to do? Then my father said all for the country, nation's work, that is

why they are here. Then he said, alright, I will pick up this child. He just took me in and I was with him. He was a very strict disciplinarian about himself and about others. But, with children he was very sweet and very kind. Only children could manage him. When he was angry for something only children could see him and talk to him and he would be very sweet. He used to call me "Nepali" because according to him my face resemble more to Nepal. So, he used to call me "Nepali". And also, he realised that I had spiritual powers or something. So, always used to consult me when he wrote down his bhajana or here as they call it the hymns. I told him to write it according to the centres and he did it so well. So, I mean in so many ways he was absolutely a spiritual personality, but he could not express it at that time to that extend because we were not free people. He said first we have to have our freedom. Unless and until we have our freedom we can't talk about it. Always he tried to integrate all the religions and talk things about it. But he also didn't believe in man made religions.

Yogi: If I could ask, do you see the world attaining that? Do you think the world will be at peace?

Shri Mataji: Yes, if they get their transformation. Then, you become the spirit. Spirit is your peace. You become a very peaceful personality. Only talking about peace you cannot achieve it. I have known people who talk of foundation of peace, but they are not in peace with themselves. Only by realisation you can achieve it. Once you are realised the peace can go. There is no need to have any violence at all. Because those people who are violent also are appeased by your temperament, by your kindness and by your love. You can manage it very well.

Yogi: Thank you very much indeed for your time.

Shri Mataji: Thank you.

Yogi: It is a whole spectrum isn't it? It is beautiful indeed. Thank you very much indeed for your time. Really appreciate it.

[Interview ends here]

Shri Mataji: Thank you. See, if this happens this awareness expansion, we can solve most of our problems. Most of our problems are because of human beings. All these ethnic problems are there and then you have problems of this ecological problems .. all of them can be solved. It is very simple. See because you become very satisfied. Don't produce so many things. You live very happily. Formerly, we never used to have so many things in the household also. Now, so much of plastic, so much of this.. It is not needed.

[Mataji being escorted to the another room to meet and talk with yogis]

1990-0309, Conversation with a journalist and yogis after the walk on the beach

View [online](#).

9 March 1990

Conversation

Ashram in Cairns, Cairns (Australia)

Talk Language: English | Transcript (English) – Draft

Is it...(INAUDIBLE) too much for you? (Unclear)

Shri Mataji: No, I mean we Indians have too much of sun in our body. So we perspire a lot compared to you people.

Journalist: and your next stop from here is where?

Shri Mataji: I think we are going to Brisbane.

Journalist: Brisbane?

Shri Mataji: (Mother nods her head as a yes and cont. to talking to the person) and from there New Zealand. Then back to Sydney, (unclear) from Sydney, I will fly out to Hong Kong. Hong Kong, we also have a center. I'll spend a day there and go back to Bombay. Then there's a tour of North India.

Journalist: of?

Shri Mataji: North India.

Journalist: Oh!

Shri Mataji: It's going to Delhi, (*) various places. And I'll be back from Calcuttaon the 15th or 16th. And then I am going to London.

Journalist: It could be called as busy then.

Shri Mataji: (Smiles) wherever you are, you are!

Journalist: do you follow cricket at all?

Shri Mataji: Off course.

Journalist: Yes, off course. Because India is very (proper game)(*) in cricket.

Shri Mataji: I understand it very well.

Journalist: Yes, because India is (UNCLEAR) you are flying in New Zealand now so perhaps when you are in New Zealand you (UNCLEAR) may be.

Shri Mataji: My elder brother, he is the chairman of the Indian Cricket Team.

Journalist: Oh Really?

Shri Mataji: Yea. He is the one on selection and all..(*) he was the minister of steel. But he is still the chairman. In my family the cricket was quite (Unclear) so I understand it very well.

Journalist: (UNCLEAR)

Shri Mataji: Australia long time back. Has some very nice ones. Like Vijay Merchant, V S Hazare. He is our relation, V S Hazare. He is my brother's wife's uncle. (Uncle- Mother's brother). My father was a great supporter of cricket.

Journalist: was he?

Shri Mataji: so all our family, (Unclear) used to support financial also. (UNCLEAR*) used to come and live with us.

Journalist: It's one of the ways people go to the other countries and meet people, (Unclear) very joy giving.

Shri Mataji: Yea, I mean sporting spirit is very important. Those who do not have sporting spirit can not stay in Sahaja yoga.

Journalist: It's a joy. You kind of enjoy. Very nice.

Shri Mataji: I think it's a very soothing game. Very relaxing. But last time they had a little problem. Indians! Because some ladies were sitting without tops.

Journalist: (Gives a little hesitant face expressions)

Shri Mataji: They got very nervous.

Journalist: afraid to come out of the field.

Shri Mataji: I mean, they haven't seen something like that before, you see.

Journalist: - I wish that you know women could learn how to wear saris. Such a beautiful (*) such a beautiful thing where your

attention (*)

Shri Mataji: yes, it is a very lady like dress I think. And you don't have to go to tailors, you see.

Journalist: and very comfortable?

Shri Mataji: very comfortable, very comfortable. Yes, very comfortable. And In London also, you see. You can wear a long (*) inside. Nobody sees. Nobody knows what you are wearing inside(*). Laughter!!

Journalist: all covered up?

Shri Mataji: It's all covered up. No, no problem.

Journalist: (UNCLEAR)

Shri Mataji: And you'll be surprised that the sarees, ..I have some sarees for my marriage I got. That's still strong. Because that time you used to get pure zari and all. They are still going strong. But I can give it to my daughters then they can give it to their daughters and so on and if they get fed up they can (*) it and they can make nice skirts that we make round skirts. And men use them as just sometimes (wrap around, Shri Mataji does a hand gesture to give an expression for men-how they tie it up on their waist) they are sleeping, they get up suddenly they want to wear something

Journalist: Oh! Like a long ... (Unclear) oh yay!! Yeah!!

Shri Mataji: It's a lungi. (smiles)

Journalist: Lungi! Yea Lungi! That's the word I am looking for. Very practical thing. Very practical!

Shri Mataji: and it has certain meaning you see...that this is the portion we use for covering the child, while nursing the child. This way..(Shri Mataji explains this through her saree) because this is the child feels the security. And also your body is covered. This portion we use for that. Then we can use it for our hat to cover our head if we are going to church or something or elders are coming to give them respect. You can cover your heads with that. It has so many ways of expression. It's very (d*)

Journalist: (UNCLEAR) sensible thing, you know.

Shri Mataji: It's something that is so cheap because we don't have to (*) about material. There is no fashion about it and has to be (*) has to be something which is handmade because if there are repeats, the lady will go and change because there should be varieties.

Journalist: Yea, that's true.

Shri Mataji: so mostly handmade they like that.

(some communication which is audible)

Music in the living room along with these guest and yogis.

1990-0309, It is your own power which cures you

View [online](#).

9 March 1990

It Is Your Own Power Which Cures You

Public Program

Cairns (Australia)

Talk Language: English | Transcript (English) – Draft

Public Program. Cairns (Australia), 9 March 1990.

I bow to all the seekers of truth.

At the very outset, we have to understand that truth is what it is. We cannot organize it, order it, or conceptualize it. It has been, it is and it will be. And we cannot know it through our human awareness, through our mental capacities, emotional projections, imaginary thinking. It has to be perceived, and to be experienced on our central nervous system. As in our evolution we have grown, slowly developing into human state, also we have to grow a little more to become the spirit state. When I am talking to you about this mechanism, which is a subtle mechanism within us, you have to have the attitude of a scientist who has an open mind, and to accept whatever I am saying as a hypothesis. And then if it is proved, as honest people you have to accept it, because this is for our benevolence, benevolence of our countrymen, emancipation of the whole humanity; because within us is placed this subtle mechanism.

This time is so special, I feel, because there are so many seekers of truth. Before this, people used to run after so many other things. First, for the security they had all kinds of clubs and all kinds of arrangements made that you should feel secured from nature, from natural crisis, from animals; and then they developed other organizations just to feel their power and their money-orientation. Now the time has come for us to see that all these things do not lead us to a very happy life. We have so many problems, so many tensions, and so many diseases endless – and very new type of incurable diseases that have come in. I don't know how far Stephen has told you about the centers, but all these six centers that are pierced through, through this power which is within us: this is the power of pure desire. So far, whatever desires we had are not pure. If they were, we would have felt satisfied about them. But as you know, economics says that the desires are not satiable in general. Wants are not satiable in general – means you want something today, then you want something tomorrow, then you want something later on. If you get something, then you do not enjoy that for which you were hankering, then you want to have something else. That shows this is not pure desire, but a desire which leads you to another desire.

So this is the power of pure desire lying within you, and she is your mother: your own mother, an individual mother, reflected within you. We can say this is the Holy Ghost reflected in you. We have very mysterious ideas about Holy Ghost – is not that mysterious. There's God Almighty as the Father, then we have Son, the God, and what about the Trinity is that the third one is a Holy Ghost. That has to be the Primordial Mother – has to be, logically. But somehow people avoided talking of women, and they didn't want to show that the mother is such an important thing. Not in all the religions: like in Hinduism or, say, in Buddhism, every religion, they worshipped Mother as the creator of the whole universe, and that God Almighty is just the witness. Also you can see Christ, how He emphasized, that when He was dying on the cross said, "Behold the Mother."

So this Primordial Mother is the mother which is within us reflected as the kundalini. And when she rises, this kundalini, when she rises and pierces through the fontanel bone area, she gives you the actualization of baptism. You get connected with that subtle energy which is surrounding us, about which everybody has talked: even in Koran it's called as ruh. Kundalini is called as assas. In every scripture there's a description of a kundalini of some way or other, or of this mechanism, as in the Bible is that there is a Tree of Life within us. Even in Gita is described a Tree of Life.

So every religion has described this mechanism, plus it has always said that you must seek yourself, that you should have your

second birth. But people just certified themselves as "we are something born again" you can call it, "we are brahmins" or they can call themselves that "we are realized souls." But by false certificate you do not become. It's a question of becoming. You have to become; it's not just giving a false certificate about it that we are something and they are something. It is so obvious and evident, you can see it, that anybody follows any religion whatsoever is capable of committing any sin. There's no bondage of the religion that they follow. That means it's all outside, it's not innate within us; and the religion has to be innate.

And I call it as the valency of human beings, that human beings have ten valencies. And when this kundalini rises, she enlightens those ten valencies in this area that you see – the green area, Void, you see – it enlightens all that, and that's how you just become a righteous person. You become righteous, you become virtuous and you are proud of it, but you do not try to aggress others with it. You enjoy them, because you are so compassionate that you want to be sharing it with others and enjoying it with others. A new personality is evolved out of us. I always say, like a pond, sometimes we feel that our lives have become so much full of miseries and troubles, as in a pond we see lots of creatures creeping around; but when the lotus blooms out it fills the whole pond and transforms it with the fragrance that it has.

In the same way it happens to us, such a transformation. First of all is the simple one, where physical being improves, automatically – not by any medicine, not by anything else, but your own power. It's your own power that cures you. You don't have to take any medicines for it, you don't have to pay for it because it's a living process, as I told you. So you don't have to go to any doctor, you just know the diagnosis yourself and you get cured yourself. You can cure yourself, you can cure others, because you are realized and you can give realizations to others, so they get cured, too.

Then the mental problems like schizophrenia and all these things just disappear. If there is tension, it is – he must have told you about the ego and superego, because they cover your head. But when it opens out, all your worries, all your attentions pass out, and you become a person who can be called as a person of thoughtless awareness. Means you watch something: you don't think about it, you just see it – just seeing, the witnessing part. And that is the greatest thing that happens, because if you want you can think, but if you don't want you don't have to think, you just have to watch.

Now you see a beautiful carpet lying here. Supposing I had possessed this carpet or supposing I was of a normal type, I would have been worried that is it insured or not and may be spoilt, or something like that. And if it had belonged to somebody else I would have been thinking, "Oh, how will I purchase this, where can I get it?" and all kinds of thoughts; but the beauty of this carpet I'm not enjoying. But once I have developed this witness state I look at it. And I look at it and what I see is the beauty, because it acts on Me: the beauty, the creation, the joy of that creation, everything acts and I soothe down with that beauty completely, as if there are rivers flowing on My head of complete joy. And this is what we have to enjoy in this new personality.

Then one has to know that we are peace, because spirit is the source of peace. Once you become the spirit, the spirit comes into your attention and you become a very peaceful person. It's like you are on the periphery, like on the wheel: if you are on the periphery you are moving all the time, but the center of the wheel is absolutely peaceful. So, as if you jump on to your center, from there you'll see all the movement of the wheel, but you are in the center and you are not disturbed. You can see the problems very easy to be handled.

We can give another analogy, that's supposing you are standing in the waves, then you are afraid of the waves, that you might be drowned; but supposing you get on to a boat then you start seeing these waves. But supposing you know how to swim, then you can jump in and save people who are getting drowned. In the same way, we are lost in the waves of our thoughts. But once we become the witness, we see our problems much more clearly and that's how we know also the solutions, and things work out. Above all, you become the joy. You become the joy, a pure joy; not the joy outwardly which has to be thought and is to be – see, you, some see paintings, they say, "Oh, you must see this is this, this is ..." – nothing of the kind. Nobody need tell you what is this painting is about, you just see the painting and you see it, and you get all the joy out of that within you. So you become a source of joy for everyone else.

But the greatest thing that happens, that you get connected to this all-pervading Power – this Power that organizes everything, that does all living work, that thinks for us, is very gentle, and also can destroy whichever is against construction. It can destroy

all evil things. And it loves you. So you get connected to that energy, that vital energy – it starts flowing through you, so you do not feel tired, you are dynamic, you are compassionate, at the same time at peace with yourself. That is the wonderful thing that we are; we are made that way. Only we have to know ourselves, like this instrument has to go to the mains: in the same way we have to be connected to the mains, and that's how we know what glorious things we are.

Today is the only day I am here, I am sorry I couldn't spend more time. But I hope to come back again sometime, maybe in May, because I didn't know there was such a response here, and such nice people living in this place who are so responsive to truth. So I'm here with you and for a short time, and in this short lecture I cannot tell you all about it – it's an ocean of knowledge – but we have lots of tapes which you can hear and understand Sahaja Yoga. But in any case I would like you to ask Me questions before we go in for this process of Self-realization. That will take about ten minutes only.

The questions should be relevant because I have come here to give you your own beauty. I've not come here to ask for votes or anything like that! So it should be relevant with the subject, and should be helpful to you as well as to Me to know what are the problems are.

[Question about possible damage from kundalini awakening.]

Kundalini awakening never damages you. But as far as the bad management is concerned, a person who has no authority to raise kundalini tries to do some nonsensical things, naturally there is a damage because they have no authority, divine authority, and they are doing the job. But so far there are so many Sahaja yogis all over the world, and also the Sahaja yogis have given realizations to people. It doesn't do damage. It's your mother. And when you were born she took up all the labor upon all herself, she took up all the pains upon herself and saw that you were not hurt. In the same way this mother, she knows everything about you, she's the loving mother, the most loving mother, and she is not going to bother you at all.

Some people do write like that, that "kundalini awakening is very difficult, it will do you damage" and all that. It is only just, just to see that people don't get their realization: it's just to frighten, or maybe it's a money-oriented nonsense. Must be that they must be wanting to frighten you that "you are sinful, you are useless, you'd better give us money so that maybe your kundalini might rise" or something. I have seen some people who cannot get realization or anything, they come and tell Me, "Mother, I must be very sinful person."

I said, "Who told you that?"

"Certain guru has told me."

I said, "You go and tell him back that 'you are the most sinful person ever born.'" So all these ideas are coming up on people who are very simple-hearted and gullible, because they believe all this nonsense and they just succumb to it – but it's not so. I told you, you are glorious and beautiful; please believe Me in that.

[Question: What chakra is related to integrity? And how to work on that chakra to keep oneself strong?]

Integrity? You see, integrity is not one particular chakra, but it's the experience. What happens, you get the experience of realization, so that you start feeling the cool breeze, the vibrations of the Holy Ghost, you can say, or of the ruh surrounding you, and you start enjoying it. You just enjoy it, and you don't want to give it up. You don't want to give it up, because you enjoy it. That's how the integrity develops. There is no stamping like that, that you have to be integrated, or you have to be into the integrity – it's not there.

But the integration does take place, because all these chakras get a sort of a kundalini inside them, which like a thread passes through all these beautiful pearls. So that's integration is there. But integrity part comes through your own depth, first of all. If you touch your depth, you just never leave Sahaja Yoga. Some people do leave Sahaja Yoga because of very superficial reasons sometimes, but again they want to come back. You see, the trouble is, they leave it and then again come back, because it's such

a source of joy. They are allowed to leave and they, sometimes we have to ask some people to leave because they can be very destructive people – some are very destructive people who come to Sahaja Yoga – but all of them then get cleared out and come back again. So it grows.

There's no force, of anything. Like somebody told Me that she said that "I'll take fifty dollars for a course in Sahaj Yoga."

I said, "Why did you say so?"

She said, "You see, people relate to it better, and they all came for the program. And I gave the course and afterwards I returned all the money, because you can't take money. I played the tape" – where I said you can't pay for living things – "so I returned the money." But that fifty dollars, according to her, pinpointed them to this. I don't think so it's necessary, but she made an experiment like that, that how people stick on because they have paid for. Like we go to see a film and the film is horrid, but because we have paid for we sit till we are finished with the nonsense, you see – that's the nature. But I don't think in Sahaja Yoga we have ever done that, but she said that she experimented and it worked with people. But I have better hopes.

[Question: What is difference between Sahaja Yoga and Raja Yoga?]

Sahaja Yoga is the complete integration of all the yogas. When the kundalini rises, then it has to be held up at every center, you see: like it passes through the first, the second center, then the third center, so the second center has to go into augmentation to the constriction, so the kundalini doesn't fall. Then it rises to the fourth center, then the third center goes into augmentation. But it's very quick, it's very quick. It happens as if when you start your car, ignite, then all the machinery starts working automatically – in the same way it works.

But modern Raja Yoga is something very different: what they do is to stop the chakras, without starting the kundalini. They, even up to the point that the kundalini when it passes through this center of Vishuddhi, then your tongue is a little bit pulled inside for stopping it from falling down. But you don't feel it at all, you'll see that you'll not feel anything of the kind; because it goes like a jet in people, I've seen, you just don't feel all this thing. So because they must have read about it, they cut their tongues, the thread, and push back their tongues. And I was amazed that in Los Angeles there are some doctors from India whose tongues are wagging like dogs – they can't speak. And this is what is absolutely wrong, that when the car has not yet started, what's the use of moving the wheels? You spoil the car – is artificial.

Yoga cannot be artificial. It has to be a living process, it has to be spontaneous. "Yoga" means the union with the Divine. And I have seen people who have been to Raja Yoga have suffered a lot. This is not Raja Yog. Even Hatha Yoga is not there. "Ha" and "tha" is two nadis: is the right-side nadi is the one which we call as the Surya Nadi, meaning the Sun Nadi, is "ha"; and "tha" is the left-side nadi, which is the channel of pure, we can say it's the channel of desire, and is the power of desire. So these both things are to be worked out simultaneously, so that you achieve the yoga.

Now, Patanjali wrote about it long time back, and the Patanjali Yoga just has ashtangas, means there are eight parts which is such a big book, and eight parts to it, out of which a very wee, wee part of it is called "yaman yamah": out of that a very wee part is the exercises. And that too is to be applied only in case when the kundalini starts, you know where it stops, and if there is any physical problem, then only you are supposed to do. But these days I find the way people doing Hatha Yoga is something like taking all the medicines from the medicine box like mad, and they develop horrible problems because is only the right-side one. And some of the Hatha yogis are so hot-tempered that if you have to approach them, one has to take a bargepole! We had one fellow called Mr. Brahmachari in India who was a very well-known Hatha yogi, and he ended up in creating a big factory of arms and ammunitions. I think it was too much for him inside the arms and ammunitions, so he thought he'd better produce more of that.

So it is something that is very one-sided, and can create people who are very dry. Such people can go in for very bad married lives; they might end up with very hot temper, bad livers, asthma, liver, and also the very bad massive attacks of the heart could be there, because it's only one side. You have to be in balance.

[Inaudible question]

Can you hear?

[Question: If one has a problem in one particular chakra, you don't necessarily focus on that chakra, you must focus on the whole?]

No, no question of focusing. You see, what happens that the kundalini rises, and a person who is giving you realization can see clearly. You can even sometimes see this triangular bone pulsating like a heart. And you can see the kundalini rising, and you can see the movement of that energy. If it stops at a point – also you can feel it on your fingertips, because of collective consciousness – then what you have to do is to just to correct that center at that moment; then it rises.

[Question: The colors of the chakras are basically the colors of the spectrum?]

Yes. That's the color you have. It's gold, you see, it is a golden color.

[Question about Karma Yoga.]

Karma Yoga? Now, Karma Yoga is a thing that is said that whatever – this is a Shri Krishna's preachings – that whatever karmas you do, you have to do the karma, you have to do. But He is, He was a divine diplomat and He knew that human beings are not straightforward, so He had to go round the way. But between the lines we must learn that first thing He said, whatever karmas you do – I mean, He was not a modern shopkeeper, so first He talked about gyana yoga, meaning "to know": is "knowledge", "know." "Know" word comes from the Sanskrit word "gn, gn" as we call it. And you know the early Christians were called as Gnostics, meaning "who knew it on their central nervous system." And from the same comes the word "vida" from where the Veda is made, or "Buddha" means the bodha: is in the Buddhist style they call it "bodha", from where the word "Buddha" comes in. "Buddha" means "the one who is enlightened."

So you have to be enlightened on your central nervous system, that is the thing is. So He said, first you seek the gyana. But then He talked about the karma to Arjuna; He said that "you must do your karmas." But the condition was that whatever karmas you do, whatever work you do, you leave it at the feet of the Lord. That's impossible, because if you are doing something you always feel "I am doing it." Even if you say "No, I leave it at the feet of Lord" – is not so. Only after realization it happens. After realization you don't say that "I'm doing it." It just works out this way – "now it's working, it's going" – they talk in third line, third person, as if something else is doing it. We are just as mediums or some sort of a instrument in between, and it's working; it's not doing, it's not happening.

So after realization the karma becomes akarma, means "non-action": that you don't think you are doing anything, it just works. And that's why this Kriya Yoga is against Sahaja Yoga. Sahaja Yoga is akriya, where there is no action; just you think it's happening, it's there. You see it, you just, you are a witness of the whole thing.

So here, what happens that when the kundalini rises, when she goes to the Agnya Chakra which represents, as you say, the third eye or whatever you may call it – it is between the optic chiasma, and it looks after the pituitary and the pineal body. And as a result we have developed two institutions called ego and superego. The ego is the one which tells us "I have done it. I am doing this." Both these institutions are sucked in by the enlightenment of this center and that's how the thing opens out, and all your karmas are sucked in, so there's no problem of karmas. Only human beings think that they are doing karmas; animals don't. They have no sense of sin or anything. They are completely under the bondage of God, so in Sanskrit they are called as "pashu" – means "under the bondage." But we are the ones, we have got freedom. And that's why we think we have done this and we have done that; and we should not do this, we should not do that.

But when the kundalini rises and she awakens this center, then both these things are sucked in. And when they are sucked in, then you do not do any karmas anymore, you just are in akarma. You do everything – I mean, I travel, you know, such a lot and I have a family, and everything is there; but is just happening, I am just seeing it, I am not doing anything as such. So when you are also awakened, there's no obligation, it's just happening.

It is here where we should understand that this center is bestowed upon by the great life of Christ. Christ is there, and they said that He died for our sins, died for our karmas – is a fact. Because when He is awakened these two institutions are pulled in inside, and you get your kundalini out there – it opens out. And this bone which had been calcified opens out, and the kundalini pierces through. And this is what it is, that He died for our sins, but still the theory is extended that we must suffer. Why should we suffer? He has suffered for us already. And is already written by Thomas, who was travelling to India via Egypt where he wrote the treatise, and he said that "Why should we suffer? Christ has already suffered for us." And he's talked everything about Sahaja Yoga; he said it is an experience of Self-realization, and everything. And that book now is out in England. After forty-eight years they could decode the whole thing, which was found about forty-eight years back in Egypt and is out now, and is beautiful – "Gnostics" is the name of the book. But is not so much appreciated by some of the people, because this challenges the theories of sufferings and confessions and all this nonsense.

[Inaudible question]

Me, or you? You cannot awaken yourself. You see, you have to have one enlightened candle to enlighten another candle. This candle which is not enlightened cannot enlighten itself. But there's no obligation. But you can correct: once it is awakened you can correct it, you can develop it. First only few hair-like strands of this energy come up and open the fontanel bone area, and then this flow of ruh starts flowing on you and it relaxes more of the centers, so more of these strands start coming up. So you can develop it at your will, by understanding it, but you cannot enlighten yourself by yourself.

[Inaudible question about the difficulty of maintaining total awareness in meditation.]

Because it's not Sahaja meditation. All other meditations are artificial. You are in meditation when you are in Sahaj. Unless and until kundalini is awakened and you are one with the divine Power, you're still thinking all the time – how can you stop thinking? There is one thought that rises and another thought that falls off, again the another thought comes up and it falls off: it goes on like this, and we are dancing on the cusps of these thoughts. In between the thought there's a little space called as "vilamba", is the present – either we are in the past or in the future – but that is only possible when the kundalini comes up. Then these thoughts become more lean and there's a bigger space left, and you remain in thoughtless awareness, and that is how it works out.

That's in the meditative mood you are all the time, you don't have to meditate because you're in thoughtless awareness. As soon as you see something extremely beautiful, extremely joy-giving, or a personality who is a realized soul, or anything that's so righteous and good, immediately you become thoughtless, immediately. It happens – you don't have to do it, you don't have to be in meditation, you just become.

I have seen these days there are many children who are born who are realized souls, and just I've seen them sitting before Me, just – just sitting, not moving, nothing, just in meditation. Your pupils dilate, and you start feeling the cool breeze in your hand. Even if you meet someone it happens, if he's a realized soul. It's very interesting, there was a poet in India who was himself a tailor and he went to see somebody who was a potter – they both were realized souls. And the potter was busy with his clay, you see, trampling it with his feet. When he saw, this tailor saw this potter, he looked at him, went into thoughtless awareness, and he said that – the poetry is so beautiful – he says, "I came to see the nirguna" – meaning the formless, that is the vibrations – "I came to see that, but that is in person here." Such appreciation is not possible unless and until you are a realized soul – you always see the defects of a person. But such a deep appreciation of another personality is only possible when you are a realized soul, and then you are amazed how you are surrounded by such beautiful people.

We had this time at least three thousand people for a seminar in India: no quarrels, no fights, all the time I hear about bouts of laughter, joking, leg-pulling, all nice friendship going on; no problems of any kind, satisfied with everything – so beautiful to see. Like I went to Russia, and the Germans came to give realization to Russians, you know – that was too much. It was too much: I mean, I just felt so happy about it, so happy, the tears started rolling in My eyes when I saw the Germans just embracing all of them with such joy and purity, it was wonderful. In Sahaja Yoga Germans have become so gentle. The most gentle people are the Germans, extremely gentle – can you believe that?

(It's a big question.)

[Question about how long it takes to transform.]

Depends on. It has transformed so many people instantly, so many. Majority of people get transformed immediately. Some people do take time, I must say, but transformation, the degree of transformation may vary from time to time. For example, in a place like London where there are all hard nuts, I must tell you! – they're very nice people, you see, very scholarly, and coming from Cambridge and from Oxford and this and that – very skeptical, doesn't matter. These people had taken to drugs: imagine, very well-educated, some professors, some doctors had taken to drugs and were alcoholics; absolutely they were lost people, I would say. And when they got their realization, overnight they gave up – drinking, alcoholism. I was amazed at their own depths. The way they trust their own depth, they just gave up – it's very surprising.

So you cannot say the degree, but one should never have diffidence about it. It all works out, the transformation works out, and in collectivity it works out much better. If you get out of the collectivity it is like a nail which is cut out of the hand, you see, because you are all part and parcel of the whole, of one being, and you are awakened; but if you get out of that body, then again there's a problem.

So it takes time for such people. And also for people who are sick, maybe more time, maybe some people who are mentally worse. Some people are, as I said, hard nuts can break very fast. You can say I have had all kinds of experiences. And I always say that Sahaja Yoga is a big joke, I tell you, because you see people, just you see them so aggressive, so funny. Like one fellow came all drunk to the program, and he was so aggressive with Me and he was about to hit Me. Then they took him out. I said, "All right, come and see Me tomorrow." Then they put the address in his pocket. Next day he was there, and today he's a very good engineer, electrical engineer he is; he's very good.

[Question: Can You explain the process You use to raise the kundalini?]

All right, that I'm going to do. That's a very good question. Yes, that I will do.

[Question: Could You give some advice on how to be non-judgmental – not to judge others?]

Yes, people start judging others because they don't know themselves. Once you know yourself, start judging yourself first of all. This is the Last Judgment, where you judge yourself. Is written in Koran that "your hands will speak, and they will give witness against you." And you get frightened about yourself, "Oh God, I've got this, and ..." Like the other day somebody came, "Mother, please, please solve my problem."

I said, "What has happened?"

"My Agnya is horrible" – means "I am very egoistical." So the attention goes to yourself and you start correcting yourself, and you look at the good points of others. And if somebody says to you that such a chakra is catching, you thank that person, you're happy, because his interest is benevolence. He is not trying to judge you, but is benevolence if he finds it. But normally you find yourself about yourself, there's no need to talk about it; just find out yourself.

[Question: Mother, is it possible that once you become realized, you can fall back?]

Yes, it is, sometimes, you know. Because at the time of the growth, is the parable of Christ, you see, that He said that some seeds fell on the marshy ground – they sprouted, but did not grow. So that, it's possible because depends on the superficial temperament of a person, may be possible. But so far I have seen many people who went out of the Sahaja Yoga again are back – again back, very much. The other day we saw them in Melbourne: so many are back again, and they were very sorry that they went out, they want to come back – because so much of enjoyment, you see. When you have tasted the nectar, the ambrose, then you don't want to taste something else. But if you try again because of your habits or something, again you want to come back, because you remember that experience.

The Sahaja Yoga moves like that. Many people come in first. Then a few people come for follow-on. Then again some people come in, and some more come in – like that it goes on filling the cup. But follow-on people will be less: depends on the depth of a person how much he has touched it, or how much he has understood his own value of his realization. They'll all come, but some people won't; but then they start coming back. And how it grows that way. Now I don't know – if you ask Me, I don't know how many there are in this whole world, Sahaja yogis. I can only make them out whenever I see them, they are Sahaja yogis, that's all. You also have one method: we take the photograph of a person after realization and put the name and the time of realization, the date of birth, and put it on these plastic albums and I see them, all of them, and that's how I know.

It's a beautiful rapport, and love and friendship, understanding and protection. No one wants to leave it normally; but if they want, they're free – there's no force. You cannot force it, that's the main point. Even if you don't want Sahaja Yoga I cannot force it, if you don't want pure knowledge I cannot force it, if you don't want Self-realization, I cannot force it. It cannot be forced. It's not conversion, it is transformation.

Now should we have? All right. Again I repeat that it cannot be forced. So those who do not want to have it, have to leave the hall please, that would be very kind of them. It takes only ten minutes. There's no danger, nothing of the kind; and most of you will feel it, I'm sure, the all-pervading Power.

Now first thing you feel is the cool breeze out of your fontanel bone area, and then also you feel the cool breeze on your fingertips. Sometimes you might feel heat, if you have a liver problem or something, or if you have not forgiven people. But there are two conditions for Sahaja Yoga. One of them is that you have to forget the past – you have to forgive yourself completely, and not to feel guilty at all. No guilt, because with the guilt you catch on this center and which is very dangerous also – I'll tell about it later when we go on with it – but please do not feel guilty. At this moment in the present you are all great people who are here to get your realization, you are seekers of truth, and forget about anything that makes you feel guilty. That's one condition. That means you should be pleasantly placed towards yourself – as we say in Sanskrit, "prasannajit" – because you are going to enter into the Kingdom of God, and you should be very happy to do that.

Now, the second condition is that you have to forgive everyone. Some people say it's very difficult to forgive, but if you forgive or don't forgive, it's a myth. What do you do? Nothing. But if you don't forgive, then you play into wrong hands. So at this moment just say, just in general; not to remember all of them who have troubled you, or who have made you miserable or made you unhappy. Just say "I forgive every one of them" – that's all. These two conditions you have to follow, which is very simple: it's just to say in your heart that "I am not guilty at all" and that "I forgive everyone." So now we work it out.

Now, we may have take out our shoes, because the shoes are not an obstruction but better to take some help from the Mother Earth, it is important. And trust yourself, believe in yourself, have self-confidence. Don't think that you can't get it – all of you can get it, you're quite capable.

Now, I'll show you first how to nourish your own centers and to raise your kundalini. First, you keep your eyes open and see for yourself, and later on we have to close our eyes to go into the process – it's very simple. So first of all, the left hand is towards Me, representing the desire to get Self-realization, just like this: ordinary way of sitting, not too much of bending or too much of

straight. Just ordinary way we sit, comfortably, and put both the feet apart from each other because these are two powers. So just to keep them on the ground apart from each other, and the left hand towards Me.

Now the right hand is the one which does the action to nourish your centers. So first we put our right hand on our heart, while we keep the left hand all the time steady like that. Now, in the heart resides the spirit. In the heart resides the spirit, and the first thing is to recognize that it resides in our heart. We have to open our heart for that. Then we take down our hand to the upper portion of our abdomen, which is the center of your mastery. So many great masters, as we call them Satgurus, have created this special center for us. By enlightening it, you become the master and you can give realizations to others. Because if you are the spirit, the light of spirit guides you, so you become your own guru, you become your own master.

Then is the center which is in the lower portion of your abdomen on the left-hand side. We work only on the left-hand side. This is the very important center which manifests on your central nervous system the pure knowledge, by which you can feel the all-pervading Power and you can know all the laws that are divine. Then you take back your hand on the upper portion of your abdomen again, on the left-hand side, and press it hard. And then you take your right hand again on your heart. Then, in the corner of your shoulder and your neck, like this, from this side, and turn your head to your right fully so that you can push back your Now this is the center mostly catching, is the center where we feel guilty. It's a very dangerous one because when it catches you get spondylitis, you get so many other troubles like angina, and the whole system becomes very lethargic. So please put this right hand across and press it hard onto the spinal cord on the left-hand side.

Now, take your right hand on your forehead across like this and put down your head. Put down your head and press it on both the sides, your forehead, as we do it when we have headaches, just like this. This is the center for forgiving others. Now you take back your right hand on the back side of your head, and push back your head slowly on it as far as you can take it, balancing on the hand like that. Now here you have to ask for forgiveness from the Divine, if knowingly or unknowingly you have done some mistakes – but without feeling guilty, without counting the mistakes, without thinking about them – for your satisfaction only. Now you have to stretch your hand, right hand fully, stretch your palm. And the center of your palm, you have to put it on top of your fontanel bone area here and press back your fingers. Press them back, stretch them back, so that there's a nice pressure on your fontanel bone area. And here you have to move your scalp very slowly clockwise, seven times – the scalp, not the hand, the scalp has to move. This is very important. So stretch back your fingers, stretch them back so the pressure is all right. And now

Hmm, that's all we have to do, not much. Now we can close our eyes, both the feet apart from each other, left hand like this, and the right hand is to be used for nourishing our centers on the left-hand side. Please close your eyes and don't open them till I tell you. You can take out your spectacles also: there's no need to have spectacles when you have closed your eyes, and also sometimes it helps your eyesight.

So now, please close your eyes. Put your right hand on your heart, left hand towards Me. Here you have to ask a very important question, three times to Me, in your heart. As you ask a computer, you have to ask a question – you can call Me "Shri Mataji" or you can call Me "Mother" – "Mother, am I the spirit? Mother, am I the spirit?" Ask this question three times. Please keep your eyes shut.

Now, if you are the spirit, you are your guide, you are your guru. So now please take down this right hand on the upper portion of your abdomen on the left-hand side, and here you ask Me another question in your heart, with full confidence, "Mother, am I my own master? Mother, am I my own master?" Ask this question three times.

Now, take down your right hand in the lower portion of your abdomen. Here is the center of pure knowledge. And as I told you, it cannot be forced on you – I respect your freedom. So here you have to say six times in your heart, because this center has got six petals. You have to say, "Mother, please give me pure knowledge" – I cannot force it on you. Six times. As soon as you start saying this, the kundalini starts rising. And now we have to nourish our centers, upper centers, with our self-confidence. So now raise your right hand onto the upper portion of your abdomen on the left-hand side, and here you have to say with full confidence in yourself, to open this center, "Mother, I am my own master." Say it ten times, please. "Mother, I am my own master." Say it with full confidence.

Now, the greatest truth about you is that you are not this body, you are not this mind, you are not these emotions, nor you are this ego or these thoughts; but you are pure spirit. This is the greatest truth. So now raise your right hand to your heart and say with full confidence, with full confidence you have to say, "Mother, I am the spirit." Say it twelve times, please. "Mother, I am the spirit." Twelve times, with full confidence.

Now, I have already told you that you need not have guilt. The all-pervading Power is the ocean of love and bliss, it is the ocean of knowledge and joy, but above all it is the ocean of forgiveness. So you cannot commit any mistakes that cannot be dissolved by the power of this great ocean of forgiveness. So now raise your right hand in the corner of your neck and your shoulder and place it behind as much as possible, from the front side – not from the back side, but from the front side – and turn your head towards the right. Here you have to say, again with full confidence, sixteen times because there are sixteen petals to this, "Mother, I am not guilty at all."

As I have told you that we have to forgive everyone, and many people think that it's difficult to forgive. Whether you forgive or you don't forgive, you don't do anything; but we are not to play into wrong hands by not forgiving, which is a myth, absolute myth. So now raise your right hand and put it on your forehead across, bend your head fully and press it hard. And here from your heart, say "Mother, I forgive everyone." You don't have to think how many people you have to forgive, whom you have to forgive, for what you have to forgive, but just say, "Mother, I forgive everyone." From your heart, not how many times; it has to come from your heart. This is very important. If you don't forgive, the kundalini won't just pass through: this is the very important center of Agnya, which is a very constricted one normally. So please say it from your heart, "Mother, I forgive everyone." Don't say "I can't" – please don't say that.

Now take your hand on the back side of your head, and push back your head on it as far as you could take it, and let it rest on your hand. Here you have to ask for forgiveness from Divine. But you are not to think of the mistakes you have committed or whatever wrongs you have done, or to count them or to think of the people, but just in general for your own satisfaction you have to say, without feeling guilty – from your heart, not how many times – "Oh Divine, please forgive me if I have done, knowingly or unknowingly, anything wrong."

Now, stretch your hand, stretch your palm. Now put your hand or your palm, the center of your palm, on top of the fontanel bone area and now stretch your fingers backwards – this is very important. Stretch them as much as you can, so that there's a nice pressure on your fontanel bone area. And you have to move it, the scalp, seven times clockwise very, very slowly. But here again I cannot cross over your freedom – you have to ask for Self-realization. So please say seven times, "Mother, please give me Self-realization." Please ask for it seven times, when you are moving your hand slowly seven times.

[Shri Mataji blows into microphone.]

Now please take down your hands, and open your eyes. You can put on your glasses if you want to. Now put your right hand towards Me now like this, a little lifted up, and bend your head. And see for yourself, with the left hand on top of the fontanel bone, see for yourself – bending your head – see for yourself if there's a cool breeze coming out of your fontanel bone area. You can lift the hand a little higher, sometimes it can be much higher, but don't touch your head. Should be above, at least three to four inches minimum to begin with, and then you'll feel the cool breeze. Just move your hand – bend your head is the best way.

Now put the left hand towards Me like this, and now bend your head and see with your right hand if there's a cool breeze coming out of your fontanel bone area. There could be hot air also coming, doesn't matter. Don't doubt it, and don't think it's air conditioning after all! It cannot be coming out of your head, isn't it? Now again put the right hand towards Me, keep your head bent, and also now see for yourself if you can feel the cool breeze coming out of your head with the left hand.

Now, you can lift your both the hands towards the roof like this, and bend back your head. And here you have to ask a question three times, "Mother, is this the cool breeze of the Holy Ghost? Mother, is this the ruh? Mother, is this the Paramachaitanya?

Mother, is this the all-pervading Power of God's love?" Ask any one of these questions, three times. Now put down your hands, and just watch Me without thinking – you can do it.

Now, those who have felt the cool breeze out of their fontanel bone or on their fingertips – even hot air is all right – please raise both your hands. Oh, most of you – yes! May God bless you. You're all saints now, I bow to all of you. May God bless you. So nice to see – some of you did not feel it, doesn't matter; don't get disappointed. We have a very nice center, and some of you who have not felt can come round, and some of the Sahaja yogis can work it out for you; maybe there's some sort of an obstruction somewhere. So don't feel nervous about it: it will all work out, no problem.

So may God bless you.

If you want you can come and shake hands with Me, because I'll be going away tomorrow. I could move forward a little bit.

Why not turn the lights to them now? All the lights are always like this? Come along, come along. I'd love to meet you. So, we're going to work it out now.

But you did feel it? Hot, you did, all right? That's all right, now you'd better forgive. That's very important. Better forgive. You can help your friend in the hospital also. Now better? You see, because, because you have not forgiven. Now better? Forgive, forgive, forgive. You must forgive, it's very important to forgive. Just forgive, forgive, forgive, forgive. All right? Still hot? You didn't forgive. Forgive, again. Just say, "Mother, I forgive everyone" – just forgive. What a weapon it is, just to forgive; it's such a weapon, such a protection Still hot? Better? Work it out, all right? You can come and see these people

1990-0310, Talk and Evening Program, Eve of Holi

View [online](#).

10 March 1990

Evening Program

Brisbane (Australia)

Talk Language: English | Transcript (English) – Draft

Music Program

"Babamama is explaining his song to a group of Yogis. He gives the words of the chorus and ask for silence as Shri Mataji starts to speak.

Shri Mataji: It's kabira who has sang because he was a dyer and he used to put colour on cloth and all kinds of things so he always used similes which were connected with his profession.... He said that. He said that -Oh, make my- "Jhini" (what does it mean)

Babamama: colour. He reminds Shri Mataji the word of the song

Shri Mataji: colour- oh make my sheet that I'm colouring, that means his body, You'd better color it "Jhini rigini" ..

"Ma ke ranga me" means colour it up, means it should be coloured with that "ranga me".

So now we have different key of the same part. (Inaudible)

Babamama: Shri Mataji something for Holi. Would you like to tell us something on Holi, this, I made it for Holi festival.

Shri Mataji: The Holi festival is coming now, today, actually, tomorrow is the Holi, but for our convenience we are going to have it on the 18. And the Holi festival was started by Shri Krishna, because before Shri Krishna was Shri Rama who was a very serious Incarnation to make human beings as perfect human beings and he's called as Purushottama, he is the highest being among human beings. So the people were quite serious and they were doing everything so seriously and working out all kinds of rituals.

Shri Krishna came and said : "Oh, it's all lila, it's all just a game. We have to play the game." So he started this lila, in which he used colours and things to play with each other so that people should not feel inhibitions they should not come on down on inhibitions and every thing and all these conditionings that we have within us. And he used these colours just to make people very colourful and happy and to be enjoyable you see, just like children. This is what the Holi rehearse, celebrating on the 18th, but this is what they have- Baba has written something about it.

Babamama: I've written- Shri Mataji has made me to write you see

"Rang de jhini ma ke ranga me ye kara". That oh the divine, please, give this body the colour of Shri Mataji. I have chosen the green colour. I should have chosen the blue colour. [laughs] She's wearing a blue colour; it should be coloured in the colour of Shri Mataji.

"Ranga ma de chanchala mana ko, apne ranga me maya". This mind which is so ...so- so quick, so unstable, the mind which is so unstable, it's likely that if we don't colour it in the colour of Mother, may be it'll be coloured in the colour of maya. So kaya and maya. Kaya is your body, maya you know what it is. . [laughs] Then the poet said:

"Kale pile rango ka he maila ye jagsara". Then choosing various colour,

Shri Mataji: Balck and yellow, is the left and the right side

Babamama: Black and yellow. ka he maila ye jagsara. By the dirt,

Shri Mataji: All body is dirty with this colour.

Babamama: "Ise duniya ke sab rango se tera, hai ranga nyara". Shri Mataji...-

Shri Mataji: [In Hindi?]

Babamama: And the poet is saying that all these rungs, all these colours, are on one side and the colour of Mother is so distinguish

Shri Mataji: Unique

Babamama: So unique, so colourful. All the colours are on one side and Mother's colour of love is on one side that is the uniqueness of that colour.

"Sahaj Ko laha Hai, range ye tera koi utar na paya". This is the colour which is permanent, which is eternal.

Shri Mataji: Sahaj colour.

Babamama: Sahaj colour which is eternal which is everlasting, which can never get faded by the effect of time or by any effect. This is the Sahaj colour, nobody can take it away from you, it's a permanent thing, it shall remain ever. So the poet is trying to say that this colour has been now put on us, so we are the fortunate people, we are very coloured people. [laughs]

"Ham kya jane bhakti ranga me, man kaise ranga paya, rang ja yega us ranga me, tu jo vo rang charhaye". Oh Mother we are too innocent to know to what would be the colour of my devotion? So there is, you see, the ranga means also how you get drowned in that means ..It's very difficult to me.

Shri Mataji: [In Hindi?]...

Babamama: Get drowned. To get "invotion" I know, Shri Mataji English language is quite difficult and my English is worse.

Sahaja Yogi: Immersed.

Shri Mataji: Immerse.

Babamama: Immerse. May be immerse, yes. You're so immerse in devotion that ... to as to what colour our devotion will take, but it will definitely take the colour which ever you gave Oh Mother to us, the devotion.

"Tum nirmal ho hma par kaya, nirmal rang ki chaya".

You are pure Mother and we are asking you to give that pure colour. It also paradoxically means that nirmal is also white so you could colour us in pure white. It has been my thought that when we are in our white, we are so spotless, that even a small stain shows out. So the Sahajis have to be stainless, not still but stainless. [laughs]

"Tere rang me aise range ham, duja ran na lage". Now, this is very difficult to explain. Again, we are so immerse in your colour, in you bhakti, "tere rang me aise range ham, duja ran na lage" nothing else we enjoy anymore, we don't find-

Shri Mataji: Attraction.

Babamama: Attraction in anything. "Tum bin koi nazar na aae, in naino ke aage". We do not perceive or see we don't have the vision of anything, excepting you, oh Mother.

"Jala ko, thala ko sare jagata ko, banga ranga banaya". The water or the oceans or the earth, or the entire cosmos, Mother you have paint it in you colour. This is what it says it is the best I could do in English. It means much more.

Babamama: It's very difficult.

Shri Mataji: [In Hindi?]..

What I was telling is that English is not such a deep language and it, sometimes, misses the point; that's a fact.

1990-0310, Conversation with Sahaja Yogis on buying the Ashram

View [online](#).

10 March 1990

Conversation

Brisbane (Australia)

Talk Language: English | Transcript (English) - Reviewed

Conversation

Sahaja yogi: [Inaudible: Place of work?]

Shri Mataji: You can go for your work. Staying in the city is not so good for Sahaja Yogis. You see, vibration-wise and also not good for your lungs, you see. It's better to be little away if you want to meditate. First and foremost thing is you have to ascend. For that you should be in a place which will help you to ascend. Otherwise, if you live in the city, the city hubbub [unclear. in the city] all nonsense. Can't even meditate properly and it's so polluted. It spoils your lungs completely. So it would be nice to be a little away from the city. Try to find some house of that kind. And first you have to get a mortgage for that which you can do if all of you put together. And then you have to pay the rent of the house as the mortgage part of the mortgage. So you own it all.

Sahaja yogi: I think it would take some time to own a place of that kind.

Shri Mataji: I didn't follow that.

Sahaja yogi: He said they have desired for some time to own something rather than pay rent.

Shri Mataji: Yes if you can. Whatever is possible. If you can own something, nothing like it. But can you? You see, this is the way I said that you first pay the first instalment. I would like to know what is it. How much you have to pay for the first instalment. They said it is ten percent. If you take a big house then ten percent would be quite a lot. And can somebody pay so much. So then renting is OK.

Sahaja yogi: Or a long-term lease. I mean, in Sahaj terms twenty years is an awful long time but in terms of a lease it's not very long. You can get lots of twenty-year leases.

Shri Mataji: It can be more. In London you can get it for 29 years lease, you see, and you so can shift to a place like that and there's also some short leases also. That's very cheap. So you have to go through all that because you can't afford to pay the basic. Like in Melbourne somebody has offered.

Sahaja yogi: [unclear]

Shri Mataji: Thirty thousand. But with thirty thousand, three hundred thousand pounds worth of space. Is it big enough here if you are outside?

Sahaja yogi: Real estate is not as expensive in Brisbane or around Brisbane. It's much cheaper here than. Real estate is much cheaper here.

Shri Mataji: I see. So how much you think a big house would cost you?

Sahaja yogi: Hundred and seventy thousand.

Shri Mataji: Very big house?

Sahaja yogi: Say two hundred thousand.

Shri Mataji: Two hundred thousand. So ten percent would be twenty thousand. So you will have to put in about ten thousand pounds, all right? I can organise that ten thousand. I'll see. Then is it all right. Then you can pay the mortgage?

Sahaja yogi: I'm sure we would.

Shri Mataji: Because if you have a lease for say 15, 20 years then you can pay.

Sahaja yogi: Shri Mataji, I live in a house which I own and so we could get some money by selling that house. But I don't know whether that's a wise thing to do. To sell that house to help finance a larger place, for a mortgage.

Shri Mataji: Eh?

Sahaja yogi: He has a house of his own which he could sell to get the money.

Shri Mataji: [Unclear]

Sahaja yogi: He says he has a house that he owns that he could sell to raise money but he doesn't know whether that's a good idea.

Shri Mataji: Why not? If you can sell that, you can have another bigger house and the rent you can have mortgage and as well they can pay [unclear. balance]

Sahaja yogi: I think what I'm saying that if you did that it would be your house and you would rent it to the collective. So in fact, I think the thing that worries You is that...

Shri Mataji: No, no, no. That you cannot do because, you see, the amount that he'll have to pay. How much would you fetch from your house?

Sahaja yogi: About 80,000.

Shri Mataji: About?

Sahaja yogi: 80,000.

Shri Mataji: That wouldn't solve the problem.

Sahaja yogi: It's a big deposit, 80,000.

Shri Mataji: It is a big deposit but that doesn't solve the problem. You have to get the mortgage.

Sahaja yogi: Yes.

Shri Mataji: All right. Then you can compensate in the rent. He can take his own money and the money can go to mortgage as well.

Sahaja yogi: Oh yes. If that sort of option was taken the house would be in my name.

Shri Mataji: Yes, to be ... the house would be in your name and mortgage has to be paid. All right? And that mortgage can be completed by the rent of these people that they are giving, plus you can, also they can pay you the money that you have paid for it. All right. So that that house then becomes the house of [unclear].

Sahaja yogi: Once they pay you back then that house becomes the collective property.

Sahaja yogi: Mother, you've said in the other cities that you want people to live together.

Shri Mataji: Yes.

Sahaja yogi: Are you thinking of having a lot of people in one place or a lot of smaller ashrams spread around?

Shri Mataji: No, no, no. You should have one big house in which all of you should live, like Burwood. That's My... The children and everyone and you could have a school. As many as can live in there. They should sell. All, all of them should sell their houses and adjust it.

Sahaja yogi: There are some very nice properties not very far from here where you can buy an acre or so of land and still be fairly close to the city.

Shri Mataji: It's much better. Nothing like it if that works out. Nothing like it.

Sahaja yogi: Yes, in Brisbane you can do that. It is still small. In Sydney if you want to go out it takes all day to get there. In Brisbane it's possible to do that and have land because it's still very close. But in Sydney it takes you half a day to get there so it's no good.

Shri Mataji: So you'll buy the land.

Sahaja yogi: You could.

Shri Mataji: The mortgage you can't get.

Sahaja yogi: You might have to build a house on it.

Shri Mataji: They give you mortgage for building a house?

Sahaja yogi: Oh yes, yes. Particularly if you own the land.

Shri Mataji: Is it true? Can you get a mortgage now?

Sahaja yogi: You have options. A large house. No house and build the house you want. I think that's what you're thinking about in Perth, isn't it, Frank? Possibility?

Sahaja yogi Frank: Renovating.

Shri Mataji: You are still working it out in Perth. First you must find out a big property which is already there, would be better.

Sahaja yogi: A house, already there. That is the best. And then renovate it or alter it to suit. And possibly add on to it?

Shri Mataji: For the time being I think that's a better idea is to get the house and put the deposit there and start it. A big house, a big property. And then charge the rent from the people which will repay your money as well as the mortgage.

Better now? You put it here for that. Now have lunch. Could I have some lunch? I think you just sit down and first of all find out. If you have a newspaper I might be able to see something.

Every day you have to find out. It's very easy. How we got Shuddy Camp. How we did it. I mean, it's all remarkably. In Sahaja Yoga everything works out if you have desire. You have to have pure desire ... do not want diverting your mind. Just put your attention to it. You want to have an ashram. It will work.

Sahaja yogi: Where would you like to have your lunch, Mother?

Shri Mataji: Inside.

Sahaja yogi: Inside.

Shri Mataji: It's beautiful.

Sahaja yogi: There are three of those in three different packets. Friday, yesterday and today, Mother.

Shri Mataji: [Reading newspaper] This is for the whole of Australia?

Sahaja yogi: No, just Brisbane.

Shri Mataji: [Unclear. Dollars] Is this for Victoria?

Sahaja yogi: No, for Queensland, Shri Mataji.

Shri Mataji: These are all Victoria.

Sahaja yogi: No, these are the Gold Coast, and these are all central and north Queensland. These places are all too far away. You would have to be houses here. Saturday is the best paper. Much better. There's not a lot in Sunday's.

Shri Mataji: That's cheap. This one is big. Five-bedroomed stately home. \$106,000.

Sahaja yogi: Glasshouse Mountains. That's about 60 kilometres away. Too far. I don't think this paper's very good, Shri Mataji. They don't put very much in the Sunday paper. It's all in the Saturday. That's 60 miles away. It's too far.

Shri Mataji: Oh, I see.

Sahaja yogi: That's why it's cheap. Ah, that's better. This is the Saturday paper. This is a Saturday paper. There's a lot in here.

Shri Mataji: They are for renovation also some. It's quite big.

Sahaja yogi: This one is [Unclear]

Shri Mataji: Is it far away?

Sahaja yogi: No, it's about ten kilometres from here, Mother.

Shri Mataji: That's not far. There's another one. Quite big.

Sahaja yogi: That would be very expensive. This would be half a million dollars.

Shri Mataji: But here is... This one is nice for renovation also.

Sahaja yogi: This sort of thing, Mother, is the old Queensland style. It's raised on high poles and then underneath you can then build in as well.

Shri Mataji: This is for renovation but is it all right?

Sahaja yogi: It's inner city. Very close to the city. Auction. These are all auctions.

Shri Mataji: Let's see them. See, if you are on the look-out you might see. It's quite nice. It's quite big also. But it hasn't got too many bedrooms and...

Sahaja yogi: It's a fairly small block of land as well. Twenty - 21.6 perches. It's about three-quarters of the size of this block.

Shri Mataji: Ah! Too small.

Shri Mataji: This is extra-large. An extra-large house.

Sahaja yogi: This one looks very nice, Mother. T-bone type?

Shri Mataji: This also is auction?

Sahaja yogi: Yes. This big block of land – 56 perches. With views of the ocean, ocean view.

Shri Mataji: This is nice. I think this is (unclear). Why not see this one? All right. This looks all right to Me. It's quite spread out. Then you can do something more [unclear] And you see it's so large. This one is – it's far away?

Sahaja yogi: Ah, it's on the other side of this, yes. It's about 15 kilometres from the city. About 20 kilometres from here.

Shri Mataji: That is only ten kilometres, you say?

Sahaja yogi: Yes. The other thing also is that some of the children have started in schools and it would be better to keep them going in the same school perhaps, rather than have them change.

Shri Mataji: What schools they are going to?

Sahaja yogi: Boys could be going to high school this year and they all go to a state school. And so we were thinking of staying on this side of the city.

Shri Mataji: [unclear] .. .to the school, no problem. See what I'm trying to say that after some time you can jump in there [unclear] in any case.

Sahaja yogi: This one, Mother. Rural, ten acres.

Shri Mataji: With acres what do you do? You can't do anything, eh?

Sahaja yogi: Nice and quiet in there. Almost country.

Shri Mataji: But you see, you cannot. If you have such a lot of acres, what do you do there?

Sahaja yogi: It could be used for farming or growing vegetables. It has a dam on it. Probably something like one acre would be better, or half an acre.

Shri Mataji: It's too much, you see. [unclear] You can't build anything. If you can then it's all right. These have too much space. This one is – you see.

Sahaja yogi: This is inner city again. Houses are very close together. Not a very big block of land. Rockhampton. That's about 800 kilometres away.

Shri Mataji: See you have to find out about something between six and ten, something like that. You can. I mean, if you are on the look-out you can easily find out, no problem. Hamilton, is it far away?

Sahaja yogi: No, Mother, it's just across the river.

Sahaja yogi: Can I just interrupt? I think I can get you out on an 8.45 plane out of Auckland.

Shri Mataji: Oh, that's very good.

Sahaja yogi: It would get you in early – mid morning.

Shri Mataji: Yes, that's all right. That's very good.

Sahaja yogi: This is where all the very rich people live, Mother.

Shri Mataji: If you can get there, why not?

Sahaja yogi: It's on the way to the airport, Mother. Very nice. It's a very big block of land.

Shri Mataji: Let's see. Let's see.

Sahaja yogi: Half acre.

Shri Mataji: See it's very good. [unclear. the area is] 2000 is not much.

Sahaja yogi: That's about half an acre.

Shri Mataji: Oh, I see. It's the area.

Sahaja yogi: Yes. Four bedrooms.

Shri Mataji: You not go to a place which has got few ... but this is very far away, is that?

Sahaja yogi: Yes, Mother, 800 kilometres.

Shri Mataji: You have to find out. I mean I don't know where - which is the closest or not but there's so many on Saturday. Just go through them and see for yourself. [unclear]. This is all for auctions?

Sahaja yogi: Yes.

Shri Mataji: Why are they auctioning?

Sahaja yogi: There's more expensive ones in the auction.

Sahaja yogi: So the agents make more money.

Shri Mataji: [unclear] They are better houses. Always. I don't know which place this is.

Sahaja yogi: This is across the river. About five kilometres from here. Again, it's a very expensive area.

Shri Mataji: It will be. If you try to make it a little out it's good for children. You see, they are – in the city is not so good for their lungs, you see. It's not so difficult. Where is Cashmere place?

Sahaja yogi: I don't know that one, Mother.

Shri Mataji: The houses don't seem to be very expensive here. I don't see.

Sahaja yogi: This is the cheapest place in Australia. Brisbane.

Shri Mataji: Well, then, we should buy them. Why not? Very cheap. [unclear]. They need to be outside. I don't like them to stay in the city. It's not good. You get all the bad things of the city in there.

Sahaja yogi: There are lot of nice places near the ocean.

Shri Mataji: I don't know how many bedrooms this is.

Sahaja yogi: Two bedrooms and study.

Shri Mataji: You will find it. [unclear] ... and we all can renovate. Just to sit down nicely and read about five to six newspapers and give it to everyone. They can sit down and find out for themselves. And if it is for renovation, nothing like it, because then you can renovate it the way you like [unclear].

Sahaja yogi: And get together to do the work.

Shri Mataji: Yes. That's a very good idea. [Unclear] and then you can start renovating.

Better now? Little ice is good. Then I'll take your leave now. I leave it to you people. Sit down properly and just find out. Making it would be difficult when you are getting them so cheap, you see. That's how maybe if the prices are low why not buy one? It doesn't say what. All right. May God bless you.

1990-0311, What is the purpose of our coming?

View [online](#).

11 March 1990

What Is The Purpose Of Our Coming?

Public Program

Brisbane (Australia)

Talk Language: English | Transcript (English) – Draft

Public Program, Brisbane, Australia, 1990-03-11

I bow to all the seekers of truth. When you seek truth, how dynamic one can become. You can see the way these artists are, how the blessings of the truth helps you in your self-confidence and in the expression of your art and also you must have seen how the people from the West, who have had no training in Indian music, which is very difficult, how they have taken easily to it. In the same way, the Indians have taken to Western music very easily. The reason is we have to understand what we are and that's the truth one has to know.

The truth is that you are the Spirit. You are not this body, this mind, this ego, emotions, but you are the Spirit. Until you become the Spirit you cannot feel the all-pervading Power which is very subtle and this is another truth one has to realise, that this power exists and it does all the living works. It organises, it thinks, above all it loves you.

But when I say this you have to have an open mind of a scientist. If what I am saying, like a hypothesis, turns out to be true, then you have to accept it in all your honesty.

The most important thing today is to ask a question to ourselves: "Why are we here? What is the purpose of our coming?"

If we ask such a question, then only a new search towards truth will start and these two things that I have told you; that you are the Spirit and that you have to be in connection with this all pervading power, will have to work it out for you because then you become the seekers of truth, is your right.

So "sahaja" means – "sa" means born with you, "sa" is "with", "ja" is "born", born with you is the right to be united, that is yoga, with this divine Power. This is the real meaning of yoga is that you are to be united with that divine Power. The manifestation of this, when it happens, you become a beautiful personality that you are. You become that glory that you are and you rise into a new state that we call as of Collective Consciousness. This is the process of your evolution and this is the last breakthrough of our evolution where, from human awareness, you have to become a Realized soul, a person who is born again, like the birds are also called as "dvijaya" in Sanskrit language, meaning those who are born again, meaning first they come as eggs and then they are born as birds In the same way, it has to happen to you and once this things happen so many manifestations come true and we get the beautiful blessings of this all-pervading Power.

The first thing that happens to you is that physically you feel fit. You feel fit with your own powers, no medicines are needed, no manoeuvring is needed nothing is needed, you just from your own power which is like in the triangular bone here.

Shri Mataji [to a Yogi]: Have you talked to them something about it? No, it's not just -all right. In the triangular bone, this power lies which is called as Kundalini.

Shri Mataji [to a Yogi]: I think it is too far away for them to see. Can we bring it forward? They can't see it so what's the use.

Now all of you can see it?

Sahaja Yogi: This side, this side, here.

Shri Mataji: It would be better? All right, this side.

Can you see now?

Just this way a little bit.

These are all Sahaja Yogis, aren't they? So it's all right for you need not see.

Just put it there, just little at an angle, please.

Yes, now it's better? All right.

So this subtle system exists within us and we have to understand this subtle system. Like all our civilisation has grown outward like a tree and whatever we have knowledge, through science or any other method, is the knowledge of the tree and we have no knowledge of our roots and that's why we are always under a threat of a shock, that God knows what's going to happen to us. If we know our roots then we know how to nourish this tree very well.

Now here you see, in the triangular bone, is this power, what we call as Kundalini, a Sanskrit word, but "kundal" means coils, coiled up into three and a half coils. And this power is the residual power within us which is waiting for that moment when it can be awakened, and like you have now connected by this cord to the mains, this power rises and connects you to the mains. By that you become a subtler personality, you become that collective conscious personality, you go beyond thoughts and as I told you physically, mentally and emotionally you become absolutely a perfect personality.

Apart from that, you achieve your peace of mind, all your tensions disappear and that you become a witness. Like a witness, you see the play, the play of the Divine and the complete knowledge of the Divine and the subtle knowledge becomes your own which is an absolute knowledge.

Everybody who is in Sahaja Yoga knows the same thing, there's no argument, there's no fight, there's no discussion because once you get this Realization, when this Kundalini rises and passes through six subtle centres above, then you start feeling on your fingertips the cool breeze of the Holy Ghost as they call it or we can say the all-pervading Power. Also, you can feel the cool breeze out of your fontanel bone area when this Kundalini pierces through and that is the actualisation of baptism. It's not artificial, that somebody puts the finger on your thing and say now you are baptised. Baptism is a living process and it's a living process of evolution that gives you this new dimension to your awareness.

Now the rising of the Kundalini is spontaneous because it's a living process, like if you have a seed it sprouts, if you put it in the Mother Earth, spontaneously. We don't have to stand on our heads or to read some sort of a book or a scripture, it just happens. In the same way spontaneously this power rises and connects you to the mains.

As a result, as I told, you become dynamic, you become extremely creative, you feel very young, you work very hard, you don't feel tired and so many diseases automatically get cured by your own power by yourself, nobody has to cure you. You just get absolutely cured out of it.

For example, we have so many problems in the modern times of a very different nature, that people are overactive and overactivity takes them away from reality and they become sort of slaves of overactivity. This is done by the second centre which is you see the yellow, the bile. This centre is, for example, I will tell you about one centre at least today, that this centre is called as Swadishthana centre and which looks after on the physical side and caters for aortic plexus and this centre has got a very important work to be done, is to convert the fat for the replacement of the grey cells of our brain.

This is a very important work for people who are futuristic, who are planning all the time, who are thinking too much. As a result, all other functions of this centres are neglected, and these other functions are that it has to cater to your liver. Now liver has a job. It has to transform the heat or the poison from your body as heat into the bloodstream so that it is thrown out. But when this centre is busy doing something else so important, this work is left undone or sometimes very much neglected.

As a result one develops a bad system of liver. This liver creates heat, does not throw out the heat from the body which passes along and you get so many complications with it, like asthma and others. Today we had a patient who came and she had the same problem.

And she said: "They have told me I have some viruses, this that, all kind of diagnoses," she told Me.

I said: "Nothing, you just have liver and you just try to improve your liver, you'll be all right."

Within ten minutes she said: "I am feeling alright."

I said: "That's it. You have a liver problem."

So this virus is there, that virus is there, all kinds of roundabout ways of saying, to show that it's absolutely incurable.

Now then you go from there to another very important work is that of the pancreas which looks after or caters of dissolving your sugar. But when you have this pancreas in a mess because this centre is not looking after it, then you develop a horrible disease called diabetes and this diabetes only happens to people who sit down and think too much, who plan too much, mostly to

bureaucrats and maybe to politicians. [Laughter] I don't know.

But, say in India, farmers ask for sugar and if you give them tea the sugar should be so much that the spoon should stand at right angles, you see. [Laughter] Otherwise they'll think: "This is no tea, this is horrible!" And despite all that, they never get diabetes. But any bureaucrat who is too much of a planner, or a politician, or someone like that who thinks too much, gets it even with one spoon, maybe with the half-spoon, he gets diabetes. So this is due to the fact that this poor centre has to do some work for all these people who are extra active with their brains, and other organs like pancreas are neglected.

Then third one is even more important, more dangerous, is the spleen. The spleen is the one which is, we can say, is the one which keeps the rhythm of life. As you have seen the rhythmic work, it keeps the rhythm of life. Now this rhythmic work, if we do not allow it to work with proper rhythm and we have become hectic, then this centre has the job to create red blood corpuscles for the use of any emergencies.

Supposing you have taken your food and suddenly you want to run, then you get a pain here, and you don't know why you are getting the pain. Because that time your spleen goes into action in a very frantic way and produces more RBCs red blood corpuscles, and with that it has to work hard: you get that pain.

Now when you lead such a hectic life, all the time under shocks, like early in the morning we read the newspapers: one shock is sufficient. Then secondly you have to have your breakfast, you can't have time, you're in a busy, you are running away to work and on the way you find there's a jam. Then you go, your boss also shouting at you for getting late, all kinds of time-bound things, you see. All this plays upon your spleen and poor spleen doesn't understand what sort of a personality is this one, he's so hectic! God knows it requires red blood corpuscles now and then, and like that he's so hectic, there's no rhythm about it. So it gets, you should say, crazy.

Then it becomes vulnerable, absolutely vulnerable for a disease called blood cancer. Then, at the same time, if on the left side there's some triggering done due to some shock or some sort of pain or unhappiness or something like that, this disease sets in. Now people who have come to Sahaja Yoga were certified to be dead within eight days also, by doctors, who have suffered from this trouble, got themselves cured of blood cancer. Cancer is also cured with it, no doubt, but it's cured automatically by your own powers, nobody has to cure you, you just get cured by your own powers once you get your Realization and you know how to handle your own powers, how to treat yourself. First you can find out what's wrong with your centres, diagnosis is there, and you can find out also how to get it cured, you can cure yourself and you can help others to get their Realization.

This is the power you get. It's not just a certificate, a false certificate, that I am a Self-realised person, I am a twice-born person. It has to be a certificate from yourself, that you have to feel the cool breeze, you have to feel that all pervading power, you have to feel your peace and your silence within yourself.

So first of all when the Kundalini rises she passes through this centre which we call as Agnya, which is placed in the optic chiasma. When this passes through that it sucks in from both the sides these two institutions which are created by our left and right sympathetic nervous system. Whenever there is an emergency the sympathetic goes into action. So here we have an autonomous nervous system. Autonomous nervous system is named by doctors, we have to ask them, what do you mean by auto, who is this auto, who does this job?

So we have left and right side of autonomous nervous system, nourished by these two channels left and right, and when this autonomous nervous system starts working either on the desire side or we can say emotional side on the left hand side, it creates an institution here which we call as superego or in Sanskrit called as Mana, where all our conditionings are stored. And on the other side, if the right side is too much excited, if a person is too much futuristic and is using too much his mental and physical capacities, then there is another institution that is created on top of your head which we call as ego.

These two meet and sometimes overlap and so we close our fontanel bone area which was the soft bone in your childhood. So when this Kundalini passes through this centre which we call as Agnya Chakra, it sucks in these two institutions, so your karmas are sucked in and your conditionings are sucked in and it comes down like this, it opens this area, Kundalini pierces through this.

Now this is a spontaneous thing happening. It is not that you have to do something about it. As the car starts or the machinery starts working, this also starts working. But in say these modern Raja Yoga is there, Hatha Yoga is there, everybody asks me question after the lecture, so it is better I tell you about it already, that this so-called Raja Yoga is something like when the car has not yet started the machinery won't start. So without starting the car you start moving the wheels is the modern Raja Yoga. They even cut the tongues, I mean, not the tongues, but the threads of the tongues of people to push back the tongue so that it can stop the Kundalini. But when the Kundalini is rising by itself it stops, it stops every area it crosses through. Supposing it comes to this area, then when it passes through it it has to go into an augmentation, into constriction to stop that Kundalini falling down. So it's done automatically, as we eat our food it gets digested, in the same way it happens.

But artificially it is not to be done and all this artificial doing is of no help. Same about Hatha Yoga, is ha tha, is two words there meaning the sun line and the moon line, meaning the left and the right side channel, both are to be used. But when we do Hatha Yoga in the modern times we are just trying to do only physical exercises which is a very wee, wee part of the Patanjali Yoga out of which Hatha Yoga has come.

In the Patanjali Yoga is described that you have to see a person who has got problems on his physical side. Supposing now somebody has had an accident or something and the backbone is not all right and there's a problem on that, so you have to correct it. But this correction is the best once the Kundalini is up so you know where is the problem and then is to be corrected scientifically, not to be done in a haphazard manner. And sometimes the people do Hatha Yoga in the way that as if they are taking all the medicine boxes together, without any discrimination, so you should have discrimination about it and you should find out what's wrong and then do exactly whatever is needed to be done, not to do everything blindly.

So the first thing, the blessings of Sahaja Yoga is that you get to know all the knowledge. It's not just you say this mantra, you do this thing, you do nothing of the kind. You first become the Spirit and you know everything about it, what it is, you experience it, you find out for yourself, you certify yourself and then you have to work it out. So it's a very practical pragmatic thing. Of course you can't pay for all these things, those who are paying for this must know is a wrong thing, because it's a living process. For a living process how can you pay? It's something absurd but people don't understand that you cannot pay for it because they don't feel confident if you don't have to pay for something.

The other day I was in Cairns and there's a Sahaja Yogini.

And she said, "Mother they wouldn't come to a program for which you don't have to pay."

"So then what did you do?"

She said, "I told them I'll take fifty dollars from you."

They all came with fifty dollars, quite happy and satisfied. So she took fifty dollars from them, gave them Realization, worked it out.

And then she returned the money saying, "I don't need this money, sorry."

But this kind of a psychology I can't understand, that we are so much used to payment in everything that we cannot understand one thing, that Divine doesn't know what is payment is.

How much do we pay to this Mother Earth for sprouting everything, for giving us beautiful trees and things, how much did we do for her that we have to pay for it?

But this is something we don't understand in the West, in India they do because they know that Divine has no sense of money. It doesn't know banking, it doesn't know insurance, nothing of the kind, and this is what we have to understand first of all, that if we have to become a divine personality we must respect it as a pure thing. It doesn't need any money, it doesn't need anything, it just needs one thing which is the pure desire within because this is the power of pure desire, the desire that I have to become one with the Divine. All other desires are impure because no desire, when fulfilled, gives you satisfaction. You jump from one desire to another desire, that's why it is said in Economics that in general the desires and wants are not satiable. But this is the desire that we have and once this desire is fulfilled we become absolutely contented, satisfied, and a complete balance is established within ourselves.

All these ecological problems settle down because the imbalance in the human beings itself creates the imbalance outside. Whatever are human problems are projected outside. These are not problems which have come from nature but are created by us, because of our problems these problems arise. So somehow if we can manage to put ourself in proper line everything will be fine and we'll live in a new era of what we call the golden age and we enter into the kingdom of God because then you realize, yourself experience, that every moment is so surprising. How it works out, how things just help you and how you manage to get over difficulties without any trouble. It's something so wonderful, so fantastic, and sometimes people will be sceptical about it, they'll think how can that be?

But supposing there's a television set, I take it to the ignorant people in our Indian villages and show them and say that you can see all kinds of films in this one. They'll say what this box, how can it show? So we treat ourselves as that box but actually when you put it to the mains you know how fantastic it is.

So we are not created just for nothing, we are created for a special work, only thing is we have to know ourselves and all the scriptures and religions have said know thyself but all of them have gone astray, absolutely astray, they have become all man-made sort of things and that's why people are in complete disillusionment about them. But whosoever created them, all those great prophets, incarnations are absolutely truthful people and they told the truth. All the saints were truthful people and we have to learn from them and we ourselves have to become saints.

We don't have to give up our families, don't have to do all these nonsensical things which are outside. The detachment works out within yourself, everything works out within yourself and I'm sure today in Brisbane we'll be achieving it for all of you because modern Sahaja Yoga is an en masse happening. Formerly one or two people used to get Realization, on the tree of life there were only one or two flowers but today I call it a blossom time and also this is the day of judgement where we judge ourselves.

In the Koran it is said that your hands will speak and you will judge yourself but even the Muslims are not following what he said, even the Christians are not following what Christ has said, even the Hindus are not following what their scriptures have said. They are all having a nice money-oriented or

power-oriented organisation. That's not going to help us. We have to have the reality, the truth. It is for our benevolence, for the benevolence of our children, for the benevolence of the whole world. That's how the whole humanity has to emancipate and that's what I'm here to tell you about.

May God bless you all.

We are rather time-bound because they told me that your conveyance is a problem here and that I should finish everything before nine thirty, so I have to tell you one thing, that if you could ask me some questions that you have, relevant questions, because I'm not here to take anything from you. I'm here just to tell you what you are and to see that you get what you have. So if you have any relevant questions please ask me for a few minutes and then we'll have the session for Realization, that will take about ten minutes. So I'll be very happy if you could ask me questions about it.

One thing I have to say and excuse myself, that in one day lecture I cannot cover the whole subject. It's an ocean of knowledge and this ocean of knowledge can be understood better when you have Self Realization, the light of your Spirit in your attention, you will understand it much better but there are my lectures, so many thousands of them in English language itself, so you can listen to them also, but first the best thing is to get your Realization.

For example there are so many lights here and when you come in what you do is to just switch on and the whole thing comes up. But supposing I have to tell you everything about the electricity, the discovery of electricity, then how it was brought here and in Brisbane how it was arranged, it will be a headache. So best is to get the lights and then we'll know more about the knowledge of it.

May God bless you.

Seeker: I would like to know how to perform meditation

Sahaja Yogi: He wants to know how to perform meditation.

Shri Mataji: It's a good question. That's what I'm going to do now.

You do not do meditation, but you are in meditation. It's a state, it's a state in which you rise, where you become thoughtlessly aware to begin with. You are aware but there is no thought and whenever you want to think you'll think, otherwise you can stop your thoughts. That's first state and the second one is called as doubtless awareness, where you have no doubts left about it and you just become so powerful that you can give Realizations to others, you can do so many things which normally you could have never done. These two states are to be achieved, so we don't have to do meditation as such, it just will work out, you will be in meditation.

Lady: I've a hard time not hearing you.

Sahaja Yogi: You're not hearing very well?

Lady : No.

Sahaja Yogi: Can you hear as well?

Seeker: It's quite light

Shri Mataji: What's it? What is it?

Sahaja Yogi: There's a noise in the speakers and I want to see what [unclear]

Shri Mataji: There's a noise on? Some sort of a noise. Next time we'll have better arrangements for you. But whatever may be the problem you'll get your Realizations all right. [Laughter]

Shri Mataji [To someone]: Hum? What is it?

Sahaja Yogi: She wants me to give You another microphone.

Shri Mataji: It's not good?

[Cut in the video]

Lady: Does reincarnation affect individual spirits?

Sahaja Yogi: She wants to know, does reincarnation affect individual spirits?

Shri Mataji: Individual spirits?

Sahaja Yogi: That is the question.

Lady: About rebirth, do we all reincarnate? Before we reincarnate, do we all have another life?

Sahaja Yogi: Do we all reincarnate?

Shri Mataji: Of course, no doubt. You see you must logically understand. Now supposing you were in a certain century and you had committed some mistakes, supposing, or you had done something good or you were searching something, you were wanting something, then I mean you are not going to be condemned by one life isn't it ? Because God Almighty is the ocean of forgiveness and He loves you and He wants you to enter into the kingdom of God. So He gives you more chances.

I'll tell you one thing that we had a driver and he was a very quiet and a very stately personality and he told Me that he had become a driver because in last life he must have been some king and the king must have been overburdened with work. So the king must have thought it's better to be a driver where there's no burdening of this. "So I have become a driver and I'm very happy about it."

In the same way, you see, things can happen that you are searching for something. Like somebody wants to marry some lady, I mean he's just mad and he suffers from greek tragedy you can call it and goes into a kind of a nonsensical ideas, doesn't love his wife and just thinks of another woman all the time and thinks that: "I should get married to her."

So the next life the Divine said: "All right have her!"

And then he says: "Oh god what a wife, better run away." [Laughter]

So he learns a lesson. So it's like giving lessons in your different lives. It's very important, because God is not going to just damn you like that, that you are good for nothing. He's not going to stamp you like that, is a wrong idea. And because Christ also has said: "I'll come again." If He had not believed in reincarnation why did He say that? Very irrelevant.

It has to- you see, in between the lines you must be able to read and that's the problem is, that between the lines we cannot read because we are not Realized souls. Once we are Realized souls we start seeing everything between the lines. Otherwise we cannot understand and the whole thing becomes superficial and people who are interested only in money building and all that,

start some sort of a wrong idea and we get absolutely deluded by them.

Seeker: What is the place of Christ? What is salvation?

Shri Mataji: What is the?

Sahaja Yogi: He said what, where is Christ in this set up?

Shri Mataji: On the Agnya, on the Agnya Chakra.

Seeker: But what is salvation?

Shri Mataji: You see because He is on the optic chiasma which we sometimes people call it a third eye. He is on the Agnya Chakra. Now what I am saying is, you can verify it on your vibrations because when the Kundalini rises and she comes up to the Agnya Chakra, you have to say Lords Prayer and that's how He has died for our sins. He has died for our sins, means He once he's awakened that all our conditionings and all our ego is sucked in. It's a very, very important gate through which we have to pass.

He said: "I am the gate". He didn't say: "I am the destination". But: "I am the gate". Very clearly. Christ's life you cannot understand unless and until you have a Realization, not at all. Through these priests and all that you cannot understand it at all. Specially Mr Paul. I don't know how he appeared in the scene because himself was epileptic, and some sort of a experience he had, and this Paul in Christianity has been criticised by so many people. Recently I read a book written by a very good German priest. When Christ was in India and he has absolutely condemned Paul in Christianity and said it's brought all kind of things which are not relevant to Christ.

Then also there was a book written by Thomas who was travelling to India, and on his way he stopped in Egypt where he wrote lot of treaties and also wrote about what Christ had said, it and was kept in a big jar, and he called all these people who followed Christ as Gnostics. Gnostics those who know. Gn word comes from the word gne. Gne means to know on your central nervous system. Is also in Buddhist thing is called as bodha, bud bodha, is to know on your central nervous system and also, say, in the Hindu scriptures called as veeda, means from where the word veda comes, that you have to know on your central nervous system.

Now this book has been, now after forty eight years, it has been now decoded and found out and there was a very nice program on this and it was all challenging all these ideas of Paul in Christianity. You don't have to suffer, he said why should you suffer? Because God Almighty is the Father of all the fathers and why should He ask you to suffer?

Christ has already suffered for you, now you're not going to suffer more, so many things like that. And also about Sahaja Yoga, that it's a spontaneous experience which must be experienced and must be felt on the central nervous system, said so clearly, on your nerves as he said it.

So this book has been written down and is known as "The Gnostics". If you can get hold of it please go through it, it's a wonderful book which will give you full idea as to what Thomas wrote about it and these people were called as Gnostics. They were not called as Christians, but Gnostics, means the ones who have known. Known what? Known not through your brains but known on your central nervous system. As in Sanskrit language is called as Gyanis [spelling unsure].

Seeker: Could you tell us a bit more about the rising of the Kundalini? When this Kundalini rises? Can we make Kundalini rise? Is this dangerous to have it very often?

Sahaja Yogi: Could you tell him some more about Kundalini, is it dangerous to rise?

Shri Mataji: No, not at all. This part I should have covered myself.

Not at all, it's never dangerous you see. It's your mother. She's your individual mother. When you were born your mother took all the labour pains upon herself, she didn't give you any pain. In the same way, she's your mother and that's a mother energy, that's the primordial Mother which is reflected in you. That's the Holy Ghost. They didn't talk of Mother but they said it's a dove. I don't know why they said it but it's the primordial Mother, no doubt. Because you have God the father, God the son and what about the Mother? That's the Holy Ghost. Is a mystery. It's no mystery for us. You will know that the Holy Ghost is nothing else but the primordial Mother called as Adi Shakti and by so many names. Like here is the river is called as Parramatta, is the primordial Mother, is an absolutely a Sanskrit word. Parramatta is absolutely Sanskrit word saying primordial Mother.

So this mother is not going to give any trouble to you whatsoever and those who say so, because they don't know how to do it, they want to frighten you and keep you away from reality. They have no authority. If they had divine authority, if they had some

ways and methods of saying so, they would have said so. Like, many people also say that the time has not come. Because they don't know how to do it, that's why they are postponing it! It's very selfish I should say or self-opinionatedness, that to say that: "This is so and this is so."

The Kundalini, of course, will never trouble you, but if you try wrong methods, then naturally there's a heat in the body and the Deities get angry with you, the innocence gets angry and tortures you. These false gurus who have come all over, I am ashamed of them and they are the ones who have mesmerised and taken money from you. I mean how can they take money from you and how can they be your gurus when they are taking all this kind of money from you ? Just think of it. They are just your retainers they are like your servants I should say. They have no self-respect.

All right, you can pay for this hall, all right, but you can't pay for your Self-realization.

Lady: Do you teach a system of raising and purifying the chakras? Is it necessary [inaudible]?

Sahaja Yogi: Do you teach a method of cleansing the chakras?

Shri Mataji: Of course, of course.

Lady: Can you regard within?

Shri Mataji: Of course, we have a very good centre here and we have very capable Sahaja Yogis, those who know how to cleanse your own chakras and everything. Of course, that's the minimum. And you yourself will be equiped with it. You yourself will know all these things. All that will be done, it's not just this lecture, there's a follow-on, please all of you should come.

It's not only Me, they also know everything and you will also know everything, that's how it is going to spread. Like one enlightened light enlightens another and then that enlightened light enlightens another person. They're very well equiped here, they know everything about it, they have my lectures and things also. The main thing is they know everything and you have to know everything yourself.

Another Lady: May I just ask you, humans don't carry the burden of original sin?

Sahaja Yogi: Do we still carry the burden of original sin?

Shri Mataji: No, not at all, it's over now. The time is over. The original sin only brought us to ignorance and we started searching ourselves. Otherwise things would have been much better if we had not gone into it, but whatever it is is now, you had to come through a very circuitous way to understand. Because human beings you see, as they were at that time, also wanted to find out about themselves, so God said all right you have this freedom.

Only human beings have the freedom, not the animals. Animals are called as "pashu", means they are under the bondage of God and is already all controlled by Him. For example, a scorpion is a scorpion, snake is a snake, they keep to their own dharma, means their own valencies, their own religion, we can call it. They don't change. But human beings can be a scorpion, can be lion, can be tiger, can be anything.

They just shoot out like jack in a box you know, sometimes, you don't know what's the matter, now suddenly from where it is coming? It's interesting, isn't it? But then, once you are Realized, you see it as a drama and you just see that whole thing is just working out in a very funny manner. You don't take it so seriously as you normally do and you just enjoy everything.

And by your own countenance, by your own temperament, by your own character, people change, and they ask: "How are you like this?" Then you say that: "We have become Sahaja Yogis." So they come to you and they become Sahaja Yogis too. It's a wonderful area, it's a wonderful time and such wonderful people all over the world. Like I went to USSR, you'll be surprised, USSR, I never expected, they never had heard of any God or anything and Christ also, they were just keeping Him aloof. And there it is, the people, in thousands they came and they got Realization, settled down into them very deep people. They touched their depth.

I was amazed. But the best part of it [is] that the Germans went to give them Realization. Twenty five Germans rushed there to help Me out. I was amazed you see.

And I said: "It must have cost you." Many said: "Mother what is the money for? We have to come for Russians." Such love and such understanding, you see. I was really touched by that beauty. Can you imagine Germans giving Realization to Russians? [Laughter]

So beautiful it is to see their beauty expressing itself.

Shri Mataji: Yes?

Sahaja Yogi: One raised at the back.

Indian Seeker: From the rising [inaudible] is it awaking yourself? How it will, what it represents [inaudible]? How will do to have it stay? And if Kundalini has risen, what is guiding us now? And is it possible that some people have, without practical efforts, have over the head the Kundalini?

Shri Mataji: What is it?

[Laughter]

Indian Seeker: Do you want me to go in the same path?

Shri Mataji: What is he talking?

Indian Seeker: If rising Kundalini is what is the technic, how would you describe the current state? And what is it that is driving us now?

Shri Mataji: Driving you?

Indian Seeker: No. If the Kundalini is the awakening thing, then Kundalini rises and that's how we wake up all them and that Realization rises up Mother.

Shri Mataji: Yes.

Indian Seeker: What is the current state and what about the state are we?

Shri Mataji: No, you are at a state which we call as human awareness at it's best, when you start thinking: "Why am I here on this earth?" You are trying to find out because you see many things which do not satisfy you and you think this is not absolute. "Why there are so many opinions about everything? Why people think differently?" And all these things come to your mind, then you become what we call as a seeker of truth, is that is the state is "sadhaka", and that seeking brings you here. And then you get your Realization.

Those who are not seekers, I cannot force it on anyone. It has to work out only on seekers. Those who just want to sort of test it and things like that, doesn't work out. Those who are really seeking the truth, it works out. I'm sorry, it cannot be guaranteed for everyone. If you are really seeking the truth it works out, otherwise it does not. So these are, this is the capacity in which you are here to seek the truth. All right?

Lady: Could Mother talk on intellect and Self-realization and part that intellect plays as far as the Realization-

Sahaja Yogi: What part does intellect play in Self-realization?

Shri Mataji: After Realization, if you are really intelligent, in the way I would say that detached intelligent, then you see it much better than anybody else because you see it, and you're honest, and you see that this is what is happening, and you are surprised, and you learn things much faster than others. So I call it, it's a person who has a super intelligence, I call it. Intelligence which has already reached a state to see that that's not true, that's not true. You reach a point where you know that's not true.

That's the point, you hit the right thing. So intelligence is very helpful and you'd be surprised, we have Sahaja yogis, most of them are very intelligent. They are first class first of this university, first class first of that university. I mean all of them are there. So you need a person who has that sharp intelligence to see things also. Also a person who is not so intelligent, but is so dedicated and is so loving, so purely loving people, out of just love that is in, such people are also very good. But in any case you don't judge yourself, that's the first point. You are not to judge. Your Kundalini knows you very well. So please don't judge yourself. Let your Kundalini judge you.

Now should we have now the session?

Sahaja Yogi: There's just one question.

Shri Mataji: One more? Yes, say.

Seeker: Yes. You spoke of the different parts of yoga before, like Hatha yoga. Could you speak on Kriya Yoga?

Shri Mataji: Same thing, Kriya Yoga is the same which I told you, or Raja. Sahaja Yoga is "akriya" yoga. "Kriya" means when you do something is Kriya Yoga, and akriya yoga is Sahaja Yoga. I don't do anything, without doing anything it works out, is the point, but of course you have to know your centres. You have to know how to nourish them, that's different. But Kriya Yoga is

something, as I told you, is just like Raja Yoga. Without starting the Kundalini, you start sort of moving your chakras and things, it doesn't work out. That's it.

It has reached nowhere. You see, you must see the results, you must see the results.

First of all, when you go to any one of them, first you must see those who have been there, and see what is their capability, how they are. Unless and until you see them, why should you go to those people? Because they claim something? You shouldn't. You must find out what are their disciples like, how are they, what sort of people they are, what have they achieved, and then go there. As a Mother I would say: "What have these gurus given you?" Nothing. They have made you broke, you have so many are bankrupt, so many are sick, so many people are sick.

This Rajneesh's disciples are so sick, you don't know. When they come to Me, first they faint, I get so frightened with them. They faint, actually you see I'm really frightened, poor things.

Horrible diseases have been created by them and some people have got blood cancer from them, all kinds of things have happened. It's all very bad kind of mesmerism, which you'll know what it is later on, so those who have been to these gurus also are suffering today. You pay to get sick, can you imagine?

[Laughter]

And you are all seekers, you see, that's my concern. So every seeker has a right to get his yoga. Every seeker has a right, no doubt. But if you are not seeking I cannot force on you. I cannot. I respect your freedom.

If you want you can go to heaven, if you want you can go to hell, it's very simple.

One boy asked Me: "How do you go to hell?"

I said: "You take two running jumps and you are there."

[Laughter]

What a question to ask! When I am talking of heaven he is asking about hell, so I said this is what it is.

[Laughter]

Now finished I think?

Now, madam, again? I think, can we postpone it now?

Lady: Yes sure.

Shri Mataji: All right. You see what I'm saying, all these questions, even if I answer because I'm very good at answering every question and I don't have to think about them, but that answer is not sufficient. You have to get your awakening, that's not sufficient to satisfy you, is not going to work out. You have to get it, is the point. All right?

Now as I have told you, those that do not want to have it to please leave the hall, there's no problem on that. I'll never feel bad about it because also you must know there's no force can be done. Those who really want it should be here and should oblige, that's being very civil.

Those people who are standing can sit here and they – yes.

Sahaja Yogi: Shri Ma, should we put the air conditioning off?

Shri Mataji: Are?

Sahaja Yogi: Should we put the air conditioning off so that they feel it's not...

Shri Mataji: No, I mean they won't doubt it.

Sahaja Yogi: Just mention it.

Shri Mataji: If you want we can put off the air conditioning because then you should not doubt that you got cool breeze out of your head. After all, your head is giving the cool breeze, that doesn't mean the air conditioning is coming through your head, isn't it?

Actually, you see, people doubt because they don't know what to expect, but for us it is very easy to understand, because already described what to expect after Self-realization, is described by Adi Shankacharya, "salilam, salilam" [waves] is the cool breeze.

Also, cool breeze of the Holy Ghost is described in the Bible, also described the tree of life which is this one. So many things, but you see it's not so clear-cut.

As it is Christ had very little time to talk to people. I mean just imagine, He was crucified. How much time they gave Him to talk publicly? I'm the only one who has outlasted lots of things because now I'm sixty-seven and nobody lived like Me for so many years. They just finished them off at a very early age. That's the trouble. Nobody understood them. No saint has lived as long as I have lived so far, somehow.

All right.

So a simple thing is, first I must tell you the conditions. Two conditions. First one is that you are not to feel guilty at all. You have to forget the past. You have to be in the present. Forget the past, forgive yourself because as I told you the Divine is the ocean of forgiveness and you cannot do anything that cannot be forgiven by that greatness of forgiveness. So please forgive completely yourself and know that you are not guilty at all. Supposing you were guilty, you would have been in jail, why are you here? So now don't jump onto small small things which you think is creating guilt. So not to feel guilty at all. First point.

The second one is that you have to forgive everyone, just forgive everyone. Not to think whom to forgive, why to forgive, what they have done to you, but just to forgive them, logically to understand it, that whether you forgive or don't forgive, you don't do anything. Whether you forgive someone or don't forgive, you don't have to do anything about it, but if you don't forgive then you play into wrong hands, I mean actually you are playing into the hands who wanted to trouble you.

So when you forgive that person, he's out of your mind and no tortures any more left. So you have to forgive and this is what is the teaching of Christ, if you remember, that: "Forgive them, those who trespass against us for we forgive them, those who trespass against us." This is a very great weapon Christ has given us. So from your heart you must just forgive everyone. These are the only two conditions we have.

All right.

So another thing is that we have to take help of the Mother Earth, so it would be nice if we can take out our shoes at least, and keep them on one side.

It's such a truth that we have so many Jews now who worship Christ and so many Hindus who worship Mohammed Sahib. Such a truth.

Complete integration.

[End of first video]

1990-0312, Shri Mahalakshmi Puja: It is very difficult to trigger things if there's no perfect instrument

View [online](#).

12 March 1990

It Is Very Difficult To Trigger Things If There's No Perfect Instrument

Mahalakshmi Puja

Parnell Ashram, Auckland (New Zealand)

Talk Language: English | Transcript (English) – Draft

Shri Mahalakshmi Puja in Auckland, New Zealand, 12 March 1990.

I'm very happy to be here with you, after such a long time and I missed you all very much. I know you are very far away from the rest of them but you are always in My heart and you shouldn't worry about the distance. We have to realize that we have entered into a new, a.... This kind of hands you should [HAVE, HAND], not to hang, if you have to sit properly. You have to understand that we have now entered into the Kingdom of God and our culture has to change, our style has to change, our understanding has to change. Unless until we change, nobody's going to take us seriously.

Moreover it's very difficult to trigger things if there's no perfect instrument. As you know that I went to Russia second time for the Yoga seminar, where we had people from all over the Eastern Block. That was My idea, to get them there. And they were from every country, about two or three people, only. And very strong, very deep, very understanding. I spoke hardly for 30 minutes and such a miracle, in fifteen minutes I gave them Realization, about ten minutes and five minutes I was just there, and all of them got practically Realization, all of them. Very surprising.

And so deeply, when I walked out of the room, they all came after Me. That you don't see in western countries, that kind of a thing. All of them walked after Me, ran after Me, they wanted to give their addresses and they wanted Me to go to their country and this and that. I said: "All right, I'll come!" We took their addresses, even from Romania, everywhere. And they went back. And within 8 days one could trigger out the thing. It worked, because they were so deep, because they were so much equipped to trigger the happening. That's how they triggered their country and how they worked it out.

So, if we live on a superficial level of Sahaja Yoga, then we cannot do much for ourselves nor for the country and it's just a wasteful life, neither here nor there. Is like a seed, which is sprouted and has not grown into the tree. So first of all we have to learn that we have to become very deep people, very deep, you must teach our depth. I've heard that people come to Pujas and things and their main interest is in food. As soon as the Puja is over you just rush for food. How can you? After Puja you get into a mood, after meditation you get into a mood of meditating nature and you just sit down and you can't get up, because you were fallen into the well and sort of thing happens. How can you just get up and walk for cakes or things. We though can't think about.

So then judge yourself, how you are, how far you are. You have to work out your vibrations because you are going to create that beautiful vision in this country, for your children, for yourself and for the whole country, ultimately for the whole world. But if you do not take it up seriously, just by the way, Sahaja Yoga is just by the way, it doesn't work out. It has to be way of life. And in everything that you do it has to be a Sahaj culture. And in Sahaj culture so many things are to be understood that this is natural, this is real and we have to accept the way it is.

So many things are happening the West, which I think are just destructive, absolutely destructive to the society. The society is not at all looked after, here. Maybe I would blame this to the women of Australia and New Zealand, that women are not understanding their responsibility and do not understand what is their [GLORY], also they have not self esteem. The other day I was traveling by plane and most of the ladies were smoking and men were not smoking. Men were looking after the children, the women were busy smoking like men, you see, looking like half men half women. It's surprising, this is very destructive.

Because as I have said that that men and women are like two wheels of a chariot, one on the left, one on the right. The left

cannot go to the right and right cannot go to the left. So we have to understand that our role is much more important than of the other. Like the men have an important role, as well as the women have even more important role. To be a mother itself is a very big thing. Why God has given you the motherhood? Because God thinks you are like the Mother Earth, that you look after, nourish the child, nourish the family, do all these things. Don't try to follow the methods of men, like smoking, drinking, behaving like them.

You just see the trend, how far it is going, the self-esteem is so low. Now, for women, the other day I was, I was telling you about the way they are talking about sexy, sexy women. I mean it's...one should be ashamed of saying such a thing for women. Because one should take an objection: "We are not prostitutes that every man should look at us and enjoy us. Why? Are we sold out for them or are we something for show?" The women have no self-esteem, they fight on wrong things, they don't fight on the right things. The right is that you should be respected and you should not be treated like something on the show, that any man can look at you and any, that the men should look at you, then you have some value.

It's nonsense. This is not the way to make great nations and great children and great families. So the society of any country depends on the women, which is a very solid work, which is underground, they don't want to show off. Any country, which has got good women make good society. And I must say the credit goes to Indian women, in India. They have not bothered about these things, you see, they are not bothered about their looks and the sexy nonsense. If somebody says them: "too sexy" I mean they will slap you, feel very hurt: "What is this, what do you think us to be?" And to be proud of what work you are doing, of course you have to work outside and do something else, but who will look after the children, who will manage the households, who will keep the peace of the house is to be seen.

So in Sahaj culture one must understand that women have to be women and men have to be men. But men must learn to respect the women as housewives. [THE AUSTRALIAN DOES] respect them very much. If they do not respect their women then also they will retaliate, they will get rebellious and there is all this women's [REBELLION] that has started. Is the mistake of men not the women so much, because they have challenged their personality so much that now they have started behaving like this. So in Sahaja Yoga we respect the women, we allow them their own freedom, we trust them and we treat them equal. They have to be equal. They may not be similar but they are equal. The both the wheels have to be equal otherwise wheel, one is smaller, one is bigger, then the chariot will never move forward, it will go round and round and round. So that is to be understood, that's very much important nowadays in the West because I find slowly the derailment is towards hell. All these thoughts are going to take people to nowhere because nobody takes the responsibility of molding a moral, creating moral values for children. You have to give proper breeding.

These days I find children are very undisciplined here. Because we are afraid to face them. You have to face them and you have to tell them that: "This is not so, you are Sahaja Yogis and you have to behave like Sahaja Yogis." They have to be modest, they have to be humble. There should be a kind of an awe for parents. If they don't have that awe for their parents how can they have awe for Me or for God? They cannot. Whatever you may tell them they will not have. If they have no awe at all for the parents who are Sahaja Yogis that means these children will become very wild like other children and that is a very big risk you are running because I am depending on the children who are born Realized and I don't want them to go haywire because the parents have not looked after them and faced them.

So on the whole we must understand the role of men and women and the respect that you have to pay to each other. Now, if husband is not respectful to woman then the children will not be respectful to her and the whole thing will be finished and that's why there is no domination of anyone as such, there should not be any domination but everybody has one's own role and where the wife is concerned she should take a decision, where the man is concerned, he should take a decision and one must respect it because these are two different areas in which the man has to live and the woman has to live.

Wherever this balance goes out, it has gone out in our country also we should say, in India, I must say, there are now funny things are happening thanks to the Muslims, who lived there and had such an impact that we are having dowry system and all kinds of other things there we have. But also there are societies, which are trying to work it out, they are not Sahaja Yogis but work it out, they are getting improved and they are trying to change their ways and methods and this is coming before the people to see that

things should be all right. But supposing the women would have taken some sort of a weapon in their hands and started beating all the men what would have happened? You see, you are complementary to each other.

So must understand first of all, our role in Sahaja Yoga that we have to establish our self-esteem and we have to respect ourselves and we have to respect others. Because you are all saints and saints have to respect people... I've been talking all the time. So you have to respect the saints that you are a saint and another one is a saint. I always give the example of Namadeva. Namadeva was a tailor, the great poet and a great saint. And he went to see another one who's name was Gora Khumbar who was a potter. And when he went to see him, Gora Khumbar was busy knitting the clay to make the pots, see, just with his feet he was knitting the clay. He looked at him. When he looked at him, he just stood thoughtless. And then the words he says so beautiful, he said: "I have come to see the Nirakara, the Nirguna, the thought...the formless, means the vibrations. I came to see the vibrations but here it is in the form, standing".

What an appreciation, what an adoration, from one saint to another who have never seen the other person. "But I see the whole of this Nirakara, the Nirguna is in the form of you." Just think of it. And that is what we have to be. But if we cannot trust other Sahaja Yogis, we cannot love each other, we cannot understand each other that means we are something low, lower than others. Some people have a habit of criticizing all the time: "This is not all right". They don't see that there's something wrong with them within themselves that they are criticizing others.

So there's no chance for criticizing in Sahaja Yoga, first thing is that you should see yourself what you are and where you stand and how you are going to help yourself first of all. Then you can help others. But there is no need at all to put a critical eye on others. Because then you become good for nothing, you've done all the bad things, you see all the bad things in other people and what do you develop is a non-collective personality, which is such a headache to us and ultimately you have to go out of Sahaja Yoga.

As I said there are two forces that are working in Sahaja Yoga. The first one is the one by which you are attracted, is called as, is called as the centripetal force, centripetal force by which you are attracted and the another force is, is called as the centrifugal force. Supposing you have a stone attached to a string, and you move it with a speed, you see, so you can keep it moving like that but as soon as you release it a little bit it can go as a tangent. In the same way there are two forces by which one we are attracted towards Sahaja Yoga, we keep one with it, we become part and parcel of the whole, another one is by which we go out. Now I find that going out has become a very strong force. And I get quite worried about it, not only that you go out but you go out with very great problems. And this is what I've seen in Australia very much working out.

First of all if anybody says against Me or Sahaja Yoga just close your eyes. Just say: "We don't want to hear anything against it because we have been benefited by, we got all the profits out of it and now you don't tell us anything. We don't want to hear it." Just close your eyes and cover your ears and say: "We don't want to hear it". But we had three cases now where people are suffering from cancer or this or that, who listened to this. The man who says may not get it, he may not, but the one...because he's already out, but the one who's a Sahaja Yogi if he listens to this thing is very dangerous and should not listen to anyone like that, who talks ill about Me or about Sahaja Yoga. This is one point we should understand.

And then those who find faults with other Sahaja Yogis are also in trouble. You shouldn't find faults with other Sahaja Yogis. If you think there's something wrong with any Sahaja Yogi you can go and tell the leader. If you find anything wrong with the leader you are welcome to write to Me, immediately. You must write to Me. Is an important thing, because My relationship with you is tide. Leaders are just a myth in a way because I just telephone to them and tell them because I can't telephone to all of you. That's all. But it's a myth. So anything that you want to do, you must try to inform Me directly, if they are very much hard on you, if they are arrogant, if they are abusive, if they are taking out money, anything you find that is not correct you please let Me know. And immediately from your letter I will know what is the situation is like and I will let you know what is wrong, whether you are wrong or the leader is wrong. But if you just don't inform Me then I'll have to found out Myself. And by the time I find out I find lots of harm is done.

So best thing is that you should let me know. Because now, today I'm here. Now I cannot keep attention on Colombia where I've

been, I cannot keep attention on America, but when I go there My attention is there. But if somebody has any problem they should write to Me. Like this I've seen we have got lots of problems and many Sahaja Yogis have left Sahaja Yoga. Because they never informed Me. I can't understand even now why did they not write to Me, why did they not telephone to Me. But for small things they will write, somebody's wife is sick, or somebody's father in law is in the hospital, or all nonsensical things, like that they will write. But they will never tell Me that there's something is wrong with the leader, till I discover it, till the whole Sahaja Yoga is destroyed in that particular city.

So it's my humble request that all of you should know that I'm your Mother, directly. I've nothing to do with the leaders, as far as you people are concerned. Any leader who is harsh on you, who's troublesome to you, who disciplines you too much, or tries to put his ideas all the time on your heads, or anything like that which you think is curving your freedom of growth, you must write to Me and you must know. This is no excuse to say that the leader was like this, so [UNCLEAR] or "We went away." Why did you go away? What was the need?

And this I find very common, specially in Australians and New Zealanders. Either they become just like complete slaves or they become absolutely rebellious. There's nothing in between. So you have to know that if there is anything that you find which is trying to dominate you, you must let us know, and I am always going to correct and tell them on their faces, all the leaders, what I think of them. Because they also know that I'm sitting down there to look after this. Of course about leaders I've given them so many times, so many lectures and things and every time they come to Ganapatipule we try to meet and talk about it and if there is any problem you have to find it pointed out.

But here I don't know but in Australia, specially, the thing what happened, whatever the leaders were doing, the same thing penetrated into many Sahaja Yogis and they became sort of half leaders and they used to sort of dominate people and say things which are not at all Sahaj. Like last year was all right, before that they started saying Australia is great, we are the greatest thing, this, that, then half of the Sahaja Yogis have left them. Talking so big and bombastically, even the Indians were surprised, they started looking at them thinking what's gone wrong with them. And they reported to Me that: "They would not listen to anyone, we told them that: 'Please, better start, we have to go now' they would not listen. They said: 'Our leader has to tell us.'. They said: "Mother has said". "Mother, no, our leader."

So even the leaders had replaced Me completely because of these few people who joined hands with the others like. We can say, like the bureaucracy of Russia. There is no bureaucracy, there is no priesthood in Sahaja Yoga, everybody is equally the same. They're all saints, are to be respected and all the leaders must respect you and understand you. Of course if you have any problems on chakras that must be told, that is their job and for that you should be thankful. Instead of feeling bad about it you should be thankful to them that: "Yes, that is so and we'll try to correct ourselves."

Now the better part of it that now suddenly I find there's a big explosion of Sahaja Yoga going on in various places where are least expected like [UNCLEAR] and we have other places like Turkey and Russia. It's something so remarkable is happening. So Sahaja Yoga is taking its fruits well and maybe these people might grow much faster so you have to be careful, you should not be left behind. Because there is one thing I've given an indication, I don't know if you have told them, last, this Ganapatipule that there is going to be another jump, another triggering.

I always give the analogy of a air space, you see, space craft, like we can say the Sputnik or something, the principle of that, same is applied to our evolution. Like first is one container, which has three, four containers in it. So the first container goes half way and then an explosion takes place and then the rest of it is thrown out. So the first speed, that is the velocity that it has, gets absolutely accelerated and goes with a much greater speed. Then the second one explodes and then the same thing happens, that's how the speed they ultimately they achieve is very high up. In the same way I feel that in Sahaja Yoga is now happening and is the time for you to know there is going to be another triggering. And that triggering you have to catch up with. For that you should be prepared, otherwise you will be left in the container which is just not to be used to it.

So a new triggering, a new jumping out has to be done and for that you have to hurry up and there's no time to be lost. So the most important thing is that we should develop ourselves into that capacity that we can jump on to the new triggering that is

going to take place in Sahaja Yoga. So I have to warn you though you are few you have to have a quality, quantity does not matter, because so much of quantity might drop out. So the thing is those who really want to ascent must understand that we must meditate morning, evening and we must be absolutely collective. If we are not collective then there's something serious with us, something wrong with us and we have to correct it. So these are the things I wanted to tell you and I must say that the collective here will now grow very much because of what we did, today's miracle that has taken place.

Yesterday we had lots of people, every time I come there are at least three hundred people and I knew there will be this time also. But what is the difference, when I come they are there and then they don't come or even if they come they disappear. They must have confidence in you. First you must have confidence in yourself. You must approach them in a way that they feel confident. They shouldn't feel that: "Some silly stupid people are sitting here just telling us about these things". But you must have that dignity, you must have that approach, you must have that understanding, then only it will work out, otherwise you cannot work it out. My own idea is that wherever there are very good deep Sahaja Yogis people stick on. Like Austria, I would say. In Austria we have quite a lot of [NEW] people now, [MILAN] we have quite a lot of people. The reason is both the places, I've noticed, the Sahaja Yogis are of a very great quality. They are all working it out.

Like there's one boy who has fished out lots of things from Quran, in German, from Quran, what it has to say for Sahaj. And they said there is a Sura called Shasta Yoga, Shasta Yoga and that Sura is dealing with Me. Because we will be...it is said that: "We are going to send and the sent, the One who is sent will not be acceptable to you. You will deny, you will defy". Everything is described, even that your hands will speak at the time of Resurrection, all that in that Sura is given. It's very interesting that Sura is. So, what I'm saying they are trying to locate it. So many things in different things they are moving now, also they are trying to make very beautiful paintings and drawings and things, to be able to explain. Also they had TV programs. So on the TV they told whatever their experience is, this and that. But if you yourself are not capable, you are not going to influence anyone even if you go to the TV or anywhere. Nobody's going to take you seriously. So you have to be more serious about it and to be more earnest to do your meditation.

Now, there's another aspect of Sahaja Yoga that we want people to be married. Married but married is not the last thing, is not the last thing, is just an assistance, we can say, a complement from the another side so that you develop yourself better. But any kind of hindrance in the marriage can be a great hindrance for your ascent. So don't pay any attention to such hindrances, just get out of it and try to remain your Self because only it is your Self which is going to give you joy and ascent, not anybody else. It will all work out when if you just keep to your Self and understand that you are important, you have to look after your ascent, also that the collective of Sahaja Yoga is important. It is very important for all of you because you are so very few and it has to be worked out in this country in a big way. And everybody was asking why is it that in New Zealand the people are the same, there's not much changing, why not progressing. But I'm sure now more will happen and things the way have triggered out today it might work out.

So now this is my own submission about it and if you think that there's something more I should say about it or something you want to know you can write to Me, I will definitely answer such letters. But I don't know what to answer to such letters that: "My husband has run away with another woman this thing, that thing". It's not important, you have been married so many times in life before. So what does it matter if he runs away, let him run away, what to do. You are a Sahaja Yogi, how many women or how many men have become Sahaja Yogis in this world? So you are so exceptional. And such exceptional people should not bother about mundane things and useless things. They should know their responsibility. It is you who will be responsible for the emancipation of all the New Zealanders. And this you must understand. You should not try to put your esteem down. Try to come up and work it out.

For every nation is important. Some people are extremely alert and some people are not. But now I'm sure it will work out faster. We have lots of people and now try to give them, give them some tea, something to begin with because their attention is on food but you just don't start eating [UNCLEAR] otherwise they'll think useless people, they are just trying to...You should show all dignity or a hospitality. Hospitality helps a lot. That's a very important thing one should understand. Like in India if you come, they'll see ten times that you have taken your food, they'll call you, somebody's not there, where are you, must come and take. But what I hear is that here nobody calls anyone, anybody [UNCLEAR] you have your own food. Till the guests come outside so

nobody says: "All right. Will you like...? Did you have your food or not? Did you have your breakfast?" That's not the way, we have to be concerned and we should have those mannerisms, which are very beautiful of being hospitable to people, see that they are...

I mean the guests are to be treated in a different way and the inmates are of a different way and that's what whatever you do your children are going to learn and behave in the same manner. So we have to get this culture into us by which we understand the value of other person, of guests who have come, those who are not yet Sahaja Yogis, who have yet to become Sahaja Yogis, who have just got Realization. They are to be treated with very great care, like we can say a seed, which is just sprouted. It's so delicate. The plant is in such a delicate way. Now you have to replant it properly into Sahaj field. So what do you do is to take out all the sprouted ones, slowly one by one, keeping proper distance between them and try to plant them nicely into the field of Sahaja Yoga.

But if you have certain value system, if you have achieved something, then you shouldn't look down upon them or you should not all the time make fun of them, because some people are sarcastic, some are all the time smiling, so they think that: "What is wrong with us, why are they smiling, all the time?". So there is no need to have artificial smiles, nor do there's any need to sort of criticize in a way or sometimes [IF] the smile could be a ridicule, you know people think, they misunderstand. Or to say that: "Your this bhoot is catching, that bhoot is catching" sometimes people say: "This chakra is catching". Not necessary. "Gradually, you should say, everything is going to work out. If you are not feeling the cool breeze, all right, let's see what is the problem is like."

But you need not tell them all these things, this language, this should not be exposed to the first comers that they get frightened, that our this center is catching, that center is catching, create a big fright. So we have to built up their confidence, that's very important. Once you have built up their confidence and once they start feeling the vibrations and everything, they have to trust you, they have to believe in you. So this is the very small outline of the way I would like New Zealand to come up and to act in a sensible way so that people should say that New Zealanders are the wisest in Sahaja Yoga.

May God bless you all.

Imagine Greece Sahaja Yoga is only two years old. Only two years old. Greece. But that's a traditional country, see, it's an ancient country, and the way the Greeks have really fallen into Sahaja Yoga is beyond...

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A New Awareness: Collective Consciousness

Public Program

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I bow to all the seekers of truth.

While seeking the truth we have to realise that truth is what it is. We cannot change it, we cannot manipulate it, we cannot conceptualise it but we have to accept [it] as it is.

The truth is to be understood as it is. So whatever he [Brian Bell, who introduced the subtle system before Shri Mataji's talk] has told you today need not be accepted, you can treat it as a hypothesis but must have a scientific attitude to see for yourself whatever is said is there or not, and if so and if it works out then, as honest people you have to accept it.

As we see civilisations grow, it is the outward growth, outward growth of a tree but we have not known our roots so far. We have to know our roots, otherwise we are standing all the time at a very precarious point waiting for a shock when the whole world could be destroyed. Now, the making within us is this that we have not yet found out the absolute truth. If we had found out, there would not have been so many opinions, there would not have been so many problems and so many theories and quarrels which lead us nowhere. We talk of communism, it leads us to some sort of a anि (?) of power. We talk of democracy, it leads to some sort of a mess of corruption. It all money oriented, democracy is, while communism is power-oriented. But none of them are spirit-oriented. So the first truth about human beings is that they are not this body, not this mind, not these emotions, not this ego, but they are the spirit. And that's what all the great saints, prophets and all the incarnations have said that seek thyself, find out about thyself, what is this self is?

The second truth is that there is a very subtle power which we do not know which is called as the all pervading power of God's love. Or some people call it as Ru, some people call it as Paramchaitania. And this is the power that governs all the living functions of the world, of this universe every day. And we have to feel that all-pervading power. This is the second truth about it. But human being in his effort to know the truth has gone into various problems. As he [Brian Bell] has said he [human being] has gone either to the left or to the right because there is no way that we can ascend without the awaikening of the Kundalini or we can say the residual power which is actually the power of your pure desire.

We have desires but they are not pure. If they were pure we would not be running from one to another. Supposing you want to have a car, alright, you get the car you are not satisfied, you want to have a house. Get the house, you are not satisfied. You are jumping from one [desire] to another and are never satisfied with the desire that you had. That shows very clearly that the desire you had was not a pure desire otherwise it would have satisfied you fully. And also, according to economics that desires or wants are not satiable. That proves the rule that the desires that we have in general are not satiable.

So the left side which is so near which we call as Ida nadi looks after the desire, so it's the power of desire. Also, the autonomous nervous system within us as they say, they call it autonomous, doctors have invented names, autonomous. But who is this auto? This autonomous nervous system has got the left and right sympathetic nervous system and parasympathetic in the centre. Of course, being honest, they say: "We dont know much about parasympathetic". But, according to Sahaja Yoga, the left side looks after the power of desire. And towards our emotions, towards past, to our subconscious, to our collective subconscious. And the right side is the one which is which is also called as the Pingala nadi, looks after the future of [the] person, gives mental and physical capacity to work out. There are two types of energies which we can work out. For example, if you are running fast, it can increase the beat of our heart. But how do we bring it down to normal is through the central path which we call as the

parasympathetic nervous system. But this is looked after by a subtle channel that is called as Sushumna nadi.

This knowledge was known to Indians since long, there's nothing new, [has been] known to them since long, thousands of years back they knew about it. But they couldn't discover a method by which they could give en-mass realisation. And this is what has happened in modern Sahaja Yoga that we can give en-mass realisation. Any discovery unless and until it becomes public it has no meaning. And that's the reason why all the saints, all the prophets, all the incarnations were never taken seriously. On the contrary they were tortured and troubled and crucified. So one has to understand that we have this power within us, innately built. Sahaja means "born with you", Saha is "born", ja is "with". Saha is "with" and ja is "born" [corrects Herself] Sahaja means "born with you". It is born with you this power of becoming one, united with that divine power which is the subtle power.

Now, just to cancel it out as if it doesn't exist doesn't show much of an effort on the part of the seeker. A seeker of truth is a special category of people. William Blake has described them as men of God. It is very clearly described that these men of God will find out the way and they will become really the men of God and they will be able to make others also men of God. At that time about a hundred years back you see that's in England but people described him as a madman. As usual, there's nothing new about it. All such people were treated as madmen because they were so unique, so different. Like we have Kabira in India (unintelligible) who says:" How am I to explain to all these people because the whole world is blind? They are blind and they don't want to see the colours. So how to talk to them about the colours?"

Now, there are thousands and thousands of people who are really seekers of truth. Very amazingly, I discovered them so many in [the] USSR. I am surprised because in [the] USSR a hall of two thousand was completely filled and there were two thousands sitting outside. Despite the fact whatever type of a government they've had, whatever harm they have done or whatever might have happened, I must say they are people of great depth. They've touched their depth so easily, they could understand me much better when I said that "You can't pay, you can't pay for your ascent. It's a living process of your evolution and you've never paid for your evolution when you became human beings and you cannot pay more or in any way even a little bit for this kind of a happenning which is absolutely spontaneous, it's like sprouting of a seed. We don't pay to the Mother Earth for that, do we? The seed has the power and the Mother Earth has the power, it works out. And they really were so much there and it has now become such a spread out thing, Sahaja Yoga in the USSR that I don't know what to say for our freedom that we had in our democracy. What has it done to us? It has made us superficial, that we cannot seek the truth in a deeper way, that we don't want to understand what the truth is. And everywhere (-) I went to America, I was surprised, they asked me, "How many rolls royces do you have?" I said,"I don't have any rolls royce because we don't take any money". They said they are not interested. It has to be a business, everything has to be a business - God has to be business, religion has to be business. It is absurd! How can that be? Even in a place like France you see there was a lady, a Sahaja Yogini and they said,"If you don't ask for money, nobody will come". So she said, "Alright, I will take fifty dollars". She charged them fifty dollars for the program. She gave them realisation and she returned them their money (unintelligible) it is all over. Like that, you see.

So we have to understand that materialism is our habit, not that of God. God doesn't understand money. It's a living process. We everyday see the flowers, you see the trees, you see the beauty and the bounties of the Mother Earth which she is throwing all the time, all the time for our comfort, for our happiness, for our nourishment. And She doesn't charge us anything. So how can there be a power which is all pervading you can perchase through money? This is one point, please try to understand because I found it very difficult to talk to people. Now suppose if I put a big money here maybe there would be so many because from India so many horrible gurus came here, they charge a lot of money and they have very big following everywhere. It is very surprising that the money should attract people so much. So first and foremost thing I'll tell you very frankly that you cannot pay for it. It is your own right to have, it's your own right to have this new awareness which we call it as collective consciousness.

When the Kundalini rises she pierces through six subtle centres. And the last centre that you see here as the red one, you see this square one, this is the centre is what we call as the Mooladhara chakra, is the centre which looks after your prosperity and is placed below the Kundalini which is in the sacrum bone. The sacrum bone means the sacred bone. That means that [the] Greeks knew about it and this bone is a sacred bone. And in this [centre] lies this power which is three and a half coiled one. Coiled, that is why it is called Kundalini, because "kundal" means "coils". It is as simple as that. Now, this centre, the lowest centre is responsible for our excretion functions and and leaves(?) with pelvic plexis which is responsible for all kinds of excretions,

inclusive of sex. So the sex doesn't play any part. When the Kundalini ascents this centre just stops this function completely. This is another myth people have that you can ascend through sex. It's not(-) Sex is alright you see, sex is alright but not for your ascending. It is not possible that with sex you can raise your Kundalini, impossible situation, because Kundalini lies above this centre. Then it starts rising through six other centres. The first centre that you see here is actually comes out of the third centre. The first centre is called as Swadistana. He [Brian Bell] has told you that either you go to the right or to the left. So the left side starts from the first centre and moves upwards, and the right side starts from the second centre and which moves upwards. And [they] create two institutions within us. The first institution that you have, as you see on the right side is the ego. Everything we are doing this, we are doing that, we are working, we have made this hall, we have made this stage. If you see , it is, say, some tree was dead(-) from the dead to the dead. We have not done any living work so far. Only when you get your self-realisation, then you can do living work. You can vibrate these trees, you can give realisation to others, you can see with your naked eye rising of Kundalini in some people. In some people it rises like a jet and you are amazed how it works out.

So people might think that it sounds very fantastic. But we are fantastic, we are not made for nothing at all. So much time has been taken for our evolution, there must be some purpose behind us. After all, even in human awareness we are very much higher than animals. Animals can pass through any dirty lane, but we cannot, we have so much sensitivity to colour, to beauty, so many things that animals don't have. So now it is the last, last breakthrough [which] has to come when the Kundalini rises. Like this instrument is to be connected to the mains, you are to be connected to the mains, that's all. It is as simple as that. There is nothing wrong with you, everything is fine and this is what we have to work it out. As a matter of fact it is surprising that when your Kundalini rises you yourself get cured by your own power, nobody else do it. It can cure so many diseases, it can cure so many diseases. We have seen recently also AIDS. So one or two persons got rid of their AIDS in Perth(?). So one can work it out. But I don't know why people don't take to it and work it out, when it is so simple. So many diseases like cancer, incurable diseases can be cured by you. You can cure your own diseases. You don't have to go to anyone, nobody has to do it because you have got the power, only you have to know the technique of it. It's a very simple technique which you can master in one month's time. But we must have depth to understand our own value and to estimate ourselves that we are not ordinary people just to waste our life in mundane things but we are something great, we are seekers of truth. As a result, you will understand that you are great and that you have to know the truth. And once you get it then universally you know everything [is] just the same, there is no difference. For example, when it happens your hands become enriched and you start feeling on your fingertips the

all-pervading power. Now, if there is something wrong with you these fingers indicate what's the problem. In Koran it is written clearly that "In the time of resurrection your hands will speak and will give witness against you". Very clearly. It's a lot of work but I don't know what muslims are doing. [The] same about Christ, He has said it that there is going to be resurrection time for all of us, the judgement time and that the Holy Gost is going to come. All kinds of things they have said but people are not seeking that. What they are seeking is (unintelligible) organisation and they organise God in every religion whether it is Hindu, Christian, Muslin, Sikhs, all of them have tried to organise Him. And then there is nothing they follow. One should know that it is not man-made, it has to be made by God. And it is innate within us. This power is innate within us and when this Kundalini rises to this green part (shows Nabhi) then you become innately religious, innately. You have, say, a valency of ten in a human beings. And these valencies get enlightened and you become, you become a righteous person, nobody has to tell you. Like all the saints were righteous people, nobody had to tell them, fearless, righteous, fighting for [the] Truth, enjoying in life. That's what the first thing happens to you that you become innately righteous. You become a very dynamic person because you are connected to the mains, you never feel tired, you can work very hard, you enjoy everything very well. But above all, you become the source of peace for yourself and others. There's so many things that can happen and tomorrow I am going to tell you more about all these centres and how to get them cured and what happens, but for today I think it should be alright because I would like you on the first day to ask me questions. But here one has to know that I am not here to ask for goods (?) or anything and (unintelligible). I've come all the way from England just to see you and meet you and to find out if there are people who are really seeking the Truth. If so, I would like you to get awakened and to know yourself. So please ask me questions which are relevant and not questions which are just of no use. So I hope you will understand the importance of time and ask me relevant, good questions.

May God bless you all.

1990-0314, Thinking and How we trigger a cancer

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Thinking And How We Trigger A Cancer

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For example, we work very hard, think too hard, you are right sided; to compensate for it, we take , say, slipping pills or may be drinks, or something like that, just to compensate. We can't bear it, too much on the right. But that doesn't give you help, because you swing from one end to another. So, in the center you have to move, and for that, there is a special mechanism within us. As I told you yesterday, you have to have a very scientific outlook, is to keep your mind open. If it works out, you have to accept as honest people. We say we are skeptical. All right, but we can keep ourselves open about it, that, after all, we have not reached the absolute truth. So, if you have to reach that truth, what should happen to us? Maybe this is more known to the people in India, maybe, because of their discoveries in the inner world. But has to be known, even in the West, because, as I told you yesterday, that the tree which has grown so big, has to know his roots. Otherwise there is always a problem, which you don't know how to face.

So, as I have been told you about the roots, now, about the left side and the right side, the two sympathetic nervous system, the left and the right, both of them act separately, which I think doctors do not know about. About diabetes, now - it's too much talking on Me, imbalance - about diabetes somebody asked Me today, how does he get diabetes by thinking. In India, if you go to a village, they'll ask you to take some tea and you just can't take it, because the sugar is so much, that the spoon has to stand at right angle. And none of them get diabetes, none of them. But our bureaucrats in India, all of them get it. Also the politicians. The reason is, they think too much, they plan too much. They are very right sided. Now, which center does the right side work, is the second center, which we call as Swadishthan.

This second center, which is the Swadishthan, is, as you can see very clearly, provides for right side activity. It is connected, upward passes through the optic chiasma, goes to the left side, creating our ego. Like you build this big hall, so believe that you have done a great job. But actually, something that was dead, that we have put together, that's how hall is build. From dead to dead. We have done no living work so far. But that creates an imaginary feeling that we have done this, we have done that. And that's how this balloon of ego starts growing within us, on one side. Now, when this Swadishthan is working, it has got a very important work to do, is to replace the brain's cells in our head, which we are using for thinking, the grey cells. It has to do that. And because of this pressure of a thinker on that center, it neglects the other functions, that it has to do: of looking after your liver, your pancreas, your spleen and your kidneys and partly your digestive system. As a result, all this organs go into problems. One of them is the pancreas, which causes, what we call, diabetes. Liver goes out of order.

When liver goes out of order, then the heat rises in your body. From liver it rises higher, goes upward and catches on to the right heart center, as we call it, which gives you a disease called asthma. Asthma can be easily cured, if you can look after your over active liver. It becomes over active, because it has very limited energy, and it has to do its job, of expelling poison from your body into the blood stream. But it has no energy to do that, so it becomes over active. And such a person, cannot also, release all the heat of the body into the bloodstream, so the heat starts passing over. So much so, that it can reach heart, and the person can get a massive heart attack. In the young age, supposing some people, who are playing tennis and smoking - I mean all out to destroy them self in a way, I should say - or some very strenuous games with that smoking and drinking and pressurizing themselves, get a very fatal heart attack, a massive heart attack. Because they have gone in a complete out of balance situation.

Now, at the same time, the most dangerous thing that can happen to us, because of this center, is that we get a horrible disease

called blood cancer. Blood cancer comes to us because of the spleen getting out of order or imbalanced. The spleen is a speedometer in us, or we can say it's a, it's a rhythm keeper; it keeps our rhythm of life. But we are all the time out of rhythm. You sleep at any time, get up at any time and any kind of emergency that comes in, this organ has to supply, red blood corpuscles, RBCs, for the emergency, any emergency rises. For example you are eating your food; and then suddenly you have to run, then what happens, that you get pain here in the stomach, this side. Because your spleen has started producing RBCs quickly. But we are all the time in tensions.

All the time, you are very hectic. We get up in the morning, first thing we do horrible thing is to read newspapers. In the newspaper they never give good news, always has to be something sensational, challenging your spleen. Then the... Then the spleen, poor thing, starts excreting or creating more RBCs (red blood cells). And when that happens, the person who is doing all these things, does not realize that already he has tortured this poor spleen. Again he goes into another hectic life, for example he may just jump into his car, he has to go to his office, then he sees the jam and then he is very upset because he gets late in the office, then the boss shouts at him, something like that.

All the time there is an emergency, a time bound life. And all the time people are running up and down in a very hectic manner. And this hectic manner makes this poor spleen really crazy. Doesn't understand, what's the matter with this gentleman, why is he behaving like this? Then the vulnerability is established. And anything that happens from the left side, is just triggers the cancer. I'll show you how it works out. This is one center say from the left side and the right side, both of them combine to form the real center.

Now, If you are working too hard on the right side, like that, it starts moving, taking the energy, exhausting the energy, it is like this. And anything happens to the left, it just goes out. Now, it's broken, in the sense the relationship with the whole is lost. So, it gets on its own! It starts working on its own, we call it a malignant cell. Means it starts growing, in such a way, that there is no relationship with other cells. Or if the nose starts rising, growing, then this place all gets covered, this place all gets covered, your ear can get covered, and the rest of the cells are still growing at the same rate. This malignancy is because of imbalance in us. Even ordinary cancer is cause by that. So, what have we to do? How are we to overcome these things? Of course, there are doctors and things. Most of them are looking after most of the people.

But those who are seeking the truth can be cured by themselves, because their Kundalini will rise. When it rises, it nourishes that center, it brings back the broken like this, nourishes them, she integrates all the centers, so your thinking, your heart, your stomach, your liver, all integrated. You do not repent for anything. You get an integrated personality, you get a very healthy personality. And such a person automatically looks very healthy and very peaceful. Because the centers that are within us, which are enlightened, are the centers which are responsible for different functions in our body.

So the first one I have told you about, the second one, and the first one I told you about yesterday, and the next one to that, is the center which is very important, is called as a navel center, Nabhi chakra. This is the one which looks after the solar plexus within us. So, physically we understand this, but spiritually this is a very important center. Because physically of course, you know the problem of the solar plexuses.

But there is another big problem we have, and that is surrounding it, is the area, which we call in Sahaja Yoga as "Void", which is to be crossed. Like, Moses had to make a bridge, sort of a thing it is. You have to make a bridge. And this bridging comes when this part gets enlightened. Now, this part is made of ten valences within us. Human beings have got ten valences. These ten valences are like Ten Commandments, we can say. But they are within us, not without. Once they are enlightened, than we rise in our own valences, means we rise in our nature, as a human being. So, we become very righteous people. Like all saints are righteous, they don't do anything wrong, they don't cheat, they don't tell lies, they don't take money, they don't grab you, they don't torture you, they are very loving, dynamic, fearless people. All these qualities, suddenly, manifest in a personality, which receives their Self-realization. Thus we create a society of wonderful people.

Then we come to another center, which we call as the center of the Mother or Mana, but actually, is the Heart center. Heart center in Sahaja Yoga we have three sides, one is the left, is the heart, right heart and the central heart. Now, this is the center

under the sternum bone, and all the antibodies are created in the sternum bone, till you are twelve years of age. And then they go to various areas in the body, and wait for a signal. This is a remote signal, which comes from the sternum, sternum bone. Now, those people who suffer from insecurities, especially women, if they suffer from some insecurities, from their husbands, or if their motherhood is challenged, then they develop a very horrible cancer of the breast. If they are insecure from their husbands, who are not loyal to them, or some sort of a problem is there, then the women may develop this breast cancer, because of this center, being absolutely dislocated, due to insecurities. Whenever we see anything facing us which is dangerous, immediately our sternum bone starts vibrating. Those vibrations are remotely caught by the antibodies, and they get ready to fight the diseases. But when the connection is lost and the cells become malignant, antibodies also get tired fighting it. So when the Kundalini is passing through this, this center gets again nourished, and one can achieve a great sense of security within himself, very great sense of security. He feels absolutely secure.

Then the same Kundalini rises, up to the center we call as Vishuddhi. This center is the one, which looks after sixteen things. You can say ear, nose, tongue, teeth, everything. They are sixteen things it looks; it has got sixteen petals. Face, eyes, everything it looks after. But it can also go out of order, when we go into imbalances about it. As a result, a person loses many things. But when, you are nourished by it by the Kundalini, then what happens? That you just become a witness. You, somehow or other, get out of the crazy world and you start seeing the whole thing like a drama. Like, you are seeing some drama, supposing, and then you see Napoleon. Then you think you are also Napoleon, and you start really going with him. But when the drama is over, then suddenly you realize, "Oh, I am not Napoleon, I am something else!" In the same way, when we are involved in this mad world, then we are upset. Say, we are standing in the water, we are afraid of getting drowned. The water rises, falls down again, there is another wave comes and goes down. But supposing, somehow, you get onto a boat, then you can watch that water, and if you become an expert swimmer, you can jump in and save others also. The same thing happens, that you just start seeing the whole thing like a drama. Your problem you see as a drama. Now, because you are not in that problem, you can solve your problem, very easily. It's very simple to solve that problem, because you are not in it. If you are involve in it you are going into a turmoil. But if you are out of it, you know what is the solution and it can be solved very easily.

Now, the center that we call as the Agnya chakra, which is placed between the optic chiasma, is very important. On one side, it looks after the pituitary and the other side it looks after the pineal body. Now the pituitary is responsible for controlling this Mr. Ego, and on the other side we have got superego which is created by our conditionings. We have so many conditionings. We have conditionings of the country where we are born in, we have conditionings in the family we are born in, our parents and then we have conditionings with the religion we are born in, and all kind of conditionings we have. All these conditionings make the another balloon, and both of them form a crest on our head that's how our fontanel bone area, which was a soft bone become a hard bone. But when the Kundalini rises and passes through this center, it sucks in. That's how our karmas, so called, whatever action or wrong things we have done or the wrong conditionings we have, everything gets sucked in and it opens like a petal. The limbic area, that is between, opens and the Kundalini passes through, pierces through your fontanel bone area and you start feeling the cool breeze out of your head. You are surprised how it happened. And then you can feel it all around you is cool breeze . which is the All Pervading Power. As a result that you become one with this, all the time the energy is flowing through you and though you may going into imbalances a little bit, but you come to balance in no time. This is as far as the physical side is concerned. Mentally you feel perfectly all right, but above all, you develop a new dimension in your awareness, which we call as "collective consciousness". Collective consciousness about which, Jung has said lots of things. Collective consciousness is where you can feel the centers of others on your fingertips and also you can feel your own centers. And if you know to correct yours and then of others, you can easily manage the whole thing. So this collective consciousness is the one, is the new awareness, a new dimension, which one has to achieve. This is the new birth, or we should say, the second birth, as we call it. In Sanskrit language is called as, a person who is a realized soul, is called a "dwijaha", means born twice. And a bird is also called dwijaha, because first is an egg and then it is born as a bird, a free bird. In the same way, a person who is a realized soul has a second birth. As they say, "You are to be born again", it happens. But it is actualization, it is not just a certificate. Anybody can take a certificate, "I am this, I am that", that makes no difference. Because you must have the powers, of what you are. If you are a human being, you have, you have human powers. In the same way, if you become a realized soul, super human being, than you must have the powers of a super human being. If you don't have these powers, it is no use giving a false certificate like that. Same as I told you about religion, when somebody asked Me the question, that why are they fight in the name of religion? Because it's man-made. Saints never fight. They never fight. They love and they understand each other and they know the

Absolute. So, when your Spirit, which is in your heart, has the seat here and it gets connected with your attention, then the light of the Spirit makes you an enlightened person, and in that light, you know what is right and what is wrong. What is good for you, what is constructive and what is destructive. The power of Spirit is, that of course it's a collective being within us, no doubt, also we say that we are part and a parcel of the whole. But we are not. Once you become collectively conscious, then you are only part and parcel of the whole. Then you become the source of joy. Spirit is the source of joy. You become joyous, you are full of joy. Joy is not double-faced, it's not like happiness - unhappiness. It's a permanent state of enjoyment. And, you know the absolute truth. On your fingertips you can know. Even in the Koran, as I told you, in the Koran it is said that, "Your hands will speak at the time of your Resurrection, and they will give witness against you". So, this is the time of your Judgment, Last Judgment, when your Kundalini is going to tell you, where you stand. And once you correct yourself, you enter into the Kingdom of God. This has to happen. It's nothing artificial about it, is all living process of a living energy, which works and you cannot pay for it. You cannot pay for it. This is the only snag, if there is anything. So may God bless you all. Yesterday we spent lot of time asking questions and answering, I don't mind a little bit of that, but not too much... Yesterday we had too many questions and answers. So, if you could ask Me some questions, is all right. But should be relevant. Because you know, I'm not here to get anything out of you, is just to tell you what you have, to give you what is yours. It all happens because of your energy. I have nothing to do with it in a way. Like one candle which is enlightened can enlighten another light.

Seeker: Could you tell something about the nadis?

Shri Mataji: Nadis... You didn't tell them? He told Me he has already talked to you! The left one is known as the Ida Nadi, which gets us to the left side. The right one as the Pingala Nadi, which gets us to the right side. The central one is known as the Sushumna Nadi. Also, there are many other details about it, which once you come to Sahaja Yoga, you will know a lot of. It's too much really, because I must have given at least three thousand to four thousands lectures, in English language itself, and they are all on the tape, you can always listen to them. Knowledge is like a vast ocean, and the source of knowledge is your Spirit. So, once you are Realized, you will be able to understand everything.

Seeker: What happens when a huge amount of energy comes out of here and manifests himself in forms of pictures? Is, is a, that means this center is broken. Is not all right. You shouldn't see anything. You shouldn't see the light. You have to be the light. If I see the light, then I'm not the light! All right? Q: How much influence does food have on the collective consciousness?

Shri Mataji: - What has... ?

P: - Food. Food... You see, is food, food we deal with in such a manner, that whatever is deficient in a person, whatever is complementary in a person, should be eaten. Like, you have to, supposing, you people are very right sided then you must take to carbohydrates; but if you are left sided, then you have to take to proteins. But very big animals than human beings are not to be eaten, because their muscles are very big, and they cause troubles to your teeth and things like that. But food becomes the secondary thing, after you have had the ambrosia of Realization. It is no so important. Just don't bother too much about food, at all.

Shri Mataji: What is he saying?

Seeker: How the people balance? Individually, everybody has a different set of problems. How does each individual balance ? Bring them back to the balance.

Shri Mataji: I mean, first is, of course, individual balance, and when you are individually balanced, then when you are the Spirit, then it's a collective consciousness. In that the Spirit gives you an absolute nature. And everybody being absolute there is no problem of balancing with anyone else. You just enjoy each other. That's all. Only you are dressed up differently, you comb your hair differently. That doesn't matter. That's all outside. But inside you enjoy each other. There is a beautiful thing said about one poet Namadeva - yesterday I told them about that one, no? - about Namadeva, who was a tailor, just a tailor. And he went to see another realized soul, another saint, in another village, who was a potter. And the potter was needing the clay with his feet when this Namadeva went there. And he went and he stood, stand. And he said, a beautiful poem he has written, that, „I came here to

see the formless", means the vibrations. "I came here to feel the vibrations, I came here to see the formless, but the whole formless is in your form!" What an appreciation, what an enjoyment and what endearment it creates.

I mean, we human beings never talk like that, you see. When we talk to each other is so artificial and can be very selfish , can be very skimming and can be anything. You just don't know. If somebody says, "Thank you" to you, you often start thinking "Why, what did I do?" Or somebody says something bad about you, "You should know I've done nothing good for him, why is it saying bad about me, I don't know", is like that, you see, is not that. It's absolutely clear cut. Cristal clear temperament you get, absolutely. You become crystal clear and the other person is also crystal clear and they are just enjoy each other. That's all. We have never enjoy each other. Actually we have never used the Power of Love, we have always use the power of hatred. Anything that you want to do, you have to put some sort of an issue to fight. Here there is no such question. Such a state we all should have, for the emancipation of humanity, for the emancipation of our country, all the countries, all over the world, for our children and for ourselves. - Yes Sir ?

Seeker: What happens to Kundalini, whether a major accident, or some injury to this area?

Shri Mataji: We have to correct it. If it's physically very much injured, it can be corrected. There is no such problem. Yes, please.

Seeker: Everything in creation isn't it connected, therefore couldn't there be could it be possible that free choice is actually Maya?

Shri Mataji: You have free choice to know it's Maya. You have to reach that point. Otherwise you will never accept. You see, you are a human beings. If you are told anything you'll never accept it. So it's better to reach that point, where to feel that is all sort of illusion. And then you discover it. You have to have that much free choice. You are made that way. And such a choice is to be accepted, to be respected.

Seeker: Kundalini is such a strong force. Now, what happens when it doesn't actually achieve a connection?

Shri Mataji: In Sahaja Yoga we'll see that it reaches that point. But it is a force like. In a seed there is a primule. And the primule first just sprouts then a little plant it becomes, gradually it becomes a very big tree. And out of that tree, thousands of seeds coming. So, in that little bit of that seed, there are the maps of all these creations. In the same way, that Kundalini is a force. Supposing it rises and it reaches the apex also and is not established, then we have to remember the parable of Christ, that, "Some of the seeds fell in the marshy land and got lost". Then again they take birth, then again they work it out. So, best is getting done, once for all. The time has come, is the blossom time, better have it done.

Seeker: Perhaps now would be the time.

Shri Mataji: Of course. Perhaps now it is, it is the time. Yes, please.

Seeker: Can any yoga balance the mind?

Shri Mataji: Cannot. Any other yoga is a part and parcel of the same. Actually, they have separated. They have taken out one part of yoga, one part of yoga there. It's a, if you see the Patanjali Yoga it is Ashtangas, means there are eight full. And basically is dealt with the ascent, with the thoughtless awareness, which are Nirvichar Samadhi, and then with the doubtless awareness, which has to be achieved, and that is only through the Kundalini awakening. Also, he has suggested some exercises that have to be done, if it is necessary. When the Kundalini rises, we know what the problem is, and we can do the exercises. And so, all the yogas are included in Sahaja Yoga. When the Kundalini rises, then it goes into Raja Yoga, in the sense that one center augments, when the Kundalini is passed through that. Supposing the Kundalini has come out of it, then it has to close, because it has to stop the Kundalini. Then it passes through another, then it has to close again. All these is called bhandan. But this is not to be done outside. It is to be done by the machinery itself which works spontaneously, automatically. Yesterday I told you, as the car starts, all the machine starts working. But without starting the car, if you start moving the wheels, what will happen?

Seeker: How this period that we are living in now, be viewed from the future?

Shri Mataji: Viewed from the future? Is the excellent time, the best time. And then we are not thinking of future or of past. Once we enter into that, then we just enjoy the present, which we have never enjoyed. Because future doesn't exist. The past is over. We have to be in present. So we establish ourselves in present and enjoy every moment of it. Future is just our imagination, idea.

Seeker: Can one person release the energy for another?

Shri Mataji: Of course. That's what I said. One enlightened person can enlighten another person. Q: Through the method of Shiatsu? Shiatsu. Shri Mataji: No, there is not such a thing. Only under your hand. You can move it. It moves through your hand. Just if you move like this, you can do it. As simple as that. It has to be simple. Because it is so vital.

Seeker: Krishnamurti doesn't believe this, he believes that the health can come to you... It has to come to you.

Shri Mataji: You see, Krishnamurti has said too many things. Talking is not the way, it is the actualization, is the becoming. That is important. So many books have been written. I tell you. Even you see the books, one goes mad the way this is written and really people are wondering, "What is what? What is what?" Who want to go? What to do? Actually, it's the actualization. It's the actualization that is important.

Seeker: Should I ask You, now is the time for that actualization?

Shri Mataji: Yes, of course. It's all right. There's one lady there. Yes, madam. What is she reading? What is it? I can get few words.

Seeker: I think I got the message now. Mother the lady is asking a question as to, she is wondering whether the awakening of Kundalini can in fact be dangerous? She's read a number of books where...

Shri Mataji: Yes, yes, is correct. That I should have covered already. It is not dangerous at all. At all. You see this books are written by people who are absolutely unauthorized. Have they raised anybody's Kundalini? They have not. But, just, just a moment, sit down, sit down. You see, this job is to be done by somebody who is authorized by the Divine. Every Tom, Dick and Harry can not do it. You see, when you put, supposing a plug into the, you put your hand into the plug and say that electricity is dangerous, because you don't know what plug is. You have to know it. If you know it, you can do it. Is not, this is all modern, is all modern I think, is more 20th century knowledge that has come up. None of the old books have written such a nonsense like that. This is just to frighten people so that they don't gate their Realization, is the point! She is your Mother. Kundalini is your Mother, your individual Mother and She knows each and every thing about you. Not only that, but She is such a loving Mother, that She gives your rebirth, without even you knowing about it, till you really feel it. It's so wonderful! Now, your mother, when she gave your birth, she took up all the labor pains upon herself. In the same way, now we have thousands of people who got Realization. Nobody felt anything bad except sometimes you do feel little heat, that's all. Thousands of people. But the people who have written that, is all modern style. On the contrary, there was a great saint called Ramadasa, at the time of Shivaji. He was the guru of Shivaji. Was a very well known king of Maharashtra. And somebody asked him that, "How much time takes does it take for a Kundalini to rise?" So he used a Sanskrit word means tatkshana, means that moment. But the person who has to do it has to be authorized, and the person who has to take it, must desire it! That is the word used. This is all modern nonsense that has come up to sell books. That's all I think. Or some of the people, who have no authority, those who led a very funny life. I know of someone who has written a funny book about Kundalini, who has a very bad life of his own, and he says that, "I got such a shock, I got this, that". Naturally. You had no business to enter into an area, where you are not authorized. And if so, also you should have gone to somebody who is authorized. The authority has to come from the Divine, that's important.

Seeker: Who is your guru?

Shri Mataji: He is asking? I am my own guru and I'll make you your own guru. You don't have to go to any guru, anymore. You

become your own guru. When the Atma, the Spirit comes into you, then you don't need any guru. Why do you need? Of course I can give you guidance and at the most, you can call Me, The Mother. That's all. There is no need to be subservient to anyone. There is no need to pay anyone. Of course, not, you cannot pay. Anybody who takes your money is your servant, a man has no self respect. He takes money from you for God, how can he? And we also, very foolishly, give money to such horrible people, who are just devils! They are evil geniuses. And the way they have managed this, is they have really made so many people so very sick, that sometimes, I do not know, where are they going to land up, the way they have been. How madam?

Seeker: Can You give us some person, can You give us somebody individually, when You say this?

Shri Mataji: Most of them are in the market. They are in the market. I need not take their names, at this auspicious time. Horrible people. Yes, madam?

Seeker: Is being over-emotional concerned with thinking?

Shri Mataji: More emotional...

Seeker: Is over-emotional, she is saying.

Shri Mataji: Yes, you see, both ways one thinks. Over-emotional people also think and those who are not emotional also think. This is no question, it acts on both the sides. The emotional people think of the past, "Oh, I was so happy, now I am so unhappy", sort of a thing, you see? And the people who are not emotional think how to make others unhappy?

Seeker: How does what You are talking about line up with what is written in the Bible, about salvation?

Shri Mataji: About what?

Seeker: Salvation. Shri Mataji: Same thing it is Madam, is the same thing. Absolutely, Bible can be only explained through Sahaja Yoga. Gita can be explained only through Sahaja Yoga. Quran can be explained only through Sahaja Yoga. You have to read between the lines. Christ was given only three, four years. What is three, four years to explain anything? People were so cruel. You know, I was in London, four years I was struggling with seven hippies. Couldn't give them Realization, it's so horrible. What could He do in four years? It's not an easy thing to work it out.

Seeker: Is Kundalini the only force in this particular time, that will do this particular job?

Shri Mataji: No, all the time this was the force, all the time. It's all the time, this was the force. It's called also, in the Bible it is said, that about the tree of life, is this mechanism. Also said that "I'll appear before you as tongues of flames" is the, the, when the Kundalini rises, then your centers look like that. So many things there are even in the Bible. In everything, in Koran it is called as Asas, the names are different, but it is so. Like Tao is the Kundalini. Tao as described, is also Kundalini. Zen system, Zen also means the same. Dhyana is the same thing. Confucious talked of the same thing, Socrates talked of the same thing. But only thing, is not said so clearly, because there were not people intelligent as you are today, to understand it, I think, that it was not said so clearly. Today we have so many seekers, can you imagine? So many seekers. The world is full of them. And they are intelligent, they have understood what is Divine, they try to understand. Is a very different category of people. As William Blake has said: "These are men of God". They will find God and they will make others men of God." It's very clearly he has said it hundred years back. So, that is what it is. And it is all, also in one of the Nadi Granthas, which was written by Brighu Muni, who was the originator of the horoscopes and all that, astrology. He has written very clearly that this is going to happen and this year specially is something according to the calculations, seems to be a big explosion. It's just like that.

Seeker: Even in somebody who is severely injured like in the spinal cord, can Kundalini be raised?

Shri Mataji: Yes can be. Can be, most of the people do get it. If somebody has to much of problems then than it maybe that, it

may little bit trouble, but one can correct it. It's, you see, the generosity of Divine is such, that He tries to give it to everyone. So much, that I'm Myself amazed. It doesn't consider anything else. Just like a big whirlwind it comes, just. I am Myself surprised how people get Realization. Where, like people, in Russia I was telling you yesterday. Then I went to Bogota. They have never heard about Me, nothing of the kind, and thousands were there. They all got Realization. Very surprising. I was so surprised. It's something is there in the generosity of the Divine that it's working out. And is better that we all get drenched into that. All right. So we'll have the process of Realization. Just to remove your doubts, I talked to you and allowed you to ask Me questions and allowed lot of time for it, because you see, when you are going through that process I don't want your mind just to come like a jack in the box, to say something. So is better to keep that mind little bit silent, I said, "All right, you can ask Me questions". But these questions, whether I answer them or not, or whether they satisfy you or not, whether you ask questions or not, makes no differences. Because this is all mental feats. It is beyond the mind, Kundalini takes you. So, what important thing is, that you must desire to get your Self-Realization. If you do not desire it, if you do not want it, I cannot force on you. This is the biggest problem. You cannot force on anyone. You have to desire it and ask for it, humbly. If you are saying, that, "No, I won't have it". So, I would request you that you better go and not disturb others. Because is something that cannot work against your free will. That's the free choice, as you say. Is that is the free choice, that till that point, you have a free choice whether to ask for it or not. Now, there are two conditions, as I told yesterday. The first one is that, we have to forgive ourselves fully. We are not to feel guilty, at all. Absolutely, we are human beings, and human beings are the only ones who commit mistakes. Gods are not going to commit mistakes. So, if we commit mistakes, doesn't matter. But as I told you, the generosity and the forgiveness of the Divine is so tremendous. that whatever you have done wrong, is easily forgiven. Divine is anxious that you should get your Realization. Very anxious. So, you don't now put down yourself, by saying, "I am guilty, I've done this, I've done that or I've committed sin. These ideas should not come into your head at all. There is nothing like sin, when you are in the present. So forget the past and forget what you think you have done wrong. Also you have to forgive the people, all the people, in general. Not to remember whom you have to forgive, why you have to forgive, but just in general you just forgive. It's such a great relief you don't know, if you will forgive. This Agnya chakra just releases. If you just say, "I forgive everyone", it opens out, and it's so good, that once you have forgiven, then Kundalini just shoots off. But most of the time I have seen, when they come to Me, meet Me, Then I have to tell them, "Please forgive, please forgive, please forgive" and then it works out. It makes it easier, just you, just forgive everyone. As it is, whether you forgive or don't forgive, you don't do anything, do you? Nothing. What happens? It's just a myth. Just a myth. But if you don't forgive, then you play into wrong hands. The other person, who has troubled you or tortured you is quite happy, but you are tortured, you are playing into the hands of such a person. So best thing is to forgive. Forgiveness is a very important in Sahaja Yoga. So, I would request you to forgive everyone, before starting this. Is a very simple thing, which one has to do, is that we'll take out our shoes. Those who are upstairs, can come down, will be better. There are seats in front also, if some people want to come. All right? Just put some water. Will you show them there? All right, just a minute. Just move down. There are some people who are waiting, to come in. Now, Frank will show you, how we are going to raise our own Kundalinis. It's very simple method to understand, very simple. First of all, you put your left hand towards Me, which represents your wish, your desire to get Self-Realization. Just please put it, left hand like that. Be comfortable. You need not sit with a slouch, you need not put with a very, too much straight. Just simple. So, left hand, we put like this, and with the right hand we nourish our centers on the left hand side, nourish our centers on the left hand side. Put both the feet apart from each other. Now, put your right hand on your heart, because right hand stands for action, or the power of action. On the heart. Here resides the Spirit, as I told you. Then we have to put our right hand in the upper portion of our abdomen. Just now, you see all this, and later on you will close your eyes and follow it. We have to work only on the left hand side. In the upper portion of the abdomen, on the left hand side. Then we take down our right hand in the lower portion of our abdomen. This is the center which manifests the divinity on our central nervous system. That means we become knowledgeable, gnostics, the bodha. Now, you have to rise your hand in the upper portion of your abdomen. Now, this is the center, which is the center of mastery. Great saints, prophets, have created this special center for us, so we have to enlighten this one also. Then we take our right hand on our heart. As I told you, this is the center of our Spirit. Then we take our hand in the corner of our neck and our shoulder, and put our right hand on the back side of it and turn our head to our right. This is the center which is disturbed when we feel guilty. Then we take our right hand onto our forehead across, and push it down as much as we can. Allow the head to rest on it. Now press it on both the sides. This is the center to forgive others. Take down our hand. Take up on the back side of our head and put our head resting on it, upward. This is the center to ask for forgiveness from Divine, without feeling guilty. Then we stretch our hand, we stretch our palm. The center of our palm we put it on the fontanel bone area. And bend our head, as much as we can. Now, push back your fingers. Please, push back your fingers, so there is a sufficient pressure on your scalp. And now you have to move your scalp seven times, very slowly,

clockwise. Now, it's done. That's all we have to do. You can take out, take down your spectacles if you want, because sometimes even eyesight improves. And now you have to close your eyes. Until I tell you please, don't open them. Please, don't open them. Remember to keep your feet apart from each other, and just this left hand like this. Like this, bend your head, push back your fingers, and move your scalp like this, seven times, slowly. This is important. You push back your fingers, then there is a pressure, and you can do it much better. All right? Now, let's see. Please, close your eyes! But you should be pleasantly pleased towards yourself. You have to forgive yourself and you have to be very pleasantly placed towards yourselves. Not to be angry with yourself, that is very important. Now, put your left hand towards Me and right hand on your heart. Close your eyes, please! Here, you have to ask Me a question. As you ask a computer, you have to ask a question. You can call me Shri Mataji or you can call me Mother, "Mother, am I the Spirit?" Ask this question in your heart three times. Not loudly, in your heart, three times, "Mother, am I the Spirit?" It's a very important question. Now, you take down your hand, onto the upper portion of your abdomen, on the left hand side and press it hard. If you are the Spirit, you are your master. So now ask another question to Me, three times, 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 cannot cross over your freedom, which I respect. And I cannot force pure knowledge on you. You have to ask for it. So, now, please, put your right hand in the low portion of your abdomen, on the left hand side. And ask "Mother, please, give me pure knowledge!" Say it six times, because this center has got six petals. So please say, "Mother, please, give Me pure knowledge". As soon as you ask for pure knowledge, there's movement in your Kundalini, which you may not feel. It's 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, in the left hand side, on the left hand side, and here you say with full confidence ten times, "Mother, I am my own master". It's very good for people who have been specially tortured by other gurus. "Mother, I am my own master". Please, say it ten times. So now, raise your right hand onto your heart, where resides the Spirit. And the Spirit is the state, to which you have to rise. With full confidence now, raising your hand to your heart, with full confidence, you have to say, "Mother I am the Spirit. Mother, I am the Spirit". Say it twelve times, please. The Divine is the ocean of knowledge and love. It is the ocean of bliss and peace, but above all, it is the ocean of forgiveness. So you cannot do anything, which cannot be forgiven by that great power of forgiveness. So now, you raise your right hand in the corner of your neck and your shoulder, push it back as much as you can, and turn your head to your right. Here you have to say sixteen times, with full confidence, "Mother, I'm not guilty at all". Please, say it with full confidence. I've already told you, that whether we forgive someone or don't forgive, we don't do anything. But if we don't forgive, then we play into wrong hands. So, please, now, raise your hand to your forehead and put down your head, slowly. Let it rest on your hand and press it hard on both the sides. This is the center where we have to forgive everyone. So, please, say it from your heart, from your heart, not how many times, "Mother, I forgive everyone". Is very important! Please, say this, from your heart. Open your heart and say, "Mother, I forgive everyone". Now, take back your right hand on the back side of your head, and turn it upward as far as possible. Let it rest on your hand. Here, without feeling guilty, without counting your mistakes, without blaming yourselves for anything, just for your satisfaction, you have to say in your heart, opening your heart, not how many times, "Oh Divine, if I have done any mistake, please forgive me". In humility you have to say, "Oh, Divine, if I have done any mistakes, please, forgive me." Now, stretch your palm, right hand palm, please, and put the center of your palm on your fontanel bone area, which was a soft bone in your childhood. Now, put down your head, as far as possible. Now press it hard, push back your fingers nicely, press it hard and you have to move your scalp seven times, clockwise. But again, here, I cannot cross over your freedom, which I respect. So, you will have to say, "Mother, please, give me my Self-Realization". I cannot force on you. Please, say it seven times, "Mother, please, give me my Self-Realization!" Push back your fingers please, push back your fingers. Move it. Put down your heads. Put down your heads. Now, please, take down your hands. Open your eyes, slowly. Put the hands towards Me, like this. Now, put down, push your hand, right hand like this towards Me, and put down your head, and see for yourself with the left hand, if there is a cool breeze coming out of your head. May be little hot, doesn't matter. But it will be some sort of a heat or a cool coming out of your head. You have to certify yourself. Don't worry about the air conditioning. It's coming out of your head. Now, put the left hand towards Me and put your right and again and see for yourself, if there is a cool breeze coming out of your head. Now change over again, once more. 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 fontanel bone area. You have to put it above, not on it. Above, some people can have it little far away, some will have it closer. But you don't have to touch your head. Now, push back both your hands. Raise them, raise them like this. Push back your head, and ask the question, "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 Paramachaitanya?" Ask this question, one of them, three times. Keep your eyes upward and ask this question. Now, take down your hands. Just keep them. Try to watch Me without thinking. You can do it. You feel very relaxed. You can put on your glasses, if you like. Just put your hands towards Me like this. Those who have felt the cool breeze

out of their head or on their fingertips, whether hot or cold, please, raise both your hands. Practically, all of you have felt it. May God bless you! Just imagine! I bow to all the saints. Now, you have to just know how to establish it and to work it out. It's very simple. You have a very good center here, where people will tell you all about it. There is nothing to be paid for, just you have to give little time to yourself and you must respect your Self-Realization. Gradually, you will grow into it. And I hope next year, I will see you here as big trees grown. Very happy to meet you all. All those who have not felt it can come on one side and the Sahaja Yogis can see them; And those who have felt it, I would like to meet them, one by one. I'd like to shake hands.

[Hindi/Marathi]

Shri Mataji: So now...

P: [unclear] Mother, is lovely.

Shri Mataji: Lovely. Now, you are lovely, you are fantastic, and now you have to establish it. You must establish, give some time. All right? Don't neglect it, because, unless and until you establish it, you cannot become the master of it. And it takes at the most one month, just to establish it. All right? So you meet these people. Where is the center, you just announce. Lovely. Thank you, you help us. So, you got it? So you really got, really got it. Oh, he's very cool and nice. May God bless you! It's your own, it's your own. Now, you must enjoy yourself more, by becoming that fully, all right? You have to become fully. You don't have to do much about it, just to know something, that's all.

P: Yes. Thank you very much! It's all your own, you are what you are! This is the glory you are! Just enjoy yourself. All right? So, very good. May God bless you! Thank you, for what? It's your own. You enjoy yourself. Just laugh it out. You found it. That's all, you found it. Eureka! P: You told me what I wanted to hear.

Shri Mataji: Really? Good, I am very happy! Very good, excellent. May God bless you! So cool and nice! Wonderful. May God bless you! Enjoy yourself.

P: Thank you very much!

Shri Mataji: May God bless you. Thank you, for what? You are, it's your own. [Actually] I must thank you for getting your own. May God bless you! May God bless you!

P: Thank You for Your [unclear].

Shri Mataji: Come along!

P: Thank You, Mother!

Shri Mataji: May God bless you! They are such a beautiful people! May God bless you! So this is finished now? If You are bored You can just throw it away. All right. It's all right. I know I told you it's not true. May God bless you!

P: Thank You for Your time and goodness.

Shri Mataji: May God bless you. Now you must give some time to yourself. That's important, isn't it? Yes, you should, you should look after yourself. No more troubles, no more diseases, no more doctors. May God bless you!

Shri Mataji: Yes, just come!

P: I'll have to.

Shri Mataji: Yes, yes. They have. We have a tour in India, we too have a tour. So, if you want to come, you can find out from these people. Oh, God! Good. May God bless you! Enjoy yourself, enjoy. Enjoy. But you must come and see them and find out. All right? And become experts. May God bless you! When I put my hand up the first time, I felt it. and when I took it away it had gone. Is that fine? You know, when I put it up, I felt it, right? and it [unclear]. And then when I put it back it was gone. What had happen? It doesn't stay if you are thinking about it! Just don't think. You should not think about it and argue about it or discuss about it. Then you come to your mental level. It is higher level than that, that's why you lost it. Now, don't think about it, you can't think about it. You see, you did it without thinking. So keep to that state. Thank You.

P: Namaste Mother. Forgive me.

[Hindi] [Hindi] [Hindi] [Hindi] Namaste!

Shri Mataji: Namaste! It's good to see You again!

P: I sort tried to forgive the [unclear]. Sort tried to forgive the [unclear] as You told me last time.

Shri Mataji: Forgive?

P: The [unclear]. The white man, he and his [unclear]. For marrying, You were saying.

P: Thank you I hope we are a forest of tall trees next time You visit.

Shri Mataji: Yes, we have to see. Is already described that. And there's a poem that: "Come along the forest of [great] trees of giving blessing. Like that. There's a Marathi poem like that describing you all, as the oceans of love, which speak. Beautiful descriptions, there is about you, people.

P: I was wondering, we used [unclear] woman, not to shake hands but just kiss them on the cheek.

Shri Mataji: All right. It is all right. You are My son.

Shri Mataji: You are My child.

P: We actually try and tell other people.

Shri Mataji: Please do, please do and bring them along. We have a center here, luckily, very good center, which we work it on. I had a friend, he was very closed to a one of the seekers who... Yes. There are so many. There are so many lost. [unclear] incarnation but that is part of... Yes, that is there. It's a part of it. They'll tell you all about it. All right?

Shri Mataji: So, now, are you all right?

P: Yes, thank you. Please [unclear] from forty years old and I believe by next time when I see you [unclear] my life I'm forty years old and I believe next year when I see You [unclear]

Shri Mataji: Of course, they can, of course. May God bless you! May God bless you! Enjoy now, enjoy! Enjoy. May God bless you. Enjoy. Enjoy. Enjoy yourself! Very, very good.

P: Thank you very much!

Shri Mataji: May God bless you!

Shri Mataji: You come from Fiji?

P: South Africa.

Shri Mataji: South Africa, really? We have somebody from South Africa here. We are having a nice center there in South Africa, so many. At least they were saying about one thousand people in South Africa doing Sahaja Yoga. It's very good. Enjoy yourself now. You are also from South Africa?

P: No, I am from New Zealand, my mother... I'm from, born in New Zealand and my mother is from Gujarat, so she stays in India.

P: Gujarat and stays in India.

Shri Mataji: Oh I see, Gujarat. Oh, Gujarat also we are doing very well.

P: Yes, but I am in New Zealand.

P: I've asked to be guided for many years for the right teacher. I've asked for many years to be guided to the right teacher and I feel I've got it now.

Shri Mataji: Now, there are people who will make you a teacher yourself. And you should get it more people. You are from India?

P: Yes, well I am born here.

Shri Mataji: Yes, you are born here, doesn't matter. There are so many Indians here. And please tell them that the time has come for them to get what is promised. All right? Yes. [unclear]

Shri Mataji: You are from where?

P: I'm from South Africa.

Shri Mataji: Really? We have somebody here from South Africa.

P: Yes, that was my wife [unclear].

Shri Mataji: Maharaj is there. May God bless you. And we are doing very well in South Africa, surprisingly. There are thousand people who are Sahaja Yogis now in South Africa.

P: Which part of South Africa?

Shri Mataji: I don't know exactly. I won't be able to tell you but if you want I'll give you the address of those people.

P: Yes, but I'm living here now, permanently, in New Zealand.

P: Thank you very much. I leave you.

Shri Mataji: So may God bless you!

P: It's beautiful!

Shri Mataji: Enjoy. You are all beautiful. You just know your own beauty now. It's time for you to know your beauty and glory. So, now, how are you? Now, you are all seekers, you see? It's your right to get it. All right? It's your right to get it. Here's another one, a great seeker here. May God bless you!

P: I've always been interested in Kundalini.

Shri Mataji: Now, you have it. It's under your control. You can raise it, to anybody if you want to. Got it.

P: What I want to know, is why didn't I want to seek a long time ago? Why didn't I want to seek a long time ago? Why now? I can't understand that.

Shri Mataji: I'm sorry for that. I know but it is the time, has to come. It has to ripe. I was here many times before, three times before I've been here, in New Zealand.

Shri Mataji: I'll come back again next year.

P: We need you.

Shri Mataji: Now, you meet them, and become the full, right? What a question! But that's true. Some people take time. Isn't it? Because I've been here before also, for your information.

P: I got a question. I felt the heat in my left hand.

Shri Mataji: You come from what place?

Shri Mataji: You come from which place?

P: From Singapore.

Shri Mataji: From Singapore with the left hand side?

P: With my left hand, you know I did not feel anything.

Shri Mataji: Left hand couldn't feel anything.

P: Right hand couldn't feel anything.

Shri Mataji: All right, so you forgive. Singapore is a very speedy people. And now, you forgive anything? See now? All right? You have to forgive. Thank you. It was beautiful. So beautiful you are. Enjoy your own beauty. You are all so beautiful people. Aren't you like flowers? Very nice to meet you. Very nice to meet you. [Hindi] [Hindi] [Hindi] Just Imagine! That gentleman, just call him; that why he's feeling hot. Hello. Call your son. I'll tell him. [Hindi] He has gone and this is my son. All right. So that's the thing. That's wrong. That's why you and he, both are feeling hot. All right? He is not a right person. You want diamonds or you want God?

P: God.

Shri Mataji: It's all right. Then, give him up.

Shri Mataji: You are from where?

P: Fiji.

Shri Mataji: Fiji? There are lots of Fiji people here. [Hindi] [Hindi] [Hindi] [Hindi] [Hindi] [Hindi] [Hindi] Do You think I should go there and [unclear].

Shri Mataji: Where ?

P: Over there.

Shri Mataji: Of course, of course.

[Jane Lee] In the process I felt something here and afterwards.

Shri Mataji: Liver. You didn't forgive my child. You have to forgive. That's something I've been requested you all. Just forgive. That's why you felt it there. Now is better? All right? Got it. So there's only little thing you didn't do, is to forgive. Thank You.

Shri Mataji: How are you?

P: My son has previously [unclear] again

Shri Mataji: You want again to go? [unclear] I wish I could go sometimes to all these places. May God bless you. So now... You got it very well? Isn't it ? Feel it? Yes, yes. I can see on your face. The eyes are dilated. There's a sparkle in the eyes when you get your Realization.

P: Before I came in, I had warm from my hands anyway.

Shri Mataji: And now is good. Yes, that's correct. I'm still trying to feel it correctly. Yes, you should. You should try to meet these people and just establish yourself.

P: My mother is member of your group, and so is Katrina.

Shri Mataji: Really?

P: She's my daughter. Oh, good, very nice.

Shri Mataji: Hello sir.

P: Nice to meet you. May God bless you. Nice to meet you!

P: When do You come to New Zealand again?

Shri Mataji: Next year?

P: Next year. [Hindi] [Hindi] [Hindi] P: Thank you very much.

Shri Mataji: May God bless you! So, now, it is all right.

P: It was very nice to receive Your powerful talks. Thank You!

Shri Mataji: It is power of Love, my child, it is just power of Love. Nothing more than that. All right? May God bless you! Thank You very much. It was lovely. And now is available. I don't know what I felt [unclear]. Now, you must forgive, that is the point, you see. If you don't forgive, you won't feel it. You have to forgive from your heart. Just now, you see? Better?

P: Yes, yes.

Shri Mataji: You have to forgive.

P: Yes, thank You.

Shri Mataji: That's the only thing you have to do is to forgive. It's a bit too much now. How are you? Thank You for an interesting talk. Now, you must come and see them, all right? And achieve it and get boys of your age group. Very important! You know there's an attack, a negative attack . coming to your country. You must know that. Drugs, this, that, all kinds of things.

P: Thank You very much. It was lovely. Thank You.

P: You'll help me to help myself?

Shri Mataji: Yes, you will. You just go and see them.

Shri Mataji: You will help yourself and you help others also. [unclear] Hot. You must forgive, just forgive. Forgive. Is important to forgive. Just forgive! Better?

Shri Mataji: You are from where?

P: I'm from New Zealand.

Shri Mataji: From where.

P: New Zealand. I'm from India.

Shri Mataji: From where?

P: From Bombay.

Shri Mataji: From Bombay?

P: But I've been here long time. I have come when I was ten and I've been here 40 years now.

Shri Mataji: Really?

P: Yes, but I have problems with my own children.

Shri Mataji: They will be all right. Now you first of all learn all these things. Yes. Then you can solve all the problems. First you learn it, you become a master and then you can manage. All right? May God Bless you.

P: That's my daughter.

Shri Mataji: How are you? All right! You're all right. Forgive! Just you forgive! What is there at such a young age you don't forgive? You must forgive now. Even the old people have forgiven. Right? Now better. All right?

P: Thank you.

Shri Mataji: Go and see them.

P: Thank you! We saw You in two classes in London and to see You here is a wonderful thing.

Shri Mataji: Really? When was that?

P: I don't know, we just attended two of your two classes in London.

Shri Mataji: Oh, I see, the courses.

P: And the course is in Wimbledon.

Shri Mataji: This, just see, he has attended the courses in Wimbledon, he says. Yes, good.

P: So thank you for this marvelous gift and also Your coming.

Shri Mataji: Very good. Now you go and meet them. You are here or in London?

P: We are living here.

Shri Mataji: All right, that's very good.

P: I've been enjoying listening to You. I was very interested as I have breast cancer.

P: That's why I was interested to hear what You said about breast cancer. Shri Mataji: Was that the reason?

P: Yes.

P: What was that?

Shri Mataji: Is that the reason, you are insecure?

P: Yes, yes, there's nothing. I always think that You say it. Yes.

Shri Mataji: You have seen that?

P: No, no that's leaving me now.

Shri Mataji: Now it's all right. You'll be all right. Is that the reason?

P: Yes it is.

Shri Mataji: It is the reason. That's why in the West, see women are very insecure. And men must understand this, the way they

go on with this woman, that woman.

P: I don't, I believe that I can't expect him to understand, but I understand it myself now and that's important.

Shri Mataji: It is better to be yourself. See that the whole joy is with you.

P: Yes, I'll try. I understand that. Thank you.

Shri Mataji: So, now, how are you?

P: Very good. Thank You, Mother. You, great! Now you must develop it within yourself. So develop it. You become a master of it. It is very easy, it's very simple. Because is so innate within you so you just become that. But you must know how to manage it, how to give Realization, so you can help so many people. So how are you? Oh you, very good. Wonderful.

P: What is there?

Shri Mataji: You will see, the cool. Shri Mataji: So, how are you?

P: I don't [put in] to understand.

Shri Mataji: All right, now, that's a [unclear]. Did you forgive?

Shri Mataji: Did you forgive everyone?

P: Yes.

Shri Mataji: Really? No, you did not. Now forgive. Now forgive, before Me you better forgive. Forgive, forgive. Now, is there a cool breeze now? Now, you didn't forgive. Just forgive. Just say, "Mother, I forgive everyone". Just say that. Say, "Mother, I forgive everyone." All right? It's releasing now? Such a headache is over if you forgive. Why to carry this headache of not forgiving? Now, see? May God bless you!

Shri Mataji: So, how are you?

P: Good, good.

Shri Mataji: Please, forgive.

P: I got it stronger in one hand than in the other.

Shri Mataji: In this hand you had strong? Yes. What work you do?

P. Brick liner. Brick liner.

P: Brick liner.

Shri Mataji: I didn't understand.

P: Brick liner.

Shri Mataji: Bricklayer, bricklayer. That's a physical work. That's why. Now, it's better now? May God bless you! Little, one goes

into imbalance, because you are doing a physical work. The left is less. So they will teach you how to get into balance. That's all.
All right? May God bless you!

1990-0315, Seek the eternal, and treat the transitory with all understanding about it

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15 March 1990

Seek The Eternal, And Treat The Transitory With All Understanding About It

Public Program

University of Sydney, Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

Public Program for Members of Department of Religious Studies at the University of Sydney (Australia), 15 March 1990.

Sahaja Yogi : Will you be standing up ?

Shri Mataji: I think so, would be better. Or if you think it's alright, then it's alright. They can see me on the tips.

[Long introduction to Shri Mataji by a Sahaja Yogi]

Shri Mataji: Thank you very much.

I bow to all the seekers of truth.

At the very outset, we have to know one thing, that truth is what it is. We cannot organize it, we cannot order it, we cannot conceptualize it also with our human understanding. It is, it was and it will be. The essence of all religions, if you bring it down to the one-line essence, is this, that: seek the eternal, and treat the transitory with all understanding about it.

The first part is the difficult one: seek the eternal. Eternal is the truth, and what is the truth? Now when I'm talking to you, you are all very well versed and very well educated people, I have to request you to have an open mind, a scientific outlook to see for yourself what I say is the truth or not, experience it, and treat all this talk as a hypothesis. And if it turns out to be the truth, then in all honesty we have to accept it.

So there are two things which we may not accept, but they exist. One of them is that all this universe, all this creation is permeated by, nourished by, looked after by all- pervading Power of God's love. In these modern times even to take God's name is too much. This is called as Paramachaitanya in Sanskrit language, in Qur'an it is called as ruh, in the Bible as the all-pervading Power of God's love, or the all-pervading Power of Divine. What we call as spirituality, divinity is the essence of that. This is first truth. And the second truth is that we are not this body, not this mind, not the emotions, not the ego, not these thoughts. Beyond that we are the Spirit, we are the pure Spirit. These are the two things said in all religions, whatever way they must have talked about.

In the olden times, when seeking started in India – India has certain privileges compared to other countries. Firstly the climate is so good that you can live in a jungle without much trouble. While in the West we would say people started growing outward like a tree, the Indians started going downward into their roots. And they found out, long time back, Sahaja Yoga. It's not a modern thing, it's an ancient unscripted method of getting union with the Divine, which is "yoga". "Sahaja" means "born with you" – "saha" is "with," "ja" "born." Born with you is the right to get that union with the divine Power.

But "sahaj" also means "spontaneous", because this is the living power that works it out. There is a living power within us which has made us human beings from amoeba stage. And now there's another residual power which has to connect us to the Divine. This is the real meaning of the word "yoga." And every human being has a right to get united to that all-pervading Power. So this is the last breakthrough of our evolution.

At human level, as you know, we live in a relative world. Some people say this is good, some people say that is good. There's all a strife going on. But if it is the absolute truth there should be no two opinions about it. So very humbly we must accept that we have not yet reached that absolute truth which proves the existence of God, which proves the existence of this all-pervading Power, which proves the correctness of what the great prophets, the great incarnations have taught us.

Of course religions have gone into diversions and deviations because of human effort, and they might have been apparently looking to be different, but they were just like flowers on the Tree of Life at different times, according to the timings – Sanskrit the word is for this "samayacara"[established practice or samayika? For now]. According to the time the manifestation was there, but they were all created on one Tree of Life. But people plucked it, started saying : "This is mine. This is mine," and with

the dead flowers they started fighting. That's how we see today the problem arising. There was nothing wrong with these saints, nothing wrong with the prophets, and nothing wrong with the incarnations. They all have done whatever was the best for us, and have tried to tell us from time to time at the time of our evolution what we have to do. But mostly they have been dealing with the transitory things, how not to indulge into the transitory pleasures of life, but to seek the eternal.

The second part of it is the "Seek the eternal." That is, to get this yoga, to be united with this all-pervading Power which gives you Self-realization, to know the Self. "Know thy Self" – Christ has said it; you are to be born again. Even in Sanskrit language they call a person who is a Realized soul as "dvijaja" means "born twice." They call a bird also as "dvijaja" meaning "born twice" – means first it's an egg and then it becomes a free bird to fly out. In the same way a "Realized soul" means a person, a human being who is connected with that all-pervading Power.

Now what is the system within us which has been created by God Almighty beautifully? Because not that He's our Creator, but He is our loving Father, and beautifully during our evolutionary process He has created a very beautiful mechanism within us - I am sorry we don't have any diagram here of that - but that is described as "Tree of Life" in the Bible, it's described as Asas [first Surah] in Qur'an, is described as Kundalini in Sanskrit language. "Kundala" means "coils."

Now this power of Kundalini is a power which is the power of pure desire. All other desires are impure. You know the law of economics is that in general, wants are not satiable. Today we want to have a table, then want to have a chair, then want to have a car, then want to have a house; whatever we get, we are not satisfied with it. We jump from one to another. The reason is, whatever we desire is not the pure desire. The pure desire within us, whether you are aware of it or not, is to become one with the divine Power. And unless and until this desire is fulfilled, you can never have that satisfaction, that contentment of a saint. So this is the work one had to do.

In the early days thousands of years back, all over the world there were realized souls. You can start right from Abraham, to Moses, to Confucius. In India there were many great saints: Adinath, from that Nath Panthis they were called as, their job was just to give awakening to people. At the time of Rama, His father-in-law was Janaka who was a king, but regarded as a very detached person – videhi – and one disciple came to him, asked him for Self-realization.

He said: "You can ask for my kingdom, but it is not easy to give you Self-realization."

He said: "Why?"

He said: "The time has not come."

"So when will the time come?"

He said: "Kali Yuga" – that's modern times. "This is the time when people will be living under illusions, subranth, and they will be under shock of destruction. They will not be able to solve their problems, and then they will seek the truth. And many of them who today are roaming about in the hills and dales, in the mountains, Himalayas, will settle down as householders and they will get their Self-realization." That is the time today.

Whatever is said about the Last Judgment, this is the time for that Last Judgment. Also in Qur'an it is said that "At the time of your resurrection your hands will speak, and they will give witness against you." Exactly this happens in Sahaja Yoga. The surah that is in Qur'an called as the "sashti yoga" [connected to Surah Ya Sin, 36], it's surprising how Mohammed Sahib clearly said about it. He also said, "You won't believe it, because you are too arrogant. Because you won't be able to see that, you'll be moving in another direction of fanaticism." Clearly He has said it. But as it is, nobody likes to really go into the details of it and to find what is between the lines. That also is a very subtle thing. For that we have to become subtle beings, and to become that subtle being you have to get your Self-realization.

At the time, in the beginning, I would say, when they were searching, they went through their sympathetic nervous system, praying to God or doing their Vedas and all those things. And what they saw were the different deities sitting on the different chakras on the subtle centers, so they started talking about the deities. So people started worshipping the deities. They wanted to have the nectar, the honey of the flower, but they started talking about the flower, worshipping the flower. So some people afterwards found it, that it was not proper, like Buddha, Mahavira, Mohammed Sahib, Nanaka: all of them found that it's not proper to talk about the flowers, because people get lost, so better talk about the honey. So one was "sakara" [having form] – that is, with the form – another formless, so "nirakara" [formless]: they started talking about the formless. This was also talk, and talk, and talk. But to reach the honey, you have to be a bee, and that's what is Self-realization is.

Now this Kundalini is placed in the triangular bone, which is called as "sacrum" in the medical term. In Latin, "sacrum" means "sacred." That means the Greeks knew about it, otherwise why should they call it a sacred bone? This Kundalini is awakened as a living process, like the seed sprouts when it is put in the Mother Earth; spontaneously rises, passes through six centers, the seventh center is below. And the seventh center is responsible for our excretion. It stops its function when it starts rising. So

another myth which says that the sex has any part to play in our ascent is absolutely wrong, because the center of sex which is the seventh center is lower than the Kundalini. Then it rises, pierces through six centers, and the sixth center is placed on the fontanel bone area, where it was a soft bone once upon a time.

But as you grow, through your sympathetic activity you develop two institutions in your head. From the right activity which is, we can call the power of action, you develop your ego like a balloon. And from the left side which is your conditionings, you develop another balloon which is called as "superego" in English language, but in Sanskrit is "mana." Both of them join like this, sometimes overlap each other, and the bone becomes calcified. So now you are like an egg, I would say. Then when the Kundalini rises, when the Kundalini rises, She passes through this center which is placed between the optic chiasma, known as Agnya Chakra, which sometimes people call it as "third eye." And this center sucks in these two institutions, opening the limbic area, and through which the Kundalini comes out, and you can feel the cool breeze coming out of your head, the actualization of the baptism. It's an actualization, it's not just a certificate.

So, like every instrument has to be connected to the mains, you get connected with that subtle energy. And because this is the seat of your Spirit, but the seat in human beings resides in their heart, immediately the Spirit starts emitting light on your central nervous system. This is a very important point one must know. So you cannot understand it through your mental activity, but through your evolutionary process, you manifest a new awareness on your central nervous system. And this awareness is called – in the Christian tradition in the olden times they were called as gnostics. "Gna, gna" was the word. "Gna-jinat" is in Sanskrit, means "knowledge," from where the "gn" comes – "jnana," in the same way the "gna," and "gnostics" they were called. And I'm sure you must have read the Book of Thomas who wrote on his way to India, and where he has talked of many theories of Christianity also. This "gna" or this knowledge, "gna", is the same as "bodha" in the Buddha tradition, is "to know on your central nervous system." It's an experience, it's not through your brain, not with mental activity, but on your central nervous system. In the Vedas the first verse of Veda is that you have to know it in a "veda". "Veda" means also "to know on your central nervous system."

All these scriptures aim at knowing this all-pervading Power on your central nervous system. For example, now we are human beings. We are much better off than animals. Supposing you want to take a dog through a dirty lane he can easily go, or a horse, he has no problems; but we cannot pass through that, because we have developed certain subtler senses within us. But once Kundalini rises and you become a Realized soul, then a new dimension of awareness develops, and a widening of your awareness. First thing that happens on your central nervous system is that, that you become collectively conscious. Is said by Jung – Jung has said it, about it that you develop collective consciousness, you develop it, it's actualization, is becoming. Is not just that I say that "All right, we are all brothers and sisters. We are part and parcel of the whole." By saying, that doesn't happen, but you have to become. It's a becoming, it's a happening within us.

So you can feel on your fingertips your own centers and the centers of another person, very easily, even children can feel it. This is the first awareness which we can understand that happens. But when the Kundalini rises, she passes through a portion which we call as Void. It's not the same as Zen, is different type; is here in the portion which we can call as the "ocean of illusion." It enlightens ten valencies within us. Human beings have ten valencies, while you know that matter has eight, animals have nine, and human beings have ten valencies. These are ten dharmas, means these are ten religions you can call it, or the Ten Commandments within us. They just get enlightened within us, and you become a righteous person. Like any saint, you become righteous. Nobody has to tell you "don't do this, don't do that" – you just become.

This is what has to happen, because you see people belonging to any religion whatsoever, whether it is Christianity, Hinduism, or Islam or any one, they can commit any sin they want, there's no bondage of religion in them. Anyone can commit any sin. They can kill anybody, they can rob anybody, they can deceive anybody, they can be very mean. Anything is possible, whatever religion one may follow. But when you are not innately religious as I call it, when it is not built in within you, then this kind of faith leads to fanaticism. And I think today's main problem now is fanaticism and fundamentalism. Everyone thinks that: "We are the best, we are the chosen ones, we have the full idea." But actually unless and until you know the reality, you cannot say that you have known it. So to know the reality, the Kundalini has first to be connected with the Divine, and then you have to experiment with it and see for yourself, and find out what is the reality, on experience.

The other day one miracle happened, I must tell you that. A gentleman was sitting and was questioning Me on a radio station, and suddenly he asked Me a question: "Do You think this is some sort of a Messiah's work?" I didn't answer him, but immediately

he felt cool breeze on his hand. He said: "What's happening?" He forgot he was on the tape, you see. He just said, "What's it? What is this cool? What's happening? But nothing on my head!" He just fought all of it [?]. He said, "Nothing on my head!" I said, "All right, there's a little imbalance. Let Me work it out."

And then he started feeling: "Oh God!" and he said, "See, I feel a ball, a ball of cool breeze in New Zealand!" And everybody rushed from the, that area, to see what is happening and everybody's listening. Just he asked a simple question like that, and the answer came like a computer you see, it worked, and he was amazed at himself.

So this is something one has to realize, that this is the Power that really does everything. What we do is to something dead-supposing there's some trees, dead- we make this table, we think no end of ourselves – from dead to dead, just reconstruction. We don't do any living work. But after Realization you start doing living work. If you give this chaitanya or these vibrations to crops, they grow ten times more. You don't have to even use the non – what do you call them? – hybrid seeds, non-hybrid seeds. And hybrid seeds are producing less than the non-hybrid seed when you have given them vibrations. And the food that you eat from that is so good, so tasty. It, you can give it to flowers, you can give it to nature, you can give it to any sick person.

When the Kundalini rises, automatically you develop your own balances, and that balanced life manifests outside. Now this ecological problem can be solved as soon as human beings get transformed and develop their balances. Because we are imbalanced, that's why the nature has gone into imbalance. Nature is not in any imbalance. Poor thing is trying to maintain somehow balance, despite all our hectic efforts. So our balance has to be established so that balance comes into us, and we start leading a life of complete balance automatically – automatically. Nobody has to tell you but you just don't do it, just become that.

Then another thing you can do, living work, is that you can raise the Kundalini of any person, like one enlightened light can enlighten another person. There has been lots of misconceptions about Kundalini and I've read them, and I was amazed because these are most unauthorized. These are all modern stuff that has come from somewhere; I think it's all a money-making propositions, perhaps, because nowhere in the ancient books is written that Kundalini has any problems or it gives any trouble. One great saint called Ramadasa, who was the guru of a great king called Shivaji, and he was asked: "How much time does it take for a Kundalini to rise?" So He used the Sanskrit word "tat ksana" – that moment – but there should be a person who is authorized to do it from the Divine, and there should be a seeker of truth, otherwise it won't work out for years.

So nowhere in the ancient books – we have Markandeya's, which we can say thousands of years back has written about Kundalini; we have Adi Shankacharya, all of them – nobody has written anything like that. In the twelfth century Gyaneshwara has written about Kundalini. Nobody has said this is dangerous. This is a modern stuff, I think coming from Germany, because Germans came here and somebody told them something, and they have written down. It's most unauthorized and wrong. Now there are forty nations which are working out Sahaja Yoga, forty nations, and nowhere we have found this kind of a thing that it's dangerous, this thing happens, that thing happens – nothing of the kind. On the contrary, people get physical fitness, mental fitness.

We have got three doctors from Delhi University who have done their MD with Sahaja Yoga, and have proved that with Sahaja Yoga you can cure very incurable diseases. I must tell you a very great news, that in Perth, husband and wife who had AIDS got cured, during this tour of Mine, just by their own powers. You don't have to do anything about it – their own powers just worked out. I hope they keep up. We had cured one other gentleman here, Mr. Granby, last time when I came here, but he had no willpower to continue with it. If he had a little bit put attention to it, he would have been all right. And his father is very sorry that he went back to the same bad habits, and he got it back.

So many things can be explained about things which we do not know, about the soul, about possessions, about evil forces – all sorts of things one can see, once you get your Self-realization. Before that, we are in a confused state, and that's why they say that when the Spirit shines, there are three things which manifest within us. One of them is the truth, that you know the absolute truth. On your fingertips you can ask any question, "Is there God?" – the question. Answer is "yes" – you start feeling the cool breeze. Somebody who says he's a saint, all right, just feel him. You might get heat, you might even sometimes get a little blister from some horrible person who is just a money-maker or a sorcerer trying to say that he's a saint. So that's how you develop the absolute truth on your central nervous system. As I can feel this glass, you can feel a person, his centers. Sitting down here you can – I mean, it's at an evolved state – you can feel anybody's centers, just you have to think about it. It's like a computer. You are all divine computers, fantastic things, which thinks and which produces results, which you have to be. We should not, in any way, have our estimation very low. Actually we are made human beings to be something very great, and we are that. But there's a little gap which we have to cross.

Like in our Indian village if I take a television and show them, and say that "See, in this television you can see pictures from all over," they'll say, "What? This is just a box. How can we see something in it?" And you put to the mains, and then they can see how fantastic it is. In the same way we have to know our potential by being connected to the mains, and then you'll be amazed that we are great, all of us, specially the seekers of truth have the first right to get their Yoga.

But if you are still indulging with your mental things and you want to have a mental acrobats, still busy with all that, then Divine says, "All right, go ahead, play, try some more of this. We'll see next time." But you don't have to have blind faith for anything. Blind faith leads to fanaticism. You shouldn't have blind faith at all. You have to experience, and after experiencing if you do not have faith, that means you are not honest.

This is a very simple method which works out, and you are all capable of getting that, and you should not miss the point. I don't know, because I have spoken on this subject so many times and it's such a vast knowledge, there must have been at least three to four thousand tapes of Mine in English language alone. So in this small lecture I cannot cover all the points. But I would like to have a discussion, or if you want to ask Me questions will be better to give more time to it. But you have to know that I am not here to sort of ask for any votes, or ask for anything. I'm here to tell you what you have and what you can achieve, so the questions should be relevant and not aggressive; it would be a better idea to know something about it.

So may God bless you all.

Shri Mataji: Stephen, you'll have to stay here, you see, I'm rather bad at Australian English.

Lecturer: I'll be here Mother.

Shri Mataji: Yes, please tell Me.

Lecturer: Feel free to ask any questions. And those who are uncomfortable standing, you may want to sit here somewhere – on the floor? Yes.

Is there anybody wanting to ask something? Rachel. This will be Canadian English so.

Rachel: I speak Canadian English, I'll try to make it clear [unsure]

Shri Mataji is laughing.

Rachel: You pointed to the problem of mental acrobatics, intellectual indulgences and so forth. At what point can someone who has crossed over the gap and who has achieved perhaps a pure desire, at what point can that person articulate intellectually what he or she has achieved? Or can you articulate?

Shri Mataji: Ah. You see, when you're mentally working it out, then you reach a point where you think you have not achieved whatever is said in it – that's the point. As we say that first one has to know it mentally also. "Not this, not this, not this," you go on – "Ya neti neti vachanaih" it is said. So "It is not this, this is not so. This cannot be, this cannot be." Then you reach a point, then you become a seeker. And a new kind of a category is created, which William Blake has very nicely categorized. And he says they - he called them men of God : "Men of God will become men of God, and they'll have powers to make others, men of God." He was really a great, great poet hundred years back, but people thought him to be mad, I tell you; They thought him to be mad, because, it has happened with all the saints, because they are on a different level, you see. Even Kabira has said, "How am I to explain, they are all, the whole world is blind. "Sarvata [?] andha" The whole world is blind. How am I to explain to them?" They feel so frustrated sometimes, how to explain?

So on mental level it, as I have talked to you, I've explained to you in a way. But still it has to be your experience, you shouldn't believe in Me blindly, it's not proper. You have to experience.

Rachel: Some people have said that the moment you describe and articulate your enlightenment you're actually not enlightened, and that it actually is contrary to enlightenment to talk about it. How do You feel about those things?

Shri Mataji: You see, these are all money-making propositions. [Laughter]

Most of them don't know anything about it. So they just say it, because you see if you start an organization, "Oh, I have such an organization, this and that." Then people say, "All right, then raise our Kundalini." "No, no, no, no! Kundalini you just don't talk, it's a very bad thing."

In Gyaneshwari [Jnanesvari], which is one of the greatest books, I think, written about Gita by Gyaneshwara [Jnanesvar] at the age of twenty-three years – imagine what a tremendous genius he must have been - and in the sixth chapter He described everything about Kundalini. But in the Hindu religion, it's prohibited, specially in Maharashtra, to read even that one. What do you say to that? – nishiddha [forbidden] as they call, no, not to be read, it's not to be read.

Sahaja Yogi: I think what Rachel is getting at, though applies more to Buddhism, that if for example an Ar-ahat

Shri Mataji: Ar-ahat

Sahaja Yogi: said, "Look, I've attained to Nirvana, I've been enlightened," then even within the community of bhikkhus [monks] or the whole sangha they would laugh and say, "Oh, you can't be, because you're articulating it, you're saying, you know, 'I'm enlightened,' it doesn't go with enlightenment." So there is a difference between that position and the way You're talking about Realization.

Shri Mataji: Not at all. You see, early Buddhists – My son-in-law has written a nice book about [lake] Manasarovar and this thing, and he went round and he has studied Buddhism, and he has gone to the caves where the earlier Buddhists lived. And they just talked of spontaneous awakening and the experiences, like Saint Thomas has talked.

But this is a much later thing when the sutras started with Mahayana, this, that. They formulated it, organized it, and they said all that. But actually, if you see to it, Buddha Himself is one of the part of the Kundalini. You have to use His name; He is the one who controls our ego, in evolution.

Now when they say, "Buddham sharanam gacchami," means "I surrender myself to the enlightened". One, "Buddham sharanam gacchami." Then, they said, "Dharmam sharanam gacchami." "Dharmam" is that valency business I'm talking about, that "I surrender myself to my valencies, my dharma" – dharma. And the third one He said is, "Sangam sharanam gacchami." That means, "I surrender myself to collectivity" – is Sahaja Yoga only, but you should be able to see between the lines.

Same about Gita. If you read Gita superficially, you will think that He has said about Karma yoga and He has said about Jnana Yoga. Now what Jnana Yoga is, what I'm talking about, that you have to know it on your central nervous system. But Krishna didn't talk much about it. So then Arjuna asked, "What about the karma?"

So Krishna was a incarnation of diplomacy, I must say, divine diplomacy, because He knew about the human brain, and He knew how to put it forward. So He said, "All right, you do all your karmas, and put it at the Lotus Feet of the Lord," which cannot be, it's not possible. We may mentally think, "Oh, I'm doing all for God's sake I'm doing this." That's just our imagination. But you just don't do it, because the karma has to become akarma, means "non-action" – that's only possible when you get your Self-realization. When a Self-realized soul gives you Kundalini, he doesn't say – raises your Kundalini, doesn't say, "I do it." He says, "It's rising, it's going, it's working out." In the third person he talks, so the whole thing becomes akarma.

Then He says that "pushpam phalam toyam" [pushpam: flower; phalam: fruit; toyam: water] "Whatever are the flowers and things like that you give Me" – that's the Bhakti yoga – "I'll take it." But He uses only one word on which He has made everybody dance, and that word is "ananya" – ananya bhakti: "When there is not the other, when you are united with Me."

But people say, "We are doing ananya bhakti," and then you find such horrible things. These people who are devoted and doing all these things, taking ganja [canabis], taking this, how can they do it? People can't understand, so it is not "ananya". "Ananya" is only possible when you get your Self-realization, otherwise not possible.

Sahaja Yogini : inaudible

Shri Mataji: I can't understand, can you explain to me?

Sahaja Yogi: She's asking – this is Jacqueline – that You are saying then, that mystics who have written about their own mystical experiences are truly mystics. But just because they've talked about them and written about them, you know, doesn't mean that.

Shri Mataji: But there are many mystics who are real and there are many mystics who are not. Anybody can call themselves as mystics. I've seen there are Sufis who are real Sufis, and there are many who are not. There are many who are saints, real saints, and there are not. How will you make them out? With vibrations you can make out, that's the only way. So their experiences, whatever it is, are not to be taken for granted.

Jacqueline: I was saying that a mystic who returns to the market place, so to speak, and relates their experience – John of the Cross, he didn't want to relate it but he was compelled by requests of people around him in his community, to relate his experience, and that's something shared then with the collective. So that if someone who has the experience, like a shaman, and then can bring it back for healing to others, to the collective.

Shri Mataji: You cannot share it like that. At human level you cannot share it. You have to be at the higher level, you cannot share it. It's like something you have to see in histology, you have to use a microscope. In the same way, you have to be a subtler being to share the experience of a mystic, you cannot share it – like see, Khalil Gibran, Khalil Gibran. What will you say ? Was he a Realized soul or not? Some will say yes, some will say no. I would say yes, of course he was.

Jacqueline: I consider it a sharing if someone can say it to someone else.

Shri Mataji: You cannot share unless and until, unless and until you become a Realized soul, because there are so many barriers between two persons, you cannot share with anyone. It is within yourself.

Jacqueline: I'm not perhaps choosing the right words, but I just mean in the sense of the people for whom John of the Cross wrote, for example, were needing reassurance and perhaps guidance in their realization, you know.

Sahaja Yogi: She's using the example of a famous Spanish mystic, John of the Cross. It's a very interesting person with deep spiritual experiences, who then conveyed something of his experiences to ordinary people. I mean, You are conveying Your experiences to ordinary people.

Shri Mataji: No, I say your experiences. I am just telling. I didn't tell you anything about My experiences. I am saying that you have to experience yourself! Not saying that; and now I would say, now you are taking Spanish people – Isla, have you read Isla [José Francisco de Isla]? That's the one who is a Realized soul! He is a Realized soul, I mean, you can see it is a Realized soul. I mean, you take his book and you have vibrations in your hands.

Sahaja Yogi: Do Realized souls ever feel moved to take a leading part in public life? And if so, does it make society a better place when they do it, even though the people under them are only seeking or not realized at all?

Shri Mataji: Of course! I mean, this will not only make a beautiful society of very beautiful people - Now last year we had eighty-two marriages, international marriages, and all these marriages are successful. It's very well-balanced, beautiful – one or two mishaps sometimes, one or two mishaps – and the children they have are all Realized souls. Because there are Realized souls who want to take birth but they want to seek proper parents, you see, they don't want to be born to crazy ones, you know. Naturally, I mean, they have to think about it. And so many are now today Realized souls otherwise also born, but parents don't know about them.

Sahaja Yogi: Are there any engaged in the public life in the world today who are Realized people that You can?

Shri Mataji: Of course! Gorbachov is. Abraham Lincoln was, Sadate was – so many. The Mahatma Gandhi was there, he was a Realized soul.

Sahaja Yogini: Now I can express my dissatisfaction with all these accounts, mystical accounts which I've read. I've read quite a few, and they seem not to speak to me. I feel, yes, they've achieved something, but the way they express it doesn't reach me. It's like they don't speak the right language for me. Now surprisingly, when I read the philosophy of people who I think are not enlightened or they make mistakes, but somehow, I'm already led somewhere much better than these accounts. So I think it's important that these Realized souls have good abilities to have some special language to reach the masses. I think someone who is a computer programmer who gets enlightened would have great ability to move other computer programmers, because... [Laughter]

Shri Mataji: This is what Sahaja Yoga is doing, it's bridging you; this is what Sahaja Yoga does. Then you understand all of them, you'll understand all of them. You'll be surprised, when I started Sahaja Yoga in London, when My husband got posted there, I had to really struggle with seven hippies for four years, I tell you – terrible! They were all very well-educated people from Cambridge, this, that, all very well-educated, had become hippies. Out of their seeking, they had become hippies. They thought by becoming hippies they'll seek God, whatever it is.

But when they got their Realization, just they said, "Now we understand all of them." They went to the libraries, found out this is that, that is that. I mean, the scholarship of England I saw then, when they got their Realization. Before that – Bacon is there, all right, writing this way, that way; then they found out all the people who were Realized souls, and the best of all was Shakespeare.

Seeker lady: It's a little hard for me to hear everything You say.

Shri Mataji: I'm sorry.

Seeker lady: But am I correct in hearing You speak of children as Realized souls?

Shri Mataji: Yes.

Seeker lady: In that case, is Self-realization a gift or is it the work of a person over a period of time of maturing?

Shri Mataji: It is a – you see, those I'm saying are Realized souls have received their Realizations in previous lives. And now, it's not a gift, it's just an evolutionary process.

Seeker lady: Ok

Shri Mataji: It just works out. It's a living process of a living energy.

Sahaja Yogi: I'm just wondering if You think there's a difference between the Eastern and Western psyche; and if You do, what do You think the differences are?

Shri Mataji: Yes. Now the Western movement has been outward, like a tree, the whole civilization grew up. But it must seek its roots. To My eye there's not two things, East and West – the roots are the same as the tree; and if the tree does not find out its roots, it will be destroyed. Both are essential, complementary to each other. But because, as I told you, the climate in India has been quite kind, they went more into the search of themselves – "why are we here?" – instead of fighting the nature. But if you see the – I mean in London if you have to go out, you take at least fifteen minutes just to put on all your weapons to fight the climate there. [Shri Mataji laughs].

In our country you can just walk out, no problem. So we didn't have to fight the nature, so that question was over; and it was a very beautiful country, full of fruits and things, so they could live in the jungles very well. Even now if you go, at the foothill of Himalayas you'll find all kinds of flowers, beautiful things are there. Of course now it's destroyed, because of civilization. So the people indulged more in finding out what is within us, and that's how they knew it. So the search which is outside through science has to be substantiated and nourished by spirituality – it's very important. So these are part and parcel of the same.

God has made only one world, one world. He didn't make many nations, we have done it. And sometimes I feel we move like criminals with our number-plate, you see, the passport number, this number, that number. God didn't make that way, it's our idea; because we laugh the same way, we smile the same way, we love the same way, everything is the same. But He had to create variety of faces, otherwise we would have been bored stiff!

You'll be surprised, we have those forty nations I said, specially Russians. I must say a word for Russians specially, you see. Whatever may have been the mistakes of their dominating administrations and things, whatever they had, there's one thing good: as they didn't deal with politics and other things, you see, they put their minds to search within. They're very well-read people, very well-educated, very deep scientists also, but all of them have one mind in the science and another mind towards the spirit. And I was amazed when I went there to Leningrad, and they had never heard about Me, because there are no books available on Sahaja Yoga, or I've never written any books so far. There were two thousand people sitting outside and two thousand inside, in the hall. And after the lecture, I gave Realization there – of course, this Realization works out en masse – and when they came out, they all asked Me: "Mother, what about us? [inaudible] and the hall is small." If you can come tomorrow in this ground, I'll be here." Next morning I went there, the two thousand outside ones and inside ones all were there to meet Me. And now it has become sort of an, you can say, a kind of a big wave of Sahaja Yoga. They sent their people for filming in India, and they've accepted us as an independent organization for medical treatment, for education. They are going to give us a big house, everything, I mean whatever we want – the government ! So sort of, they were just waiting for it, just waiting for it.

Sahaja Yogi: Is there anybody else liking to ask a question? I didn't explain earlier that Mother is a medical doctor, so there may be questions, say, connecting, you know, healing

Shri Mataji: Yes.

Sahaja Yogi: with what She's talking about. And since She's talked about politics, I forgot to mention that She is the wife of, I think, the senior-most public servant in the United Nations.

Shri Mataji: He's the Secretary-General, he's the senior-most Secretary-General of the UN.

Sahaja Yogi: Of the United Nations. So if you like to ask about politics even, She's very well-informed. [Shri Mataji laughs].

Shri Mataji: It's rather difficult now.

Sahaja Yogi: And on top of that I forgot to welcome those who've come from that, come from within the Sahaja Yoga community; that I welcome you all, those who've come from that community, who may have particular questions that they'd like to ask You in this context, and by all means feel free about that. Before we get back to those who want to ask You second questions – anybody here? John !

John: We've all had experiences. Generally I find – and I've explored experience to some extent – my experiences seem to be limited by my senses, my physical presence here. And if there is this all-pervading Power, that is something which is transcendent to my senses, it seems to me paradoxical. How can I experience this, when all my experience is bound by my senses? I mean, is there a real experience of that? You see, I still don't know that.

Shri Mataji: Experience of what?

John: Well, You said that a person can have experience of this power, this transcendental power, when this is something else

Shri Mataji: Yes, of course, of course, it is there. And not only that, but you go beyond your mind, because you reach a state which

is called as thoughtless awareness, thoughtless awareness. You are aware, but there's no thought. For example, a thought rises within us and then it falls, and another thought rises and falls. We live either in the past or in the future; on the cusp of these thoughts we are dancing all the time. So when the Kundalini rises these thoughts become lean, and there's a space in between which is the present, which in Sanskrit is called as "vilamba."

So when the Kundalini rises you become thoughtless. If you want to think you can think it, but if you don't want to think you are in thoughtless awareness. That's the samadhi state, that's the state of what you call is the meditative state, where first is called as "thoughtless awareness." In Sanskrit it's called as "nirvichara samadhi." Then the second state that is achieved, is called as "doubtless awareness," called as "nirvikalpa" – means, you are so evolved that you have no doubts about it, you just work it out.

John: In a sense that it's beyond, given that it's an experience, it's also beyond experience. It's like an experience beyond experience, because that is an experience of something on which all other experiences are based.

Shri Mataji: Yes, it is beyond that, of course.

John: So in a sense it's like the end of experience.

Shri Mataji: No, no, no, no! The experience is of the feeling this all-pervading Power, is precise – all right? And then the experience of feeling your centers on your fingertips, to be precise. Then the experience is that you can become thoughtlessly aware. Then the experience is that if you want to work on other people, you find that you can find out about their own centers, and you can raise their Kundalini and you can give them Realization. So you start experiencing yourself, like you enter into a big palace – that's yourself. So first you enter into the hall, then you see other things and then other things, and you're amazed at yourself. It's like that. It's a new dimensions into which you enter.

Sahaja Yogi: Yes, Steve!

Steve: This is actually more a political question, but one of the things that fascinates me about world politics at the moment actually seems to be the Hindu fundamentalism. Possibly You can give us.

Shri Mataji: What's it?

Sahaja Yogi: Would You like to comment on Hindu fundamentalism?]

Shri Mataji: They are just like anybody else, what's there to comment? But it was very late they started. The reason was also because of the Sikh aggression. The Sikhs started killing people in Punjab, saying that "you are Hindus." So they formed themselves into a group, "All right, we are Hindus, so what?" – to protect themselves, more sort of protective way they started it. But whatever it is, I don't agree with that much, that why don't they get their Realization? – nobody can touch you. But they'll come round, I think, all of them, one day.

Seeker: When the Realized people write up the accounts of their experience, can you discern in those – and You might like to comment – whether there are any common elements in what I might call in the Western thinking, "triggers" for the surrendered life. In other words, experiences that they might have had which led them into the experience of enlightenment. I'm interested in this question from the point of view of the alcoholic, actually, how it is that an alcoholic does undergo a cognitive change, a very pronounced cognitive change when he's being rehabilitated, particularly in a program like the AA. In the enlightened regime, are there triggers or indications that enlightenment might be just around the corner, or something which led you into it? Does that make sense?

Shri Mataji: Triggering what ?

Sahaja Yogi : Triggers, now triggers is what you pull when you shoot guns

Shri Mataji: I know "triggers", I know triggers. [laughter.] I know that word.

Sahaja Yogi: But one other way of referring to these triggers is what we call predisposing factors

Seeker: Right.

Sahaja Yogi: for enlightenment. Are people, because of the evolutionary process, in a position where there are more predisposing factors for them to become enlightened, or are there certain things which could happen in their lives? Like You use the example of the Kali Yuga, it's so oppressive,

Shri Mataji: Yes. Absolutely.

Sahaja Yogi: so suddenly you realize something desperately has to be done.

Shri Mataji: But I must tell you that the Divine is so anxious to give you Realization, it doesn't bother about anything.

And we can compare our evolutionary process to a spacecraft. In a spacecraft like Sputnik or anything, there's a container, first container, and it has containers in it. So the first container, containing all other the containers, flies. But when it goes up to a

point it has a certain velocity, and then as you say, triggers – means there's an explosion, and the second container is thrown with a much greater velocity. Like that it happens. Now we are as the last container, we should think, and the triggering is so fast, I am Myself amazed at the working out of this. It is not bothered as to what you have done, anything you have sinned, so-called – your guilt is all nonsense now, everything is absolutely a nonsense. It just works out. You don't have to do any cleansing, nothing of the kind, it just works out. It's like a torrential, we can say, a rain of the Grace. It is happening.

Seeker: But there are no common indications? It's just a

Shri Mataji: No, no, no, nothing; nothing of the kind, nothing.

Sahaja Yogini: As a practising Sahaja yogi, I've experienced the benefits of thoughtless awareness and the benefits of Sahaja Yoga. What or how different would my life be or my experiences be, when I've attained doubtless awareness? Is that the aim also of the Sahaja Yogi, to strive towards doubtless awareness? And then how different or what changes would I experience in doubtless awareness, when I am a practising Sahaja Yogini?

Shri Mataji: In doubtless awareness when you rise from thoughtless awareness, what happens that you start growing, because only in present you grow. You start growing, and then you feel like doing it for others also. You want to help others, you want to talk about it, work it out. This is sort of a collective, we can say, the collective generosity starts, and you start working it out for others, you talk to other people and you start raising their Kundalini, helping them and all that. As a result of that, you can become very powerful. You can even control the elements, so many things you can control, and it's limitless, because it is something really that is, we can say, is beyond our conception how far we can get. It's tremendous.

Sahaja Yogini: Just to follow that, how would I personally work towards realizing this state more and more and more strongly, this state of doubtless awareness? How do I surrender myself more and more? What things would I do?

Shri Mataji: For that, Buddha has told you that: "Sangam sharanam gacchami" – you have to come in the collective. It works in the collective, because it's the work of the collective. Once you are in the collective, all the collective is growing and with that you grow. So you have to be in the collective. If you sit at home, do meditation, you won't grow. You have to be in the collective, that's all. And in the collective you just ascend very easily, no problem. Some people have touched so fast, and some people are still little bit not there, but because those who are higher, they just pull them up. It's a collective happening.

Sahaja Yogi: So being out among the people?

Shri Mataji: Yes, all those who are Realized souls. You must mix with them, talk to them, be with them. You should sing songs, and they enjoy together, it's very enjoyable. The way they enjoy each other is very wonderful. I'll quote a beautiful poem written by one very famous poet, Namadeva, who was just a tailor, and was very much appreciated by Nanaka, and he said that : "Now you'd better write in Punjabi language." So he wrote such a big book of things in Punjabi language, and is used in the Guru Granth Sahib. He was a poet from Maharashtra.

So one day he went to see another Realized soul, who was a potter. His name was Gora Kumbhar, and this potter was busy kneading his clay to make pots. Namadeva saw him there, looked at him, he was so stunned. He says: "I came here to see the nirakara, to see the formless, and here it is in form." What an appreciation, what a adoration, and what an understanding of each other!

But they were so few. They were all tortured and troubled, I must say, terrible things, because people didn't understand them. And whatever they say is the truth. Every word that they said is the truth.

Sahaja Yogi: So to Rachel and Michelle.

Sahaja Yogini: I gather that You have many communities and followers around the world.

Shri Mataji: Yes.

Sahaja Yogini: I wonder if You could tell us a bit about them, how many do You have? When did it start, when did You [laughter] at the head of the movement?

Shri Mataji: I'm very bad at accounts, that's one thing I can't do. [Big laughter], I'm hopeless I tell you, really I don't understand accounts, I don't understand banking, I cannot sign a check, I'm so hopelessly bad; and I just don't know how I don't know these things, how to keep an account.

Sahaja Yogini: Perhaps recount how You became aware that You had something very special to teach to others, and

Shri Mataji: I was born like this, [laughter]. Just born.

Sahaja Yogini: And your own are following?

Shri Mataji: I mean, My father was a Realized soul, so he understood it. And I met some saints also. But nobody was so anxious to work it out, because they were frightened of society. Most of them had disappeared to Himalayas or some places, and they

wouldn't come down. They said, "It's a big venture. You try Your luck!" [Shri Mataji laughs].

Sahaja Yogini: If you see this university is full of people who are very much committed to bookish knowledge. I mean, we learn so much, we read so much, and I think maybe some people do it for degree or for position. But I think quite a lot are really devoted to just read more and more and understand it more, in an intellectual way. Now what role do You assign to this kind of pursuit, intellectual pursuit? Because if you ask people if they want to be Realized, maybe they say: "Ah, not really," but they pursue the books. So what do You see, what's the role of pursuing text and books?

Shri Mataji: You see, if you read books only, then you get lost in the words, not in reality. And we had so many like that, you see, great scholars, very first class first, and PhDs and MAs, all kinds of people came down to Sahaja Yoga, [laughter]. Very learned. But there was one thing common about them: they had a kind of an intelligence to see that there's something beyond – that's all. And it clicked with them, so many of them.

So it's not difficult. You have not wasted your energy at all! But it's like whatever you have read has to be re-read with a torch in your hand.

There is one gentleman called as Yogi Mahajan. He's a lawyer, his father was a Chief Justice of India, of the Supreme Court, very learned person, and he had written lots of books also. He came to Sahaja Yoga. So then he wrote another book called as Gita Enlightened.

Now there's another Muslim gentleman in Paris, Djamel his name is. He's an aeronautical engineer. He's writing Qur'an Enlightened. There's somebody else who's writing Bible Enlightened. Their education is not wasted. Education is a technique, but the creativity comes from your Spirit. It would be like the glass is the education, but you have to have water in it, then it's complete.

Sahaja Yogi: John.

John: I've just had a question going through my mind when You were answering Rachel's last question, which is this: since Your centers for - well, what would you call Your centers anyway? What would you call your centers?

Shri Mataji: Myself?

John: No, Your centers.

Sahaja Yogi: Your centers, shakti, power.

Shri Mataji: What centers are?

Sahaja Yogi: How would you describe, you know, the different centers?

Shri Mataji: It's a shakti, it's a power, it's an energy.

John: No, I'm referring to the places where you go.

Sahaja Yogi: Oh, I see, you're talking about the geographical centers.

John: Yes

Sahaja Yogi: How would You refer to Your worshipping groups, the worshipping community like in Sydney, is there a name that would be ...?

Shri Mataji: Yes, they're all My children, I call them.

John: Well, what we ask You a question like this: are among Your children, say, Christian priests? You're very ecumenical obviously. I mean, do they come there looking for Realization? Or is it like, what they have learned or bring with them what they have learned, and try to lift it to another plane in Your community?

Sahaja Yogi: Are there any Christian priests among Your children, which as far as I know there are?

Shri Mataji: Of course there are, there are – three of them. And one was a very high priest in Italy.

John: Italy?

Shri Mataji: Yes. In Italy there's a deviation now, a little bit, coming up.

Recently I read a book about when Christ was in India, quite a nice book written by a German priest, and I think he's a Realized soul because he knows so many things and he says so many things, which only a Realized soul can say. Of course he is a scholar, so he has authentically shown that Christ was there. But the way he has discussed Paul in Christianity and all that is remarkable, remarkable, but with great power. Even Khalil Gibran has discussed Paul.

They can see through things. He's not My disciple, but definitely he's a Realized soul. He's a priest.

We have one priest in London who tried to bring Bishop of Canterbury. [laughter]

And I must say that he sent his adviser to one of My lectures. I never knew he was sitting but that day, I don't know why, I started talking about something that was not Christianity in the Christians' behavior, and he got very angry and he went away. I said that Christ has said: "Thou shall not have adulterous eyes." What a subtle thing to say, because in Sahaja Yoga Christ is placed on the optic chiasma, on the cross. He's the one who sucks in our karmas, that's why He talked of the eyes – "Thou shall not have adulterous eyes" – very subtle. Not only the mind, but even the eyes.

And what about the Christian nations, what we see today? I mean it's horrid, I must say. Some things are very immoral, very immoral.

Like in France now they are saying it should be allowed for housewives to be prostitutes, party. Even the word "sexy" for women, I don't like it at all. They are not prostitutes, why should they be sexy? It's a question of self-esteem. I mean if you call any Indian woman sexy she will just slap you, being angry, she'll be so angry for such a thing. She is not a prostitute. So the whole society which is, which is coming from Christ, is going towards where? They are worshipping Freud, not Christ. Freud is their guru, not Christ.

But when you come to Sahaja Yoga you'll be surprised, your eyes get steady, your attention gets steady; you really become a Christian in the real sense of the word. Because you get the actualization of baptism, it's not artificial. As William Blake has said that: "Some priest cursed me on my head, and I suffered." It's not that, it's the actualization which takes place, all right? Thank you.

Sahaja Yogi: So, it is time, it is the time to-

Shri Mataji: Thank you very much.

Sahaja Yogi: Thank you.

Shri Mataji: I hope you will come to our program which we are having – I don't know where, again the same problem! [laughter] They just fix Me like plug, you know, and I don't know where I have to go and what I have to do. They push Me in the car, they push Me in the aeroplanes! [laughter]

Sahaja Yogi: Do you want to take Realization?

Another Sahaja Yogi: Well, the program is tomorrow night at the Hilton Hotel ballroom, at 7.30.

Shri Mataji: Rather too posh for Me. [laughter]

Hilton Hotel! [Shri Mataji laughs] All right, must be some reason.

Sahaja Yogi: And Saturday night there are two programs, one following up at the same venue at the same time on Saturday night.

Shri Mataji: Please make it convenient to come, because I'll come only after one year here, and I hope all of you should get your Realization, it's very important. And then you'll understand between the lines, the enlightened scriptures.

Sahaja Yogi: Actually, I'd like to say a few words to those who are studying. I was doing my Masters in Philosophy in Bombay University, and I used to read like all of you, I suppose, and after reading I came to a point where you see that you're still far away from the reality, from the truth. I mean, you take one theory and you feel that this is the best. You read another thing, you feel this is the best. But the two might be absolutely contradictory. So what is the truth? And by just reading the books I personally thought that this is not what I really want from the academics. And that is where I came to Sahaj, and I have experienced a lot through blessings of Shri Mataji. And I welcome, I mean I wish that all the seekers should ask for their Realization, if they really are seeking for the knowledge. Thank you.

Shri Mataji: Now the theories that look contradictory actually integrate after Sahaja Yoga, absolutely integrate. I'll give an example. Now supposing if I have all the powers, I'm the greatest capitalist. But I can't live without distributing it, so I'm the greatest communist. If you don't have the capital, how can you distribute it? But the capital of spirituality is important, not these worldly things – these are transitory.

All these theories that look contradictory actually are integrated. All religions which look contradictory, they all integrate. Actually we get integrated within ourselves, complete integration takes place.

So you don't have to deny any religion, you don't have to argue it out, but you have to see for yourself the truth, that they are all one – no difference at all. That was the time it had to be done, this was the time it was to be done. Now this is the time of Kundalini awakening, so I talk of Kundalini awakening. This is not the time when I have to take the Jews out of somewhere, that

Moses had to do. So this is another work. Whatever is the time, the maturity of the Tree of Life, one has to do that way, and that's how it works out.

So thank you very much, very kind of you to have invited Me, I'm really enamored that people of such intelligence should pay some attention to Sahaja Yoga, which is very humble.

Sahaja Yogi: Thank You so much for coming.

Shri Mataji: Thank you very much, all.

1990-0315, Interview

View [online](#).

15 March 1990

Interview

Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

Interview - Australia, Early Teachings of Shri Mataji 1990-03-15

Indians believe that it is the mother Primordial Mother that created this universe and the Father is the one who is the spectator.

Question: Is that Hindi belief?

Shri Mataji: Indian. Also I think the Greeks see believe the same way. They believed in Athena. Ath means primordial in sanskrit language. Atha is the primordial mother. I think they all believed in it before but then somehow or other accent was more on God the Father. [unclear] The Father is the spectator and the Mother is the creator, and there's the Son of God. The Trinity is like this - the Holy Ghost is the primordial Mother.

Question: So when did you first know that you would speak [unclear] right from the beginning when you were a child?

Shri Mataji: I was born like that. I knew that. Something different.

Question: And how did you come to found Sahaja Yoga?

Shri Mataji: Sahaja Yoga is a very old system which was used before also. Very ancient. Thousands of years back. It was used even in Partantha Yoga, but that time there were very few seekers. Like you can see on the tree of life there were one or two flowers but now it's a blossom time. It's a special time now.

Question: Why is it special?

Shri Mataji: [unclear] Life is special.

Question: So what do you offer? What is your philosophy?

Shri Mataji: It is the last break-through of our evolution now. We are at human level but still we do not know the truth, the absolute truth. And this break-through has to take place. Of course as I told you it's an ancient system. But it was for only one or two persons. The modern Sahaja Yoga is for masses – en-masse realisation.

Interviewer: En-masse realisation?

Shri Mataji: So that people get it in thousands. I mean say in Delhi I saw a thousand people. In other places, 14 thousand people and they all get realisation. It's very very fast and once you get realisation and you establish it you can give realisation also, that's how it spreads.

Question: And how do you achieve something like this?

Shri Mataji: There's a power within you which is called as Kundalini in Sanskrit language. Kundalini means a coil. Just a coil, three and a half coils, it's a mathematical theory and when it is awakened it's like a primule in a seed. It sprouts and passes

through six subtle centres and ultimately pierces through this centre which we call your bramarandra. That is the fontanel bone area, where it was the soft bone in your childhood and you get the actualisation of baptism. Actualisation. It's not just somebody saying artificially, now you are baptised. And you feel the cool breeze of the Holy Ghost. Holy Ghost is the Kundalini. According to Sahaja Yoga, Holy Ghost is the Primordial Mother, and the reflection of the Primordial Mother is the Kundalini. And when She rises it pierces through and gives you your self-realisation. That means She connects you to the all pervading power which is a subtle power which does all the living work.

Now this is the truth one has to realise, but one must keep the mind open like a scientist. And if it works you have to accept it honestly.

Question: But I'm just intrigued in the mechanics of how you can make it happen to yourself, You have to have someone to do it for you?

Shri Mataji: Yes. It's like one candle which is enlightened can enlighten another candle.

Question: And is this what you do in your programs and..?

Shri Mataji: Yes. Christ has said, no doubt that we have to be born again. It's an actualisation. It is not just a certificate that you are born again. What are your powers? If you are born again then you become a righteous person. You become extremely compassionate. You become extremely dynamic.

At the same time you are very affectionate, kind, and you emit peace. You emit joy and you can also transform other personalities. So there's a complete transformation takes place, and that transformation if it is en-mass there's a great chance for humanity to be saved, and the world [unclear] it has to be en-mass.

Question: Do you feel that you can accomplish this in your lifetime?

Shri Mataji: I hope so. Now we have over 40 nations, somehow it's now just an explosion I feel. Some people might miss it out. I don't know, might. But as it is we have thousands of people who have got realisation. And once they go about giving realisation it works wonders. Especially I was surprised at certain places like USSR. Wonderful people. I mean I went to Leningrad where no one had heard about Me, nothing. There was an aggressive man maybe who might have known about Me. I have no idea. There were 2000 people in the hall and 2000 outside sitting and I went inside and I talked to them, gave them realisation and I came out, they were all sitting outside. So they said, "What about us"? I said, "All right, tomorrow you come, we'll have it in the open". They all were there 2,000 and the 2,000 inside were also, and they are all Sahaja Yogis. It's very surprising, and everywhere they were in thousands. Also these Eastern bloc people came down for the yoga seminar, and they got their realisation. When they went back from [Krakow?]

Interviewer: And did you feel that you were responsible for that?

Shri Mataji: They got their realisation, must have, because it happens. And now we have centres in all these countries.

Interviewer: And I understand it's been taken up by the Education Department.

Shri Mataji: Yes for education [unclear] Also here we have got three doctors who have got MD in Delhi of Sahaja Yoga because it also cures you completely. For your information it was cured, not I cured but it was cured I should say because it cures by your own power, to AIDS patients in Perth.

Interviewer: In Perth yes, You did?

Shri Mataji: I didn't do it.

Interviewer: When you were in Perth?

Shri Mataji: Yes. It worked out. I hope they are all right. They completely changed.

Interviewer: Well, I mean, that's miraculous.

Shri Mataji: Well because we have cured. There was one called, [Dranby?] in here, they cured him but he had no will power. He actually went back to the same bad habits, then he got it back and then he died. And there's one still going on he's all right for how many years? Five years.

Interviewer: This was when you came five years ago?

Shri Mataji: Yes. But I always thought that they were weak. [unclear: auras were weak] But now these two persons, they are husband and wife and I think he's all right.

Interviewer: I have been told that there's quite a lot of miracles associated with You. Can you fill me in? What sort of examples, other examples?

Shri Mataji: You can't believe them. What should I tell her? A recent one?

Sahaja Yogi: The one in [Al] that would be interesting to you. The man in the radio station in..

Shri Mataji: The man in the radio station. He was just talking to Me.

Interviewer: In Auckland?

Shri Mataji: Yesterday. He was speaking in an interview and suddenly he felt on his hands a cool breeze. He said, "God what's happening?" He was just changed the topic. He said "He said what's happening to me?" I said what's happening". He found a cool breeze in his hands. Coming to me and he said [Unclear: There's [unclear] out of my head and I said you need a little balance. I gave him a little balance, raised his kundalini and yes. He said there's a violent cool breeze in my hands he said.

Sahaja Yogi: This man was a well-known cynic.

Shri Mataji: He said I am a cynic. I'm not a – I'm not a conformist, I'm not going to believe into anything but this is really there. I cannot say no.

Sahaja Yogis. Apparently the workers in the station couldn't believe their ears they all came running to see what was going on.

Shri Mataji: This is normal because this happens all the time but miracles could be the photograph.

Sahaja Yogi: I've shown her three of them.

Shri Mataji: That's something – the .. in the sky. But people don't believe that's the problem. They don't know how miraculous is God's will.

Interviewer: Also there are a lot of false prophets too aren't there?

Shri Mataji: Too many. Too many. Easy to make them out because their interest is very selfish. They want money. They are all

money-oriented firstly and people are attracted to them because they charge money, it's very surprising, really very surprising. That [unclear] told Me that he had to advertise that he'd take \$50 so so many people. And she took the \$50, gave them realisation and returned the money.

Sahaja Yogi: Otherwise they wouldn't come.

Interviewer: It's an indication of how deeply materialistic we've become isn't it?

Shri Mataji: I think there they cannot trust anybody that is free that's the point. They think that somebody takes money it must be worth it. But it is invaluable. You cannot pay for it. It's a living process. What do we pay to the Mother Earth when she gives us so many things. In the same way you can't pay for it.

Interviewer: Well we've been abusing it.

Shri Mataji: Very much we are abusing it because you are in imbalance. Because you are in imbalance that is the protection of Christ. Whatever we are doing with Christ, it's your [unclear]. The way we are becoming as you said materialistic, too much is very bad. So many things you want to have so they are exploiting Mother Earth, creating problems. So you come into balance also. So as soon that happens you come into balance. Once you are in balance that is manifested outside also.

Interviewer: It's fascinating that people in society in the soviet block listened to you because they have the worst environmental programmes.

Shri Mataji: I tell you they really didn't have freedom to discuss politics and that freedom to read, freedom to develop themselves. Most, all of them I would say have lived on a budget and some of the doctor of this, doctor of that, all very well educated people. Also the taxi drivers and all that are different type of people or a labourer or something, they were asking for a medical certificate. But it's all right. But most of the people were so aware that I don't know perhaps that disciplining has helped or what has happened so much. Surprising.

Interviewer: Would you say that Gorbachev is a realised soul?

Shri Mataji: He is a saint. He is a saint no doubt.

Interviewer: Why do you feel this?

Shri Mataji: You can feel vibrations from him. Yes you can.

Interviewer: In his presence.

[unclear]

Shri Mataji: You see the way he is [unclear] from one side, another super power has to [unclear receive it?] He is a very wise man but actually I think Americans still don't understand his value because they are still criticising him and it is wrong. Whatever they are propagating in Azerbaijan. See they are useless people. Absolutely fundamentalist. I've been there actually myself and they were [unclear: holding] him all kinds of comforts. That's all the production of food and everything and [unclear] they were giving. They said we are only unhappy because he can't follow Islam. I said what's the use of following Islam? So they are following Islam. What good has it done to them? Why do you want to follow them? That sort of religion and this government has taken away our religion and all that. And now the Iranians are helping them. So indirectly you see, criticising Gorbachev for that and taking advantage of, they are helping Iranians and their fundamentalism.

We must have certain qualities on some principles isn't it but this is not you support some part because it suits you or you

support people like Azerbaijan and all these people are absolutely nonsensical. And when he is talking of freedom, when he is talking of democracy, these people have suddenly come up. Now they should be [not correct].

Interviewer: Of course he is facing incredible problems.

Shri Mataji: Yes. And also the bureaucrats there. The bureaucrats there feel their powers will be lessened once he makes a democratic. So they are also troubling him and also they are stopping all the provision of food. But they have lots of food, everything they have, but they are just stopping it, just to create a problem for him. But he's a saint. I am sure he is realised. Other people are very satisfied, they are not bothered. They are not participating. They are just seeking their spirit. The Russians are wonderful people otherwise. They had horrible people, Stalin, this, that, lots of people they had. But Lenin also was a saint and he also wanted that people should take to Spirit actually but he had to ease to the Party because he was alone [unclear to do it] but he did talk that once materially you are satisfied then you will take to the spirit and then you will be stateless [government].

Interviewer: Yes he was very visionary. Do you believe we are on the start of a new age?

Shri Mataji: Of course. Of course I do believe. A new age has started and we are [unclear seeking]. It has started. I hope it works out. If people take to the Spirit. It has to become gradual. You see because of these horrible false gurus are there, coming down and who do not care for any of your realisation or anything. They just care for your money. So these people think this lady doesn't charge any money so what's the use of going to Her? Very casual. It is difficult to convince them. But they must have self-esteem and know that they are [unclear trusting] something. They have not come here on this earth just to live like human beings but there's something higher for them. And it's said by Christ whom they follow. Also in the Scriptures.

But even Christianity has become Paulean Christianity I think. It's not a real Christianity I see. What Christ has said is not there. There's more organisation, money-making. It has become money-oriented. Every religion has become like that. [unclear] in the name of Christianity.

SahajaYogini: Power-oriented as well.

Shri Mataji: Power and money but not spiritual oriented.

Interviewer: So what do you see are the challenges of the 90's? I mean what do you see happening in the world?

Shri Mataji: Ignorance is the worst of all. Ignorance is there that they do not know what is [Bhairava] and that's what we have to achieve. But that's the greatest challenge today and another is also arrogance.

Interviewer: What did you say?

Shri Mataji: Arrogance.

Sahaja Yogi: And fundamentalism.

Shri Mataji: And so-called science addiction, because science has no humanity. Science has no humanity. It has no love. It has no affection. It has no poetry. It has no creativity. So those who are just boasting of science will create nothing but atom bombs.

Interviewer: These qualities that you are advocating are often associated with the feminine principle Which has [a thing that the male can't... in the world]

Shri Mataji: Femininity but of the feminine also I think men are better off because they are becoming like that. Because who will do this part? This is so important. This is a nourishment. And spirituality is a nourishment for all these developed countries because [unclear:which are developed] They have developed without knowing their [unclear] They have to know their being, that

is spirituality.

Interviewer: What particular social problems concern you?

Shri Mataji: I think fundamentalism is the first. First is the fundamentalism. I mean on an international level. Fundamentalism, because everybody thinks they are the chosen one. Problems and ignorance. So I think that's the greatest problem we have. And the second problem we have the confusion. We don't know. We don't know what a woman's soul is, what a man's soul is. Or we don't know how the society should be. What is the position of society? How important is society? There's just a big confusion about it. Like if it is democracy, it is money-oriented. Has to be corruption. You can't avoid it. Any place. I've seen all the democracies. Now if you go to America in New York, you can't wear even a ring. Anybody might take it away. But the violence in America. [unclear] Los Angeles. Other day I was going. They said that last week eleven people were killed on this road. I said "Why"? There's no respect for human life. So this is supposed to be the highest society? And then we have another war which is Communism, which is power-oriented, so both are wrong. But it in Sahaja Yoga you combine both. Power. Now say if I have power I am the greatest capitalist. but I can't live with my power, so I am the greatest communist. Power is very easy actualised after realisation.

Interviewer: I'm told that you were born into a very wealthy family and that your father gave away all his money to support Gandhi and the independence movement.

Shri Mataji: Yes. Ours is royal family. A very ancient royal family. Was known Salivana. They also have a calendar. In a way it's a family but then as time passed on and all this disappeared and My father's mother had to leave that place and go away somewhere, look after her children. But when Ghandichi, he needed a lot of money [unclear:] gave him whatever was possible but houses and cars [unclear]

Interviewer: You were tortured.

Shri Mataji: I was Myself tortured quite a lot. It's all right because now they are finished.

Interviewer: What did they do to you?

Shri Mataji: You see they gave Me electric shock. Put me on ice slabs and things like that.

Interviewer: Did that strengthened you that experience in some way?

Shri Mataji: I don't mind it because I [unclear]:....They wanted facts from me. Information about people...some were.[unclear].

Interviewer: How old were you then? How old were you at that time?

Shri Mataji: I knew it because you see, I knew all about it and they thought I knew [unclear: better than anyone else]

Interviewer: But you were just a young girl at that time.

Shri Mataji: Yes I was very young. It's all right. I was very strong. My principle met Me the other day who I was in My college and he said that I saw you standing before all the guns and everything and all these visitors facing you there, standing before the gate of the college all alone. [unclear: and I just thought what a power She has] all alone standing there, all these people with their guns towards Her. I said I knew they cannot kill me like that.

Interviewer: So what does it feel like to be called the greatest living saint?

Shri Mataji: I just laugh at it.

Interviewer: How can you laugh at that?

Shri Mataji: Because it is nothing so great. Whatever I am, I am, I am not...there's nothing great about it. They are great because they are [teachers]. I am not a [teacher]. I was born like this. I am like this. What is so great about it? If the sun has the light, it's all right it has the light, or we are not proud about it. In the same way there's nothing so great. They call Me like that, all right, if they want to.

Interviewer: So you feel it was a gift given to you.

Shri Mataji: I would say, I think it was innate nature of Mine. Born with that.

Interviewer: Great. Well thank you very much.

Shri Mataji: [unclear] between husband and wife

Interviewer: Oh ok,relevant. That's a second fundamental problem.

Shri Mataji: They don't understand each other at all. I think they are like two wheels of a chariot, complimentary to each other, they are equal. But they are not the similar. They are not similar. If you want to put the left wheel on the right it doesn't fit it. And then all these confusions start. And if the women are given proper identity by men themselves they won't do all these things. But they can't they are suppressed all the time and they are treated just like dirt sometimes. In their housewives nobody respects them. But who's going to look after the children? Who's going to look after the household also. And the society is made by women. Only the women can make the society, not the men. Men can't. They don't have that patience that the women have. But the idea is that you must earn, you have money otherwise you are no-one. But not in India. In woman is respected very by the men.

Of course we have problems like dowry system. This system was started. But dowry was started by English women. We never knew this. You don't know that? You see it was so that the eldest son gets [unclear] with property then the second son gets [unclear] but the daughter is not given any part of the property in the Indian law, used to be. So then if she doesn't get anything she should be given something. So we used to give things to the daughter in a different way. But then English said, "No, that's not the way. You must give them cash money". They started giving them cash money which should not be counted [unclear] things and all that. According to the status of the father whatever was there the father is [unclear] the daughter is love. But now because of this kind of a cash business it has become like a market, in some societies, not all. Not all.

In My marriage My husband never took anything. In My daughter's marriage also we didn't give anything. So it's not very common but one or two cases here and there you hear. But you are shocked sometimes. It is dangerous. Otherwise women are very much respected. We had a Prime Minister who was a woman and on the whole women are respected. If they are housewives they are respected anywhere I think. In the house your wife is always respected. Even in English society now I have been with my husband – if she is the housewife she has to sit next to her husband. Not the secretary doesn't sit next to the husband or anything. I mean, there is a thing is accepted. But it's so superficial that the women don't feel that they are really respected and that's why they divorce. And the children suffer, the family suffers. They must have beautiful families to begin with and we have many marriages in Sahaja Yoga. Last year we had 82 marriages and most of them are very settled and they have beautiful children. I've seen the children. Very sweet. They are all born realised. They are born realised. Because there are so many souls who want to be born. Great intelligence of a great spiritual marriage. They haven't got proper parents the ones that see a Sahaja Yogi, they come down. They are all born realised souls. They're beautiful.

Interviewer: So if I become realised I will have a realised child?

Shri Mataji: Of course. You will. No doubt about it. Otherwise also other people are getting realised children but the problem is that if you are not realised you won't understand it. You won't understand. If you interpret them according to Freud, it's all about [unclear] doesn't work out. It's all wrong. When they put their fingers in the mouths they are just showing the centres which are catching. But Freud said, according to him [unclear]

Interviewer: Yes I think Freud had reasons [unclear]

Shri Mataji: Jung was a bit better. So that's another thing is that we must have good families. Good morality. See now how many problems are created in the world these days, aids. If the women were nice men we would not have [unclear]. In India we don't have this problem because they are happy with their wives and the wives are happy with their husbands. Once they are married there's no question of divorce. Very few divorces. Now this new idea has come in. So the aids we have got. We've got also a disease, all kinds of diseases [unclear: venereal diseases and all these] in India. So there's a third one we have got of insecurity from the women, we get breast cancer and all that because they are insecure. Most of these things can be balanced out if you have a good family and sweet children. Because human beings is made very delicately. He's not like a bull so if he has a very good family, if he is born in a very good family and then brought up properly and then he marries happily half of his system is all right.

But [with competition also] all the time the wife wants this, the husband wants this all the time you see marrying each other for material things. Because you don't see any joy. What gives the joy is the relationship, is the rapport that counts and this is the feminine quality.

Interviewer: Was it because of your responsibility to your family that you didn't start teaching until 1970's?

Shri Mataji: That was a the problem because ah, My family, of course my family were growing also and it all spontaneously it worked out. I was trying to find out what is the problem with human beings? Why can't we have en-mass realisation. There's a better way of understanding. So because of My father's life. Because he was also member of the parliament a member of the constitution of India, and there was of course a lot of social life and My husband's life too. I met so many types of people on [unclear] I studied them. See what is the problem? What is the permutation, combination that works out? So I had to study them. Until the age of 47 years I just didn't know how to place it as you say it but I [unclear] it then in 1970 and at same time my daughters also got married. So it just spontaneously worked out. And because the Divine Power that looks after it, that organises everything works out everything. So that was the desire of the Divine Power it worked out that way.

Interviewer: And you don't find your itinerary tiring or exhausting.

Shri Mataji [Unclear: You see last night I went to bed about 2.30, up about five of clock and all the way we were discussing Sahaja Yoga. So I said, "All right if you want I can sleep already. Just let Me sleep for a while." I was up [unclear] But I think you see you get such power flowing into you that you don't feel it because now I'm 67 years of age and I don't feel that [tired] much only thing that [unclear, smoking?] and the women here talk too much [background noise] and that's why I [unclear] smoking to the left, to the right. Most of them were women. Very surprising. Not the men.

Interviewer: Insecurity.

Shri Mataji: Must be. Must be just habit. Not the men. You see that's how this free society, this nonsensical idea, a woman marrying ten husbands and all that, they never used to give into the husband or to the wife. You had to marry. You had to be husband and wife. Why not do it properly?

Interviewer: You can't see very much of your husband these days.

Shri Mataji: Oh he's wonderful. If you want to see bad points you can see 1001. But if you want to see good points – nobody's

perfect. And that's how you live. That's how you live and even if you exchange ten husbands, you can't be satisfied. So best is to live with one. One for all. It's sensible. Sanity is in leading a sensible life which contributes to society. What's the use to fight? Husbands have to bear also. Husbands also have to be considerate and understanding. Now My husband has been very kind because he saved a lot of money for Me for this work of mine. He never used to believe that...he said that you are something – he used to call Me [unclear] meaning a realised soul. You cannot make anybody like that. You cannot transform people. But now he has openly said that in my honesty I must accept that it is important. And he's said it openly. He's also told his friends and also in the United Nations he has said it, that now it's possible to transform human beings. But you have to understand that family life is the responsibility of a women and you have to do it very cleverly, intelligently. It's a much more deeper work than any official work or things like that you see. How to mould your children. How to mould your grandchildren. How to see your husband's point of view and to create a congenial atmosphere in the house and a peaceful atmosphere, to create peaceful children. It's a tremendous task.

Interviewer: It is. I think it's sometimes too hard on women perhaps.

Shri Mataji: Men have to understand now. You see they are going the other way round now I think. Now here the men are so guilty that they are looking after the children. So that's going to the other side. I mean he need not feel guilty you see but he must understand the value of women's work. And the Mother Earth, you see she's like the Mother Earth you see she bears everything, we exploit her. She bears it. We are like the Mother Earth.

Interviewer: So what do you think about the tendency childcare, the women go back to work soon after childbirth?

Shri Mataji: It's all right. If you have a child and you have to go to work you see. Still as long as you see that your main... to be..you can look after your child as well, it's not difficult, and you can look after your household also, because I think that women have much more patience. Much more endurance than men have, much more patience. If the men help themselves and they don't [unclear: too much] of the woman too much. And respect them, that's the point, respect their role. They can do both. I am also looking after My family in a way. And I am also travelling. They don't mind at all because they think it is very important work I am doing. Nobody minds.

Interviewer: How long will you keep going?

Shri Mataji: I don't know. Now I am already 67. My husband said, "Till 70 only I will allow you". But let us see. You see I don't feel tired at all. I don't feel anything that way. As long as I have to do it, I will do it. This is a very great work I think.

Interviewer: You've really tried to do nothing less than change people's attitudes I think worldwide.

Shri Mataji: Transformation by their spiritual ascent. Because when the spirit comes into your attention then you really become an enlightened person. If you have a snake in your hands and I say there's a snake in your hands and its darkness you can't see you might say, "No, no, this is a rope". But if there's light you see everything and you just throw it away. So this transformation is the absolute truth for you. There's no quarrel, there's no fight. There are no [unclear:]. Also your problems get solved because you become a witness. You can't see your problem very well. Things are much better for them they are very happy. Physically they are all right. And as I told you two doctors got their MD in Delhi on the same thing physical fitness and one doctor got it on psychosomatic diseases, and one got it on asthma and things like that. So physically you are all right, mentally you are all right. They are peaceful. They are joyous and you become empowered with a new awareness which we call a collective conscious, by which you can feel another person. You can feel yourself and yourself you can get into thoughtless awareness. If you want you can think otherwise you don't want to think you don't need...

Interviewer: I would like to try and hear you. I am sure I need realisation.

Shri Mataji: Really. All right next time. Next time.

Interviewer: Thank you very much.

Shri Mataji: Please come to the program.

Interviewer: We will.

Shri Mataji: There was a Greek lady. I must tell you. She was in Germany and she got her realisation and she was dancing before us in India.

Interviewer: Thank you very much.

Shri Mataji: May God bless you. I must say you are very enlightened.

Interviewer: I don't know. I would like to be. I haven't been.

Shri Mataji: But you are a seeker of truth.

Interviewer: Yes.

Shri Mataji: Because the way you are understanding, it's quite a difficult thing to understand. This is another problem... because whatever we see that is what we believe in. If you don't want to believe [unclear] But there are so many seekers you know, there's so many people come....of course they are misplaced. William Blake has said a new category of people, men of God. Will become really the men of God and will make others men of God. He said it a hundred years back. William Blake. He was a saint. Most of the saints were treated as if they were mad or they were something absurd because there was ignorance you see. And now we have so many who are saints here.

Interviewer: How do you define a saint?

Shri Mataji: Saint is the one who is in connection with the Divine and who knows all the laws of Divinity. See most stops with brain but on the central nervous system you know. But innately religious, innately. He is his own guide, his own master and he knows what's inside. Another one who is a saint has a tremendous understanding and rapport because they are on the same wavelength.

Interviewer: Do you think Gandhi was a saint?

Shri Mataji: Yes he was. He was. Personally I was with Gandhiji and a very fine person [unclear for ten years?] because I joined him when I was a child. A very loving man, and he was full of discipline. He would get angry if people could not behave themselves when there's something wrong and the only a child could soothe him bring him round. But always he said that, "Let the people [unclear] and let freedom. He challenged them. And it is all the saints were tortured, poisoned crucified. And we have a double bondage first of ignorance and another of slavery With slavery you can't do anything. But then he died. If he lived he would have [unclear]

Abraham Lincoln...so many saints but they were singled out that no one is talking of their spirituality. Anybody who talks gets treated so badly. Problems.

Interviewer: Most ended up in a paupers grave.

Shri Mataji: Honest men. You should see the way they were treated. Nobody is respected. Even Kabir was [unclear] Was one saint known as [Ganeshwaria?]at the age of 23 years he wrote such pieces. I mean, such wonderful things that even I, if I read

that I just [unclear] My heart is troubled. But he had to worry himself at the age of 23 years. Some people just tortured him and his brothers. People don't like truth. But now if people don't accept truth he will be exposed and then he is caught.

Interviewer: Well you've had a [unclear] reception from me.

Shri Mataji: I think after all nobody died. See they are there still. And they can be reborn as a realised soul. Also thousands of years ago. A man who started astrology? and this is a temple and this is a fact [unclear" such a thing] will happen and Sahaja Yoga will come, and the date if you calculate it properly comes to 1990, It starts from 1970's that happened. 1997. But it is very surprising how they have foreseen these things. Even our [unclear] after war.

Interviewer: Can you explain what will happen after the explosion?

Shri Mataji: You see after the explosion we all will be enjoying ourselves that's all. It's a new world we'll enjoy. They are already enjoying here but you see the only problem with them that we need to give it to more people, that's all. should ...into...peace, that's all. We have quite a lot ourselves. We have so many ashrams already. And we have so many all over the world. Now they are saying, "You have not been to Japan. You need to go to Taiwan also. Already people are going to Taiwan to it out. So it was trending that way.

Interviewer: Would you like to go to every country in the world? Ideally?

Shri Mataji: I would like to because at least nobody should say that they didn't know about it. But communication is modern. Communications have been very helpful. Christ could not travel like this. So I have to do that. I am going to go to all these places. Most of the countries except for.... with my husband... like China and. I think China is also more difficult. They are very wise people, very wise. Some mistakes of one gentleman that's all you can say but otherwise they are very wise. It will work out. I have hopes.

1990-0315, Talk before Katak Dance: Three Gunas and Eternity

View [online](#).

15 March 1990

Evening Program

Burwood Ashram, Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

Talk Before Katak Dance. Burwood Ashram, Sydney (Australia), 15 March 1990.

Shri Mataji: You see now she's going to dance on a song, so she said space is all right for her. So to acquaint with you this kind of dancing called as katak, comes from the word katar, meaning the story telling. It's said [INAUDIBLE] of the Northern Indian. Her guru is a very well known artist in this realm, and she has had a very intensive training in that. We are very lucky to have her here, so you could see the style, in which rhythm is very important apart from other things, that the whatever is, he's going to tell you how she's going to use the different tathas in Hindi, tathas are, beats to divide them into, say by sixteen by three something like that, so it's an eternal thing.

Now as you know, in our chakras also if you know, there are three gunas, now you start from the fourth. Number four. Four divided by three is eternity, so Ganesha can take Incarnation. Then six. Six has divided by three, so Brahmadeva doesn't take Incarnation. Then comes ten. Ten divided by three, is again eternity. So the Vishnu can take Incarnations, also all the Gurus can take Incarnation. Then comes twelve, at the heart. Twelve is divided by three, so Shiva doesn't take His form, only the Goddess does. Because it is divided completely. Then comes sixteen. Sixteen divided by three, again eternity. That's why then Vishnu takes the form of Krishna and He Incarnates. Two divided by four is the same.

So all these Incarnations come because the three gunas when they are divided by the number of petals they have, the number of powers they have, some can produce Eternities so they can Incarnate, and some cannot, that's why they could not Incarnate. In these things she's going to show lots of things, like even sixteen divided by three is an Eternity. But somehow or other if it's some pearls she'll break it in such a manner that she will divide sixteen. This is something very Divine, and other thing also you can see for yourself, that how the gait of a lady is, how she walks how she, I don't know what she's going to show. [HINDI] First of all she's going to sing Vandana Karuya which you all know very well and you know the meaning of that is that: you bow to your Mother that's the song. She is going to dance on that.

Babamama: Nirmal Sangeet, both in the musical value and in their surrender, and we are very proud that we are able to present the Divine music of Shri Mataji before you. This lady who is standing before you is just two and a half months in Sahaja. She first came to Ganapatipule, and then she came into Sahaja. She has gone very deep into Sahaja. Her name is Sandya Pandai. She's had her formal dancing tutelage from [INAUDIBLE] Maharaj who is a very famous exponent of the katak style of dancing, and she has brought lot of, variety and dimension to this Nirmal Sangeet Sarita. I was saying that initially when we started we required very little space because possibly we were going to the hills. Now we've acquired lot of space thanks to her, but we are on the plains now and we are widening our base. But it's a flowing river, so it doesn't restrict itself to [SOUNDS LIKE: dicurions?] or to any path.

As you will see I will request one by one of you to come and join us later on. So it's a flowing river and it'll be, flowing eternally till Shri Mataji wants it to flow. Then on the tabla is Sandeep [SOUNDS LIKE: Pukaster?]. You must have heard him play, very young twenty-two years single very much eligible. Then next to him is Ashok Dhone very solidly built both in structure and in rhythm. And next to him is a very very frail figure of a Chhaya Wankhede who is a, whose vocal chords are completely contrary to her frail figure.

Then behind her is Dinesh Nimbalkar, and last but not the least Pt P. Dhakde, Guruji as he's known. Just fifteen minutes ago he's completed a tune, a composition for your joy and dancing on the holi day. We are going to have Krishna leela on that day and I'm

sure everybody approves, even though you are not dancing because of tune you'll start dancing. We are beginning the evening proceedings with Vandan to Shri Mataji the famous song Vandana Karuya Mataji. After that Sandya will go and get ready for her...

Shri Mataji: What is the number in yours?

Yogi: What's the number of Vandana Karuya?

Shri Mataji: There are different books.

Yogi: [HINDI] You'd better come and join already.

Shri Mataji: I will tell you the number of this one.

1990-0316, The Powers of Kundalini, Interview Shri Mataji with Stephen Taylor

View [online](#).

16 March 1990

Interview

Burwood Ashram, Sydney (Australia)

Talk Language: English | Transcript (English) - Reviewed

The Power of kundalini (Interview) Shri Mataji with Stephen Taylor, Friday, March 16, 1990

Stephen Taylor: Shri Mataji, what is Sahaja Yoga?

Shri Mataji: Sahaja. Saha means 'with'. Ja means 'born'. So it is born with you.' The right' to become 'united,' which is the yoga with the Divine.

Stephen Taylor: And this Sahaja Yoga is something that everybody can have, is it? Is something everybody can practice?

Shri Mataji: Of course.

Stephen Taylor: And how does this connection with the Divine take place?

Shri Mataji: We have within ourselves this power in the triangular bone which is called a 'Sacrum' meaning sacred, which when awakened sprouts like a primule in a seed, and rises through six subtle centres, opens out the last centre and gets connected with the Divine, which is the subtle energy all around us, which organizes us, or which nourishes us, does all the living work. Above all it loves us.

Interviewer: Does this mean, Shri Mataji, that people who have not had the ability to practice Sahaja Yoga are not connected with the Divine?

Shri Mataji: Most of them are not. And if some of them are, they don't know all about it.

Interviewer: So this is what, an extra force that is available to human beings to develop themselves in this world?

Shri Mataji: Of course. This is the last breakthrough of our evolution, where you have to get connected with the Divine. You have to feel it on your central nervous system and that's how you get your Self-realization.

Interviewer: Do I perceive here that this is a way of balancing oneself, of keeping in such a way - of living one's life in such a way that one is not unbalanced in one's view of what is going on around us?

Shri Mataji: Yes. We have two sides in our system of the autonomous nervous system, left and right, which we call as left and right sympathetic nervous system.

Left side caters for our emotions, for our past, our desires. The right side caters for our action, physical and mental. If you indulge into one too much and go too far with it, you develop an imbalance within yourself.

In the centre lies the third power which we call as parasympathetic nervous system. This is the channel which is the central path of ascent.

When the Kundalini rises through it, it brings you in the balance because it rises in the centre of the system. So this is the

minimum that happens, that you develop your balance.

Interviewer: So how does one actually achieve this balance?

Shri Mataji: It just happens spontaneously.

Interviewer: In other words, there is no physical requirement on an individual?

Shri Mataji: Not at all. Not at all. It's an evolutionary step as I told you; in our evolution, we have developed a balance, we can stand on our two legs. Animals cannot.

In the same way, you develop this special balance between your emotions and your actions in a very proper way.

Interviewer: You speak as though this is some sort of evolutionary step.

Shri Mataji: Yes, it is. It is the last breakthrough, that you have to become the Spirit now. And this has to be achieved, which can be achieved only through a living process because we have become human beings through a living process and that living process has to act within us.

Interviewer: This sounds as though it is rather a significant time then in the history of humanity.

Shri Mataji: Very much. In the history of humanity, in the history of evolution, in the history of spirituality, it's the most important time because here, where you will get what Heaven has been promised to you so far.

Interviewer: So it is no accident that Sahaja Yoga has appeared in the world at this time?

Shri Mataji: No, not at all, not at all. It is all predicted thousands of years back in India and later on by many saints. Even William Blake has predicted it.

Interviewer: Shri Mataji, you went to Russia last year and I believe the reception you got was most surprising.

Shri Mataji: Yes. I was myself surprised, because thousands of people came. And very sensible, well-educated people came and they all settled down. Thousands. I did not know how to cope with that number because there were so many. And even the members of the supreme council, the government, they came. I could only say that in the so-called free societies we waste too much time experimenting with our freedom, and indulge too much into politics which is a waste thing, I think. Then economics, all these things.

While the people there did not have any such chances. So they put their energies to something that was higher than that. They diverted and they were very knowledgeable, they knew a lot about seeking.

They knew a lot about Kundalini and as if they were just waiting for me. It was very remarkable.

Interviewer: Mr Gorbachev has said the Russian requires a mental revolution. Do you see the acceptance of Sahaja Yoga as part of this revolution?

Shri Mataji: Of course. He himself is a saint and what he is meaning by 'mental', that they should now understand that they have to develop that balance between communism and democracy.

Our democracies are imbalanced. They are one-sided. They have not the other side of collectivity, but communism has collectivity, it is power-oriented. Our democracies are money-oriented. What he is meaning is the maturity of our wisdom.

Interviewer: So referring back to what we were talking about earlier, is it... [Audio interruption during interview] Okay. As we were talking about earlier about bringing the human body into balance, could we say then that Mr Gorbachev is bringing the whole Eastern Bloc into balance?

Shri Mataji: Yes. Yes, they had gone too much on one side and he is trying to bring them in the centre.

Interviewer: You mentioned that you went to an Eastern Bloc conference last year and I believe you gave many influential people, Realization.

Is it true that you believe that this was instrumental in helping the overthrow of oppressive communism?

Shri Mataji: It was a yoga, yoga seminar and I expected all of them to be there. And surprisingly I talked to them hardly for 30 to 35 minutes and then I gave them realization and all of them got it. They were representatives from all the Eastern Bloc Countries. When they got it they were so surprised at it, then they walked out with me out of the hall and nobody was left in the hall to listen to other people.

They gave me their addresses and they said, "We want this only in our country", and they wanted to start centres and I am told they have already started centres.

The all-pervading power requires a medium to trigger something, and when these people were created as Realized souls, as they got connected with this 'all-pervading power', I think they triggered it.

They had that confidence within them, that courage in them, because once you are realized, you become very courageous, and you want to establish truth at any cost.

Interviewer: Shri Mataji, the West, shall we call it the Western nations have had Sahaja Yoga available to them to investigate, to see for themselves how it worked, for 20 years, and yet it has been very slow to grow.

Why has it happened this way, do you think?

Shri Mataji: Here people have so many diverse ideas about things. They are very self-opinionated also about things and the so-called man-made religions all over have also conditioned them too much.

They have other conditioning of different norms that they have as far as the social life is concerned and the physical appearances, rather on a very superficial level. So the people have not grown, I think so, much deeper.

Of course, I must say there are so many seekers in the West, so many seekers.

And they were lost because as soon as people knew that there's a market for them, the false gurus jumped out, and they started preaching about false things just to earn money. They were all money-oriented people.

Now there's another psychology with the western mind that you must buy everything. If something is not for sale, then it is useless, and this psychology has really deterred them to come to Sahaja Yoga very much, because this is a living process and you cannot pay for it, and they couldn't bear it.

I mean, actually, I must say, one of the very important television gentlemen told me off that Anglo Saxon brain cannot accept anything which cannot be sold.

And I did not know what to tell him. I just said, Who has made this brain? If God has made, then why is it so?".

Interviewer: So you have an expectation really that the thing called Sahaja Yoga will change the world.

Shri Mataji: Of course. It changes human beings and they manifest the change outside. And we create a new race.

That is what they are talking about.

If you know they talk of a new age, of a new race, but I don't know what is their imagination about it. They talk about all this thing, 'Aquarius.' And Aquarius is the Kundalini. She is placed in the Aquarius, and they talk about the Aquarius age. All kinds of things. They are talking, writing, thinking about it, but when it comes to actualization I think they think I am very too simple for them. Not complicated.

And Sahaja Yoga is too simple. It should be very complicated. And all their own ideas about seeking, that they must suffer, they must go to the Himalayas, they must starve themselves and then only they can get realization.

Interviewer: Shri Mataji, is the evolution of the planet closely related to the evolution of humanity?

Shri Mataji: Of course. It is, very much related, and the planet, our planet is moving in a spiral way. All the planets are moving in a spiral way and they are creating all possible things for the use of human beings, so that they can save time. Save time for getting their ascent and for meditative growth, but people don't understand that part.

Interviewer: There are theories around now, the suggestions, so we say, that the planet could be a living organism, a complete entity.

Shri Mataji: Of course it is. One of the examples of this one, I can give you, is that if you sleep under a coconut tree, a coconut never falls on anything that is living, whether it is a human being or snake. It never falls.

Interviewer: That is so? Is it? All around the world, coconuts never fall on living creatures?

Shri Mataji: Yes. Yes. So they – understand. We call it as Shripala because we think that it is like a brain which understands.

Interviewer: Well, if this world is a living organism, what is the brain? What drives this being, this organism? What has made it evolve the way it has?

Shri Mataji: There is this subtle power which is all-pervading of God's love which manifests all the things like living work, all nourishment, all balancing. It's so balanced if the Pacific was slightly deeper than this, there would have been problems.

If Himalaya was, say, one and a half times more than what it is, there would have been problems. So everything is so balanced in nature, and the Almighty has created only one world.

Only we human beings have divided and move like criminals with our passports in our hands.

Interviewer: Shri Mataji, What we have been talking about, many people would regard as a belief or a theory. How does one know the difference between truth and a belief?

Shri Mataji: First of all anything for which you have to pay money is not the truth. You can't pay for the truth. If you cancel out that, I think 99.9% of all the falsehood will drop out.

But truth to be really actualized you have to have Self-realization. Then you feel on your fingertips vibratory awareness. A new awareness. A new dimension of awareness by which you can make out what is truth and what is false. That is an absolute truth that you realize at that stage.

Interviewer: So one must have one's realization really, to be able to tell the truth.

Shri Mataji: Even to follow anyone, one must have a Realization.

Interviewer: Shri Mataji, thank you very much.

Shri Mataji: Thank you.

Russians are doing one film, too. Russians are doing one film.

Interviewer: Shri Mother, I was reading an article just now where you were talking about inner peace and outer peace. This seems to be something that attracts the attention of people in this present stressful age.

Shri Mataji: By realization what happens - [Video interruption] as a result, you become a person endowed with thoughtless awareness.

That means you see everything. You witness everything and whenever you want to say, or to think, you can see about it, but you don't react.

There is no reaction. So you are empowered to see it in such a manner that there need not be any thought, just the whole creation acts on you. It's a very subtle thing.

It is to be experienced and that is the point where we realize that we are the source of peace, and that's how our inner peace is established.

Now people have many foundations of peace, I have known all of them. They have no peace within themselves. Some people have got peace awards and they are horribly hot-tempered people but they have got peace awards, Noble prizes.

The peace has to be first of all found inside and then it manifests outside.

Interviewer: Shri Mother, another question we wanted to ask you is because of this rather useful way, you use your hands to describe the movement of the chakra when they part.

I wonder if you could just explain why, when illness occurs, it occurs because of the movement away of one centre from another.

Shri Mataji: All right. What I try to show them is that this is the left side, this is the right side.

This is the left sympathetic nervous system and this is the right sympathetic nervous system. And really the spinal cord looks like this, and inside here is the spinal cord which has the centres in it. The subtle centres.

Now when you start using the energy of these centres, say too much on the right, then it starts moving more towards the right and there is a constriction; and the power becomes less because you are exhausting it, going more towards the right side.

Suddenly something happens and from the left, if there is a jerk, the connection is completely broken.

This is on its own. It starts working on its own. That's we say that this has become malignant. It has no relationship with the whole to have proportionate growth, so if the nose starts developing it can cover your eyes, it can cover your mouth, everything.

This is how cancer is set in or any other disease. So many psychosomatic diseases are nothing but - somatic is from the right side - and when the psyche gives in, then it becomes a psychosomatic disease.

There are so many diseases which are more psychosomatic than physical. And these we call them as incurable, can be easily cured by kundalini awakening because when Kundalini passes through this, she just integrates them.

For example, she's going like this then she goes into this, integrates them.

Just like she strings them like pearls and so they are brought around and also she nourishes that centre. That is how people get cured, automatically, by themselves, by their own power.

Interviewer: Shri Mataji, do you want to speak to the ABC in Adelaide this afternoon or would you rather that I rang them and said you are too busy?

Shri Mataji: Yes... No. (Video interruption) abrupt.

Interviewer: Yes, there have been many problems there.

Shri Mataji: Abrupt, also a very flippant type of thing. It's not going to help...

Interviewer: They said they wanted to talk to you about false gurus and more. (Video interruption) They have been having a little trouble this morning, you know. And we have banners to put up announcing your program tonight and we had them on various bridges and they kept chasing them away, but we finally found a place where they've allowed them to stay.

Shri Mataji: They must be busy with the elections.

Interviewer: Oh yes, it's all very important.

Shri Mataji: They want to reserve places for elections.

Interviewer: Yes, If it was for the election, it would be able to go up anywhere. But if it's anything else they are not so happy.

Shri Mataji: That shows their attention.

Interviewer (aside to the recording team): Enough?

Recording team: Yes.

1990-0316, Swadishthan, Thinking, Illness Part 1

View [online](#).

16 March 1990

Swadishthan, Thinking, Illness Part 1

Public Program

Hilton Hotel Sydney, Sydney (Australia)

Talk Language: English | Transcript (English) – VERIFIED

Public Program Day 1, "Swadishthan, Thinking, Illness". Hilton hotel, Sydney (Australia), 16 March 1990.

I bow to all the seekers of truth.

You have to know that truth is what it is. We cannot conceptualise it with our human awareness. We cannot order it, we cannot manipulate it, we cannot organise it. It is what it is, has been and will be. And what is the truth? Truth is that we are surrounded or we are penetrated or we are nourished, looked after and loved by a very subtle energy which is the energy of divine love.

The second truth is that we are not this body, this mind, these conditionings, this ego, but we are the Spirit. You don't have to accept what I'm saying blindly, because blind faith leads to fanaticism. But as scientists you must keep your minds open and see for yourself what I'm saying: if it is so, honestly you must accept it.

We know so much through science about our civilisation, our advancement. This is the advancement of a tree which has grown outside very much; but if we do not know our roots, we'll be destroyed. So, it is important to know about our roots. And this is what it is that I would say are our roots.

As you can see, there are seven centres within us, and these subtle centres are placed in the spinal cord and in the brain. These cater to our physical, mental, emotional and spiritual needs.

On the physical side they manifest the energy for the use of our plexuses which look after our physical problems. That is on the right side, the energy which is supplied by this yellow line, a subtle channel – we call it as the Pingala Nadi – this supplies energy for our physical and mental actions. So, this is the power of action within us which also caters to the right sympathetic nervous system.

The another channel you see on the left-hand side is the channel by which we desire, put our energy to our desire. So, this is the power of desire and looks after our emotions. This is the one which looks after our conditionings also.

At the end of these two channels they create two institutions: one on the right-side crosses over, and the yellow balloon that you see is the ego, is the balloon of ego that we have; and the left-hand side one that, which conditions our mind is the balloon of superego.

As we start growing in age, by the time we are twelve years of age, these two completely meet and the soft bone in our head becomes completely calcified. Now there's third energy within us which is in the centre, and this central energy is the one which has made us human beings. And these centres are the milestones of our evolution. So now the last jumping is left out. It has reached up to the limbic area. Now, only thing, it has to break through the soft bone in the, on the head and break through that, which is the actualisation of baptism. Baptism is not an artificial thing – it is an actualisation. But the energy that does it is, we call it sleeping energy, in the triangular bone called as sacrum. That means the Greeks knew that this is a sacred bone, that they called it 'sacrum'. This energy has to rise and break through that fontanel bone area and connect us to that subtle divine Power which we have never felt during human awareness.

Thus, we get connected to this divine Power, and we start feeling it on our fingertips. It's described in the Koran that, "At the time of resurrection your hands will speak, and they will give witness against you." That is, you start feeling your own centres – these are five, six and seven centres – and they indicate what's wrong with you within yourself, what's the problem. Also, you can feel the cool breeze coming out of your head, cool breeze of the Holy Ghost. Because this sleeping power which is called as the Kundalini – 'kundala' means 'coils' – is the power of pure desire within us.

(Disturbance by a man in the audience.)

What's he talking? Ah... This is the result, you know, of tensions, on modern tensions. So many such things are happening. People have no peace. That's what I say, the tree has outgrown itself: it must find its roots. In America they say there are fifty-five per cent people who suffer from terrible nervousness, and at least thirty per cent people have got schizophrenia. It's a very dangerous thing.

If we don't understand how delicately we are made and to realise that we are human beings, the epitome of evolution, we are going to land in great difficulties. We may try to run away from reality, but reality will have an effect on us.

Now, so now we have this kind of a mechanism within us existing. Now this is a living process of evolution, and you must understand that we don't pay for living process, and we can't even explain it; because when you take a small little seed and put it in the Mother Earth, it germinates by itself spontaneously.

You don't pay to the Mother Earth anything. And when it germinates, it grows into a tree and produces thousands of seeds. So, in that little seed the map of all the things it was going to create is there. How it works, we never ask this question. We take all the things for granted. We don't even ask the question how this wonderful eye of ours is made like a camera, and that how we are programmed within ourselves like computers. You see this is the colour; you don't have to think about – it's there. Through our sensory organs, how we find out things: we'd never question it.

But to answer now all our questions, we have to become the divine computer. And that's why we have to be connected to the mains. I call them, as the people who are self-realised, the people who have got their Spirit in their attention.

When the attention is enlightened through this happening, then you can see the absolute truth.

Like supposing you are holding on to a snake and there's darkness, and somebody tells – there is darkness – "But you have got a snake in your hand. I can see it", you'll say, "No, I think it is a rope." Now if you put on the light, immediately that person will drop.

In the same way, when the attention gets enlightened by the Spirit, the first nature, innate nature of the Spirit is that it manifests absolute truth. You immediately become so empowered that you give up all those habits which are destructive to your life – immediately. I have seen people giving up drugs overnight in London, alcoholism, all kinds of things. I was amazed the way it's working.

It's your own power within you; it's just there, is existing. There's no obligation of any kind, it's just one enlightened candle can enlighten another candle. That's how it works.

And it has to work – otherwise, as I told you, we are standing on the brink of destruction. Leave alone things like drugs and things we take to escape reality, there are so many diseases that have come up and coming up that it is going to be very difficult for us to exist on this Mother Earth after some time: ecological problems, the uncertainty of life, the insecurities that are built within us.

So many conditionings we have. How to get rid of them? How to be cleansed is a very big problem today. And for that I think it is important that we have to get our Self-realisation. We talk, "My, my body, my hand, my mind, my ego" – but which is this "my"?

Which is the "I" behind it? And when doctors also talk about the autonomous nervous system, they don't say what is this "auto", who is this "auto". We say, "Automobile" – so there is a driver sitting driving the car. But who is driving this car? That is what we have to find out. And that "auto" is the Spirit within us. Unless and until the connection with the Divine is established, all other efforts are really fruitless.

And that's why many people ask Me why all the religions are fighting among themselves, why people who believe in God are fighting among themselves; why they are so sinful, why aren't they so good. The reason is, they have not found the truth as yet. Just believing in any God or being born in any religion doesn't make you a righteous person at all: anybody following any religion can commit any sin. There's no bondage.

But when this Kundalini rises into that green part, as you see – we call it as a Void: is the area which is like a bridging – very significant it is.

Like Moses bridged; in the same way, this is the bridging. And this bridging, when it takes place you can cross over this ocean of illusion, as we say. But actually, this ocean of illusion is representing our ten valencies within us. We have ten valencies, ten dharmas, ten – our innate nature as human beings.

So, when Kundalini rises into this area, it enlightens this area, and a person who is a realised soul doesn't do anything wrong. He doesn't cheat, he doesn't bribe, he's not frightened. He's so courageous, he's so compassionate, he's so dynamic, he's so loving.

This is only possible when you are innately religious. Unless and until that happens, the religion outside, the man-made religion, cannot give you what it is promising you. And that's why people are surprised that there is a big difference between the practice and precepts of religion.

Every religion has said that, "You seek your Self."

So, there was nothing wrong with all the prophets, incarnations, all the saints. They all said the same thing. But we have missed the point. Everything has become either money-oriented or is an intellectual, intellectual probing. It is through intellectual probing you reach a point where you realise that you have not reached the reality. So, what should we do?

And this is a very great gift of modern times which was promised long time back. Is described already in our Puranas that at the time, these modern times called as Kali Yuga, the Paramachaitanya or this all-pervading Power will become active – means there is Krita Yuga, it will become active – and through it, thousands of people will get their Realisation. Even in the Bible they have said that it's quite a limited number. John the [Saint] – John has written in his "Revelation" it's quite a limited number, but we have already crossed that.

And so many people have to become realised souls. It's very important today, and it's so easy. "Sahaja": 'saha' is 'with', 'ja' is 'born': 'born with you'. Is the right to become one with the Divine, united with the Divine – that is "Yoga". "Yoga" is nothing but to be united with that divine Power. That's what "Yoga" is; all other things are subsidiary.

This union brings forth new dimensions on our central nervous system. As a evolution, we always develop a new dimension. By this you develop a new awareness of collective consciousness, by which you can feel other people, their centres. Sitting down here you can feel the centre of somebody – somebody who is dead, even you can feel his centres and find out what he was: was he a realised soul or not? You can find out about anybody whether he was a realised soul or not, sitting down here. You have to just think about him, put your hands. If you are a realised soul you can feel on your fingertips what is the problem. And somehow if you know how to correct those problems, you get rid of your own diseases and the diseases of others, your own problems and the problems of others.

First, you enter into a state of mind which we call as "thoughtless awareness." When you cross this centre of Agnya that is placed in the optic chiasma, you become thoughtlessly aware. You are aware, but there is no thought. What a blessing it is!

Say, I see a carpet here, it's beautiful. And when I look at it if I start thinking, "What a good carpet!", if it is Mine it's a very big headache because I'll be thinking, "I hope it goes home, is already insured, is not lost, is not spoilt" – all kinds of worries about this carpet. Thank God it's not Mine! So, I'll look at it, still I start thinking, "How much I should pay to get it, from where can I get it?" – all these thoughts coming.

But if I look at it without any thoughts, then the joy of its creation, to whomsoever it may belong, so-called, starts pouring on Me like beautiful flow of joy. Whatever the artist has put into it, all his joy starts pouring, that peace and that joyous feeling within Me when I don't think about it. Thinking makes a person mad, creates lots of problems. Too much thinking is wasteful, also. As I'll tell you about the second centre we have here, tomorrow, about the second centre, that by thinking, how many diseases you get.

The other day I was in a radio station and the gentleman was asking Me, "How can I get rid of my diabetes? You say that by thinking it happens." I said, "Yes." Because in India if they have to take tea in a village, the sugar is put so much that the spoon must stand at right angle! And nobody gets diabetes. But people who are sedentary, planning too much – I mean mostly, say, bureaucrats, diplomats, politicians – they are very vulnerable. What is the reason for that, which I'll explain to you tomorrow, how we get all these diseases because we think too much and we cannot stop thinking.

But so far, we have to understand that we are all on the, either on the right side or on the left side. We are not in the centre. The centres are like this, I would say: the left and the right, and the left side and the right side join together to make the centre.

Now supposing you are right-sided – means you are using too much of your physical or mental aptitudes, you are planning for future, you are very futuristic – then this starts extracting energy from this centre and starts moving to the left, right, starts moving to the right.

At the same time if something happens on the left side and you get a jerk, it is broken. Then you are vulnerable to diseases which we call as psychosomatic, because this is the one is the somatic and this is the psycho. And these diseases cannot be cured. Because if somebody's a doctor then he doesn't know about psychology; somebody is psychologist, he doesn't know the medicine. I mean, we have doctors for one eye and another doctor for another eye! We have gone to that limit of specialisation.

This is the science of integration. Is not a science of specialisation but integration, because this is one body which has got the nose, eyes, ears, all stuck to one body. And this is one personality, and we have to deal with this personality as a whole. But if you start treating it like one for the nose, one for the ears, it's not going to work out.

So, when this Kundalini rises through these centres it brings them back to normal, to the balance, integrates them one with another and connects them with the mains from where the energy flows inside. And that's how you become very dynamic, you don't get tired, you feel very young, you never feel your age; and you are extremely compassionate and kind, and you love to do good to others.

It is so much I have to tell you. Now Sahaja Yoga is working in forty nations, and working out very well. The most surprising place was USSR. And now the people are saying, "Mother, You have been working for twenty years in the West and only went last year to USSR, and You have more Sahaja Yogis there than You have all over the world." Not in India: we have many more, of course, because they know about it, they were not ignorant, so it's all right – if you forget India. I don't know what's so special about them that they could see this so clearly.

And one of the snags of Sahaja Yoga is that you cannot pay for it. And this really is the very great snag, I think because a gentleman from BBC in England told Me that Anglo-Saxon brain cannot understand anything that can be done without money. I said, "Who has made this brain, God or somebody else?" It's very surprising! And even in, I went to Toronto – no, Boston – and they said, "How many Rolls-Royces You've got?" I said, "I have none, because I don't take any money. Whatever I have is of My husband's." They said, "Then we are not interested. You have to be in the business." It's very shocking, this kind of an attitude towards Divine. I said, "How much money did you pay to Christ?"

Today also there was a question from a radio, and they asked Me, "You don't take any money; then how do You travel?" I said, "So far, for quite some time I was travelling with My husband's money, no doubt. But now we have so many Sahaja Yogis and they have some self-respect, and they don't pay Me, they pay to the travel agents, not to Me. They don't want I to pay for them – then tomorrow will say, "All right, You pay for our food also!" I mean, any self-respecting people can understand that.

So, if somebody does not take money, they go to that limit that even I should pay for their salvation, coming to their place I should pay for the hall, I should pay for everything. This kind of a brain – oh, it's not all, all of you are not Anglo-Saxon, I hope so! – I can't understand. And that's why it has not come up to the point where it should have.

On the contrary, I must say Russians are very brave people. With the war they have become very strong. On the contrary, in other countries I have seen with the war they have become very nervous, very frightened. And immediately they took to Sahaja Yoga for one point, that you cannot pay for it. They could see it, that you can't pay because it's a living process. Is such a wisdom that clicked.

You won't believe, in England, I was fighting with seven hippies for four years: the questions, the bombardment and – too much! I was about to give up. They just thought that it's something to be attacked. And that's the reason they attacked all the saints, all the incarnations and all the prophets.

But I hope now everybody realises that we are in trouble. We are all in trouble. We don't know what's going to happen next day. We might get into cancer, might get into some other trouble. We might have any problem that we do not know about. We are not sure of our future. So, it is better that we get our special energy that is within us, we get ourselves enlightened and take to something that will make us much wiser, healthier, joyous and knowledgeable. "Knowledge" does not mean what you know through your brains, but on your central nervous system.

That's what everybody said, that the time has come – it's a blossom time, I call it. There are thousands and thousands who can get Realisation. It's such a great blessing that we could have en masse Realisation. On the Tree of Life there would have been only one or two flowers to begin with, but today I call it a blossom time. Is actually the Day of Judgment, but "blossom times" seems better to say – is more promising.

I hope tonight we all will get Realisation and enjoy ourselves.

May God bless you all!

I would like you to ask Me some questions, because today is a first day. I'm sorry, the mike was not all right so they started very late, they said. The musicians have come from India – and you'd be amazed that Australians, Swiss, Germans, English, all of them have learned Sanskrit songs and Marathi songs, which is such a difficult language, all these songs – and they have learnt English songs. It was impossible to teach an Englishman one sentence in Hindi.

One gentleman asked Me, "What do you say to the 'close the door'?" So, My father told him, "You just say 'there was a banker.' That means 'you close the door!' And for opening the door you say 'there was a cold day.' That's how you will say 'open the door'!"

So, it was so difficult, and I'm amazed how through Sahaja Yoga they have become so dynamic.

We have got many artists now flowering out. In your country itself there are so many artists who have come out of Sahaja Yoga. They are very well known here. Also, great potters and ceramic makers have come out of this. It's working on this part, on this area of creativity, and lots of musicians have become great musicians in India. It's working out in another direction in England, that people are writing books and they have become good orators who would never come on the stage.

So, this is on a worldly level, we should say. But they themselves are so patient and so loving that the happiest thing I would like to tell you is that twenty-five Germans rushed to USSR, to Russia, to help Me to give Realisation to Russians. It was very touching, really, to see Germans should feel that innately that it's their duty to give them Realisation. They spent their own money coming down there. It's rather difficult to go to Russia because you have to pay for the hotels beforehand and all that. They did all that and they were there. It's a beautiful that's happening in the world, very beautiful people. And the way they admire each other and adore, it's wonderful.

So, I would expect you to ask Me some questions. But the questions should be relevant because I'm not here to aggress you, I'm here just to give you what you have, your own property. So, there's no need to be aggressive with Me or to be angry with Me. I've not come here to take anything from you. So, in a sensible way, whatever you want to ask please ask, and we should not waste also time of other people who are anxious to have their Realisation.

Seeker: Is Mr. Gorbachev realised?

Shri Mataji: Yes, he is very much. Thank God for that!

Seeker: What about Mr. Bush then?

Shri Mataji: Who?

Seeker: Mr. Bush.

Shri Mataji: You can give him Realisation. You can.

Seeker: What for?

Shri Mataji: It's better not to ask about that. You see, even Americans don't understand sometimes that if Gorbachev has opted for democracy he's not opted for an American style of democracy, because American democracy has not created a very good atmosphere. It's a, if you go to America you can't even wear a wedding ring. They can kill you even for a wedding ring. Such a situation is there. Horrible!

And I was going once on a Los Angeles road and the one who was driving Me told Me that "Mother, put down Your head." I said, "Why?" And he said, "On this road last week eleven people were killed." I said, "Why?" "For the heck of it." I said, "For the heck of it? So mad?"

So that democracy has not created a good society, not good society. They have money, that's all. But money is also not so much well-balanced, I would say; it doesn't create good people, good children, good families. It should be the money which is auspicious, which should create good atmosphere.

And very sick people there are: certain are very silly also, stupid. Like eighty-two-year-old people, cinema actors and actresses, going for a shake dance – they're already shaking! I mean, this I can't understand. And they, they want to ride horses at the age of ninety-two years of age. And then they fall down and die. What is the need at ninety-two to ride a horse?

I mean, there's no maturity. If democracy cannot mature you, then it's not nourishing. It must mature; you must become a wiser person. If you still remain a sixteen-year-old brat, what's the use?

So, it has failed somewhere. As communism has failed, it has also failed. But Gorbachev could see. Mr Bush has to also see that. Also, the way they are supporting these Azerbaijanis – they're horrible people, these Azerbaijani. I've been there, I've been to Samarkand and I've been to all these places, and they were rolling in luxuries, rolling in luxuries when I went there, thousand times better than their neighbours, Afghans.

But they said, "We are very miserable because we can't follow Islam." But I said, "Why do you want to follow Islam? What Islam has done good or Christianity has done good? Why are you so much anxious to follow Islam?" "No, we must have." And now the Iranians are penetrating that, and if you support these Azerbaijanis you are supporting the Iranians and their fundamentalism.

So, there's no thought given to it. It's not a proper vision; it's a very blurred vision. One should see clearly what we are doing, who are we helping. There should be some principle in what we are doing. Imagine, Abraham Lincoln who started, who was a Realized soul himself, and how far you have taken him there? And there's only one single road somewhere in his name. I mean, nobody bothers about the principles he established.

So, something has gone wrong there. So, we must sit back and see that what's wrong with our democracy. And in all these democratic countries all kinds of false gurus have prospered, because everybody has freedom to give the money to whosoever they like.

Yes? These two ladies All right, you ask first.

Sahaja Yogi: She's been doing yoga for fifteen years. And she says she has reached all these points that You have mentioned, but she is weak on her left side. Can You help her?

Shri Mataji: Yah. It's just the outcome of the modern yoga, absolutely. Actually, Patanjali has written such a big book on Hatha Yoga. Nobody reads that. Only they have taken a wee, wee, wee part of it, which is ashtanga, means there are eight portions out of which one portion is yam niyam, out of which it's one-eighth of the portion is about exercise, the physical.

But that also is to be used when your Kundalini is rising and you see the defects in your spinal cord, or anywhere in your chakras: then you must know if there is any need for a physical correction – all right?

But the way we are doing now Hatha Yoga is like taking all the medicines of the medicine box inside, without any discrimination. So, when we pay so much attention to the physical side, we go to the right side and left side is neglected. There's an imbalance. And you develop lots of physical troubles also – physical.

Like these days jogging is a fashion, so everybody's jogging. Everybody wants to be a cinema actress, or might be a beauty competition – I don't know what they want. And they don't understand that we are human beings, we are delicately made. Even old people of eighty years are jogging, for what? And then they get heart attacks, serious troubles. So, this kind of a Hatha Yoga weakens your left side to such an extent that a woman may not be able to produce a child, even. Apart from that, a man who does Hatha Yoga of this kind is such a hot-tempered fellow, like an oven, that you'd better approach that person with a barge-pole! God knows when he'll jump on you.

But in Sahaja Yoga you'll achieve your balance. So, don't, not to do so many exercises now, discriminately understanding which one you want, you have to do – that much you should do.

Sahaja Yogi: Yes. Then there's one lady here who raised the hand.

Seeker: How can you tell whether you are acting from intuition or if it's just the desire of the moment?

Shri Mataji: You mean you are asking Me or about yourself?

Seeker: In a general sense. How can you tell the difference?

Shri Mataji: Because you have not reached that state of Self-realisation. In Self-realisation if you ask a question, any question: say, somebody says, "I don't believe in God." All right, ask a question, "Is there God?" three times, and you get a beautiful wind coming on you. "Was Christ the Son of God?" Ask this question: you get it. Then ask about some horrid guru who has been lynching you, and you will get burns, might get even blisters.

But unless and until you are a realised soul, you have to – it's not easy to make it out. The only thing, you have to be connected first of all and to be established. Then you reach a state of doubtless awareness, from the thoughtless awareness. And then you become tremendous.

Sahaja Yogi: There's one right at the back.

Seeker: Does your Realisation take place instantly or does it take place gradually?

Shri Mataji: It takes instantly, My child. It should. Most of the cases it has to; it's so spontaneous.

There was a saint called Ramdas who was the guru of Shivaji, a great king in India – a realised soul, again – and somebody asked that saint, "How much time does it take for the Kundalini to rise?" And in Sanskrit he said, "Tatkshane" – means "That moment." That moment.

But there has to be the person who gives you Realisation authorised by the Divine, and the one who is a seeker of truth. I mean, I'm Myself surprised the way it's happening today, everywhere. These days it's really very surprising that the Divine is so anxious to give you Realisation. Many people ask Me, "Mother, why do You give Realisation to so many people?" I said, "How can I limit it? Now it has become limitless."

Some, like the parable of Christ, fall in the marshy land and just sprouted and lost – I know that. But they'll come back; I'm sure they'll come back. But some do prosper very fast and settle down.

Imagine in a place like Russia, I thought this must be just wilderness, there I find beautiful things happening. They, they never

talked of God, they never talked of religion, they never talked of spirituality. And openly I talked of God and everything; nobody arrested Me there. Here, we who worship God and who have so many churches, who have so many temples and mosques and all that, you have – I have to move like a criminal! Except for their church or their mosque or their temples, you are a "cult"; while they take all the money, everything – they are very money-oriented and power-oriented also – but you are a "cult"! Is very funny.

Sahaja Yogi: Yes, please? There's still the another gentleman also?

Shri Mataji: All right. They need to ask Me

Seeker: Mother, I've been trying for about two months, but I don't feel any cool breeze up here.

Shri Mataji: You feel it in your hands?

Seeker: No, I don't.

Shri Mataji: All right, we'll see about it. After the program – ah, definitely today you'll feel it.

Seeker: Where in the seven centres would You place instinct?

Shri Mataji: You see, "instinct" is a very confusing word – all right? In the seventh centre when you arrive, you arrive in the limbic area. And limbic area has got the seven seats of seven centres. So, you cannot say that any particular place is the instinct, but the instinct comes from the Divine. So, when it is connected with the Divine, you receive it in your brain and it's transmitted to your nerves. Also, it is transmitted to your centres, nourishing it. So, you cannot categorise it.

Yes, what is it? Ask, ask!

Sahaja Yogi: He finds it very confusing: what is mind, what is a thought and what is thinking?)

Shri Mataji: I think tomorrow I'm going to talk about thinking. In that I'll tell you everything – all right? Can you keep it for tomorrow, please? All right? Tomorrow I'll tell you.

Seeker: Got food anything to do with this process or technique?

Shri Mataji: You see, any kind of food that you eat has to be suitable for your temperament, your prakriti. It has to be suitable. Supposing you are a very right-sided person, then it's better for you to take more to carbohydrates. But supposing you are a left-sided person, is better for you to take to proteins. There's no hard and fast rule about it. It has to be complementary to your nature. That's how we decide. Every individual has a different temperament, and accordingly, we have to decide what sort of food one should take.

Sahaja Yogi: Two questions, Shri Mother. One, are You a vegetarian? And secondly, does the soul have a memory?

Shri Mataji: All right. About Me you'd better discover. You see, I don't talk about Myself. The reason is this: anybody who tried to seek, say anything about oneself or claim anything, people have been very nasty. Christ said, "I am the Son of God" – which is a fact. They crucified Him. He didn't tell a lie. So, I'm very tactful! So, you first get your Realisation, because I don't want to get crucified just now; I want to postpone it as much as possible! So about Me you can find out, once you get your Realisation, is better.

What is the second?

Sahaja Yogi: Does the soul have a memory?

Shri Mataji: Soul has a memory, of course, it has. Soul also is another subject which will take at least three, four lectures, and I have given lectures on that. You can take the tape and see for yourself, and after Realisation, you can see those dead souls also and also you can see the Chaitanya, these vibrations, as small little commas shining. After Realisation, you see them. And now there are lots of discoveries have been made which I've said about soul, which you can also see from my tapes and can hear about it. It's a very long subject. All right?

Seeker: He has some artificial heart valves and things in his body, and he wonders if a person who has artificial organs can obtain Self-realisation.

Shri Mataji: Of course, you can. Anybody who is living can get Realisation. Because you are living because there is the Spirit within you. The day the Spirit disappears from your heart, we are no more. On the contrary, your heart condition will improve, very much. Many people who had bypass got rid of it. Many people who had angina got completely cured. Many heart patients were cured completely.

Sahaja Yogi: Yes, now, you ask. Now she is asking. ... Can you hear her? Little loudly, can you?

Seeker: Apparently the authors of a lot of these chakra books say that each chakra corresponds to a different ... areas. (Question continues: ... corroboration of your soul, of your being. Is that actually true? Like as in the chakra here.)

Shri Mataji: Agnya.

Seeker: Yeah. If, they say that if that's opened, you are able to perceive things in other beings; like you're able to see where they have been and ... or you are able to use psychic powers and things, you know? Is that actually true?

Shri Mataji: Yes. Now, this chakra is very important. This chakra of Agnya which is on the optic chiasma is a very important centre. It is a very constricted thing, and the resurrection of Christ has solved the problem for us because He was resurrected and He's bestowed upon on this chakra. He's the ruling deity of this chakra. So, when Kundalini awakens Him on this chakra, He sucks in these two balloons, as I told you: ego and superego.

Now the ego and superego are controlled by two organs or two things, what we call as the pituitary and the pineal. So, this centre controls pituitary and the pineal part. Also, it is on the optic chiasma. So, you can see things clearly through it. When it is awakened, you start seeing subtler things. But if you see the light, then it's not correct. That means you have moved to the right because you see elements on the right side. You may see also the past: you may, you may see Krishna; you may see somebody, the past.

What you have to see, whatever you see, you are not that. Supposing I see the light, I am not the light. So, you have to be the light. So, this movement is deviation from reality. Either to the right, to the left, is not correct and should not be considered as some achievement, because seeing gives you nothing. Being gives you. It is becoming; you have to become. All right?

Sahaja Yogi: Now, is there?

Seeker: Are our actions governed by free will, or is it just fate?

Shri Mataji: It's free will, absolute free will. You have come here with your free will, and I respect your free will, your freedom. If you don't want to have Self-realisation, it cannot be forced, it cannot be done. It respects your free will. You can only get it if you in free will, in your free glory, you want to have it.

In a way, of course, it does help people who live in moderation; but as I told you, the Divine is so anxious that whatever you might have been, you get your Realisation, sort of a thing happening today. That's what I've seen it. So that's what you should expect. And shouldn't think of your past at all. Forget it.

Yes?

Seeker: What then of karma?

Shri Mataji: Karma, as I told you, is sucked in. When the Kundalini rises through this centre, She's sucked in those two institutions. One of them is of ego. Is the only ego, tells us we are doing karmas. Animals don't feel they are committing sins or

doing karmas; only we, because we have ego. This ego is sucked in. So, all our karmas are finished. They said Christ has died for our sins, and that is proved.

So far ...

Seeker: In regard to reincarnation, do humans come back as humans?

Shri Mataji: Yes, they do. Some of them do come from animal stage also, because that we can explain why they behave like this!

Seeker: Mother, I've been getting very powerful sensations on this finger here and this area here. What is the cause of that disturbance ...?

Shri Mataji: What is the feeling? In the Agnya, here? Here and here. You are feeling heat?

Seeker: Pain on top of that finger and a small, a kind of heat and pain there ...

Shri Mataji: Here? All right. You don't worry about the cause. We'll correct it. All right? It's, it's better not to know about it. It's nothing serious but still... You see, this may be that – what is your job?

Seeker: I don't have a job. I was in an auto accident last year and I've been incapacitated since.

Shri Mataji: Incapacitated?

Seeker: Yes.

Shri Mataji: How?

Seeker: Injuries to both legs and right up to my abdomen, right up to my chest.

Shri Mataji: What he said?

Sahaja Yogi: He's had severe injuries to both legs and his torso up to his chest.

Shri Mataji: And on your left hand, what are you feeling?

Seeker: A lot of pain in that finger there and a pain just here which is in line with the third finger.

Shri Mataji: All of them?

Sahaja Yogi: The right Vishuddhi, Shri Mother.

Seeker: And this one here.

Shri Mataji: All right. So, this is, this is definitely connected with your body and that has to be corrected, that's all. All right? Then you won't feel anything.

Seeker: Why do we take on the physical state?

Shri Mataji: You cannot get Realisation without it, My child. You cannot get it in the air!

Sahaja Yogi: He said, "If Realisation is the dropping away of habits, isn't riding a horse at ninety-five just a matter of habit?"

Shri Mataji: No, no, no, no, no! You didn't understand. No! What happens, you become a very powerful personality, and you become an enlightened personality, so, you drop out whatever is bad for you, that's all.

Seeker: Is horse-riding necessarily bad?

Shri Mataji: Anything that is not good for you, you understand and nobody has to tell you. You become your own master, you become your own guru and you drop it. I don't have to tell you, "Don't do this" or "Don't do that" – you just do it yourself. Isn't it better for Me?

Now, so many questions; it's ten o'clock about.

Yes?

(Unclear question)

Shri Mataji: What did he say? Did you follow him?

Sahaja Yogi: I don't think I got that one. I think he said, "If You promote the idea of jumping into the divine flow of vibrations and want to clear ourselves, once upon a time we jumped into the river to get clean but now the river is polluted. Are there dangers in jumping into the Spirit?"

Shri Mataji: No, no, not at all dangerous – it's wonderful! No, no, not at all dangerous: that's a myth. That's a myth about Kundalini. It's such a myth they have created because they never wanted you to get your Realisation so that they could make money out of you, you see. They don't want you to go to reality. So then, they can use you. That's the reason they said all these things. It has no meaning. We have now been working in so many places, I've never seen. At the most some people, like this lady who was here was sick, was shaking her hand, and then she put it to her Mother Earth and she was sitting before Me, and she got all right. So, her shaking stopped. It was Parkinson's. Just sitting here; she's gone now.

Seeker: What is the flame, Shri Mother? The Spirit? What is the flame? (On the chart.)

Shri Mataji: Where is the flame?

Sahaja Yogi: On the left Heart.

Shri Mataji: On the left Heart is the Spirit. Is the Spirit. It's difficult to show Spirit, you see, so they have shown it as a flame.

Seeker: Do dreams have a part in one's Spirit?

Shri Mataji: They come from different areas. They don't only come from collective subconscious, they come also from the subconscious that you have had in past lives, maybe in this life; could be from just from yesterday. So, it depends on from what area it comes. But it's not important. Once you know the real truth, then you don't bother about these things; because the communication is not circuitous, it's just direct, so you know the truth. So, you're not interested to know any more.

Seeker: Is there a place for sorrow in someone who is Self-realised?

Shri Mataji: No, no, not at all. It's such a joy. You see, sorrow comes through our ignorance. Also, they want to, you to feel sorry for everything, you know. Like the way they show Christ like a skeleton, you see, naturally, you feel sorry; but only Michelangelo

could see clearly that it was a great Personality. So, he painted Him like a great giant in the, you see Him in the Sistine Chapel. But below on the table, they have placed a skeleton of Christ which is, creates such horrible feelings within yourself. I think we should ask one of these priests to carry one, the cross across and see if they can do it with their skeleton bodies. So, sorrow is also created.

Also, people like to show they are sorry. Like this Greek tragedy has no sense in it; just make it Greek tragedy, unnecessarily. I mean, one gentleman falls in love: he falls, doesn't rise, falls in love! And then he doesn't marry that person; then he is pining. I mean, human life is worth much more, not to pine after one lady. Then in next year, he marries that lady. I mean this is the – you see, everything must have an antithesis also. So, then he marries the same lady, and then he wants to get rid of her somehow. And then he murders her out of frustration. This should be the story because this kind of wasteful habits of human beings leading nowhere.

You cannot get joy from another person: joy is your own property. This comes from your own Spirit. It doesn't depend on another person. Only a Realized soul can enjoy another Realized soul. Only you understand the value of another person when you are a Realised soul, and another person is also a Realized soul; otherwise, you cannot.

Yes?

(Unclear question)

Shri Mataji: You see, Gorbachev has solved one problem, a little bit. Because these are two superior powers, you see: super-most, we can call, superpowers. So, the, you need two hands to clap. So, one hand has receded. Now this hand doesn't know what to do, what to hit, so it has to recede also. So, in a way, the pressure of war he has lessened, and he is going to lessen more.

But I think today the world problem is, if you see internationally, is fundamentalism. Is fundamentalism. And those who try to encourage fundamentalism are really committing sins against humanity, I think. So, fundamentalism I find as the biggest problem, and to answer to this is Sahaja Yoga.

Then our social problems come because we don't understand the role of a woman and the role of a man; and when we don't respect women for their great role they are playing, they become something funny.

So, all this understanding comes to you very beautifully when you become a self-realised person.

Another problem is ecological problem, comes out of our own imbalances. Whatever is inside, we manifest outside. You see, there's so much imbalance in us.

Like in, when we were in India, I never allowed any drinks in My house. I said, "All right, if you want to drink, drink in your house and come to My house."

But I can't understand a person who is drunk. God knows, he might just get up and slap Me or do anything! But when we went to London, they, they said we have to offer them. I said, "All right." I told My husband, "You arrange all that. Do it yourself." That time – it's long time back I'm telling you – just to buy crystal tumblers for an ordinary party we had to shell out nine hundred pounds, to begin with. That's the beginning of the library. And so many were to be added later on. There is one cup for this and a one cup for that – I mean, a one cup is sufficient. And one tumbler for that and this – big, it's a big science, you know, books after books. I told My husband, "You'd better get it and read it." Then we hired three, four people. I said, "Baba, you look after these people." Somebody wants this, somebody wants that, and it's a very big sort of a social nonsensical wastage.

So, these things we have created. Then, fork and spoon, you start from here, go on like that; and then go on that way. There's no need to do all that. And I understand, if it was something artistic, all right, some artists are doing. But these days there's no art:

it's so simple, there's no art in it. If there's even one flower they don't like it – this is too much. No art anywhere, no Limoges, it's just straightforward march. So, all this creation is all useless rubbish which will form another plastic mountain.

So, this ecological problem has come because we have no sense of balance and discretion. Just go to the shopping: the husband gives the money to the wife to buy some shirts and she comes out with some three, four funny punk dresses which will be discarded after three, four months. We play into the hands of entrepreneurs all the time. Entrepreneurs start some sort of a funny dress: all right, everybody must dress up like that. We have our own intelligence; we have our own personality! We have no individuality left; everybody must dress up the same way.

Now, I should say that we must put some oil in our head at least the day we want to wash our hair, because we'll all become bald and then these entrepreneurs will sell us the wigs. That's the trick! So now the fashion is not to put oil – all right, don't put oil; but at least before washing your hair you can put some oil in your head.

You see, this is what I am saying: the wisdom part is not there and the balance is not there, and because of that we are getting into trouble. All kinds of venturesome things have started, like the Grand Prix. Now, the man must die in the Grand Prix, otherwise it's not a good one – that's what they say, exactly.

So, this sensationalization – must have sensations, as if we have become numbed people: absolutely we have no sensitivity to feel any joy or happiness, so we have to be given injections all the time, like electric shocks.

To Me all these things, this looks so shocking. And I'll tell you tomorrow what happens to you when you get into all these shocks. This is what happens, that you develop blood cancer. Cancer is created by us, by our imbalance, by our insanity.

We have to become sane people. We must respect ourselves. Perhaps we have had no identity so far, that's why we are like this. But once you are realised, you know your identity and then you enjoy yourself, you respect yourself. And don't waste your time in useless things, destroying yourself.

Yes? I, I tell you now, you see, the time is coming up much more, so one question will do. Now who will withdraw? All right, one lady waiting. Who is that one? This one? What is it? What?

Seeker: The Spirit. Does the Spirit discriminate between good and evil, love and hate, or does it just react?

Shri Mataji: Spirit is the source of knowledge, absolute knowledge; is the source of peace, is the source of wisdom, is the source of joy, is the source that enlightens our attention. We have such a big property with us. We should allow it to enlighten us, shouldn't we?

Now I think we should stop the questions, because there's one thing: I'm quite good at answering questions. I'll answer all your questions, but by that I cannot guarantee your Realisation. I can answer most of your questions, but I can't guarantee your Realisation. Realisation has to work out.

So even if you have not been able to ask some question, forget it. You can bring them tomorrow written down, and I would like to answer them when you come tomorrow. Beforehand if you give, I'll answer them. But just now I think, tell your mind not to bother you any more about questions. And that's why I wanted you to ask questions, so that your mind should not suddenly come out like jack-in-the-box and say, "Oh, you didn't ask this question. How can you have Realisation?" So, the most important thing is to get your Realisation.

So, I think, let us have it now. Again, I cannot force on you. You have to have it in your free will. So please, those who want to have should be there. It will take hardly ten minutes to work it out, and then tomorrow again I'm going to work it out. It's very simple, very easy. But those who don't want to have it should not be in the hall. It's not proper, it's not civil. So, all those who want to have it, are welcome.

At the very outset, at the very outset there are two conditions I have to tell you.

First one, as I told you before also, you have to forget the past. You have to forgive yourself, and know that you are not guilty at all. All these ideas are given to you that you are sinful, you are guilty, you are this and that because they wanted to cash it. You don't have to suffer either. So, first of all you should know that you must forgive yourself and must have self-esteem and you should be very pleasantly placed towards yourself, because you are going to enter into the Kingdom of God. This is the first condition.

Now the second condition is that you have to forgive everyone. Some will say it's very difficult to forgive. But whether you forgive or don't forgive, you don't do anything. It's a myth. But if you don't forgive then you really play into the hands of the people who want to torture you. So best is to forgive them, forget about them. Forgive and forget. But don't start counting how many people I have to forgive, what mistakes they have done – nothing of the kind. Just in general say, "I forgive everyone" – just, and it's done.

Because Divine is the ocean of forgiveness, it's a very powerful ocean of forgiveness, and you cannot do anything that it cannot forgive. And once you say, "I forgive," Divine takes over; we don't have to bother. All right?

These are the two conditions we have; very simple conditions, I think.

We have to take out our shoes to take the help of the Mother Earth. That's very important.

(Apart: It's supposed to be... Too much for the throat, talking all the time. All right.)

Now (It's all right.) You have to put both your feet apart from each other, because as I told you there are two powers. A little apart from each other, not touching. And you have to be comfortable. If there's something tight you can release it a little bit. You need not bend down or stretch yourself too much. Just in a normal way you sit down. Put no strain on your body.

You have to put your left hand towards Me like this, in a comfortable way, on your – you can keep it on your lap, whatever is comfortable. Now this represents that you desire to have your realisation. So, you keep it all the time like this. And with the right hand we'll nourish our centres. With the right hand we will nourish our centres. And so, you will know also how to raise your Kundalini yourself.

So, two things can be done: your Kundalini will be raised; as well as you will feel, you will know how to feel your centres within yourself and how to correct them. We'll be working only on the left-hand side.

So now you have to put the left hand towards Me. First, I'll show you, he will show you what's to be done, and then you'll have to close your eyes later on.

First, we'll put our hand on our heart. In the heart resides the Spirit. Then we'll have to put our hand on the upper portion of our abdomen, on the left-hand side. This is the centre of your mastery, created by great masters. Then you have to take your right hand in the lower portion of your abdomen on the left-hand side, which is a very important centre which manifests this pure knowledge on your central nervous system. Then you have to raise your hand higher, again on to the left side of your abdomen, on the upper part. Press it hard, on the centre of mastery. Then to your heart again. And then on to the corner between your neck and your shoulder – from the front side, not from the back but from the front side – and turn your head to your right. Now this centre is very important, because this catches on very much, especially in the West, because people all the time feel guilty. And because of this people get spondylitis and angina and all other lethargic organs diseases. So please put your hand here, as far back as possible, and turn your head to your right.

Now, take your right hand and put it on your forehead across and try to put your head down slowly, resting on this hand. And now

press it on both the sides, as we do it when we have headache. This is the centre for forgiving others. Then you have to take down your hand, take up your hand onto the back side of your head where the optic lobe is, here at the back. And now turn your head upward as far as possible, resting on your hand. This is the centre where you have to ask for forgiveness from the Divine without feeling guilty – is for your satisfaction. Now, stretch your hand, stretch your palm and put the centre of your palm just on top of the fontanel bone area, which was the soft bone in your childhood. And now bend your head, please, downward as much as possible. Push back your fingers, push back as much as possible. Now there will be a pressure on the scalp. Now move this pressure on the scalp slowly clockwise, seven times. You have to move the scalp, not your hand so much as the scalp, seven times clockwise, slowly. Bend your head.

That's what we'll have to do. That's all, nothing more. That's the only thing we have to do. Now, you can take out your spectacles if you want because you're closing your eyes, and might help your eyesight also.

Now, put your left hand towards Me, comfortably. Put your feet apart from each other. And now put your right hand on your heart and close your eyes. Here you have to ask Me a very important question, in your heart. You ask Me a question as you would ask a computer. You can call Me "Shri Mataji" or "Mother", whatever you like, "Mother, am I the Spirit?" Ask the question, in your heart, not loudly. Three times ask in your heart, not loudly, "Mother, am I the Spirit?" You have to only ask in your heart.

If you are the Spirit, you become your own guide, you become your own master, you become your own guru. So now take down your right hand into the upper portion of your abdomen on the left-hand side. And here you have to ask another question, three times, not loudly, in your heart, "Mother, am I the Spirit?" – ah! "Mother, am I my own master? Mother, am I my own master?" Ask this question three times, "Am I my own master?"

I have told you that I respect your freedom, and the pure knowledge cannot be forced on you. So please take your right hand in the lower portion of your abdomen, and say it six times, asking Me, "Mother, please give me pure knowledge." I cannot force on you. You have to ask in your free will.

As soon as you ask for the pure knowledge, the Kundalini starts moving upward.

So now we have to nourish the higher centres with our self-confidence. Raise your right hand in the upper portion of your abdomen. Press it hard, on the left-hand side. And here with full confidence you have to say ten times, in your heart, not loudly, "Mother, I am my own master." Please say this, ten times, "Mother, I am my own master."

I told you at the very outset that the greatest truth about you is that you are not this body, you are not this mind, you are not these conditionings, emotions, nor this ego, but you are the Spirit. You are the pure Spirit. So now raise your right hand onto your heart and ask here, or say with full confidence, twelve times, "Mother, I am the Spirit." Just say it without any hesitation. Say it twelve times, please.

For your information you have to know that the divine Power is the source of knowledge, is the ocean of knowledge, is the ocean of love. It is the ocean of peace and ocean of bliss. But above all it is the ocean of forgiveness. So, you cannot commit any mistake which cannot be dissolved by the power of this ocean of forgiveness. So please raise your right hand in the corner of your neck, on your shoulder, push it back as much as possible and turn your head to your right, and with full confidence please say sixteen times, full confidence, in your heart, "Mother, I am not guilty at all."

All right. As I told you before that you have to forgive everyone, and those who say it is difficult, they must know that it is a myth whether you forgive or don't forgive. But if you don't forgive then you play into the wrong hands and get yourself tortured by yourself. So please forgive – in general, everyone, not counting how many people you have to forgive, what you have to forgive – but just say, by raising your hand and putting it on top of your forehead across, putting down your head as much as possible, resting on your hand, please say, with an open heart please say, "Mother, I forgive everyone." Please say it, please say; otherwise, it is difficult later on for Me: I have to clear out everybody's Agnya and this takes too much time then. So, best is to say it from your heart. After all, you are not going to miss your Self-realisation for that.

Now take back your right hand on the back side of your head, and put your head on it, resting on it, upward. Here you have to say for your own satisfaction, "Oh Divine, if I have done any mistakes, please forgive me." But don't feel guilty, don't count your mistakes, don't think about them. In general, you have to say, "Oh Divine, please forgive me if I have done any mistakes or anything wrong, anything against You."

Now, stretch your palm, stretch your palm and put the centre of your palm on top of the fontanel bone area which was a soft bone in your childhood. Now put down your head properly. And here push back your fingers as far as possible. Please push back. This is very important. And now put a pressure on your scalp, and move your scalp slowly seven times clockwise. Here again I respect your freedom, and I cannot force Self-realisation on you. So here you have to say seven times, bending your head properly and pressing it hard, moving seven times, "Mother, please give me my Self-realisation." Please ask seven times, please.

[Shri Mataji blows into the microphone.]

Now, take down your hands and put them towards Me, little higher. Now, little bit put your right hand like this. Bend your head, and see for yourself if there is a cool breeze coming out of your head. But don't touch it – above your head, above your head. And some people get it far. So just try to feel if there's a cool breeze coming out of your head. Now, don't start doubting that it's air-conditioning and all that – air-conditioning cannot come out of your head! So, see for yourself.

Now, put your left hand towards Me. Now again bend your head, and see for yourself if there's a cool breeze coming out of your head. All right? Now put your right hand again, and again bend your head and see for yourself if there's a cool breeze coming out of your head. It might be hot also, doesn't matter. It may be heat coming out first and then the cool breeze. Doesn't matter if it is hot, doesn't matter.

Now, put your both the hands towards the sky like this. Bend back, and ask Me a question. Three times, you can ask Me the question, "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 any one of these questions three times.

Now put down your hands. Now watch Me without thinking. You can do it. Those who have felt the cool breeze in their hands or out of their fontanel bone area, whether cool or hot, please raise both your hands – both. Let's see. Just see the en masse, just see – wonderful! So may God bless you all!

I bow to you all, because you have started now your saintly life. And all those who didn't get also should not get disappointed. On the contrary, if time permits, I would like to meet the people who have felt the cool breeze, and those who haven't felt can come on this side and the Sahaja Yogis can work on them. Again, tomorrow you must come so you'll be fixed properly. Some, those who want to meet Me can come and see Me, because there is some time, and in the meanwhile, we can have some music.

Now don't think about it. If you start thinking, you'll be lost. Just don't think about it; it's beyond thinking.

Thank you very much. Thank you. Beautiful! Oh, My! Thank you. It's beautiful flowers. If you can push this apart, I'd like to meet people.

1990-0317, Swadishthan, Thinking, Illness Part 2

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17 March 1990

Swadishthan, Thinking, Illness Part 2

Public Program

Hilton Hotel Sydney, Sydney (Australia)

Talk Language: English | Transcript (English) – VERIFIED

Public Program Day 2, "Swadishthan, Thinking, Illness". Hilton hotel, Sydney (Australia), 17 March 1990.

I bow to all the seekers of truth. I'm happy you all are enjoying this music and this dancing, and about these artists I have to say that after coming to Sahaja Yoga, at a very young age they achieved such mastery. Because, when the Kundalini rises, as I told you, She enriches your centres.

The centre about which I was going to talk to you today is the centre of creativity (Swadishthan) which looks after your power of action, physical and mental. This power of action moves on the right side of the spinal cord and coming to the optic chiasma, it crosses over, passes to the left side and creates an institution called ego.

The institution of ego is a myth. What we do is to get something dead, like some trees dead so make some platform or some furniture. We take some stones and make a hall, and we think we have done a great job. Actually, what we have done is to reconstructed the dead, but while doing it we get the feeling that we have done it, something. That is how our ego develops. This channel on the right-hand side caters to your future.

So those people who plan too much, think too much, exhaust the energy of this centre because this centre has the first responsibility to convert the fat cells in the stomach for the use of the brain, which is overused, to make them into grey cells.

So, when you start thinking too much, it has to work more for this very important function. When it starts working for one function, the other functions are neglected. And the other functions are: it has to cater, to nourish or to give energy to your liver, to your pancreas, to your spleen, to your kidneys and part of your intestine.

So, once you start neglecting these organs, first your liver suffers. Means, the function of liver gets limited. The function basically of the liver, basically, is to absorb the heat of the body which is the poison and allow it to permeate into the bloodstream. But the energy is so limited that it cannot function properly.

So, this centre starts neglecting liver and liver then cannot get rid of all the heat of the body, so the heat starts flowing upward.

When it starts flowing upward then there's a centre what you call as the Right Heart – which gets affected. People develop a disease called asthma with it. Also, they develop a disease what you call as a massive heart attack, on the left-hand side, when the heat reaches there.

They also can develop a paralysis of the right side when it reaches the brain. The vulnerability is there. And then it's triggered somehow by the left side action, maybe.

Such people are futuristic. They go on planning for the future. Future doesn't exist, only the present is the truth. But they go on planning about future, waste their energies and ultimately find that all their plans fail.

One must know the Divine plan. If you know the Divine plan, then you don't have to plan because you know the Divine is already planning for you everything.

When you understand after Realisation that everything is done by Paramchaitanya, by this All-Pervading Power, by this Ruh, then you do not think that you are doing something. Moreover, as I told you, when the Kundalini rises through the Agnya Chakra, both these institutions of ego and superego are sucked in so there is no ego, so you become egoless, so your karmas or your duties or your so-called work you have done become akarmas.

Then you don't talk like this, that "I have done this, I have done that." They say, "Oh it's rising, it's happening, it's working out." You start speaking in the third person. Even sometimes children you will find they talk like that. "This little boy won't go because it is obstinate." They'll talk about themselves. If you notice if they're realised souls, they'll talk like that – in the third person.

So, you become a third person. And nourishment to this centre comes through your Realisation as the Kundalini is connected to the mains. As a result, you get into balance. You are in thoughtless awareness.

Somebody has asked Me about the thinking, yesterday. So, the thought arises from the past or from the future. As we have a capacity to react, because of the construction of our body as a prism. It's a little scientific thing, but if you listen to some of My lectures, you'll understand what I mean.

Now what happens, when you see something, you react – anything you see, you react. You see this carpet, you'll react. You'll see this mic, you'll react. You'll think something about it.

So, a thought comes either from the future or from the past and there's a wave of thought coming and going, again thought coming and going. It comes and disappears. In between these thoughts there's a little space which is the present. But if I say you pay attention to yourself – to your present – you cannot, unless and until you are a realised soul.

So, when the Kundalini rises, these thoughts become – they lean out, means they become thin. When they become thin, the space in between increases and that's how you become thoughtlessly aware.

So, the thinking is minimised, then the liver doesn't have to do all the time the job of converting your fat cells into grey cells. It comes into balance.

Then the second one is the pancreas. That is neglected, too. In a person who is futuristic, who thinks too much, plans too much, that also becomes neglected.

Now, the function of the pancreas is to absorb the sugar into bloodstream in a proper way. But because it is neglected, it has a very limited energy, it cannot function so you get diabetes. Because of too much thinking, you get diabetes. As I told you yesterday that in India, if you have to give tea to someone, be careful if he is from a village, because in the village you have to put so much sugar that the spoon should stand at right angles. Otherwise, it's no tea for them. And they never get diabetes, never get diabetes.

Diabetes is the headache of the people who sit on chairs, write, think, worry and are time bound. All such people get diabetes. They're futuristic, egoistical, arrogant, hot-tempered. And such people get also heart attacks which are of a massive nature. The Left Heart is connected in a way, when there's too much of exertion on the physical side also one can get heart attack.

The another type of heart attack one gets is angina, that's due to some other reason, that's due to the lethargic heart.

So now we have another problem which is very serious is that of the spleen. Spleen is the speedometer. It's the one that gives us rhythm.

If we are rhythmic in life, spleen keeps all right. But we are very hectic. And the function of the spleen is to create red blood

corpuscles whenever there is an emergency. So, the way we are, we are always under a shock.

Early in the morning you get up, what do you see? You read the newspaper, horrid news. I mean newspapers have to give horrid news, they never give good news, you know. They say, "We don't want to say if some plane has landed safely." But if there's a disaster, so many have died, killed in action, murders, horrible things, naturally you get a shock, because you are a human being and in a subconscious you feel, in unconscious area you get the jerk. There's a shock.

Then you start the day in a hectic way, you are time-bound, you have to rush, you can't take your breakfast, you just take something, grab, rush to the car or maybe on anything and then you find the jam in modern days. Everything keeps you on a tension. Then you reach the office, there's the boss who's getting angry with you because you're late.

As it is, I don't know how much work we really produce. Only the mess we have created in this world I think much more in the modern times than much work.

We cannot have people like Mozart nowadays, we can't have anyone like Michelangelo, we cannot have any artists who can create beautiful things, we do not have beautiful buildings now – horrible, plastics. We cannot have beautiful, artistic clothes. Everything is becoming plastic and for which we are working so very hard to create plastic mountains.

All this leads to tensions, so we become tense. And the tensions go on increasing as this ego increases, covers all your head and you go into tension.

But the worst thing that happens to you that this spleen which is the one responsible for keeping the rhythm of your life, goes hectic and becomes crazy, doesn't understand what sort of a personality you are. Sometimes you rush to that, sometimes you rush to that. There's no rhythm in the life.

So, it gets upset and it starts producing red blood corpuscles unrhythmically, it doesn't know. So, the vulnerability is there. And as soon as there's any triggering from the left side, you develop a horrible disease called blood cancer, and the only treatment you can have in the medical science is that you'll be certified that you'll die after eight days or after one month. That's the only possibility.

But, with Kundalini awakening your own power nourishes this centre and supplies energy, soothes down your hectic speedometer which is the spleen and the disease gets cured. There are many we know of who got their blood cancer cured and even after six, seven years they're living and kicking all right.

All this is available to you within yourself. This is all been promised. Many great people have written about it. It's not that I'm saying something new. Only the new thing we are seeing here is that you can get en masse Realisation.

Then is the kidney. Kidney also gets affected, firstly by the heat of the liver, secondly by the strenuous type of life you lead – futuristic, neglected – and then you get blood pressures. Blood pressures you get till you get failure of your kidneys or you might get a paralysis – anything is possible.

So, we have blood pressure, high blood pressure. All this is only because of one centre, when it is out of gear.

But if all the seven centres are out of gear, what should happen to us? And I think the modern life is such that it could be, all centres could be in danger. So, it is eminent, is important that we should get our Kundalini awakened and we should enjoy the best health.

Health of course you enjoy very well, no doubt. But apart from health you enjoy many other things. First of all, you enjoy yourself.

Today there's no time to discuss all the centres but still I would say that I would like to give you all the benefits of Sahaja Yoga,

which are possible, that you start enjoying others.

You become righteous, as I told you, and you start enjoying your virtues. You are no more a critic of things. If you have to criticise, you criticise yourself, laugh at yourself and you don't laugh at others. You start connecting yourself if you have the art of Kundalini awakening, because yoga means, of course, the union with the Divine. Also means 'yukti', meaning 'the deftness' – deftness to raise the Kundalini of yours and of others.

If you know the decoding of these centres, of these centres on your fingertips – five, six and seven on the left side; and five, six and seven on the right side – if you just know the decoding, immediately you can do the diagnosis, what is wrong basically with you, and you can correct it.

So physically, mentally, emotionally you can correct yourself; and spiritually you ascend. You ascend to a state of a saint, a sage.

And the time has come for us to become sages. For that you don't have to leave your homes, houses, run away from your families, nothing. That's an escape. You don't have to suffer. You have to enter into the Kingdom of God to enjoy that beauty and bounty of His love.

Now this balance is important within us.

There's one more disease, a very common one in the West is the cancer of the breast in the case of women, which comes from the centre of Heart. The centre, there are three hearts according to Sahaja Yoga – one is the Central Heart, one is Left and one Right.

Now the Central Heart is placed in the spinal cord, below the sternum bone. Sternum bone is the one that creates the antibodies till the age of twelve years. And then they get distributed all over. And these antibodies then fight all the emergencies and overcome all the troubles for us, but then they can become also very weak. So, the remote control is in the sternum bone.

Now this centre is the centre of a Mother, of the Primordial Mother, we can say, of the Mother Who is the Mother of this Universe and Mother of this world Who looks after the security of children, security of the people.

When a woman is challenged in her motherhood – supposing she is a wife of someone and husband is giving her insecurities by any means, supposing his is a wayward person or he's always threatening her or dominating her or challenging her – her security gets disturbed and then this trouble starts. Maybe her children, maybe anyone can give this insecurity to a woman and that's how she develops this cancer of the breast.

That also can be corrected if the Kundalini could be made to pass through this centre and nourish it.

The centre that is the most important is the seventh centre. The seventh centre is the centre which is placed around the limbic area in the head which has got one thousand petals and when enlightened it looks like beautiful flames, very wide flames just like petals of all the seven colours.

That's why it is said in the Bible, "I'll appear before you like flames." These are the flames, you see. This is the most important thing because around the limbic area are placed all the seats, governing seats of all the centres. So, if this centre is fully opened out, they all get drenched by the grace of the Divine Power and the person really, really enjoys Sahaja Yoga in the best possible way. He's a happy person, he's a joyous person, he emits joy, he emits peace, he's compassionate, he's tireless, he looks after people and such a person can achieve great heights of purity within himself.

The another centre which is bestowed by Christ, as I told yesterday, is the Agnya Chakra, which is also very important because Christ has said, "Thou shalt not have adulterous eyes."

That's what He has said it. You should find out among Christian nations how many have got such pure eyes. Pure eyes means those who do not react, just witness, watch. There's no greed, there's no lust in those eyes. Such eyes are so powerful that even a glance of such an eye can give salvation.

And this is what it is: we have to achieve the pure eyes. Such pure eyes are the only one which give you the joy of seeing.

Of course, you'll have the books, you can read them and find out about all the centres and know about it.

But what we have to see is that the problems of the world are because of us. We are the problems, and we manifest the problems outside which reflect back upon us like the waves come back and dash against the shore and again are reflected back.

We have to, ourselves, get into the state of sages. Then nobody has to tell you, "Do this" or "Do that." You become your own master, you become your own guru, and you look after yourself.

I have to apologise for one thing – that Sahaja Yoga started in Australia with a little jerk. They were Australians who started it, but they were not up to the mark, I must say they were not – created lots of problem for us, lots of problems. And we didn't know what to do with them. It has happened nowhere in the world as it has happened here. I don't know why it took lot of time for it to properly establish itself.

Thank God now we have people who are sensible and I hope you will make it convenient after getting your Realisation to establish yourself properly, establish yourself and reach that state of Nirvikalpa, doubtless awareness.

If you have any problem, you should write to Me directly. You don't have to bear anything. Christ has already taken the cross upon Himself, so we don't have to do anything. If there's any problem that you find is not all right, you should write to Me instead of getting disappointed or getting frustrated. Is best is to write to Me. I know it's far away – Australia is very far off. But this is the land which is the land of purity. This is the land in the universe is the first centre that you see there, and Uluru that you have – Uluru means, as I told you, is the Chaitanya, is the symbol of that purity.

So, you stand for the innocence of the world. You are such a great nation here that stands for the innocence, and you could be very gullible. So, you have to be careful and understand your own identity as innocent people. And I am sure it will work out very well for all of you. And this country which has many problems will be solved by your own purity and the whole world can be helped with your own purity and beautiful lives.

May God bless you!

01:33:40

Yesterday we had too many questions. Too many. And I told you that by asking questions – I can answer all of them, I think so, but I cannot guarantee that if I answer you that means I can give you awakening. It's not guaranteed that way. So, if you want to have your Realisation and if there is any problem that stands between that Realisation and yourself, then it is better you should ask Me some question. It's much better to save time.

Question: Is raising the Kundalini dangerous?

Shri Mataji: Not at all. Kundalini is your mother. She's your individual mother and She looks after you. She knows everything about you. She's taped everything that you have been doing, you have been desiring. She knows everything about you and She's anxiously waiting to give you your second birth.

As your mother took up upon herself all the labour pains, She takes all the troubles for Herself. We have had so many people. I

have never seen anyone getting into trouble. This myth has been created by people who are money-oriented, I think, who wanted to frighten you so that you don't go to reality and pay them well.

Question: Could You define "Kundalini"?

Shri Mataji: Yesterday I did. You came today only? Oh, I see. Kundalini is a power, as I told you, is a residual power, is the fourth power within us which resides in the triangular bone in three and a half coils. And It rises through six centres, subtle centres. This is the power of your pure desire. All other desires are impure because they're never satiable in general. The only desire that is pure is to be one with the Divine.

(Shri Mataji speaks aside in Hindi)

Nanak Sahib has described as surti. Kabira especially has described it as surti. But imagine human beings how they are. Kabira was born in Bihar, most of his work was in Bihar. Later on, he went to Punjab. And in Bihar they call tobacco as surti. Yes, in Bihar they do. It's very surprising to call tobacco as surti. So many things of Granth Sahib can only be understood when you get your Self Realisation otherwise you cannot.

(Shri Mataji recites lines from Kabira's Granth Sahib)

What is this apa? Is your Self. He is the one who has done the tremendous work on this. Tremendous work on Kundalini, all of them – Namadeva. Even to think of them is great.

Question: How is that you can control your ego and all that as well as the (inaudible).

Shri Mataji: Yah. This is the first temptation you have.

Yah, yah, yah. Agreed with you that it starts giving you ego if you are not fully developed in Sahaja Yoga. This is the first temptation, I know that.

But people become very creative. It has happened to many Sahaja Yogis I have seen, they became very creative, they started producing lot of potteries and things, and started producing beautiful paintings.

There was one Australian lady she produced very beautiful paintings and she got, won fame and all that, and ego had blasted her completely. And she came to see Me in Perth, I found such heat coming out of her, like a cancer patient, absolutely like a cancer patient. And then if you tell her, "You have got ego," they don't like it. Because they're so egoistical.

That's why you have to take the Kundalini always up there. You shouldn't be satisfied. You see, that's the slipping point sometimes, so be careful. Be careful.

Now look at these artists, they are so simple. Our attention should be, "What have I attained in Sahaja Yoga, is my spiritual ascent?"

This is just a temptation, one of the temptations that people have. That's not so important. Now for these artists, the most important thing is just to play for Me, that's all.

Yogi (repeating the question asked by a man in the audience): You say we shouldn't plan too much. Could You explain that because obviously we need to plan a little.

Shri Mataji (laughs): You see, if you are in Sahaja Yoga and in meditative mood. If you're in a meditative mood and if you're in Sahaja Yoga, then you just don't plan, because you know the planning is already done for you.

I know that if you take the name of "airport", only "airport" you take the name and most of the men will start jumping. They'll go at least one hour earlier than reporting time. Aeroplane is not going to fly out, you see, but they fear that it will fly out.

Now, if you are a Sahaja Yogi and if you are going for catching a plane, say example, you should know what time you have to leave and you leave at that time, you'll reach there in time. You don't have to see, watch all the time, you'll just leave at that time, exactly at that time you'll leave. But also, if you are a little late, the plane will be for you. But you don't want to be unkind and the Paramachaitanya looks after you. You'll just remember you have to go now, you leave that time. It is so simple.

But to believe that Somebody Else is planning us is beyond our ego.

Yogi: He says if he has to leave the planning of his life to someone else, he's denying his own individuality – he's denying that fact that he creates his own life if he leaves the planning.

Shri Mataji: That's a good one, in a way is good. Why do you want to have this kind of a feeling that you are creating the world? Nobody's creating. You can't even create even a grain of clay. No, you can't. You can't create anything. What's he saying?

Yogi: He says he's creating his own experience now just by raising his right hand or his left hand.

Shri Mataji: You see you have to be little deeper to understand the significance. Also, to have faith in yourself that supposing you become connected with the Divine Power. Now, I'll tell you what.

Supposing you see a television. All right? The television is connected to the mains there. All right. Now you want to see Shakespeare, for example, that's your plan. But there's another plan there going on, and when you open, it's not Shakespeare, it's something else. So, what do you do? Do you lose your identity? (Laughter and applause)

Now it's all right for him. All right, you follow My advice and you'll see what I am saying. All right? Now just give it a chance. Give it a chance. First of all, get your Realisation and give it a chance. All right? Hah.

Question: What is the best way to go towards Self Realisation?

Shri Mataji: That's what we are going to do. All right? That's a very good question. You just wait. After all these questions are over, we'll have that.

Yogi: He says he understands why our own actions cause imbalances in ourselves but how about young children? How do these diseases get caused in young children?

Shri Mataji: Now for example, a mother is a very busy lady. When the child is there, she's doing all kinds of work and thinking too much, running too much. Or the father is doing that, that has an effect on the child.

You see, human beings are delicately made. I mean in ancient times, if a woman was to have a baby, she used to take it very easy and she used to read something spiritual, she used to be thinking about her child and feeling that motherhood within herself. But the mother doesn't think of the child. She just thinks she has to today go for hairdo or she has to do something – face lifting or something like that. I don't know much about these things, but that's what I've seen.

It's too much of superficiality and this has killed the beauty even of romance, you'll be surprised. Absolutely, it's absurd. These hair dressers have ruined the beauty of women in the way because somebody likes one particular type of hair dress, he falls in love with the hair dress. Now she changes her hair dress, he wants to have a divorce with her. So superficial attachments to superficial things! There's no deeper attachments to innate, something so natural.

Artificial things cannot lead us anywhere, they can never give us joy.

Yogi: Is wanting Realisation futuristic?

Shri Mataji: Good. Good. Now what is she wanting here, this lady?

That's what I'm going to do. I'm very happy. That part you just forget, the rest of it. Is there any other question? Now let's see.

Yogi: One in the back.

Woman: Will we see a time when most of the world will have their Realisation?

Shri Mataji: Hope so. Hope so. I would say that's My dream. I wish, I wish that happens.

I'm actually desireless. But your desires work. If you desire. Is the other way round. It's not, "Thy will be done," but it's "Thy will be done." If you desire, it will happen, it will happen.

Yogi: Is it wrong to want or desire a family and have unity in a family and to enjoy the normal pleasures of life?

Shri Mataji: I mean, we are marrying so many people. It's not at all. It's the best thing to have a family and children. But not to get involved so much into your family that you forget your ascent.

How many times you are married in previous lives and how many children you have had in previous lives? Now this is the time for your ascent and your family should be complimentary. If it is not complimentary it's not going to help you. It is your choice, you're free will. If you want to get dissolved into your own children and your family only and not to have any ascent, nobody can force you. Go ahead with it.

But this time is important. This is an important time. Of course, you have to have family; of course, you have to get married. You have to lead a very normal life. Nothing abnormal. But if somebody is too much attached to the family, forgets his own ascent, then I think he is missing the point. That is the most important thing in life.

Yes, please?

Yogi: Isn't the greatest danger in the future over population?

Shri Mataji: No, not at all. Actually, there are no imbalances that's why there is a population growth in some countries and no population in some countries.

Like on the BBC gentleman came and asked Me in London, he said, "Why do you have such a population growth?"

First, he asked – I mean they are, you know after all, they can ask very funny questions. They have every right to do what they like. So, first question he asked, "Why, why is it in India you have so much poverty?"

I said, "If you have a guest for three hundred years in your country, what will happen to you? You'll become a broke." Then he said that, "Such a population growth in Your country, what about that?" I said, "If you can allow Me, very humbly I would state you are responsible for that also." He said, "How are we responsible?" I said, "In England, I used to hear that two children are killed every week in England by their parents." He said, "No, only in London." I said, "Really? That's the case? So, what child, which child would like to be born in this country?"

That's why you see in Germany it's minus, Sweden is minus, Norway is minus. All these countries are having minus growth and people are competing in committing suicide. Switzerland – there's a competition on. All these countries are supposed to be affluent countries where they have money, they can look after their children better, they are competing in having suicides and in having minus growth.

But in India, even if you have ten children or twelve children, love is all the time there available to them. And what a child needs is love, not all these pomp and show that you should have a nice cot or a nice this but a loving mother. That's why they come to India.

Now if you create such mothers, they'll come to you also.

Question: How long should a man or a woman sleep?

Shri Mataji: You see, there's no hard and fast rule for that, actually.

I think as you grow old you don't sleep so much; I personally think that way. I sleep very little, Myself. In the night about three hours; in the daytime about one hour or so. But depends on – it depends.

So, for sleeping, there's no hard and fast rule, but whatever time you are born, that's the time you want to sleep. So, some people like to sleep in the morning, all right let them sleep. And some people want to sleep in the night, let them sleep. Makes no difference.

But after coming to Sahaja Yoga, all these conditionings disappear. And then you start behaving in a different manner. There's a transformation. And then maximum time you want to give for your meditation, for knowing about Sahaja Yoga, and you get more time.

Actually, we should have much more time than our ancestors. You know, we don't have to go to the jungles to get our wood for our fire, we don't have to do all the rest of the things they used to do. Poor things, they had to go for hunting. Now we have everything in the house already made, I mean, instant. Isn't it? And we have the watch on all of the time watching the watch. But we have no time. We are the worst. They had more time than we have.

So where are we spending the time? While coming here I just asked him, "What do they make?" Because I was seeing all Chinese things, Japanese things, and then I saw lots of Greek, and most of them were Italian things in the market, shops. I said, "What do the Australians make?" He said, "They make lager."

Where do we spend our time? In the ballroom dancing? Or in the lager? Or in some way destroying ourselves with drugs or something like that? We have no time. We have time for drugs. All right. Then parties, some formal things which have no meaning at all. It conveys nothing. I have been now in London in a position where I had to shake hands with six to seven hundred people. And only I remember the horrible things that happen to the hand, otherwise I don't remember even the faces of the people.

So, there should be a better method of developing a rapport between us, understanding each other in much more natural way. And then we have time – this is the time to enjoy. But nobody enjoys because we are so time bound, we are so time bound. Only time to enjoy we don't have. And that's how whatever you people say about sleeping or waking up and all that is that your regulation doesn't come from the Divine.

If it is from the Divine, you just enjoy, you just enjoy your life, you enjoy yourself. Never feel ill or sick. And now I am sixty-seven, every day I'm giving lectures, morning, evening.

And the smokes, the way people smoke, women – especially in Australia, I don't know what has gone wrong with them – I try to go with the women so that I'll be saved from smoking, they smoke more than the men even here.

So, I've developed a throat trouble, I hope it will be all right. But this is what happens. Where do we spend our time?

There then you are beyond time, into the timeless dimension enjoying yourself. That's the beauty we have to achieve; that state we have to reach. All right?

What is it?

Yogi: He says, "My revered father has been for the past three or four years experiencing astral sounds, but physically his hearing is impaired or cut off for all practical purposes. Twenty-four hours a day he is able to tune into the chanting of sacred Hindu hymns, devotional music rendered by an enchanting voice that accompanied by a violin, etcetera. He has done no special tapas or meditation but he is very naïve and a simple soul. Is it because of the awakening of the Kundalini?"

Shri Mataji: No, not at all. Not at all. All these things should not happen to you. You don't hear anything; you don't see anything. You become, you just become.

This is a subject which has to be dealt with clearly about the dead souls and things, it's quite a big subject. But if you come to Sahaja Yoga, you'll understand what happens, how you hear these things and how astral things happen, how your cot deaths take place. All these are all negative things and are achieved by people who deal in the science of the dead. Which is very important that you should get out of all these ideas and become your Self.

Only way to know if a person is Realised is [or] not, the way he can handle the Kundalini, the way he can feel the vibrations, and the way he leads his own life.

When you go to any guru, first of all see the disciples, how they are, how they behave, what powers they have got. Then you accept. That's the sign of a satguru.

Nanaka has said clearly. Guru Nanak was such an enlightened soul and he said that, "The one who meets you, meet God, is the satguru." Everybody is not a guru.

02:00:15

So, should we now have this Realisation?

(Shri Mataji speaks in Hindi)

That's for only Indians. Indians abroad. Now should we now finish that?

Can we take out our shoes because we have to take the help of the Mother Earth. As I've told you, it cannot be forced. I respect your freedom, respect your freedom. It's your free will. If you want to have your Realisation only you can have, otherwise you cannot. It cannot be forced on you. So those who do not want should leave the hall to be civil to other people. Otherwise you are welcome.

There are two conditions in Sahaja Yoga, at least when you are getting your Realisation.

First is to forget your past, to forgive yourself. You should be pleasantly placed towards yourself, pleasantly placed towards

yourself.

And second one is that you have to forgive everyone. As I told you yesterday, whether you forgive or don't forgive, you don't do anything. Actually, if you don't forgive then you play into wrong hands. So just neglect it, completely. Don't worry about it. And in general, you should say, "I forgive everyone." Just say in general, "I forgive everyone." That's all. Not to count how many people you have to forgive, not to know about everyone, what they have said to you, but just forgive in general. That's all.

So, the first one is to forget your past. That means not to feel guilty at all. You're not to feel guilty. After all, you are a human being and human beings can only commit mistakes. You're not gods. So, what does it matter? There's nothing to bother you on that point. Should not. So please forgive yourself and forgive others. That's very important.

These are the two simple conditions. But mentally, you should accept them.

Now, we have to put both our feet little away from each other because you know there are two powers within us – left and right. And we use our left hand symbolically to suggest that we want our Self Realisation and this is the power of desire, not of Pure Desire, but desire. And we use our right hand which is the power of action to nourish our centres on the left-hand side. We'll be nourishing our left-hand centres only.

So now you please put your left hand, comfortably the way you want to put it – it will hardly take ten minutes – and use your right hand, as I show you now and then we have to close our eyes.

First, put it on your heart. This is the centre where resides the Spirit – so is a very important centre. Then you take down your right hand in the upper portion of your abdomen on the left-hand side which is the centre of your mastery created by great masters. Now take down your right hand again to the lower portion of your abdomen. It is the centre – I hope you can see it, just come forward a little bit if you don't mind – this is the centre of Pure Knowledge, Pure Knowledge that acts on your central nervous system.

Then you raise again your hand up on to the upper portion of your abdomen on the left-hand side, press it hard. Then, on to your heart.

Then into the corner of your neck and your head. Press it as back as possible and turn your head to your right. This centre you catch when you feel guilty.

Now you take your hand and put it on your forehead. Put down your head on it, press it hard. This is the centre to forgive others.

Take your right hand on the back side of your head and please raise your head towards the sky. This is the centre to ask for forgiveness from Divine without feeling guilty.

Then stretch your palm. Put the centre of your palm on top of the fontanel bone area which was a soft bone in your childhood. Bend your head. Now, stretch your fingers outward, outward as much as you can, put a pressure on your scalp, and move your scalp clockwise. Seven times very slowly.

Now, that's all we have to do. Now you can close your eyes, put your left hand towards Me. Be careful, you keep your feet apart. Those who are sitting on the ground are all right. And now close your eyes. You can take out your spectacles if you want to, because don't have to open the eyes till I tell you.

Now, please put your left hand towards Me, and right hand on your heart. Now close your eyes. Please don't open them till I tell you. Here you have to ask Me a question, a very important question. You can call me "Mother" or you can call Me "Shri Mataji", whatever you like, very important question. Ask a question three times in your heart, not loudly, please: "Mother, am I the Spirit?" "Mother, am I the Spirit?" Ask this question three times.

If you are the Spirit you are your own guide, you are your own master. So now please bring down your hand, right hand, in the upper portion of your abdomen on the left-hand side, press it hard, and here, ask another question three times, "Mother, am I my own master?" Ask this question three times: "Mother, am I my own master?"

Now, as I told you, I respect your freedom, and you have a free will. I cannot force Pure Knowledge on you – it cannot be. You have to ask for it. So now take your right hand in the lower portion of your abdomen on the left-hand side and ask Me, "Mother, please give me Pure Knowledge." Six times, because this centre has got six petals. "Mother, please give me Pure Knowledge."

As soon as you ask this question, the Kundalini starts moving upward. So now we have to nourish the upper centres to make Its movement, Her movement, faster.

So please raise your right hand on the upper portion of your abdomen on the left-hand side, press it hard and here you say with full confidence, with full confidence you say, "Mother, I am my own master." Please say it ten times, "Mother, I am my own master."

These things remove your conditionings from wrong teachings.

Now you raise your hand, the most important question that is you are not your body, you are not your intelligence, you're not your emotions, you are not your conditionings, your ego, your thoughts, but you are pure Spirit. So, raise your right hand on to your heart and say with full confidence twelve times, full confidence please, "Mother, I am the Spirit." Just say that, "Mother, I am the Spirit." Please say it twelve times.

Now, raise your right hand to another very important area within us where, by feeling guilty all the time, we have harmed a very important centre. I have to tell you that the Divine Power is the Ocean of Knowledge and Love. It is the Ocean of Bliss and Joy. But above all, above all it is the Ocean of Forgiveness, and whatever mistakes or wrongs you have done are dissolved by the power of forgiveness. So, raise your right hand into 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'm not guilty at all." Again, you say, "Mother, I am not guilty at all." Sixteen times.

I've already told you whether you forgive others or not, you're not doing anything, it is a myth. But if you don't forgive others, then you fall into the wrong hands and torture yourself for nothing.

So now, please raise your right hand onto your forehead across, press it hard on both the sides and put down your head as far as possible, resting on your hand, and press it on both the sides. This is the centre where you have to forgive, forgive others, forgive others. Just say, "Mother, I forgive everyone." Without thinking about them or thinking about what they have done to you, just say in general, "Mother, I forgive everyone."

Now, how many times is not the point – from your heart. You must say it properly. Yesterday so many didn't say and I had to work very hard on them. So please say it, please say it from your heart once for all, "Mother, I forgive everyone."

Now take back your hand on the back side of your head, on the optic globe and now raise it higher and let it rest on your hand. Here you have to say for your own satisfaction, not feeling guilty, not counting your mistakes, "Oh Divine Power, if I have done any mistakes, please forgive me." Say it from your heart.

Now, stretch your palm, keeping your left hand towards Me. This is the most important centre. Both the feet apart from each other. Keep yourself straight and put your right hand, the centre of your palm, on top of the fontanel bone area, the soft bone which you had in your childhood, and press it. Now bend your head as much as you can, press back your fingers, press back your thumb so there's a pressure on your scalp, nicely pressurised. Now move it, move it slowly seven times. Here again I cannot, I'm

sorry, I cannot disrespect your freedom and free will. You have to ask for your Self Realisation, it cannot be forced on you. So, seven times, please say seven times, "Mother, please give me my Self Realisation." Please say it seven times.

(Shri Mataji blows into the microphone seven times)

Now please take down your both the hands and open your eyes slowly, very slowly. Now watch Me without thinking. You can do it. Now, put up your right hand like this and bend your head and see for yourself if there's a cool breeze coming out of your head. Bend your head. It is above your head, not on. So little away from the head, try to feel if there's a cool breeze coming out of your head. You can take your hand a little further. Some people have it quite away from the head. So, see for yourself if there's a cool breeze coming out.

Now, put the left hand towards Me and put down your head. Now see for yourself, again with the right hand, if there's a cool breeze coming out of your head. Some people will get heat coming out, doesn't matter, it will later on be followed by cool breeze also. You see yourself if there is the cool breeze coming. Bend your head properly, that's important. Now, again put your right hand towards Me and bend your head. Now don't doubt. The breeze is coming from inside and not from the air conditioner, so see for yourself.

Again, this is the Cool Breeze of the Holy Ghost, this Kundalini is the Holy Ghost. Now see.

Now raise your both the hands towards the sky, push back your head and here you ask a question, "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 any one of these questions three times. Push back your head fully and ask this question. Separate your hands; don't put them together. Separate your hands.

May God bless you!

Bring down your hands, please. You can watch Me without thinking. Now those who have felt the Cool Breeze or even a hot breeze out of their heads or on their fingertips, please raise both your hands.

The whole of Sydney is drowned into the Ocean of Joy.

May God bless you!

So, the Kundalini has sprouted, Kundalini has come out, you are connected with That, but you have to establish yourself. Otherwise it would be like the marshy land where Christ has described some seeds fell down, they sprouted and were destroyed. Must respect our Self Realisation, we must respect ourselves. Now you have become saints and you have to understand that it's a glorious thing that is happening to you, and you now become the instrument of God.

You can come to the follow-on program, they have nice courses for you, something. You don't have to pay anything, but you have to give some time, that's all, and within a month you'll find you'll become masters: master of yourself and master of this art of yoga. They'll answer all your questions. They'll see to it that it works out.

Now we have very good, humble people who'll look after you, and they have all the knowledge, and you can also get My tapes and things where I tell you about – three to four thousand tapes are there only in English language, and in Hindi, Marathi and that way. But unless and until you are established, I would not like you to read books about it, because then again, you'll get lost.

So, first thing is to establish yourself fully so you don't get lost into your ego, as you were saying, or into any such trips. Better get established first then nothing makes you feel that way.

May God bless you all!

I'll be coming after one year and I hope all of you will become great trees giving the beautiful vibrations to this great country of innocence and changing everyone. The transformation within you will definitely help to change so many things in this country and you'll be amazed how the planning of the Divine works for you every moment and how you're helped and looked after, guided and protected. It's very surprising.

May God bless you!

Yesterday I met most of you people. Those whom I have not met and who have got Realisation I would like to meet. It's already it is ten-thirty. We had a music program. But whom I have met is all right. Those who haven't got Realisation can come on one side. They can see. Those whom I have not met and who have got Realisation, can come and meet Me.

1990-0319, A formless energy that looks after this universe

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19 March 1990

A Formless Energy That Looks After This Universe

Public Program

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I bow to all the seekers of truth. At the very outset we have to know that the truth cannot be manipulated, cannot be created, cannot be conceptualized by your mind or by your imagination. It is what it is and has been and will be. So the truth is very simple. Very simple thing it is. But you have to have very scientific outlook to keep your minds open because this the knowledge of the roots. What you see outside and what you know about it is the knowledge about the tree. And should accept whatever I am saying as a hypothesis and if it is proved then as honest people you have to accept it. The truth is very simple that all this universe, this cosmos is looked after, is nourished, is guided by all pervading divine power which is in Sanskrit language you can call it as paramachaitanya and in quran its called as rooh. In every great scriptures it is described as a formless energy that looks after guides everything that is living works out every balance of this universe , of this earth. Only at the level of human awareness we have freedom to choose because we have to rise to higher awareness of complete freedom. That is why we commit mistakes. Doesn't matter. After all we are human being we are not Gods. So if we commit mistakes it makes it makes no difference whatsoever for your ascent to that higher level. And the higher level is the second truth that you are not this body not this mind, not your ego nor your conditionings but you are pure spirit. That is what you have to be. This can only work out through the living process of evolutionary ascent . you have become a human being and now you have to become a higher human being. As a human being you a develop a new kind of awareness. On your central nervous system whatever we have achieved in our evolution we feel it on our nervous system. Like if you take dog or a horse through a place which is very filthy, dirty smelling it can pass through. But human being cannot. human beings have the sense of the colour of beauty of so many things they have achieved through their evolutionary process. But still the ascent is necessary because we do not know the absolute. Whatever we know partially based on our experiences and our mistakes. But sometimes we are so self opinionated that we don't want to say that we have done mistakes or not do we want to see that we want to seek higher. But there are a category of people so many of them which William Blakes* has beautifully described as men seeking God. Its very simple. The people who are seeking the truth and these are a special category who become sages. And these sages he says will have power to make others the sages. ?? Louis has described, all over the world people have described about these great things going t happen in this modern times. Specially in India there was a pioneer or this is the one who originated of astrology Bhrigumuni has written a book called nadi-granth. In which he has described sahaja yoga, very clearly. And he has said that such a time will come when people will get their realization sahaja. Saha mean with , ja means born; born with you is the right united "yoga" with the divine. In modern yoga that we have got is a v bit of a v bit. It has nothing to do with reality. To know the reality, to feel the all pervading power is a right of every human being. That's all is called yoga. And the another word another meaning of the yoga is yukti meaning the depthness. The depthness to know to how to work out this power and also to know the principles of divine powers. But that is not mentally is not mentally, it is on your nervous system. In the Buddhist philosophies is described as bodha. Bodh doesn't mean you feel it as a kind of a think?? But, you feel it on your central nervous system. Its not a some sort of a sensationalisation but it is actualisation. That is bodha. Even the word vedas come from vida. Vida also means on the central nervous system. The reality is to be felt on our central nervous system. Now we have here with us this mechanism built in. in the bible its known as the tree of life. Kirshna has also described it as a tree of life which is upside down. The roots of which are in the head. This is the tree of life described in most of the scriptures in different names. Like in Tao, it refers to yangtze river as tao. That tao is nothing but this kundalini which is the power which enlightens this tree of life. This kundalini is a power resides in the triangular bone known as sacrum. Sacrum in latin language means sacred. That means the Greeks knew in ancient times that this is a sacred bone which has something sacred in it. We all have this residual power within us known as kundalini. Ofcourse in the modern times people have created all kinds of myths about the kundalini saying it is very dangerous. One should not do this and all. Its all modern. But in the ancient books even upto the time of Kabira they have all described it very clearly, no body has said it is dangerous. So may be some of the fake ones wanted to create a fear because they didn't want people to know the reality. The

must have created this kind of a myth saying that it is dangerous to awaken the kundalini. But this is the mother, your mother, your individual mother who is going to give you your self-realization. As your mother has taken all the troubles, labour problem upon herself; she takes all the problems you have and you get a very smooth ?? as self-realised souls. This has to happen. Because it is the vital, it is so vital that it has to be easy. For eg. Our breathing if you had to go to the library and read books and do all kinds of things, we would not have existed. In the same way it is such a vital thing that this kundalini has to rise. Ofcourse, in the beginning of life this tree of life had very few flowers. But gradually now I feel it's a blossom time. There are so many seekers who are seeking the truth and it is working wonders. In a one day lecture, in a program like this its very hard to explain everything about kundalini. As it is I must have spoken thousands of times and then must be atleast 4000 tapes in English language alone. I have been working for 20 years to establish sahaja yoga all over the world. And now there are 40 nations who have come to sahaja yoga. And I must pay full respect to Russians whom I found to be the best people for spirituality. The best people for spirituality. Whatever they might have been under, whatever might have happened to them, one thing they didn't waste the time much. They were all very well educated, very solid sensible wise people. And the way they took to sahaja yoga I was myself surprised. We just arrived there and there were thousands. And how did they managed to get their realization so fast and establish it is really, even the Indians should feel ashamed of themselves. Because this is the heritage of India. This is the heritage of India. But we had 300 years the Britishers ruling us perhaps so we have all become very westernized, perhaps. But I just don't understand that how these people who have never talked of God, religion; thank God for that also sometimes. Because religion is also now a days man made; has conditioned people too much. And they had no such fake gurus there roaming about. And they just jumped into it. Such a remarkable thing to see a country so far away, kept away from all the theologies jumping into spirituality so fast. Even ofcourse in India we have lots of people who are sahaja yogis all over I must admit because after all this is their heritage. And also in India we should say there are 3 doctors who have done MD in sahaja yoga, they have tried to prove that with sahaja yoga means the kundalini awakening; you can get rid of psychosomatic diseases. You get better health. Also you can get epilepsy and all such mental diseases cured. They have got MD for that. There are 7 doctors in London who are trying to collect all the data about it and they also want to do their MDs. Also this in Cambridge university this gentleman who is already a professor of philosophy is doing research on sahaja yoga. So, it is coming to the level of the intellectuals and the scientists. But, scientists have to go little deeper if they have to have to see any structure in a microscope. In the same way if we have to know about these things, we have to have our self-realisation. Without our self realization we cannot understand anyone. That's what Kabira said, "what should I do the whole world is blind, what should I tell them the whole world is deaf"; meaning is that the level of understanding has not reached that subtle side. And that subtle side has to be ?? and that is very simple now a days I have seen that people get realization without any difficulties. In Sydney, in Perth, in Brisbane, of all the places in cairns I so surprised. Another surprise came from cairns which was something just like Russia. Something out of the blue it exploded. Such beautiful people live there; So human, so natural. I couldn't understand how certain places people are simple, not complicated, not conditioned and not arrogant. They have such a simplicity of understanding and they just take to it so easily. Now, in Australia also we have lots of sahaja yogis who are working it out. But in the earlier, early times we didn't have very good leaders who were I should say very well motivated towards sahaja yoga. And so it was going up and down. But now I hope it will be again re-established here. But, one thing we should be very honest with ourselves that if we have to have our benevolence, we have to honest ourselves. If you are enamored by somebody who claims too much, talks too much and gives you big lectures and just says alright, take this mantra or do this and do that, all kinds of nonsensical things; you first must go and see the person who has been to him. What is he doing, what has he got. Has he got any spiritual power or not. Or just because he is going to that place you must also go. Another problem in the west I find I must say is the funny that they think that if something is free then it is nonsensical. This is very funny surprisingly. I went to Boston and they asked me how many rolls royces you have. So people told she don't take any money how can she have rolls Royce. We are not interested. Its no business. I mean, God is not a business. And divinity is not a business. This we must understand that we can't pay for it. How much do we pay to the mother earth when she produces all the beautiful things for us. In the same way how much are we going to pay for our spirituality. Live alone anything. How much do you pay to Christ. On the contrary you sold him out. So this is simple thing of course Indians understand better. But others also should understand that you can't pay for him. Anybody who asks money for this, you must know is something very serious with it. If we I want you to take some money from you, you wouldn't because you are self respecting. The ones who takes money from you has no self respect. You have retained him some sort of you are retainers something like that. And one must understand this is a very important very point for all western people to understand that you can't pay for it. But sometimes I think it satisfies your ego that you can purchase your guru. You can't. if you can purchase your guru he can be your servant, not your guru. This I want to make very clear to you because this is not understood in the west because they are used to

the systems where people sell out or give money for everything. Now we have here, this systems which is very interesting and is absolutely nicely put into our being. Below the kundalini, that is the triangular bone; is the centre called as mooladhara chakra means the centre of mooladhara. Now mooladhara means the support of the roots. And the roots are the kundalini. The kundalini is in the 3 ½ coil that's why it is called as kundalini because coil means kundal. Now these, other centres are 6 above it. so one thing is sure that the last centre does not come into play when the kundalini rises. So one should understand that all the functions of the first centre which caters to our excretions inclusive of sex has nothing to with our ascent. So when kundalini starts rising these functions just stop. All these functions stop. First centre ?? into the yellow centre which we call as Swadishthana. In a place like Canberra I think I better talk about this centre. Because last year when I came Swadishthana was here so caught up that my foot became paralysed with it. Now the Swadishthana centre you can see that as got a ?? in it, yellow one. When we use it we work out the right side channel which is the channel of the sun, which is for our future. And also it is for our mental and our physical work. So when we think too much and we plan too much for the future, which is of course the thing going on here, so this centre goes out of ?? Like I would say there is another side to it, is another one, which is we call as the channel for our emotion, for our desire and the channel that looks after all our past. This is the centre what we call as the, this is the channel as we call it as the channel of ida or is the channel of moon. So the right side looks after the right sympathetic nervous system and the left side looks after the left sympathetic nervous system. And the central path is for our ascent which also caters to our parasympathetic nervous system. That is we can understand it this way that if we run fast our heart beat increases. So it means the emergency. For all emergencies the sympathetic nervous system goes into action and when it goes into action then only the para sympathetic, central path reduces, brings it to normal. That we can't do. We can only play about with the left or the right sympathetic system. That means we can only go to the left side or to the right side. That means we can only go to our past or to our future. But we cannot be in the present. we cannot be in the present. And absolute can only be known in the present because that's reality. The past is finished, the future doesn't exists. Reality is when you are the present. But how to be in the present. That's the problem. For a thought rises and falls, another thought rises and falls. We are jumping on the cusp of the thoughts. But we cannot achieve that state where we are in the present and that's why we go into tensions, we go into problems. I will show you here like this is the centre; and on the left and the right side there's the energy moving. Supposing you go too much on the right or too much on the left, there's a movement going on and there's a constriction, in the constriction, in the centre, in the ?? centre. But apart from this constriction the energy is exhausted. If the energy is too much exhausted and say its moving on the right and there is something happens on the left side, something emotional, something some accident or some shock; immediately it looses this balance and as a result you develop a disease which we call as psychosomatic that includes all your ?? diseases where the degeneration of muscles takes place. Also it includes your cancer, blood cancer all sort of these psychosomatic diseases which are incurable. So when the kundalini rises she passes through this and this and sort of as if a thread is pass through and it all gets absolutely in connection with the whole. So there cannot be any malignancy because the connection is established. And also also she nourishes that centre. As that nourishment takes place, the person gets alright and he feels perfect. This is how sahaja yoga works. So it is your own energy within you, it is your own property within you; when it rises it gives you that power that you get cured. But when it is connected with the mains with all pervading power. Its all the time flowing through you. So even if there is any imbalance, it brings you to balance. Suddenly you also feel all this in, all pervading power on your finger tips. In the Quran there is one beautiful sura called "sajda yoga". In that they have described all about it that your hands will speak and the time of resurrection and they will give witness against you. So now we will today discuss one centre which is very important for all of you I think because you are all working in the government and I know what government services. Because my husband has been all his life the government service and later on he was with the UN. So I know what it means and what happens to them . now this centre Swadishthana, as I told you, caters for physical and mental activities, functions. Now the physical activity may be less, but the most important function of this centre is to convert the fat cells for the use of the brain. When we think too much then our grey cells are used and they are to be replaced. So this replacement takes place through the function of this centre which transforms ordinary fat cells for the use of the brain. But it has some other functions also to be done, which are subsidiary but are very important. So it looks after your liver, it looks after your pancreas, it looks after your spleen, it looks after your kidney and part of your intestines. Now, if we make this centre work so hard it neglects other important functions. So first it neglects is the liver. And the function of the liver is to absorb the poison of the body as heat into itself and release it into the blood stream. But once this centre neglects and doesn't give energy to liver, the heat in the body remains as it is and it starts rising on the right side. when it starts rising on the right side it gives you diseases like asthma because you have another centre called right heart. It can also give you a massive heart attack. People don't know its all due to liver trouble. But some how if this liver is clicked by movement of the left side then one can get all kinds of allergies

and all kinds of problems which are skin troubles. So when we sit in the sun, it is not the sun that spoils our skins but it is the liver which gets heated up and can't bear anymore of that and that's how you get your skin diseases like skin cancer. Then the second very important it has to look after is your pancreas. Function of the pancreas is to dissolve the sugar for use of the body and give to the other organs; supply the energy for it because it has the carbohydrates in it. But when this centre is so much looking after one side of transforming ordinary fat cells into grey cells, again they neglect, creates a problem and you develop a horrible disease called diabetes. Now if you go the villages of India you will be surprised when they make tea, the cup contain so much of sugar that a spoon has to stand at right angle. Thats the measure. Otherwise its not tea, its not good. And they take such a lot of sugar they never get diabetes. They never get diabetes because they don't think. They just live nicely, earn for the day, sleep off, we will see tomorrow. But those people who are sedentary, who are working hard, thinking too much, futuristic planning; make their centre work only for that purpose, really go against themselves and get this horrible disease called diabetes. Which is ofcourse curable if the kundalini is there to help you. Then the third is even a worst one which is coming from your spleen. Now spleen is your speedometer or we say it is the one that keeps the rhythm of life. But in this modern times you have lost the rhythm of life and all the time we are under shock, something is happening. So much so without sensationalisation we do not feel any, any existence of our own. Like early in the morning you will get up, first you will read the news paper. News paper means what; its a shock. Somebody died, somebody killed, some mishaps n now its a hail storm, this and that something is there. With shocks you get worried. May be some of your relations are killed; what has happened. So the first thing the spleen goes into the jeopardy because the spleen has to supply red blood carpuscles at the emergency of like this. And the second shock is may be jam on the way. We are time bound. If the time is there we must reach in time, and if you don't reach in time as if you are going to be hanged or there is a already and order coming from death coming to our ?? ; that shaking conditions we live. All the time under tense conditions that we must keep to time, we must keep to these norms, must do this; and the modern life has made our life so artificial so artificial, that, supposing you are eating your food. Now you must keep your spoon and fork in a way. I mean God has not told you that. But its something sort of a norm that we must have a fork and spoon like that. Now, if you have not kept it then everybody laugh at you. So by chance if you have not kept it you are in trouble. Small small things absolutely good for nothing, have covered our being as good as behaviour as something very posh as something very... I don't what they will say. But french will say something, english will say something and everybody has a different style. And if you do not cope with it then you are absolutely a rustic person, you have no manners, nothing. You can pass dirty jokes, you can say all dirty things, doesn't matter that doesn't matter... thats all right. You can drink as much as u like , you can fall on the table doesn't matter after all he was drunk so excused. See. But if you all do nonsensical things you are a gone case. All these things way upon us. Now we have to dress up like this, we have to be like that, if you don't dress up like that its out fashion . We do not know in subtle ways that we are playing into the hands of these entrepreneurs, just befooling us all the time. And thats how this tension, what to dress what not to dress, you have to be formal or informal, what to do what to eat, how to call. Even to have rapport with someone is not, u see, you cannot talk to someone at the same level as human being. On the contrary we think twice what should I say. We will rehearse it at home and then we face the person and we go completely in mess because we think no I can't say that. We start on something else. There is no relaxed personality and we always say I am not relaxed, I am tensed. But why. Animals are not tensed. They live in the same city. Nobody seems to be tensed. Trees are not tensed. Why are human beings tensed. Because they themselves have made these kind of funny cages for themselves and they think that this is important to me like that. So all this leads to lots of shocks for our speedometer which is a poor instrument for such a person which can't understand and becomes crazy. And when it is crazy it becomes vulnerable and then you get a very serious disease called as blood cancer. You will be surprised that sahaja yoga has cured blood cancer of many people. Not only that but those who are certified thaths all doctors do in blood cancer, to die within 10 days or 1 month are still there after 5-6 years and doing very well. The reason is this spleen becomes good shock absorber. Why that I will tell you later on. Now also you get your blood pressure. because of this your kidneys are affected, your intestine goes out, so you will ?? to constipation the thing. So all these troubles come out of one that we think too much. Now thinking cannot be stopped. Thats troubles. Thinking is coming all the time invading us. You can't stop thinking. What should we do to stop thinking. For that if the kundalini rises you reach a state, state of mind where you are thoughtlessly aware. There is not thought. You are aware absolutely aware but no thought. If you want to think you will think otherwise you wouldn't think just you wouldn't think. And you are in that state. That state in sanskrit is called as nirvichar samadhi which instantly takes place and the second stage you see we call is nirvikalpa samadhi is doubtless awareness. Where you become absolutely detached. Like you are in the water you are afraid of water. But suppose you get into the boat you can watch the water alrigh, quiet relaxed. But supposing you know how to swim you can jump in the water and save people who are getting drowned. In the same way when that state comes in where you can jump and save other people and help

other people then that state is called as a state of doubtless awareness. With this a person becomes extremely powerful, dynamic. At the same time such a person becomes extremely compassionate extremely compassionate. He becomes a person who sees everything witness everything as a drama. He gets out of it and sees everything as a drama. He doesn't get involved into problems but he can see his problems clearly by which he can solve them better. And such a person then becomes a very good human being because he becomes righteous. The area you see above that is the green area is the area where our valencies are. Which are 10 valencies. Carbon has 4 we have 10 valencies and they get enlightened. They get enlightened and that is what is innate within us. Like carbon has 4 religions, in the same way within us are the 10 religions which are called in sanskrit as dharma, dharma eti sa dharma the one we sustain within us is the dharma. Not that we practice say something and practice something is not dharma is not dharma not religion. The one we sustain within us and this sustenance takes place when the kundalini rises she enlightens that ?? and such a person becomes righteous absolutely righteous. He is not bothered as to what others are doing. He lives with his own righteousness, enjoys it, he enjoys his virtues and he sees the good point in others. Somehow or the other by his temperament and nature and his magnetic personality he attracts others and tries to transform them only by his existence. Now christ was a very subtle deity I should say ?? subtle incarnation because he has said though shall not have adulterous eyes. though shall not have adulterous eyes. Now I would like to know in what christian nation I should find such a people. Even the eyes because when you become realised then you will be surprised your innocence comes back. Eyes become absolutely still. And such person when he develops further, his even a glance of such a person can do wonders because there is no lust, no greed. You just watch. And watching something is the biggest boon. Suppose I see something beautiful and then I react as a human being I am to react. So it is in my mind "oh God it will get dirty and it is not insured or something sort of a nonsensical. Supposing it belongs to somebody then I start thinking how much she must have paid and where should I get it. All this thoughts come to us. But supposing I am just watching it then what happens like a lake which has no ripples in it; the whole creation reflects into it. In the same way the joy of creation starts pouring on you and you feel relax and happy. You never feel your age. You never feel you are travelling. You are with yourself wherever you are. So all these problems we have in modern times, speediness vanishes. Not only that but your family life will improves. Your society improves. Your country improves. Its a benevolence of the whole humanity you can achieve. This transformation is very essential. I am very happy that the Russian in all western world have taken such a strong step forward. I know all others will also now little bit think about it that why, why not we? Why not we seek our benevolence. Why not we have this. When it is our own power why shouldn't we get it. Supposing I say there is a diamond available here, free. Then not only from America but even from Greenland people will come here. And I say there is a diamond within you, spirit, why not have it and for nothing at all you just get it free. So why not have. This is what should be the attitude of all the people. All over the world, but I think there are certain conditionings which do not help people to get to that point. So we must know we have not achieved it so far so why not achieve it further. If we haven't got it why not we do it. Its a times, special time. And you should not miss out. Not only, not only the people in Russia but even the government has helped us a lot. I am quiet amazed at the wisdom of these people. I do not know what I should give the credit. They are remarkable people I must say. And a day may come it might become the most powerful, the most powerful country in the world. I am really amazed way they have developed within themselves the depth. There was one fellow who gave me a book which he has written about the mathematical calculation of Shri Chakra. In India there are very few must be knowing what Shri Chakra is. Its very surprising. And this is what I am telling you here in Australia which you must take note no doubt. Of course now your government has done one thing is to send some people to tape, video tape me and find out, go to Russia to find out how Russians have got it , why we haven't got it. So in this competition may be might start working here everywhere else. But this wisdom, wisdom is needed. What are we doing about our life. What are we doing about it we should find out. Where are we spending our time. Why are we going to miss it. Once you get into some terrible disease then you will come to me. Whats the use. You will be happy to know we have cured one gentleman here of aids no doubt. He ?? mr. ?? but he had no will power. He went back to the same nonsensical habit next day and then now he is dead. But the other day in Perth two people a husband and wife got cured of aids. So I have hope about that also. We should have will power to do little bit of practice of sahaja yoga and keep to it, develop it. I am sure they will live much longer than that is expected. So may God bless you. In this short time whatever is possible I have tried to put before you. I would ofcourse like you to ask me some questions for few minutes and then we should have this experience of self realisation. That is very important than any of our questions. Because even, I am good at answering questions. And even if I answer all your questions has no meaning because it doesn't guarantee your ascent. What guarantees your ascent is the happening, is the becoming. Unless and until that happens everything else is useless. So its not a mental feel, its more a natural growth within you of that new awareness which we call as collective consciousness. collective consciousness. That becomes part and parcel of you that you can on your fingertips you

can feel the five, six and seven centres on your left and five, six and seven centres on the right. Your own and that of others. So there is self realisation and also you have the power of collective consciousness. Now even if you know within one months time you will find out. Within one months time , that what things are decoding. If you know what things are decoding, you can diagnose a person, you can help the person, you can raise the kundalini. You don't need me. Its like one enlightened light can enlighten another light. Like that we can have so many people who can get realisation. So may God bless you and may God give you self realisation. I like to have questions from you if possible.

Q: ??

Residual power meaning you see it a little complicated thing but I will say that the whole being is created, alright, by three powers within us. One is the power on the left hand side which is the power of desire, another side is the power of action. And the third is the power of ascent which is in the centre. Now all this has happened. But still one energy is not being used and that is the energy of kundalini which is power of pure desire. Because according to economics wants are not sachetable in general. Today we want to have a chair, tomorrow we want to have a table, then we want to have a house, then we want to have something else and like that goes on.we are never satisfied. So the pure desire the power of pure desire is the kundalini. What is the pure desire. Whether you are aware of it or not, subconsciously or unconsciously whatever you call it; the pure desire of kundalini is "to be one with the divine". This is the pure desire. Until you have fulfilled that you will never be satisfied with yourself. Because thats how you know the absolute truth. Thats how you become absolutely above all these weaknesses that you have. You become the master of yourself and also then you jump in the ocean of joy and peace.

No questions. Good ?? as I have told you that there are 4000 tapes and they are available to you. You can always listen to them. Only thing that I have not told you, one thing which is important to know is this yellow balloon that we have in our head is the balloon of ego and another one is of the blue is the balloon of conditionings in us. The conditionings we have had. So the kundalini rises she passes through this crossing point and she sucks in these two things. Thats how our karma, our conditionings are sucked in. but in childhood when we grow, upto the age of twelve years these two grow like that and cover each other and the fontanelle bone area which is the soft bone in your childhood is completely closed. So when the kundalini just sucks in it opens out. And when it opens out then the kundalini passes through your fontanelle bone area and you can feel cool breeze coming out of your head. We say its the cool breeze of the holy ghost. What is the holy ghost also, you have got almighty and you have got a son; what about the mother ? She is the holy ghost, she is the primordial mother who we call , in our Indian language adishakti. In all ancient scriptures like Greece – Athena. Athena , atha in Sanskrit means primordial. Even here those people who came they call this river by paramata, is the same. So this kundalini is the reflection of the holy ghost, while spirit is the reflection of the God almighty. They have to meet and thats how they get realisation. The fontanelle bone area is opened out and you can feel the actualisation of baptism. Its not artificial. Its actualisation you can feel it, the cool breeze. Ofcourse in the Pentecostal you must have read that you can feel the cool breeze of the holy ghost. Thats what you feel on top of your head. We got photograph where sahaja yogis are sitting and in the photograph you see the light on their heads. And in some of the paintings you must have seen having light in their head. In olden times when there was christianity at the level of gnostics where they, "gna" also the word comes from the same as gyana which Shri Krishna has described as gyan marg (path of knowledge) . Gyan doesn't mean through your brain, but means, again the same bodha which I told you "gna". Same gna is used by Thomas when he described christianity in his treaties on his way to India when he wrote all this an put them in Egypt and which are found out and now you can get that book as "gnosticis??"; important to read because he has ?? all the ideas of suffering and things . Is written everything about sahaja yoga. He said its an experience of the self you must have. Like christ has said you have to be born again, so we certify ourselves. How can that be. In sanskrit language a born again person is called dwijaha mean born again. And a bird is also called dwija means its an egg and then it becomes a bird. In the same way first we are human beings and then we become saints. This is the second birth we should have. But we have to become !. It's not just certificate. So every body things ?? of themselves. The other somebody asked me question "Mother, why there are quarrels among religions?" Because they are not following what their originators have told. They are just following some sort of man made religion. That's why there is problem. Because all religions are just the same. Born on tree of life at different times and these flowers were plucked by people saying this is mine, this is mine and that's why they are fighting. These are dead flowers. These are not living flowers. They come from the same source of spirituality. Christ has said those who are not against me are with me. Who are those ? In four years what could he do christ. Its an impossible situation. How people were cruel to him. I was struggling with 7 hippies; very well educated hippies in England for 4 years. So you can imagine. I must give full credit to Christ atleast he could

say so many things about reality.

Should we have our realisaton.

(52.57)

There is some gentleman, another gentleman.

??

I think you are little confused about it. You haven't yet seen it what happens. Alright . After the experience you talk to me about it then you will be alright. A little confused. You see, to say that, you see I have told you one light can enlighten another light. Alright. In a general way I must say that today's sahaja yoga is something very tremendous. Because it works amass. Just works out, amass, in thousands of people. So must be you are also special I must say or also these are special times and also that the divine is angcious to give you realisation. All these three things put together. But of course, I will tell you how to raise your kundalini as well as your kundalini will rise. It will take hardly ten minutes for the whole thing. But one thing is sure, I cannot force on you. I respect your freedom. Because you have to get your ultimate freedom. So I cannot force on you. You have to ask for it in your own free will. That's very important. It cannot be forced.

Q: ??

That's what we are going to do. That's a very good question. That's the best question. Alright. So if you are ready then I have to tell you that there are two conditions. The first one is that you have to forget the past in this hall. Forget that you have done any mistakes or so called sins. And, you have to say in your heart that you are not at all guilty of anything. If you were guilty of something you have been in jail. So you are not guilty. Afterall you are human beings as I told you and you are capable of mistakes. But the divine has great power of forgiveness and any mistake can be forgiven. So first thing, first condition is that you have to respect yourself and forgive yourself and not to believe at all that you are guilty. Its very important for self confidence. Everyone can get realisation. But firstly one should not feel guilty. 57.03

Its a myth. Alright. Second myth is that we cannot forgive some other people. Some people say its very difficult to forgive others. But whether we forgive or don't forgive, we don't do anything. What do we do? But if we don't forgive then it starts working in our minds, working in our temperament and we play into wrong hands unnecessarily. While the person who wants to punish us is perfectly alright, in good health. So this is a myth and we are playing into wrong hands. So we have to say I forgive everyone. Now you don't have to think whom you have to forgive, what wrong he has done, how far you have to go, nothing. You just in general you have to say "I forgive everyone". Is more important in place like Canberra. Because I know in a place like this, this centre [pointing at Agnya] works very hard; thinks thinks too much, this centre. And is important to stop thinking, you have to say "Alright I forgive. I forgive. Just go on forgiving. And you get to it". Say I, I am quiet used people who are bureaucrats. I know there situation very well. I know them better than any body else I should say. So I have to tell you really very frankly. Forgive everyone and also you know that you are not guilty. Because they have always told you have done this mistake that mistake, and also out of jealousy or whatever it is people trouble them. Then they cannot forgive. So better forgive everyone. Forget everything and be here absolutely free from all those nonsensical worries. Will be a good idea. Only by doing these things you will be completely free I tell you to receive your realisation. We have to take help from the mother earth. For that we have to take out our shoes, will help us a lot. Just take out your shoes. Some people who want to come further can come further also. Its very far away. Its alright. Makes no difference wherever you are. And if I said something that makes you feel guilty, forget my lecture also. Is important. So that means in short that we have to be very pleasantly placed towards ourselves. "Prasannachitta, in Sanskrit its said "Prasannachitta". Must be pleasantly placed towards ourselves. You have to put both your feet little away from each other because they represents two energies. So put them on two sides. Children will get realisation without doing anything. They are very good. They are not complicated. Alright. He will show you what is to be done. You can see that and after that we will take out our spectacles and close our eyes and then the real awakening will take place. Please put your left hand towards me. Like this. This represent, putting the left hand represents nothing but the desire to get self realisation. And the right hand you have to use for action and we have to place it at different points on the left hand side on our centres. So first we put it on our heart. Thats very important because in the heart resides spirit. Again I will say in the place like Canberra is important. Because they work so hard, think so hard that the heart becomes weak. Its better to press your hand on your heart. You should put under your coat will be a better idea. And. Now take down your hand into the upper portion of your abdomen on the left hand side. This is the centre of your mastery. This is made by many great teachers, masters, sadgurus. And we have to awaken it so that we

become masters of that. Then you take down your hand in the lower portion of your abdomen. Lower portion of your abdomen. And press it hard. Now this is a special centre for pure knowledge which has to manifest on your central nervous system. Then we take back our hand in the upper portion of our abdomen. Then take it on our heart. Now this important is that put your right hand in the corner of your neck and your shoulder. From the front. Not from the back side. Now this centre is very important because this is the centre which catches or get spoilt when we feel guilty. Turn your head to your right. Its very important. And this centre when is spoilt you get diseases like spondylitis, angina, all kinds of funny diseases, with the lethargic lung and lethargic heart. Now you take your right hand put it across your forehead. Like this. And put down your head as much as you can. And press it hard. On both the sides. This is the centre for forgiving others. Now take back your hand say way back side of your head and push back your head, as much as possible. This is the centre for asking the divine to forgive you. Now here you don't have to feel guilty. You don't have to count the mistakes you have committed. For your own satisfaction. You to ask the divine to forgive you. Then you have to stretch your hand, right hand like this. The palm is stretched properly and the centre o f the palm is put on the fontanelle bone area which was a soft bone on top of your head. And now its to be pressed. Put down your head. This is important now that you push back your fingers and thumb fully. Please. Push them back properly so that there is a good pressure on your scalp. And now move your scalp slowly seven times. Move your scalp slowly seven times clockwise. Clockwise slowly with the pressure. Thats all we have to do. Thats all. Nothing else needed to be done. Thats all. Take out your glasses if you want. If there is anything tight near your neck, little bit loosen it. If there is anything tight on your waist, you can loosen it a little bit. And you have to be relaxed. You don't have to bend forward or backwards too much. Sit in a proper straight manner. Thats all. Now remember to put your feet on both the sides. And put your left hand towards me please and the right hand now is to go on the heart. Now please close your eyes and don't open them till I tell you. That's all. Now here when you put your hand on your heart where resides the spirit you have to ask me a very important question. You may call me "Shri Mataji or Mother" which ever suits you and this question is like as if you are asking a computer. So now ask the question in your heart not openly, not loudly, but in your hear; "Mother Am I the Spirit?". Ask this question three times. "Mother Am I the Spirit?". Ask this question three times. Now take down your right hand in the upper portion of your abdomen on the left hand side. One must know that if you are the spirit you become your own guide. In the light of the spirit you know the absolute truth. So you become your own master. So now ask a second question "Mother Am I my own Master?". Ask this question three times."Mother Am I the Spirit?". As I told you I respect your freedom and I cannot cross over it. And I cannot force pure knowledge on you. You have to ask for it. Now put right hand in the lower portion of your abdomen on the left hand side and ask me "Mother please give me pure knowledge", "Mother please give me pure knowledge"; please ask this six times. Six times because this centre has got six petals. "please Mother give me pure knowledge". As soon as you ask for pure knowledge the kundalini starts ascending. So we have to now nourish our upper centres with with our self confidence. So now raise your right hand in the upper portion of your abdomen on your left hand side. And here press it hard. And say with full confidence ten times, because this centre has got ten petals. Ten times "Mother I am my own master". Say it with full confidence. "Mother I am my own master". Now we have to know that the divine is the ocean of knowledge and love. Pure love. It is the ocean of peace and bliss. But above all it is a very powerful open ocean of forgiveness. So we cannot do any mistake which cannot be dissolved by this powerful ocean of forgiveness. So please raise your right hand in the corner of your neck and your shoulder. Push it back as much as you can towards the spinal cord. And now put your head towards right. Now here with full confidence you have to say, sixteen times "Mother I am not guilty at all" . Please say sixteen times. "Mother I am not guilty at all" . Please say sixteen times. Again I will tell you it is a myth when you say "I cannot forgive people". Whether you forgive or you don't forgive, you don't do anything. But if you don't forgive you really torture yourself for nothing at all. So please remember that it is all a myth and you are not going to carry on with it anymore. This is very important. Because this centre is very constricted one and you have to help your kundalini to rise through it by really, heartily forgiving everyone. So now please raise your forehead across and please put your hand in such a manner that you can press it on both the sides. And now put down your head fully and here please say "Mother I forgive everyone". Now its not necessary how many times. You to have really say from your heart. If you don't say it from your heart, this centre wouldn't open otherwise. So please I request you again and again to say "Mother I really forgive everyone". Now don't think whom you have to forgive, what mistakes they have committed. Just say it out of your understanding that your realisation is higher than anything else. Now take back your hand on the backside of your head and push back your head as far as possible. Now this is the centre for you to ask for forgiveness for your own satisfaction. Without feeling guilty, without counting your mistakes you just have to say "Oh Divine, if I have done any mistakes, please forgive me". For your satisfaction. Don't count your mistakes. Now stretch your hand and put the centre of your palm on the soft bone which is called as the fontanelle bone area. Press it hard and move it seven times. Here again I cannot cross your freedom. So please say seven times while moving your hand "Mother please give me my self

realisation".

Now please open your eyes and put your hands like this. Now put the right hand towards me , like this and bend your head and see for your self if there is a cool breeze coming out of the fontanelle bone area or the soft bone that you had in your child hood. In sanskrit it is called as brahma randra. Brahma means the all pervading power, and randra means the whole in ?? it. Now see for yourself. The hand should be little away from the head, above it not on it. Some people get it very far also. Now the left hand to be used now. Put the left hand towards me, higher like this. Bend your head. And see for your self if there is a cool breeze coming out of your head. Now again the right hand. Now see for yourself. If there is a cool breeze coming out of your head once for all. Will be higher. Now. Raise your both the hands and push back your head and ask a question "Mother is this the cool breeze of the holy ghost. Mother is this the power of all pervading divine or Mother is this the paramachaitanya"? Ask any one of these question, any one of these three times in your heart. Please ask. Push back your head, Push back your head and the question three times. Now raise your hands fully. Fully. Push back your head. Push back your head. Don't miss the point. Please don't. Push back your head.Push back your head. Now please bring down your hands. Just put the hands towards me and see if you can be without thoughts. If there's no thought. Now those whole felt cool breeze coming out of the fontanelle bone area, sometimes can be hot, some heat comes out; doesn't matter. But feel the breeze. Or on your fingertips. On their hands please raise both your hands. Those who have felt it please raise your hands both like this, so I will know, like this. ya. There are wonderful people here. See, such a lot of you have got realisation. God bless you. But now this is the beginning. You have to come to our centres where ofcourse you don't have to pay anything. But little bit time you have to give and master it. You all can become masters. And there wouldn't be any more problem of ill health or any problem. And I would like to meet you all if you want to meet me just now. Because I am going away tomorrow. This is the last day of my working Australia. And next year I will be again back here. But you are all welcome to India. We have a nice tour program and also a seminar at the end of it. So if it suits you, you are welcome to come along. You all can come and see me if you like. I am sorry I am here only for one day. But next time I will be here for quiet some time. And I hope I will be able to see you grown up like a trees now. Like a see now you have sprouted now and this seed has to become a big tree. May God bless you.

God bless you.

(1.19.)

in hindi: Aayiye. Aap kahan se. India se aye hai ? Meaning: come. Where are you from. Are your from India? (ji – yes). in hindi: yahan sambhaliye. Sab aapki cheez hai in sabko dene ki. Aapke pass itne cheeze bhari padi hai, sari duniya aapke charno me lautegi. Isko to karna chahiye. Ab Delhi me bahut kam ho raha hai. Delhi me bahut log ho gaye par. Bahut se log ho gaye. Aur kam bahut zoro me ho raha hai. Asha hai sab jagah ho jaye. Aapka shubh nam kya hai. Chandramohan Bhandari. Badi khushi huyee aap se milke.

Meaning: (to an Indian) Take care here. This (spiritual knowledge) is all yours that you have to give them here. You have so many things(spiritual knowledge), whole world will look up to you. Have to do this. Now in Delhi a lot is working out. Many got realisation. Many got. And now in full swing its working out. Hope it works out every where. What is your good name. Chandramohan Bhandari. Glad to meet you.

1990-0320, Press Interview with Canberra Times

View [online](#).

20 March 1990

Interview

Canberra (Australia)

Talk Language: English | Transcript (English) – Draft

Shri Mataji: You ask them to bring My spectacles.

Lady interviewer: Yeah, I, I came along for about now last night

Shri Mataji: Little loudly.

Lady interviewer: Oh, sorry. I came along for that now last night. There were just a few things that I want to clarify with You. –

Umm, this is Your fifth time here in Australia, is it right?

Shri Mataji: No, no. This is, I think, fourth time.

Lady interviewer: Fourth time. Right.

Shri Mataji: Yes.

Lady interviewer: And how did you find last night, how did it go?

Shri Mataji: For Canberra it's very good, I must say. [Shri Mataji laughs]

Lady interviewer: Yeah. More people than you thought of.

Shri Mataji: Everywhere else much more. I think we must have had about one thousand two hundred or so in Sydney.

Lady interviewer: Right, right, okay. Just a few things like on the health aspect You talking about I wonder if you could define your Creative Yoga a bit more for me.

Shri Mataji: A little louder.

Lady interviewer: I wonder if you could define your Creative Yoga a bit more. I was talking to a few people afterwards that time. [unclear] forms of yoga. I wonder if You could explain for me because I didn't quite understand Your, Your actual philosophy.

Shri Mataji: See, Sahaja Yoga, 'saha' means with, 'ja' means born, 'yoga' means union with the Divine Power. So, born with you, every human being, is the right to be united to this Divine Power which is a subtle power that governs this Universe, looks after all the living processes, evolutionary processes, balancing.

This power nourishes as well as guides us and could be called as the Collective Unconscious, little narrow, but that's what it is. So we have to be connected with it directly. Apart from it, it thinks, organizes and also it loves. So to get connected with it, is the last breakthrough of your evolution and that has to be achieved. So we become sages and this was known to many people thousands of years back. But it could not be achieved because people were not matured enough to receive it, perhaps. But in modern times, it is already prophesized that this is going to happen and this happening is taking place where human awareness gets connected with this power by which it achieves a new dimension of Collective Consciousness on their Central Nervous System. On our finger-tips we have the sympathetic nervous system endings, that's what doctors have gone into.

Lady interviewer: Yeah, yeah, You explained that last night.

Shri Mataji: Yeah.

Lady interviewer: If You could just get away from that though, like, how do You actually practice the creative yoga? How do You teach people to practice?

Shri Mataji: Oh!

First of all you have to get connected, first of all. The –

Lady interviewer: And how does that happen?

Shri Mataji: That's so spontaneous is, I give an analogy to make you understand that if you have a seed, you put it in the Mother Earth, it sprouts, it's a living process or we can say that, if one light is enlightened, that can enlighten another light.

So now supposing, I'm enlightened and if I enlighten you, you can enlighten another person.

Lady interviewer: But how're You going to enlighten me?

Shri Mataji: Just if you put your hands towards Me, you can get enlightenment.

So simple as that. [Shri Mataji laughs] And that works.

You know, on a radio station in New Zealand, Gentleber [name unsure] is supposed to be Doctor of Philosophy and he was asking Me questions. He's quite a skeptical fellow. And suddenly, he started feeling the cool breeze on his hand.

He said, he suddenly forgot what question he asked Me. He said: "Oh, look at this! What is happening to my hand! There's a cool breeze," and then he said: "But not in my head." So I gave him a little balance and raised his Kundalini, and then he said: "Yes, on my head," And then he said: "There's a ball ball of Kundalini- a ball of cool breeze in my hand. Just a ball. See, there's a ball in it." And that's all on the tape, you see. So it happened.

And he said: "I'm the, I'm such a doubting person, I'm so skeptical, I never believe into these things how did I get it?" I said: "You were just ready for it, that's all."

Lady interviewer: But how do you deal with, with people that are skeptical? I mean.

Shri Mataji: How do you do?

Lady interviewer: How do you deal with people that are skeptical of what You teach?

Shri Mataji: I know how to answer them, that much I know.

Lady interviewer: What if I say to You that I'm skeptical about it? How will You answer me?

Shri Mataji: Yes, yes but you see what I'm saying is supposing whatever I am telling you, you must have an open mind. You must have an open mind of a scientist as think it to be a hypothesis for yourself. You need not accept Me because blind faith is not needed. Actually blind faith is more dangerous. If an atheist is there, it's better.

Lady interviewer: More dangerous?

Shri Mataji: Yes, because they are bound by that. They have some blind faith, they have their own concept about truth. So they're more bound than the people who do not believe into anything. That's what has happened in Russia. They are the ones who got it first.

Lady interviewer: What you mean what that's ?

Shri Mataji: Because they have no conditionings. They have no conditionings and so many got, thousands and settled down into it.

Lady interviewer: How do you say that they had no conditionings?

Shri Mataji: No conditionings of any kind. So if there's blind faith it doesn't work out so well.

But if you keep your mind open like a scientist, then this is a hypothesis I put before you. So why not get it? Because you don't have to pay, don't have to do anything, it just works out. If that is your own power, why not get it?

It's sensible and logical, isn't it?

Lady interviewer: But how do You work out, how do You get it out of Yourself? Like there's people that were last night what if they would have come away from there?

Shri Mataji: Now they have come away, now we have a center here, luckily, in Canberra. They can come to the center – and these people are very well equipped, they can tell them.

Lady interviewer: You have a Yoga center here in-

Shri Mataji: Yes, we have. We have a very nice center here, and very nice people. Some have come from England and some are here. They can work it out. So there's no problem on that.

Lady interviewer: And the Yoga center that You've got here, how many people are involved in that? Shri Mataji: I'm very bad at accounts, I don't know. [Shri Mataji laughs]

Sahaja Yogi: Twenty, Mataji, about twenty.

Shri Mataji: In Canberra we have the minimum number.

Sahaja Yogi: We have regular programs.

Shri Mataji: I've never been to Canberra before, this is the first time I've been.

Lady interviewer: Here, You have not been to Canberra before?

Shri Mataji: It's the first time in Canberra.

Lady interviewer: And how did You do all this? Like You probably explained last night, but if you could just explain again how You

actually came to Yoga or it came to You, like how You started on this, this journey of?

Shri Mataji: How I started?

Lady interviewer: Umm.

Shri Mataji: I mean, I was born Realized, I should say. I knew all about this Myself but I knew also that I have to find out a method which will give enmasse Realization. Formerly, there used to be one or two people getting Realization, very few. But I knew that I have to work out some method. So, I studied the subtle problems that lies in every human being and I met many people like that. And I tried to find out what is the way one can work out that they can get enmasse Realization, you see, the permutations and combinations, if you can work it out. And then I discovered it's not so difficult.

On the 5th May 1970, the last center was opened out and that's how it started working because that's the only center is closed in human beings, the seventh one, which is here. And that opened out and I started working from 1970. I started with one lady.

Lady interviewer: What do You mean You started with?

Shri Mataji: Started means, I call, there was one lady who was interested in it. She came to Me and I worked on her. And it worked! Then we had twenty-five people more because, you see, as soon as somebody gets Realization, the news spreads. It's a very big thing for Indians to get Realization, they think that's the highest thing to have. So the news spread and so many people came. So first, I got one lady, then twenty-five of them. They all used to come to My house to begin with.

And now, then I started moving about.

My husband got elected to a job in London. He became the Secretary-general of International Maritime Organization in the U.N. So, I went to England and the work started in England and England being a circulation of all the countries, from England people started spreading out. And now we are working in forty nations, Sahaja Yoga.

Lady interviewer: And You're talking about the Russian situation.

Shri Mataji: Yes.

Lady interviewer: Do You feel that Your Creative Yoga has made them more happy and healthy or?

Shri Mataji: Yes, of course. There're two types of Russias.

One type which is, I would not say, so evolved. They're like dishwashers and sort of people who are taxi drivers or things like that. So they care more for, say, Russian cigarettes, American cigarettes and things like that. But the rest of Russians are very well-educated, very capable and very well-read and extremely wise.

Lady interviewer: It seems to be a lot of them that are wanting to leave the country though if they're so happy and healthy they –

Shri Mataji: They're not happy.

Lady interviewer: They're not?

Shri Mataji: They are not happy because they said that they didn't find their Spirit, this part of the - this area.

And the rest of them, they are materialists, so they can never be happy. Anywhere in the world materialist can never be happy because materialism never gives you happiness. Materialism takes you from one matter to another. You go on jumping, as I told you yesterday: that it's Economics.

Lady interviewer: How do You, how do You do with that in a Western civilization like this which is based on materialistic possessions, I mean?

Shri Mataji: You see, they, because they were put on the materialistic achievements, you see, that's how the theory started there. And so they said no God, nothing, no religion, nothing of that. But they saw through it that materialism doesn't give you joy. So they didn't waste their time in politics, gossip, this, that nonsense. They were busy finding out where does lie the joy? And so they have read a lot and they know a lot. Somehow, they were just ready, I think.

Must be some blessings . I don't know what, [Shri Mataji laughs] how to explain really. Because so wonderful they are, very wonderful people. And this problem of this food and all that started by their modern bureaucrats. It's not true that there's no food. Food was there but the unhappiness came from the fact that they were seeking their Spirit.

Lady interviewer: Seeking their Spirit?

Shri Mataji: Their Spirit. You see, they were thinking, "joy is beyond". I have visited Russia before so there's no inflation and no, you can say, problems of mugging or anything, no violence, very peaceful and sufficiently enough. Clothes: they wear very good clothes and there, everything is available at a very cheap price. Only thing they felt, they have no freedom within themselves to speak about everything. And that's how they went inside their being, they became introverts, started finding out "what's the matter", "what should we have". And that's how they found out, I think, a state of mind which was just ready to get Realization.

Lady interviewer: It seems with other forms of yoga they, it's much more subtle, more private way of practicing yoga just seems that I can't see what You teach people, as far as relaxation and the other forms of yoga is supposed to.

Shri Mataji: No madam, this is the most open science. They have just like say, Transcendental meditation – is a horrible stuff. They just give you a mantra without telling you why this mantra, how this mantra according to age. And when I discovered they were funny mantras, in Sanskrit, they have no meaning. In our ordinary words, they said one was "Inga". "Inga" means "bite of a scorpion". "Pinga" means when a person gets possessed, the round and round it goes – a person goes round, that's "Pinga". And "Thinga" means when you show your thumb to somebody, like this, when you show him down.

So this sort of nonsense and for that people paid three, three hundred pounds for this! And for this another thing that they had is a "Sidhdhi Course" where they said: "You'll be floating in the air." I don't know what's the need for doing that, but still. For that, I got the person who was running it, in Greenock in Scotland, Mr. Peter Pears. He, his wife, his daughter and his deputy director, all got epilepsy. They came to see Me and they told Me the whole story about it. Now, he's writing a book what all had happened. And they had put all their money – he was a diamond merchant, his wife was a granddaughter of a duke, all the money to start this. And they were told that you have to make them jump on the foams, these people, and tell them: "This is the mantra they have to say and they will start floating."

Gradually, they found out it's all fake. And so they stopped sending money to them, gradually they and these people became broke. They had nothing left with them and he had to go back to South Africa because he was declared as a person, bankrupt.

And now there are many cases running in America, saying that their bottoms are broken with the Sidhdhi course. And six thousand pounds they took from each person to go to Switzerland where they gave for six days, the water which has boiled potatoes. And the seventh day they gave them the rind to eat and the eighth day that potato. And said that: "You have to take this if you have to do the Sidhdhi course." And people accepted.

There is a lady, who is a barrister, she did it, her sister did it – her sister ended up in a lunatic asylum. She came to Sahaja Yoga: now both of them are all right.

Lady interviewer: Oh, with so many other like, people that have their own formulas about what's, what's good for you and what's right for health, I mean, how do we know that Your way is any way better than anybody else?

Shri Mataji: You see, the only way is to know, first of all, that you can't pay for anything like that. First, as Christians, you should know because Christ never took any money. Nobody can pay for that.

Of course now if I travel – first, in the beginning, I used to pay Myself. And now, of course, they are self-respecting people so they pay for My travel and also here say, supposing you take a hall, you can pay for the hall: they don't pay Me but they pay for the hall or they pay to the travel agent. But you can't pay for My lectures and you can't pay for My work which I'm doing of Self-realization, you can't pay because it's a living process. You cannot pay for it. All these yogas are money-making propositions. Just money-making. 19:33

But this is the point which people go against Sahaja Yoga that: "How can it be without money?" They don't want to accept that point. But in U.S.S.R. this is the point that hit them because they knew you cannot pay for living process.

They came to Sahaja Yoga after reaching a certain maturity in it. So they just jumped at it. They understood it. But here, even you'll be surprised, as I told yesterday, that in Boston they asked Me: "How many Rolls Royces You have?" I said: "How can I have Rolls Royces when I don't take any money?" So they said: "We can't understand Sahaja Yoga because it is no business."

Even in BBC London, you'll be surprised. BBC London man came to see Me and he said: "Anglo-Saxon brain cannot understand anything without money."

I said: "I'm sorry, I can't make you understand, I will not go on your London BBC." If that is the Anglo-Saxon brain, who has made it? Is it a special type? This kind of a queer idea that you have to pay for everything, I think it's a subtle ego that you can purchase everyone, you can purchase your guru, you can purchase Christ also. And then they did sell Him, didn't they?

Lady interviewer: What about people that keep to the church? I mean obviously they –

Shri Mataji: I mean, if they want to go to church I don't want to stop them. But if they think they have not achieved anything in the church, they better come to Sahaja Yoga. Because Christ has said that: "You're to be born again." He has said: "You have to seek yourself."

Lady interviewer: If You don't charge for anything like when You are on Your tours, I mean obviously, You have to live on something.

Shri Mataji: No, it's My husband, he's very well paid. I don't have to do.

Lady interviewer: So, if You weren't married, if You weren't in that situation, how would You go about it then?

Shri Mataji: Well, you see for such a person there's always a provision.

You should live with whatever you have. Now, see Christ, Christ was the son of a carpenter. If I was a poor person, I would have lived like a poor person. What does it matter? It's nothing important. You have to seek the comfort of your Spirit and not of your body. Even now, where I come from a rich family from My father's side also and from husband's side but I can sleep anywhere, I can live anywhere, I can eat anything. I've no problem.

Lady interviewer: Just coming back to the health aspect of –

Shri Mataji: Umm?

Lady interviewer: Just coming back to the health aspects of the yogis

Shri Mataji: Yeah, yeah, yeah.

Lady interviewer: Do you practice yoga Yourself?

Shri Mataji: Oh, I need not.

Lady interviewer: Sorry?

Shri Mataji: No, I don't practice anything because I'm just in it, I've everything. I've reached a stage where I don't have to practice.

Lady interviewer: But You're talking last night about how it cures.

Shri Mataji: Yes, Yes, yes. That's for you people? That, that curing works for you people because your Kundalini has to be risen.

Lady interviewer: When the "what"? Sorry.

Shri Mataji: Kundalini is the source or we can say is the power which gives you Self-realization. You were there yesterday or not, is the point?

Lady interviewer: Yes, I was.

Shri Mataji: Did you hear Me about the Sacrum bone? And there's a power, that power is the Kundalini which has to rise. And when it rises, it nourishes your subtle center. It's your own power.

Lady interviewer: What does Kundalini mean though? What is it?

Shri Mataji: Kundalini is the, is an energy within you.

Lady interviewer: And where does it get there from?

Shri Mataji: I Beg your pardon.

Lady interviewer: Why is it called that, where does the name come from?

Shri Mataji: Come from? It is placed there, in you, like, just like a connection, this one. This is to be connected to the mains, isn't it? Otherwise this doesn't work. In the same way, it's coiled up and kept in the triangular bone and it rises within you and once it rises, it pierces through this fontanel bone area and connects you to the All-Pervading Power about which I was telling you. And as a result of that, it passes through six subtle centers, it nourishes those centers, integrates them and that's how automatically you get well.

Lady interviewer: Did you have some questions?

Man interviewer: I Think, [unclear] my way would have been different to you. Articles and newspaper, really.

Lady interviewer: In a way.

[Discussion between the two journalists]

Shri Mataji: What's he saying?

Lady interviewer: I was asking, I didn't want to monopolize the thing.

Man interviewer: No, no, no, it's good to hear story and my way is different cause we have a music program.

Shri Mataji: I beg your pardon? Little loudly.

Man interviewer: We have a music program at 2XX community radio and the format is a little different to this interview.

Shri Mataji: I can't hear. You see, I've little difficult for hearing your Australian English.

Man interviewer: I think the lady's interview is a little different what we're actually after.

Shri Mataji: Oh, I see. She's different.

Man interviewer: Now our program is basically music.

Shri Mataji: Hmm, hmm.

Man interviewer: And I think, we have to more, to find out little bit more about more or less an introduction rather than this type of interview. Yes.

Shri Mataji: These musicians [Nirmal Sangeet Sarita], all of them, are so young, you must have seen. And one is a blind fellow [Guruji]. And with Realization, they became so dynamic. So now, they want to play for Me and sing for Me because they got it, you see.

And the one who has composed it was a chartered accountant [Babamama]. He never knew any Urdu or any- I mean, poetical language. But he's become a poet.

Lady interviewer: Okay, with that, that will do for me, I think so maybe. Thank You!

Shri Mataji: Thank you very much. [Lady interviewer leaves the spot.]

Shri Mataji: Yesterday you saw so many lifted their hands and said they got it.

Man interviewer: No I was not there.

Shri Mataji: So many were there, did you see that?

Lady interviewer: No.

Shri Mataji: You didn't see that part. Yesterday there were so many people-

Man interviewer: The Realization session.

Shri Mataji: who said they have got their Realization.

I wish you could show her that, what happened yesterday so she will see that there were so many. I was surprised because bureaucrats are difficult. I'm sorry.

Why don't you come here?

Man interviewer: Here I am. I think I should explain what we are about, how we have a community radio 2XX which is a public fund radio program

Shri Mataji: Ha, ha.

Man interviewer: A program's covers all various things. Now, Hashim, I want to introduce Hashim here. He is a – he has a nightly, a Sunday night radio program of Indian music.

Shri Mataji: I see.

Man interviewer: And what I would actually like to ask You is more or less an introduction, so I can find out little bit more about You and who You are etc. I think I'll almost find out.

Shri Mataji: Introduction to this music?

Man interviewer: Yes, sort of, that sort of thing.

Shri Mataji: The music was –

Man interviewer: No, no, not to music but just a sort of fit You in, to introduce our listeners to You, that sort of interview.

Shri Mataji: I see.

Man interviewer: So it's not –

Shri Mataji: So first I've to talk about, you want Me to talk about music?

Man interviewer: No I would like to find out where You came from and that sort of thing, general interests because our listeners don't know You at this stage.

Shri Mataji: All right.

Man interviewer: You see, so I guess basically that's was all about. And I would say: "Welcome You to 2 XX" and have a bit of a talk where You born and under what signs and –

Shri Mataji: All right, about Myself.

Man interviewer: I believe, yes, I believe there was a significant sign which You're born under – and You born -

Shri Mataji: It was on a Tropic of Cancer I was born.

Man interviewer: Humm

Shri Mataji: There're very few places on Tropic of Cancer. One of them is Mecca.

Man interviewer: There is some significance of the planets?

Shri Mataji: Yes, planets are very much there. I was born on 21st March, equinox, 12 O'clock in the daytime. You know they have cast My horoscope also, suggestive of lots of things.

Man interviewer: So can we sort of start this out by doing some sort of a production.

Shri Mataji: Whenever you say. You can ask Me questions if you want.

Man interviewer: Yeah. This is a Hashim. Hashim is the programmer I was telling.

Hashim: Yes, I observed last night that the musicians assisted in making the atmosphere wonderful. Do You think that the music is important in making the Kundalini rise in meditation or in Sahaja Yoga?

Shri Mataji: Yes it's a devotional music. And a musical, devotional music if is sung by people who are Realized souls, reaches your heart, reaches your Kundalini also and helps a lot to awaken them. So if there are – these are all Realized souls who were there, the dancer, everybody. The dancer was playing the rhythm and the rhythm is a Divine rhythm because she's now become a Realized soul, she's connected with the Divine.

So when she dances, she creates a divine rhythm and when these people sing, they also sing a Divine devotion. Otherwise, without connection, if you sing the praise of God, it doesn't reach God because you're not connected like a telephone which is not connected.

If you start telephoning, your telephone gets spoiled. So, for Devotion also, you should be connected with God. So as they are connected with the Divine, the music emits vibrations, what you call the divine vibration. As a result, it creates an atmosphere for people to receive their Realization. It becomes much easier for Me to give Realization because the atmosphere cleanse out, cleanses out and people also get ready for Realization. Because they are Realized souls, all of them are.

So this is the reason why I was very happy they could manage to come. They are all professionals and they have agreed to come here and do it for a, just to help Me in Sahaja Yoga.

And also you'll be surprised that this music is very difficult, Indian music is a very difficult music. It's not easy for people to sing unless and until you go into big practices.

But is so amazing that when people get Realization, all these people who are Westerner people from forty countries, they all can sing these songs with same depth and with same understanding, without making any mistakes even in pronunciation. Otherwise, it is so difficult to pronounce Sanskrit! Even Indian languages, so difficult that they could not even pronounce one sentence properly.

And now, the whole song, Sanskrit song, any song they sing so well. And if you close your eyes, you won't believe that they're foreigners who are singing, who have never known this language before. So something has gone dynamically new in them that they just pick it up and sing so well.

Hashim: So would You consider that music has become part of the meditation like that?

Shri Mataji: Of course, very much. Music is, is a divine gift to human beings, it's a divine gift. We call it, it starts with Omkara, means the first word as that was, you call as "logos", you see. It starts with that. And that's, that's the proof of it. Because when they get their Realization, how is it they know such difficult language and such difficult tunes and so correctly that they can sing?

It's very surprising. So music is a very inner part, dancing, music, all art is very much connected with the Divine. Now, we have had many artists who have been Realized souls. We can say Michelangelo was a Realized soul and the way he painted earth, it emits vibrations. You see, if you see Mona Lisa done by Leonardo da Vinci, it has vibrations, it gives you vibrations. Those people who were Realized souls, like Mozart, when you play Mozart, you get vibrations out of it.

You can feel them, on your finger-tips you can feel them. So there are musicians who are Realized souls.

Also artists, also people like Abraham Lincoln was a Realized soul, Gorbachev is a Realized soul, he's also a sage. So when these

people are there, how will you make them out? As she was asking Me. You have to just put your hands towards them and you can feel it.

Man interviewer: I think, basically we still getting back to 2 XX program. I really want to, more or less, interview You as a person who's just coming in the studio and welcome You to the 2XX program.

Shri Mataji: All right.

Man interviewer: And then just ask You – how Your birth etc.

Shri Mataji: Yes all right.

Man interviewer: Can we do that?

Shri Mataji: All right.

Man interviewer: From the start.

Hashim, can we do that?

Hashim: Yeah.

Like you, I lost my glasses.

Shri Mataji: Is it alright?

Man interviewer: Yeah.

Welcome to 2 XX Shri Mataji Nirmala Devi. I forgot the name, the right pronunciation.

May I call You Mother?

Shri Mataji: Thank you very much.

Man interviewer: Mother, You were born under a very unusual sign.

Shri Mataji: Yeah. You say so

Man interviewer: Could we?

Shri Mataji: Yes. I was born in a place called Chhindwara which is on the Tropic of Cancer and it's a hill-station.

I was born in a family, which was in ancient times, was a royal family and they have a calendar also, which is even now used in India, in the Southern part of India, called as Shalivahanas. They ruled in a country now called as Maharashtra, also up to the Southern areas and also in the Northern areas.

But later on, gradually it subsided because of certain earthquakes and certain floods that came in.

Man interviewer: When did You actually start the Sahaja Yoga?

Shri Mataji: I started it in 1970, 5th May, the last center was opened out and that's how I started after that, I should say.

Man interviewer: Is the Sahaja Yoga based on Your experienced philosophy?

Shri Mataji: Based on?

Man interviewer: Your experienced philosophy.

Shri Mataji: Yes, of course. We had Sahaja Yoga since long, thousands of years back people have written about it. That it is through "sahaj" only you get it. Don't- "sahaj" also means "easy", by not doing anything, "sahaj" means spontaneous actually, in English language. So, you just get it spontaneously. But for that, you have to have a person who is authorized by the Divine and you must have the seeker of truth who should get it. So, it was only one or two persons used to get it.

Patanjali Yoga, the whole thing, which is, now from which people have taken out Hatha yoga – they don't do Hatha Yoga. Hatha Yoga is, "Ha" is the right side and "Tha" is the left side. Means, you have to have the working on both the sides, that is on your emotions as well as on your mental activities. So, it is not that way, it is- just works on one side, it is just a physical activity. So that is not, that's just a wee part of the whole of Patanjali who wrote about it. He had written eight things about it and Sahaja Yoga is crossing all other things and comes to the stage where it is called "samadhi", means "awareness". It just works on awareness.

So the modern Sahaja Yoga that I have started is a Sahaja Yoga in which we first, somehow or the other, give you Realization. So, you get into one more stage called as thoughtless awareness which is called as: "nirvichar samadhi". One that state is established you start seeing what's wrong with you, yourself and then you start correcting yourself – I don't have to tell you:

"Don't do this, don't do that." You just start correcting yourself. Then, the second stage you achieve which is called as: "nirvikalpa samadhi" which is doubtless awareness because you become absolutely sure of yourself – that's a state again you achieve.

That's how one achieves a very great state of spiritual ascent which Christ has said that: "You're to be born again," or "Know yourself".

With this, your hands start speaking as said by Koran that: "Your hands will speak," and that you start feeling on the fingertips all the centers that you have within yourself, so you know about yourself – also you can feel the centers of others. But now, if you know how to decode them and to find out how to correct them, you can correct any center.

Man interviewer: Yes. And You are doctor of medicine and psychology.

Shri Mataji: No, I wouldn't say that, because in I never practiced anything but I did study Medicine. Man interviewer: You did your studies, qualified.

Shri Mataji: I studied medicine, I had to also study little bit of psychology because I had to talk to psychologist and I had to talk to doctors so I wanted to know their terminology, what it is.

Man interviewer: And you also were born Christian?

Shri Mataji: Yes, I was born in a Protestant Christian family.

Man interviewer: Do You also practice that religion?

Shri Mataji: No, I mean it's all, this is real Christianity.

Man interviewer: I see. So the yoga is actually a religion.

Shri Mataji: Real Christianity because you get the actualization, your baptism. It's nothing artificial in it. You know that Christ was the Son of God through only Sahaja Yoga because there is a center within you where you have an optic chiasma, in that resides Christ which is the cross. And because of His resurrection, we can resurrect, so it is the gate. And then

Man interviewer: Yeah.

Shri Mataji: I Beg your pardon?

Man interviewer: How did You receive the message to start the yoga?

Shri Mataji: I knew all these things, I knew all this.

Man interviewer: So it just didn't come to You as a?

Shri Mataji: No, it doesn't come, it's all there.

Man interviewer: It has been with You all Your life right through.

Shri Mataji: I Beg your pardon?

Man interviewer: Right through Your life, it's a, You've known that one day You would be doing this sort of a preaching or making this sort of movement similar to this.

Shri Mataji: What is it?

Man interviewer: All Your life You would more or less know that this would be-

Shri Mataji: Yeah, yeah. I knew. Only problem was, you see, I knew all about it, I knew that all religions are integrated. Christ has said that: "Those who are not against us are with us." I knew all of them, everything I knew. But the problem was I didn't want to talk about it, I didn't want to do anything about it because I thought I must find out an en masse Realization method. Otherwise, you see, if you give Realization to one person, people get after that person. See everybody was tortured. Mohammad Sahib was given poison. Christ was crucified. Everybody was tortured, every saint was tortured. So I thought we should give it to so many people.

We have to create a new race now of Realized souls, then they will understand.

Man interviewer: But You still believe in God?

Shri Mataji: Of course, God is there, without God nothing can be done. God is there, I'm just doing the work of God only. He wants you to enter into His Kingdom, I'm just working it out that you all enter into His Kingdom and enjoy Him. Of course.

Man interviewer: Yeah well, wish You happy stay!

Shri Mataji: I Beg your pardon?

Man interviewer: I wish You happy stay!

Shri Mataji: Thank you.

Man interviewer: And I guess You'll be back sometime.

Shri Mataji: It should be.

Man interviewer: Next year?

Shri Mataji: I hope next year I'll be here, I hope so and I'll work it out. I've been working for so many years now, now I'm 67 years of age already and I hope some more years I would be able to spend to travel around. There're so many nations I have to travel through all the time I'm traveling.

Man interviewer: Thanks very much!

Shri Mataji: Thank you.

Is it alright?

Man interviewer: Hmm.

Shri Mataji: Little bit you'll have to cut out because I couldn't hear. You see, since yesterday My head has is little bit too much, has been going on everyday morning, evening and no rest, sleeping at 3 o'clock, getting up 5 o'clock. So it's a little bit today My head is little bit wobbly, I should say

Man interviewer: Thank you, madam, it's something similar to me, I'm just trying to get over the wobble.

Shri Mataji: I beg your pardon?

Man interviewer: The cold, yeah?

Shri Mataji: Yeah, also I got cold because here women smoke so much and they smoked on My face, you see. So, smoking is so much here still, I mean, you must stop that. So much smoking. There's something has happened, I don't know if you'll believe it or not. But I went down to Cairns and –

Is she there, Kay?

Sahaja Yogi: Just have a look if I can.

Shri Mataji: Yes, just let her get.

And they took Me down to that reef, you see, they were telling Me about these crown thorns [starfish Acanthaster] and things like that. We just went round, you see, must- the vibrations must have spread and suddenly they all have left now. They don't know, mysteriously. They were eating all these corals. All of them have left suddenly. The paper it has appeared on the 17th. I was there on the 8th I reached there, 8th to 10th and we just went round and I was just- and in the area where we went, it has happened.

Sahaja Yogi: Renown.

Shri Mataji: Yes.

Man interviewer: Would You say there was a miracle at all?

Shri Mataji: I beg your pardon?

Man interviewer: Would you call that a miracle?

Shri Mataji: No it's not a miracle because vibrations are there, you see, the Divine vibrations, they give a balance, they destroy all such things automatically. So, because I went there, the vibrations must have spread, I think so that must have happened. It has happened, so many things have happened. Have you got that thing? I want them to see.

Sahaja Yogini: Yes, Shri Mataji. [The Yogini gives a copy].

Shri Mataji: Yes, please.

So she came from Cairns and she brought it to show Me. But when we were coming from New Zealand they announced it as a big news in the airplane. that this is what has happened.

Yes, thank you.

Sahaja Yogini: This is from page at 9:30 pm.

Shri Mataji: Also it helps, vibrations help your plants very much. There's one gentleman called Dr. Hamid, he has solved the problem of acid rain, in Austria, by giving vibrations. All the trees which were below 60 years, all were saved and doing very well. So, he said we can solve that problem also. Also, agriculture can improve, many a time. We can use non-hybrid seeds, vibrate them and you can get tremendous effect of it. I have done that and we got beautiful rice in our house just in 1 acre I got, out of 60 kilos, I got 1400 kilos of rice.

So, I mean, it just changes the whole atmosphere, everything changes. You saw that?

Hashim: I have got to ask You one question for the radio show, Shri Mataji, would You give advice for the listeners of this program?

Shri Mataji: You see, they can-

Hashim: It can effect them?

Shri Mataji: Yes, it can effect them.

What they have to do, is to ask them to put their hands, when I'm speaking, both the hands towards the photograph, if they have. But if they don't have the photograph, then they can just put it towards the radio, just towards the radio and they'll get it, they should get it.

If not once, twice, thrice they should try. If they tape it and they can again play it and put in their hands, they might get it. We tried that in Hong Kong, it worked, it did work.

Because even what I speak, has vibrations.

You see, they are vibrations: when you speak, when you're Realized, you'll also have vibrations. We've got photographs where all the Sahaja Yogis are sitting and on top of their heads is the light. There're so many miraculous photographs that you won't believe. You won't believe that there're such photographs are possible.

We have any here, no?

Sahaja Yogi: No, I've got one from Cairns.

Shri Mataji: Hum?

Sahaja Yogi: I've got one from Cairns.

Shri Mataji: You've got one alright. Can you show them?

We have so many photographs even that shows light in My hand.

There's a Moon in, at My feet. They've got in My heart light. There's a light coming on My head.

Well, all kinds! I mean there's no end to it.

But that we don't show to anyone because nobody believes it. So only the Sahaja Yogis who have done the photographs, they know that this is theirs.

Man interviewer: Very interesting.

Shri Mataji: And even, even recently My, from My head, light is coming like this like a complete lotus.

We have only one but we should have everywhere some photographs to show them.

It would be a good idea but nobody would believe, I mean, you people seem to be quite receptive so you will believe it. But normally people don't believe it. They believe in God but they don't believe that God is miraculous. They believe in God, alright, there is God but they can't believe that God would be miraculous, that's the trouble, you see. It's just their mental concept of God: "Oh, is there is God, we believe in God," But what is that God is? He's so Great!

You could find one, did you?

Sahaja Yogi: Unfortunately, a small boy got hold of it. It's a bit crumpled but You can see them.

Shri Mataji: Which one?

Oh! This is I'm standing in the sea, in the heart there's light.

Sahaja Yogi: It's a little bit crinkled because George got hold of it.

Man interviewer: Yeah.

Sahaja Yogi: But, and it's- there're scores of autographs like this.

Shri Mataji: Ah, that's scores, really.

Another Sahaja Yogi: I was talking to a German who has edited a lot of films on Shri Mataji. And he says that: "About every 200 frames there is a- they will get one frame that's got light all over."

Shri Mataji: No, but these Russians when they took the photographs, you see, they did the filming, for 10 minutes they have got

one. It's full of lights and that's how they earned lot of money out of that in Russia. And they came all the way to do our- you remember this time.

Another Sahaja Yogi: Yes.

Shri Mataji: All the way to India because they said: "We have never seen such a thing that without any organizing any lights or anything, how we got light from You coming this way, that way and that was all in the film." So the Russians were very much impressed. Also, that has helped a lot for publicity. So they're just waiting there for Me.

In the West, I don't know, we have, we think too much, I think we have, we have ideas and they're not true. We must open our heads and see for ourselves whatever is the truth, we should accept because we talk of God, we'll read Bible, alright, we'll go to church this, that. But it's so superficial, God is so deep! And once your depth is opened out, you can see all these things so clearly. He works, it's not a myth. It's not a myth.

Man interviewer: Yeah, I think, we've gone half here.

Shri Mataji: That's why I said it is real Christianity.

Man interviewer: Yeah, yeah.

Shri Mataji: Ours is a Pauleen Christianity, Pauleen, Paul organized it. And so many have criticized. Khalil Gibran, I have seen, there's another I wrote- I saw a book about Christ being in India and that gentleman has also criticized Pauleen Christianity. And also, so many of them have said this is not real Christianity and is all Pauleen Christianity.

Shri Mataji: You've got something?

Sahaja Yogini: this one?

Shri Mataji: Yes, this one. This is in a village. These people have made it.

Sahaja Yogini: It's Sahaj, Mataji.

Shri Mataji: Where is it?

Sahaja Yogini: On the boat coming back from Green Island.

Shri Mataji: Hum?

Sahaja Yogini: It was on the boat coming back from Green Island.

Shri Mataji: Why is this all on My head ?

Sahaja Yogini: [Inaudible].

Shri Mataji: That may, can be challenged but other things. There's a light on My head. But there's some more, must be.

Sahaja Yogini: They're getting them from [unclear].

Actually, there's one of You near the boat. There was no light there at all. There were people sitting there and that light is on top of Shri Mataji's head. And you can't see them, it's just that light coming.

Shri Mataji: You see, when one should doubt, one can go on doubting. No end to it. But if you believe in God then God is a miracle, no doubt.

But the miracles are not like this that the chair moves from here to there or you get something in your hand, that's not the miracle. God is not interested in all these things; or you jump in the air. What's the use?

All these funny ideas especially this TM is the most dangerous one. Yesterday, we had somebody from TM, two of them. Absolutely, they couldn't get Realization and they end up as epileptic people. There is no criticism of TM here? Some must have done.

Man interviewer: Umm, I think basically it's all over the world.

Shri Mataji: Everybody is afraid?

Man interviewer: Yeah, I think so.

Shri Mataji: I am not afraid. They have never, you see, I have been openly telling about them from 1970. Nobody has challenged Me, nobody has said anything.

Sahaja Yogi: In Canberra, Mother, there are selling themselves stress managers to all the public servants and they will or they went to the public servants by giving lectures on stress management. And the government supports it by allowing people to go along. The same way they try to get into the health system in England. But the doctors threw them out because they knew that they were frauds in England.

Shri Mataji: But you see, they'll discover it in no time. It happened also in London, people have discovered it. Now they're not allowed to do anything there. So now they have started a new theme that they'll do Ayurveda, herbal medicines. And- but for Ayurveda why do you want to go to them? You can go directly to Ayurveda. It's all money-making proposition, that's all. He has crores and crores of Rupees in India. I don't know how people believe him.

Man interviewer: Do You have any target at all?

Shri Mataji: I have any?

Man interviewer: Target. Are You so trying to develop everybody into –

Shri Mataji: What is that?

Another Sahaja Yogi: Do You have a target? Are You trying to get a certain number of people in a certain amount of time?

[Shri Mataji laughs]

Shri Mataji: I mean, whatever of the target in the Bible, we have already crossed it.

Man interviewer: So You're not trying to bring –

Shri Mataji: No, unlimited.

Man interviewer: Everybody?

Man interviewer: So You're not trying to bring –

Shri Mataji: No, no.

No. But according to John, I think, the target is over now. So now, we have to think about something unlimited. I think the Divine is anxious to get more and more people into it. He's said it. He said 144 thousand. But we have crossed that limit definitely.

Man interviewer: Yeah, well I think [inaudible]

But one must hurry up, I think.

[Shri Mataji laughs]

But you see, they go to these gurus and things get so mesmerized, they can't leave it and they also deal in the same way like this is bargain, you see: "Now make it cheaper for you, do this, do that" and people agree to such a thing. They play these tricks just like our salesmen do, they play some tricks: "Alright now, this is a bargain price if you want, we'll charge you half, this that. That way" And people are really mad that they run into it and when they suffer, then they say: "No, no that's not our responsibility, you're no good. Because you're so bad, you're sinful, that's why you didn't get it."

No responsibility. The laws are so funny but if you give somebody some money wilfully, nobody can challenge it: "Why did you give?" It's cheating, complete cheating.

There's one lady, she calls herself by Chidwilasananda, she's a illegitimate daughter of Muktananda. She comes, she puts laser beam and comes with a wand, you know, goes round like this and she mesmerizes people, people just get really so sick with her. Once they have been to her, they get sick.

And she came to Canada before I went there. And then people challenged that: "Why did you not get income-tax from her." They said: "No, she, she came as an entertainer." And there's a law – they know all the loop-holes of the law – there's a law in Canada that somebody comes as an entertainer, he'll not be charged income-tax.

So, they know all these things, they work it out that way. It's a big racket and they never talk ill about each other. As Christ has said: "They will not talk against their own house." Satan will not. They never talk. Nobody will say that this is wrong. "Oh, that's good, this is good, that good."

Like this Chinmoy also – same fellow, same type.

There's big bribes he gave to people in UN, got into UN and I don't know what he's doing. So many of them, I feel ashamed because I'm also an Indian. But this kind of cheating they have done to ruin so many people, I feel very sorry for it. But also, people are also gullible and vulnerable.

Already Christ has described about the fake people, everybody has described. In India also they have described about it. But I don't know, still, people take to them so easily, they're so gullible.

Man interviewer: I find most people want a sign of some sort, some sort of a ritual-

Shri Mataji: They have no signs, nothing. Signs are – those who go to them are sick, they get cancer, they get all troubles. You see, what is the sign? They have no sign just, what signs they have like, they advertise very well, they have money to advertise or

they make a big, what you call gimmick, some tricks – that's all. –

Man interviewer: Yeah.

Shri Mataji: It's absolutely one thing is said that: "The one who makes you get to God or the one who gives you Realization, is the only one who is a real master." It's said so clearly. But, they will never say: "We'll give you Realization." Never! That point they always miss out. And somebody says: "You give me Realization" They say: "You're not capable, you're useless." They never say that: "We can give you Realization."

And so many people have now come to us who went to drugs because of them. AIDS – this TM gives AIDS also. All the people actually, so far, who came to us were doing TM who got AIDS. Because they started a new sort of a nonsense that men and women should not see each other, so they were kept in two compartments. Naturally, they developed all these bad habits and they got AIDS.

These two persons who came to us even in Perth had done TM.

Sahaja Yogi: [Unclear]

Shri Mataji: So I think, if you are homosexual plus you go to these TM or anything, it triggers it.

You got them somehow [Shri Mataji laughs]

Sahaja Yogi: Ah yes, I got them tonight.

That's the whole series. We have to get them all.

Shri Mataji: It's the first one we had in a village.

Sahaja Yogi: That's an amazing one at [unclear.]

Shri Mataji: This is a New Zealand girl, Cheryl, who did it. Now she is in Melbourne.

Sahaja Yogini: I was sitting next to her when she took it.

Shri Mataji: Really?

And all of you took photographs, nobody got it, it's only she.

Sahaja Yogini: I wasn't taking photographs but I remember the day it because it was overcast. And there was nothing above You, no awning or anything.

[Shri Mataji laughs]

Shri Mataji: In that village what do you get.

Sahaja Yogini: It was a cloudy day so there was no sunshine in the day, cause I was sitting there. Completely overcast day. And this aura.

Shri Mataji: And when I stopped it.

Sahaja Yogini: Yes, no doubt.

Shri Mataji: Very well done, this one is! It was an old village school, that's all.

Sahaja Yogini: Yes. This is this enough picture? Have they enough?

Shri Mataji: I was saying, now stop it now.

[Shri Mataji laughs]

Man interviewer: Do these apparitions actually appear on Your person?

Shri Mataji: Yes, on Me. Just some play of lights

This one is also, I was going on a bullock-cart and suddenly this thing came up. Shield the whole thing completely.

Sahaja Yogi: Camera picks it up.

Another Sahaja Yogi: Only photographic.

Shri Mataji: Cameras are wonderful, I must say. Ordinary camera, even an ordinary camera sometimes gets it. Depends on the person, I think. Like, we were sitting in Calcutta and there was a lady, she said: "Mother, I want one miraculous photograph." And she got a Sun and the Moon behind My head. And there are others, so many others have taken photographs, there's nothing, only she has got it.

So, it's just, I think, the person it depends on or the camera acts accordingly. Just imagine, a camera, which is an ordinary camera, gets these things.

Man interviewer: How do You explain it? Do You consider that You have some unusual power at all?

Shri Mataji: You see, if you are that, you don't feel anything about it. If you're not, then people think, like: "The Sun is there, so what? Sun has got its own powers. So what? Nothing so great!"

If I've got My own powers, it's alright but if you achieve it, then that's something great about it.

Man interviewer: I see, so already it's Your power not an attracted power.

Shri Mataji: I beg your pardon?

Man interviewer: It is Your power not an attracted power

Shri Mataji: Not what power?

Man interviewer: An attracted power, power that's attracted to You.

Shri Mataji: Attracted?

Another Sahaja Yogi: Is Your power, it's not something You're attracting to You?

Shri Mataji: No, no, no, no, I just emit, I just emit.

I don't attract any power.

I just- ah, of course, I mean, supposing you have some troubles or something, that I absorb within Myself, but I don't attract any power, I just emit.

Man interviewer: So You consider that light it's actually coming from You rather than coming towards You?

Shri Mataji: This is what is the Divine light which is trying to convince you people

[Shri Mataji laughs]

Just to convince you, I think.

Man interviewer: Yeah.

Sahaja Yogi: Try its tricks.

Man interviewer: Very interesting, yeah.

Shri Mataji: So many, I mean, if you see, they will be surprised.

Sahaja Yogini: This is so like the pictures of you see in the Bible of Christ with the Grace coming down.

Shri Mataji: Ah, when He was praying in the Gethsemane, yes.

Sahaja Yogini: Yeah

Shri Mataji: In the garden, they show it. Now, some people did conceive it because I've seen also some of the very old paintings where the Christians are standing like this [with open hands], the disciples of Christ and they are putting their hands like this and there's a light on their head. I've seen it.

Now, I've also seen some paintings with the light on the heart of Christ. I've seen such paintings. So, I think, in their unconscious, they saw all these things and they have painted it, yes.

Also in the sky!

Sahaja Yogi: Yes, in the sky.

Shri Mataji: Just tell them about that.

Another Sahaja Yogi: There has been, no one gets one here but there is a cloud pattern in particular which is- you can actually see without any imagination, you can see Shri Mataji's face and all that.

Shri Mataji: That time I used to wear a diamond thing inside [the nose] and even My teeth and the gap between the teeth, everything is so visible into that.

It's- they saw it in the sky.

First, you see, the sky became very luminous and there was one- one cloud became very luminous and the thread started coming out of that and then they weaved this thing. So, they just took the photograph and it turned out to be My photographs – two photographs.

One is with that and one is where I look like a Red Indian sort, that is also.

Sahaja Yogi: Shri Ganesha

Shri Mataji: Yes, that that's the one, the first one started with. But later on these two photographs came in out of that pattern.

That's how they got attracted otherwise nobody takes the photograph of the sky. So, first to make them feel attracted, you see, this luminous thing came in and it started weaving this. And then they took the photograph, it was My photograph.

And in the village there's no question of this happening, you know, in a village – just took the photograph, it came out like that.

Man interviewer: So the interesting thing about the film editor is, the film is going through eighteen frames a second, or

twenty-four frames a second.

Another Sahaja Yogi: About twenty-five, I think.

Man interviewer: Yeah, twenty-four. Now that means, that perhaps, that light is showing for 1/24th of a second. We just simply can't see that.

Shri Mataji: And that's how if somebody catches that, you get it.

Man interviewer: That's right, on a camera.

Shri Mataji: Yes, must be that. That, that split of a second, some people catch it and they get it.

I know, I mean I know this is all happening, I know, I see Myself but the people don't see. But after Realization, definitely, you see two things: one thing you see those commas, shining commas in the sky, that is the vibrations. And also you see looped round, round things looped like that in the sky. They always used to ask Me. I said: "These are dead souls." Now, they have discovered. I said: "The soul is on your back in seven loops and it manifests. It's a reflection, on every cell, there's a receptor."

So now they have discovered that every cell has a receptor which has got something which has got seven loops, they can't explain. And that, the picture of that is exactly what you see in the sky.

Even to talk about dead soul is a very difficult thing in the West. They don't want to believe into anything. Whatever is discovered through science, they want to believe. But this science has no humanity, it has no art, it is so dry! Science is a wee part of the knowledge. We have to know so many other things.

This is how they have discovered now and thank God, those pictures He has sent to Me, exactly what you see.

So also it gives you a future plan in which direction to move for scientific approach. Now there are three doctors who have got MD in India because they have seen on twenty-five to thirty patients how Sahaja Yoga acts and cures them. Psychosomatic also, which is the most difficult area, psychosomatic. AIDS, all these incurable diseases come from that.

Man interviewer: How would You suggest we cure these?

Shri Mataji: Can you get a thing from My [Shri Mataji coughs]

Another Sahaja Yogi: Want lozenge, Shri Mataji?

Shri Mataji: Yeah, in the vanity. It's too much now.

I don't know how they smoke so much.

Man interviewer: You might be suffering from some –

Shri Mataji: And still continue to live.

Man interviewer: sort of Hay fever, I think, that's quite common.

Shri Mataji: Very dangerous!

Yes, better have some Strepsil will do this

Another Sahaja Yogi: It's only one Strepsil.

Shri Mataji: It's alright, it's alright. It's alright.

Another Sahaja Yogi: Too much talking.

Shri Mataji: Ah, also these three musicians had, they got it from smokers but they don't smoke at all, you see. And then I was curing them.

And also smoking, I mean, is, is a mess. We pay money to spoil our throats.

[Shri Mataji laughs]

But with this, smoking goes away, drugs go away, all bad habits. We become such a balanced person. So many are wasteful habits, you see, and so many are so destructive. Like this Grand Prix that they have, what is the need to do that madness? And already the people are getting so speedy, children are getting so speedy. There are diseases, like, now a new disease which I had announced about. I had told about the AIDS also about five, six years back, about eight years back I had told them. And I told about this new disease, Yuppies disease about three years back. You saw that that lady had it?

Another Sahaja Yogi: Yes

Shri Mataji: Where you, you become, you do everything unconsciously. But when you become conscious you can't do it. Now, if you want to get up, you can walk off. But if you think: "I have to walk," you can't. The conscious mind has become so weak. This is Yuppies disease.

Another Sahaja Yogi: It was very interesting because it was like this. I said to her: "Pick that up." And she will get hold of it and her hand would shake and she put it down. But if you just hand it to her, she takes it.

[Shri Mataji laughs]

It's funny! But I told about this.

Because too much of futuristic ideas, too much of speed, you see, human-beings can't bear certain speeds and the speed is so much gone into our being that our conscious mind has become weak. It's very common in America, this disease, even in London. And doctors are treating now 3, 4 with Sahaja Yoga.

Also, doctors are little bit frightened about Sahaja Yoga because it cures people so they think what will happen to us, to our practices, you see? They're little worried but there're so many patients, they need not worry at all. Only those who come to Sahaja Yoga and get their Kundalini awakened, get all right. Everybody is not going to be all right. So they shouldn't worry that they will lose their practice.

Man interviewer: Should we worry about the environmental law, can You help the?

Shri Mataji: No, if you get Realization, you shouldn't worry about that also. Because if you get your Realization, what happens, a balance is established within you. Then you don't go into imbalances. Actually, our imbalance has brought forth this imbalance outside.

Man interviewer: I see.

Shri Mataji: If human-beings get balance, there won't be anything. The amount of things we create, there's no need. And the machines are for us, we are not for the machines, we have become slaves of machines now. There's no need to have so many machines. It should be in balance, whatever we need, that much. They have created mountains and mountains of plastics in America, mountains!

Also here I see so many cars, you see, just lying - as I don't know what you call them and they are not reconverted into cars or something. Just these cars which are broken down, so many cars in Australia.

Man interviewer: Yes.

Shri Mataji: They should be reconverted.

Man interviewer: Recycled.

Shri Mataji: Ah.

But one Sahaja Yogi was saying that he's found out a method by which he can make these toxic things into stones. I said, very good idea if you can make that then at least the toxic fumes may get into stones, you see, and these stones can be used for anything, pavement, anything. But he's not been given so much recognition, so far by the government. Government should take it up seriously. Man interviewer: I think, basically that wouldn't be much of a good idea, I guess because -

Shri Mataji: Unnh?

Man interviewer: Toxic stones are still-

Shri Mataji: Very good idea. But they are not paying any attention that's what he told Me, this gentleman. What's his name? You saw him in-

Another Sahaja Yogi: Perry Corden [unsure]. I think it's Perry Corden, is it?

Sahaja Yogi: Did you call Mother?

Another Sahaja Yogi: The toxins were actually burned off and they just, they locked in-

Man interviewer: Destroyed actually, the toxins.

Another Sahaja Yogi: Yeah. So there's no, there's no [unclear]

Sahaja Yogi: It's apparently by burning of the toxins so it ends up with a type of a hard substance like a stone.

Shri Mataji: Also they have discovered this Solar energy business but is not so easily available to people Solar energy should be much more easily available. It's so expensive to install that nobody in India wants to use it. We have so much of Solar energy. If they could make it cheaper, we won't have any energy problem in our country.

Another Sahaja Yogi: They are working a lot on that here Shri Mataji. They've got a whole town, now in New South Wales that uses Solar power.

Shri Mataji: It's true but, you see, you can afford to pay so much, not, Indians, can't. They are still experimenting.

Shri Mataji: Still experimenting.

Sahaja Yogi: I think, a few companies also try to slow the research because they lose money through allowing Solar power to get

to home.

Man interviewer: I believe that BP, British Petroleum is it?- are the leaders in Solar Power at this stage. And Australia has quite a significant

Shri Mataji: Really?

Man interviewer: Yes, one of the topmost firms.

Shri Mataji: But it should go to the poor countries, you see, where there is so much of sun. It can solve their problem. It should be available at a price that they can afford. I tried to make it for our house 'Pratishthan' but it costs you more than having about 30 heaters in the house. So I mean, nobody would do it.

Another Sahaja Yogi: Now they still haven't really got a good Solar collector – they're still trying to find one.

Shri Mataji: That's, that's I was saying so. They haven't got something like that.

Man interviewer: Yes, it's very inefficient.

Shri Mataji: It could be liquidified, you see, supposing somehow or other. If you can bring it to the liquid state then it can be used much better. This research must come from Australia, must come, because they have lot of Solar energy here. Otherwise, in England they don't have , I mean, the Western countries don't have much of Solar energy except for your country. And they should go into it deeply and they can work it out. I think, just they should think about it, they can help a lot. Instead of giving money to poor countries, better give them such inventions.

Man interviewer: Yeah, they don't seem to utilize the money in the right way, do they?

[Shri Mataji laughs]

Shri Mataji: It's quite a waste !

[Shri Mataji laughs]

If they stop elections, it will be a good idea, for some time. [Shri Mataji laughs]

Today I was reading newspaper, there's nothing but elections. I said: "What about some news about other people?" Nothing. It's all election, election, election.

Man interviewer: Yeah, I guess we will have to wait until –

Shri Mataji: I beg your pardon?

Man interviewer: Next week or week after.

Shri Mataji: Next week, yes. That's My birthday.

Another Sahaja Yogi: Tomorrow.

Shri Mataji: Hum?

Another Sahaja Yogi: Tomorrow.

Shri Mataji: That's it, tomorrow.

Let's see.

Man interviewer: Yeah, I guess we have enough.

Shri Mataji: It will help young people very much because they can be saved from drugs, that's the point is and it's a big attack. I'm told now that area of Colombia is getting nervous and they're going towards Spain, quite a lot, and from Spain is diverted directly to Australia.

So you're under attack. And when it comes here, I mean, you can't stop it.

England is, of course, is quite into it, no doubt, in a very bad shape. They have put the military now to stop it. But they can't. They have so many harbors, so many things, it's very difficult. Because Amsterdam, they have allowed it, it's a legal thing in Amsterdam. So it comes to Amsterdam and from there London is so close, you know. You can come by so many ways.

That's a very dangerous, dangerous thing they have done in Amsterdam – is to allow it.

Sahaja Yogi: Young people are so susceptible to it because there it is disillusion.

Shri Mataji: Because you are under tensions, you see, and you want to escape.

You want to escape reality because reality as you see, is so, so full of tensions and full of worries and full of sort of a fear. So to escape that people take to it . But if they come to Sahaja Yoga they know that reality is beautiful, then they don't have to escape anything.

So many have been saved in England, he knows very well, out of drugs, so many.
But Sahaja Yoga must be accepted by governments, then only it will work out faster. The government is very slow. They have to have a regular sort of an organization which should come to you with lots of advertisements and money and this.
That we don't do, that's the only problem.

Another Sahaja Yogi: I have a daughter who stopped using heroin in three weeks.
Stopped.

Shri Mataji: Smoking they stop overnight, so many. There was only one girl who said, "Mother, still I smoke little bit." The other day she gave up, now she's alright.

Another Sahaja Yogi: She's had a big problem with that.

Shri Mataji: You don't have to say prohibition or anything, yes. They don't also drink at all, they're very happy, healthy, nothing wrong with them. They don't even drink.

Imagine in England people have stopped drinking, can you believe it? Where the pubs open at 6 O'clock in the morning.

Man interviewer: Yeah, I think, there are a few places in Canberra and Sydney which open pretty early too.

Shri Mataji: I beg your pardon?

Man interviewer: I think, there's a few places around in Australia that open pretty early too.

Shri Mataji: But it happens automatically, you don't have to tell yourself or anything, just happens. You just become a different personality, it just happens to you. Nothing can dominate you.

Man interviewer: You don't do it yourself.

Shri Mataji: I beg your pardon?

Man interviewer: It just happens.

Shri Mataji: Just happens. You become like that, like a saint, you see. You just don't drink, you don't like it, finished.

Man interviewer: Do You consider Yourself a saint?

Shri Mataji: Do You?

Man interviewer: Do You consider Yourself a saint?

Shri Mataji: I don't know, I don't want to put Myself into any category, into any category whatsoever. Because you see, when you tell about Yourself, is dangerous these days. Even before, like Christ said the greatest truth that He was the Son of God, no doubt about it, but they crucified Him. So I want to live for some time.

Man interviewer: So, You're quite happy with Your followers calling You saint?

Shri Mataji: I beg your pardon?

Man interviewer: You're quite happy with Your followers considering that You like considering and explaining to other people that You are saint.

Shri Mataji: I don't say that. These people call Me saint, everything. I don't say anything about Myself because I say: "You come to Sahaja Yoga, get your light and know Me." It's better.

Another Sahaja Yogi: I think perhaps, the answer to your question, lies in another question: "What is a saint?"

Man interviewer: Yeah, that's true.

Shri Mataji: He asked?

Another Sahaja Yogi: Now what is a saint Shri Mataji?

Shri Mataji: I mean what is a saint is the one who is, who is connected with the Divine, is the saint. Simple thing as that. That I am, but I am much more than that.

Man interviewer: What is Your relationship with God?

Shri Mataji: With whom?

Man interviewer: With God?

Shri Mataji: Gandhi?

Another Sahaja Yogi: With God?

Shri Mataji: With God.

[Shri Mataji laughs]

Man interviewer: What is Your relationship?

Shri Mataji: Quite close.

[Big laughter]

Quite close, but it's better that people should find it out after getting the light, so they believe in it. No use, just now, saying: "I'm this, I'm that." It's not proper because human-beings don't like it, their ego gets challenged: "Why You?" They also ask Me: "Why You should give Realization?" I said: "You'd better do it, I'll retire, very good. If you can do it, well do it."

Yeah. So it's, that's why it's better to be on the quiet, let them find out. Gradually, they do find out.

Man interviewer: And do You see some successor following You when You die at all?

Shri Mataji: Successor?

Man interviewer: Yeah, do You have a successor?

Shri Mataji: No, no, not yet. That's all spontaneously we work out, I'm sure. I don't have to do that. There's nothing like successor or all that. They're all Realized souls, all of them are successors.

Man interviewer: I see.

Shri Mataji: Yes. There's not one single person.

That's My father's photograph. Show him.

He was also a Realized soul.

And he was a great Nationalist who sacrificed everything for Indian freedom and he was jailed. My mother also, she was Honors of Mathematics, she also went to jail. All our family sacrificed.

This is during Your –

Shri Mataji: I beg your pardon?

Man interviewer: Freedom. Fight for freedom.

Shri Mataji: Yeah. Then he changed his cap and everything but he was an advocate, he was a lawyer.

Man interviewer: Yes.

Shri Mataji: So I come from a family of that kind which was very enlightened and very sort of sacrificing, very devoted to India, Indian struggle of life, struggle of Independence. I was with Gandhiji also from My childhood. I met very nice people in India. Those were the days where very nice people came up and now as soon as we got our independence, all the selfish people are there to take seats in the Parliament.

Man interviewer: Do You have any prophecies in relation to how India will-

Shri Mataji: Not yet, but maybe later, why not?

Man interviewer: Not yet.

Shri Mataji: Because prophecies then take your attention to future so is best is to do your work – and it just expands gradually.

Man interviewer: I see.

Yeah, I think we –

Shri Mataji: Alright?

Man interviewer: Yeah.

Another Sahaja Yogi: You would not like to stop, isn't it?

Man interviewer: Pardon?

Another Sahaja Yogi: You would not like to stop.

Man interviewer: Yeah.

Shri Mataji: He's going into thoughtless awareness himself. Now, you just put your hands like this, you'll get your Realization, no doubt.

Put your both the feet separate from each other.

Just see on his head, he's got it already.

Feeling the cool breeze?

[Shri Mataji laughs]

Shri Mataji: You got it. Yeah.

Man interviewer: Yeah.

Shri Mataji: That's it.

What about you [Hashim]? Just put your hands like this.

You really relaxed.

You got it too, it's there. And this is the cool breeze of the Holy Ghost. Ah!

It's better now?

That's the silence within yourself you feel it.

Alright, so may God bless you!

Man interviewer: Yes, it has been very interesting!

Shri Mataji: Very nice meeting you, very nice meeting you.

Man interviewer: I hope You have a good stay and You come again sometime.

Shri Mataji: Alright, thank you very much.

Man interviewer: Take care.

Shri Mataji: Thank you for this, thank you.

Man interviewer: Bye-bye.

Another Sahaja Yogi: Shri Mataji, would You like a cup of tea?

Shri Mataji: I think, I'll go inside first.

Man interviewer: [Sounds like I hope it was not boring]

Sahaja Yogi: I'm sure it wasn't.

[Shri Mataji laughs]

Shri Mataji: [To Hashim] Namastey.

Come here.

He's from what country you said?

Hashim: Malaysia.

Shri Mataji: Malaysia, ah!

Hashim: Thank You.

Shri Mataji: Malaysia. Malaysia we have a very good center now and mostly Chinese, mostly Chinese are coming.

Hashim: I've not been home for thirteen years.

Shri Mataji: Yeah, really? You've been here, annh? Good.

Hashim: For that long [inaudible.] Thank You Shri Mataji!

Shri Mataji: You had Ubedullah as your Senator, you know that? Ubedullah, who was the President of the Parliament there, Mr. Ubedullah.

Hashim: Ubedullah?

Shri Mataji: Ha, he's got his Realization too.

Hashim: Senator in the-

Shri Mataji: He was a Senator.

Hashim: In the UN.

Shri Mataji: Yes and he was also President of the Parliament. I mean what you call that, the Chairman of the Parliament there. He got his Realization.

Hashim: What do You think of him?

Shri Mataji: Hum?

Hashim: What do You think of him?

Shri Mataji: What did You?

Another Sahaja Yogi: What do You think of him?

Shri Mataji: He's a very good man, I must say, very good man.

Hashim: Yeah, the reason I asked this because being Malayry and controlling the country where the three races can be quite difficult.

Shri Mataji: He knows all these problems, he knows that. He said: "The people are so ignorant here, so conditioned," So he says: "You can't talk about it to anyone." But the Chinese have come out. Chinese are taking to it and also some Indians, but more Chinese. But Indians which are abroad are like uprooted people and they have lost their capacity. Like I say that if you take a mango tree to London, it can't produce mangoes, but it can't even produce apples. That's what happens to people who get uprooted, sometimes.

[Laughter]

But yesterday some Indians got it, some from the Indian High Commission, even from Pakistan. They got their Realization. Yesterday was quite a cosmopolitan and there were some Russians there. Six, seven from the Embassy. Now they are feeling very confident, Russians. I think they'll come everywhere.

Another Sahaja Yogi: I'm getting along with them [unsure] a bit more.

Sahaja Yogi: They were very accessible, Shri Mataji.

Shri Mataji: Very good!

Sahaja Yogi: The American Embassy was very difficult to get into.

Shri Mataji: Ah!

Sahaja Yogi: You had to press buzzers and ring numbers and you went round and round the switchboard with the telephone, we couldn't communicate.

Shri Mataji: Americans only are fond of fake gurus that's all. But, you see, the Russian ambassador in Delhi came to see Me twice.

I don't know what's gone wrong with Russians [Americans?]. Ego, I think too much ego.

They only like people who pamper their ego, perhaps or I don't know what they do. So many false gurus in America, so many of them. They have witchcraft, they have all kinds of things, all kinds of things. So violent, that country is so violent, it's a demonocracy, cannot call it a democracy. You can't go anywhere safe, it's a very dangerous place and people shoot you for nothing. It's a very bad place, America now.

And it was very nice because when I went there first time, in '69 I went there, it was a very clean, nice place. But now you find it's so dirty and so different. It's changed so much in this twenty years time, very much.

No, thirty years isn't it, '69 means, oh, yes.

Another Sahaja Yogi: '69 is twenty years.

Shri Mataji: Twenty years.

Even London. I must say London was very bad. And now it's coming up well.

Sahaja Yogi: All fish back in the river.

Shri Mataji: Yes, back in the river.

Sahaja Yogi: All sort of things.

Shri Mataji: Back in the river, fish. Now London is improving very much.

But it had gone down so badly. First I went in '65, then it was good. But the hippies' things have started and by the time it was '70, I think, it was at the peak of the hippy era, where I picked up seven hippies.

[Shri Mataji laughs]

But now, people are getting sensible, sensible but.

Sahaja Yogi: Not Mrs. Thatcher though.

Shri Mataji: Hum?

Sahaja Yogi: Not Mrs. Thatcher.

Shri Mataji: Oh!

[Laughter]

I don't know how they like her, she's terrible. She bought all those conventional armament. I always used to say: "Why's she buying, they'll be useless." And now the NATO has said that: "We'll not allow these things to work out, these short-range missiles." And she's spent all the national money in that! So all this national money. She wouldn't have the children maid, she wouldn't have many public services like buses and all that. And national money was spent in buying those missiles and now NATO has said that it won't be used.

Sahaja Yogi: They said in the newspaper here Mother that the iron lady is starting to go rusty.

[Shri Mataji laughs]

I don't know.

I met her many a times. But on the table, she would ask Me: "Why Indians are so nice, they're not so violent, Pakistanis are much more violent, why Muslims are more violent?" Or she would ask: "How do You solve Your family problems, why don't You have divorces?" All these questions she asked Me. So, I thought, she's trying to sort of praise the family life. She did also, she did. But, you see, just talking about it doesn't work out. You have to do something about it.

I think, she might learn a lesson, might be also. She has to be more humane and understand. But the way she has allowed also another thing, is to take away as much money as you like, from England cash, you can take. So all these black marketeers are sending their money out and this was very dangerous to do. Formerly, we could only take twenty-five pounds cash with us. Everything had to be in traveller's cheques. But now anybody can take out any, as much as you like, cash money bags full. This is another thing she did, a wrong thing. So, all the money is now going out of London.

One or two things she's really committed big mistakes.

All right,

May God bless you.

Alright, you take this [Shri Mataji's spectacles].

Another Sahaja Yogi: The shawl, Ann? [Unsure]

Shri Mataji: Thank you very much.

Shri Mataji [To the interviewer]: Now you meet these people and master it yourself. It will help you very much in your radio programs also because you'll emit vibrations.

These communications are so helpful! You see, this is God has sent because you'll emit your vibrations through it, it spreads all over.

Man interviewer: Ok, I will go.

[Shri Mataji is walking out the room]

1990-0320, Talk to Sahaja Yogis

View [online](#).

20 March 1990

Talk to Sahaja Yogis
Canberra (Australia)

Talk Language: English | Transcript (English) – Draft

Talk to Sahaja Yogis in Canberra, Australia, 20th March 1990

Shri Mataji: Let's sit. So now, please be seated.

Please remove this one, if you can take it out.

Please, be seated.

[Cut in the audio]

We are all just the same, it's one of the very important things we have to achieve, that we are all just the same, there's no difference between us.

Apart from that, from our mundane life, it's better that we stay in the ashram because children are looked after, children become much more social, sensible and they understand mediation. And there's a sort of discipline about it, meditation, people do meditation. In the house, they say: "Oh, I'm alright on my own" and this and that. I know there have been problems, I agreed, there has been very bad leaders, and they were Australians, what can I do? You are all Australians. I mean, I had to choose someone and the first who came to Sahaja Yoga, one after another. So they had to be appointed with. They turned out to be bad leaders, that's-I don't know- that's the lack of Australia I think.

[Shri Mataji laughs]

Alright, but doesn't matter. Yu should not rebel, you should stay in the ashram, that's very bad to rebel or to create problems for collectivity, it's sinful, and one has to pay for it. Those who create problems for collectivity are already paying through their noses,

I know people, they develop- well, I don't mean it at all, I don't want it- they feel so frightened, that I've known people who've got cancers, have got heart attacks, have got horrible diseases. So, it's very dangerous to do all these things, to get out of ashrams, form their own groups and work out that way, it's very dangerous, it's going against God, absolutely, it's like cutting God's hands and feet. Nobody should try that.

If you have any problem with the leaders you can directly write to me, I've been telling everybody. Why don't you write to me? They'll write about everything, my hair are falling, my nose is becoming smaller, [Laughter] Alls sorts of nonsense, twelve pages, they'll write.

But they never write what's wrong with you, what's wrong with the leader. And it's very surprising, not one person wrote to Me till I discovered myself. Everything I discovered myself. Nobody wrote to me anything about them. Then they move schools, they sell things, nobody tells Me anything about it.

I was surprised when the school was moved from there to Sydney, without asking Me, without asking Me to give – what this Barwood [unsure], they bought that, gave up that place in Queue [unsure]. I never knew! No one writes to Me! I mean, I have direct relationships with you.

Of course, one has to have somebody, one person, to whom to contact, isn't it? After all, I can't write at all of them.

But if you find anything wrong in the contract you must inform. But without ashrams, I don't think you can be Sahaja Yogis, by any chance. By any chance, take it from Me. You cannot be Sahaja Yogis and you cannot be protected either, not at all.

Today, may be, if some people have gained some fame, some money, something that's not going to help you. Modern times are going to be terrible. It's very wrong to do such things. You don't know you are playing with fire.

I already told you in Sahaja Yoga there are two forces, centripetal and centrifuge. So according to the centripetal force, you are attracted in the centre. But centrifuge, you are thrown at a time jet [unsure]. But when you get out of the control of God's regime, then you fall into the trap. Anything can happen to you.

I know of somebody who was just trying to be funny about Sahaja Yoga, he got into extreme and died very suddenly. I was so chocked, The reports came that he's started talking against Sahaja Yoga, he wanted to get out of Sahaja Yoga, he wanted to take some people and made a group and things like that. It's very dangerous. Not for you but for your children and for the progeny of the whole lot. You are playing with fire, you must know this is a tremendous thing we are doing now. It's a tremendous task. It's a very great work we are doing, emancipation of the whole humanity. And you can't take liberties with it like this.

Of course, there are a lot of blessings and advantages. But that doesn't mean that we have the right to exploit it, by any chance. So please, immediately try to find some ashram, I want to protect your children, protect you all. If you are not in the ashram, I don't know what will happen. And I'm not responsible, I must tell you very frankly,

Recently, you must have heard about Germany's, things that happened. In Germany, this Hugo, is there, another Australian. He got some bhoot in him, I don't know what happened. He suddenly got up and said: "I can also do Sahaja Yoga, why not?" And he was thinking he can form a group. He had already sent away two, three people from Russia. There was one mister Thomas who was an old Sahaja Yogi, he was nice. So when Hugo went there, he said: 'No, nothing doing, I'd close the door, I don't want to hear anything of this mother, I don't want to hear anything about it. Just don't tell me.' So mister Hugo went to another Sahaja Yogi who was, I would say, half-baked one, must have been. So they said, we'll start another ashram, we'll start everything do that about that. And the wife was rather obedient and she listened to all the nonsense that he was talking. And can you imagine? She got cancer and she died. She came at a, absolutely, galloping stage to Shuddy camp. She confessed all this to Me. And her husband is dead also now, a cancer [inaudible]. Because now, you are no more in the realm of God, finished. There's no other worry, except for this, to Me. Because if you are in Sahaja Yoga, you'll be looked after, your jobs, your health, your children, and I've no worry at all, in every way, you'll be provided for. Because Sahaja Yoga is such a caring thing, it cares for you. But if you don't care for your own Sahaja Yoga, you have to suffer, suffers in such a long way, don't support your wife or husband in this kind of a nonsense. If they do it, you say: "We are going to leave you, go to hell; we have nothing to do with you."

I must warn you all because it's now again, coming up in Australia, this kind of a dislocation. Now Steven is there who, I must say, has a bad luck because he's got all the bad things, [Shri Mataji laughs] it's a bad government, leaves debts on the next one coming, like that, it's all on him and he is quite lenient. He, he must have thought, the others were very harsh, so I should be lenient. Son, he's lenient. So people will start, you see, put things away. But everybody has to be self-disciplined in Sahaja Yoga. You must have that much sense, and that much self-esteem, self control, to have self-discipline yourself. Because whatever is good for you, you have taken up such a big job now, it's to emancipate the whole humanity. It's not talking, it's just there. I've been telling everyone in Australia.

I'm rather surprised how this idea is rolling up everywhere, that they should have separate houses. First I met with this idea and I blasted it out. I said:"Nothing doing." I don't know where you stay, what is your area, where, how am I to protect you? It's just ego. One Indian girls was telling Me she's so happy in an ashram, because there are other people in the house, you see, a burglar comes in, we are not worried because there are other people in the house. "I feel so safe, the children are looked after, if you are going out they'll say: "Alright, we'll look after your children you can go. " And everything works out better. It's much cheaper to live in an ashram, much less work, much less labour. And the real thing is the ascent part of it. It's all ego, please face it, please face it. Ego and small mindedness, very small mindedness.

You must have a proper vision of yourself, what you could be. You can be like the sky while you want to be like a ditch, what can you do?

And our lifestyle is different; we have a close lifestyle, that's why it's more important. We are not like India. In India, every body will just [inaudible] each other, they are going into that house, and that house, nothing is close, except for so called little bit

sophisticated, westernized. Otherwise, they meet everyone; talk to everyone, every body knows about everyone, everything. They keep a sort of big ashram we can say, [Shri Mataji smiles]. And there are certain rules and regulations that they follow among themselves, no problem.

But this individualism is not going to help us at all, not at all. It's a collective happening, you know that. It's like if my nail is cut and put somewhere, I'm not going to bother about it. It's selfishness, absolutely. I must tell you frankly, I must tell you the truth because I'm your Mother, I'm not going to tell you lies. I'm not going to please you, because I'm not standing for elections or anything, I am what I am; whether you accept Me or not, I am what I am. But I've to tell you the truth. Or else, if you have a large house, you can have some more people there staying with you, you can form an ashram. But don't have your own family with you, my own children, my- once you go on "my, my" then I disappear.

[Shri Mataji is smiling to a baby girl]

She's trying to talk to Me.

[Laughter]

Hello.

Cause you laugh, now she's self conscious.

[Shri Mataji talks to the baby girl]

What do I do? Raise their Kundalini?

What is your idea? You want to raise their Kundalini? Yes, here [unsure] she understands.

Oh, that's catching. She is saying this.

Correct.

[Shri Mataji to a 3 years old girl]

Alright, thank you very much. Oh, beautiful, oh, oh.

A mint [sweet] with a hole, like Sahaja Yogis, a with a hole. [Shri Mataji laughs]

Alright. This is something serious; it should be understood seriously, not to be heard from one ear: "Oh, Mother says so this thing, nothing's there." You must understand, it's very important and that they get cancer, come to Me: "Mother we've got cancer." "What were you doing?" "We were saying things separately." "Why?" "Where [why?] will you stay?"

[Shri Mataji is eating the sweet]

If they really got troubles from the head of [?] called the leaders, you must let Me know. Well, this is as simple as anything. I'm your Mother, I've given you the second birth, why shouldn't you write to Me? Everything well, what so ever.

I'll be always with you, whatever may happen and whosoever you may be. First, you have done some mistakes, it's alright that I tell you, it's dirty [inaudible], but otherwise you must tell Me everything. It's very important. I'm not only you Guru, but I'm your Mother.

Do you find anything wrong with Me that you don't tell Me? If you write nonsensical things, twenty fours pages letter, still I'll read. Though I know it's nonsense, still I read it.

So, I expect you to write to Me about yourself, about your children, anything wrong in the whole leadership, or anything like that, you must write to Me. Anything you are doing, you should write to Me, what you are doing about Sahaja Yoga, you should write to Me, because God will ask you: "What did you do for Sahaja Yoga?" Mother gave you Realization, She travelled all the way, every where She went, did this, did that. I mean, I'm, I'm [??] now, that I'm neither living in my house nor in an ashram. I'm just in the air all the time. I live more in the aeroplanes than in the houses.

And we must also do something else, isn't it? We should work it out a little bit for Mother. What are we doing here? How many places you have been? Where did you arrange the program? Like that, you have to think. But if you are not collective, you'll never think like this. Because your attention will be: "Now my house is there, this has to be paid, that has to be done and I have to get this." But if you're in an ashram you'll think: "How we'll spread Sahaja Yoga?" That will be the main topic on your head.

Alright, so now, at the very beginning I didn't want to say all these things but I felt that it is important, very important. So basically, that point is: all should sit down and think it over that we have to have a place which is our own, may be on rent, doesn't matter, you own your own, it's better. There's that house that is good, this house is good, that house is good, that house is good, go on saying, that house is good, you like it, Alright have it. Which ever house you'll like. That's how you'll look after. But you must decide, you have to look after and find a house. I Myself was seeking one house for you. We will point out: see the vibrations and go ahead with it. We are not here- Sahaja Yoga is not for the people who are by-the-way. No. On the contrary, they become like the murmuring souls that Christ has described. He said: "Murmuring souls are the worst people" Those who are not there are-alright, because they will be destroyed in any case. But those who are half way, they'll have a much worst time.

All of you should combine and go through everything. And you must let Me know if there's any problem, alright? So now for today, let us see and just try to find out, if possible, if there's any house, when I'm here. I would love to [inaudible].

[Applause].

Children always like company, they feel lonely if they are given some separate, they don't like it. When they are with company they enjoy, they don't like to live alone. Then why should we? We are people who are Ganapatis, we are innocent people, why should we have all other things like the useless grown-ups have.

You ask children: as soon as they see each other, they'll hug, they'll kiss each other, they'll talk to each other, they always want the company of the children. You can't keep them separate.

And then happiness will come, then joy will come, then security will come and mainly the growth. Alright? Now so may God bless you.

Now you'd better go and look out for a house. [Shri Mataji laughs]

I asked- Delhi people have built a house. There are also bureaucrats and stupid people there. And they built such a nice ashram there. So I said: "What about some people staying there." Of course, they go very often, live very often and Indians are, there's a rapport all the time, they contact each other, open house they have. So they said: "Mother you"- I said: "There are so many ashrams, and in how many ashrams I'm going to live and what about you people living there?" So ashrams are built for Me only. [Shri Mataji laughs] That is so funny.

So I will request you now to give up all these ideas, otherwise I'm not responsible for you at all. Not at all, I tell you, it's impossible. And, if it was only one case or two cases, I would have said: "Alright, doesn't matter, we'll see." But it's so common now that I'm frightened, absolutely frightened. I don't want my children to be lost. They all have to be in one boat. Otherwise some are in the water, some are hanging to the boat and some are inside. I don't like that kind of things. No mother would like, I don't feel peaceful with you, I feel very nervous. Alright? So you understand My concern about you and I mean it, I really mean it. See this. May God bless you.

In any case, I'm working it out within Myself, and you also work it out.

[While walking out, Shri Mataji speaks to the same baby girl; inaudible]

1990-0320, Eve of Birthday Puja, Talk to Sahaja Yogis: Don't create groups

View [online](#).

20 March 1990

Talk to Sahaja Yogis

Sydney (Australia)

Talk Language: English | Transcript (English) – VERIFIED

Eve of Birthday Puja. Sydney (Australia), 20 March 1990.

So my tour of Australia has come to an end.

Today is a day I can say it's all very well done. We have had a very good response. I didn't expect that much everywhere. It was tremendous. And very great things have happened, some miracles also, during this visit.

And one has to know that Sahaja Yogis have to be with great potential manifesting. If they are then it triggers very well, otherwise I cannot work out. For that we have to understand that in Sahaja Yoga there's no sacrifice of any kind. You don't have to sacrifice anything. It's all the time blessings throughout. You don't have to sacrifice anything. And you don't have to suffer also anything. Nothing of the kind.

I have told you about how my father was in jail, my mother was in jail - and how many times - and how we suffered during the war of independence. We lost everything, all our properties, everything, for the war of independence only. But this is the independence, the freedom of an absolute nature, not only for you but for the whole world, for your children, for everyone. It's a tremendous work. It's a very great achievement. In the history of spirituality, in the history of the world, this is the greatest thing that has happened, is that people are transformed into a new awareness. Perhaps you are not aware of it. And we take it for granted and we don't understand the importance of it and we get lost into smaller, smaller things and very wasteful things which are of no value. All these things will be going into the history. You must understand that. And where do you stand in that history? What will you be called?

So now first of all there were problems with the leaders. Alright. But there were some who stuck on to it, they didn't give it up. They did not give it up because the leaders were bad. Nobody wrote to me, alright, but they stuck on. But those who went away, why didn't they write to me [about] why they went away? This is an escape from reality. This is an escape. To say that, "There was something wrong with the the ashram people." "There was something wrong with the leaders." Of course it was, but you should have written to me. Why didn't you write to me? Why did you take such decisions on your own and just left the Sahaja Yoga into lurch?

You have to be people of quality otherwise Sahaja Yoga won't work out. It's not meant for people who are mediocres. If there are few [it] doesn't matter, but there have to be people of quality. That is one thing for sure.

Now I have seen that everywhere people have taken, here, a view that it's better to have separate houses. I mean, this is another absurd view. From where it has come into your heads, I don't know. Absolutely absurd, against Sahaj. It's [a] most asahaj view.

Today only I was reading, five old ladies were killed by one man because they were living alone in every house. Such violence, such horrible atmosphere everywhere. Even for security it's better that you live together - at least eight people, ten people together. There's no sacrifice in it. There's no sacrifice. On the contrary if you live together as I've told you, you save money, your children are looked after, if somebody's pregnant she's looked after. There's somebody to look after you. But what is the gain of having another house? I don't understand. You have to work much harder, pay much more, but a kind of a ego satisfaction is there. And then they develop problems I have seen. And we've got cancer, we've got heart attacks, you've got this, "My son has run away!" That has happened, that has happened. All this arbitrary behaviour. And I am supposed to be sort of responsible for

everything. It's a complete liability. Once somebody comes to Sahaja Yoga, then he is a liability on us. But he has no responsibilities and he has no duties, only I have. That's not proper.

So now I have to tell you, today, very frankly, that you all have to live together, at least eight to ten people in a place. And don't fight, don't create groups. Group making is a very wrong thing. Before making any group you write to me. You are all welcome to write to me, and I'll attend to that letter if it is worth attending. Because I know everything through vibrations.

Don't talk against each other. It's a murmuring souls, and Christ has said such people will go to hell. It's not hell outside, I tell you, it will be the hell here. It's hell here. And I have seen people suffering. I am so frightened, you have no idea. Don't play about with Sahaja Yoga, at all! I'm just warning you. It's a very serious thing. People have got heart attacks, have got accidents, have got cancers, all kinds of things, and really I am quite frightened that you people don't realise that there is another force working it out. So don't take arbitrary decisions. You are very safe in Sahaja Yoga. Stay in Sahaja Yoga, grow in Sahaja Yoga, enjoy in Sahaja Yog. Everything is there available for you. And you don't have to do anything else except that keep together. It's a collective happening. It's a collective.

If you are not in the collective, the Divine is not interested in you at all – you are out of it. Only the collective gets the power. Only the collective is magnetic. Single person who lives away from collective all the time, is something wrong with that person. If he cannot be collective there's something wrong. Such a person should sit down and find out what's wrong with that person, must get it corrected, absolutely corrected. And see to it that you are alright. Because this is for your benevolence. [If] you want to lead a happy, healthy, good life, then be sensible, have some wisdom about it. And some people who have been negative are still negative and just thinking on the same lines. So it's high time all of you have to work it out sensibly, and understanding.

There are leaders because I have to have communication, that's all. And they will communicate to me about you people. [If] there are problems, they will try to solve you. If they cannot solve it, they'll write to me and I'll have to see to it. There's not going to be any regimentation in Sahaja Yoga at all. It is a thing of love. But you must have love for yourself. I mean, you should be self-disciplined. Now imagine how I must have felt! I have come here, I have worked so hard for so many times I have been here and when I come here what I find, everything is broken down. It's so sad! I worked so hard.

Now next time I am going to see you all settled down in proper ashrams, in different places. Not for your own comfort you should think, but if you have an ashram you put a centre there. Every place you can have a centre. In Bombay, I don't know, we have eighteen or twenty-one centres! In Bombay. That's how it increases and improves: you have centres everywhere. So it's available to people all the time. You talk about it, meet every day. Evening time you all can meet, talk to each other; and you have one day in a week somewhere, in a school or something, a big place where you all meet.

The more you meet, the more there is rapport, the more there is collectivity, the more there are blessings for each one of you, and for all of you. It absolutely, simultaneously works out; whilst when there is no collectivity – no. When there is collectivity, everything, everything is available to you. So don't try to break the collectivity by forming any groups or anything. Nothing of the kind! If you find anything wrong you have to write to me. But everybody's responsibility is to sustain the collectivity, to support it, to help it.

If you find that somebody is talking about somebody else, then you say, "No, no, he was talking very good about you. Why are you talking ill about that person?" This is what Christ has said, that, "These are peacemakers." But somebody says something about someone, "Oh," then you go into, "Ho, ho, ho, that one is like this," then another one. We are not like common people, we are not ordinary people, we are saints and we have to respect each other, to love each other, to understand and enjoy each other. What will the children say tomorrow?

So nobody should get away with this idea that we can have separate houses, live separately and we are alright. Better take out all my photographs from them; they have no business. At least eight persons should be there in one household, at least, minimum. Eight to ten people is a good idea. There's no safety, there's no progress, there's nothing in such houses where they live alone very nicely. Morning till evening they are cooking, cleaning, sweeping, swabbing, looking after the car, locking the house. What

else are they doing? It's so boring to be alone, it's extremely boring.

Now I have already told you very clearly that we have to live together. And let the children know each other, know everyone, they should know about their friendship. And you know, it is so nice the way they love each other and the way they talk to each other, and about their aunties and uncles they talk, so sweetly. So many aunties and uncles to have is something so remarkable, to have so many nephews and nieces all over. And unless and until you have that kind of a feeling, it won't work out. Then if somebody finds something wrong with your child and tells you, don't get angry for that, be thankful. Try to improve your child. The improvement of your child is for the benevolence of the child. Not to feel bad: "This is my child!" This 'my' business has to go a little bit, then I will come. If there is "my house," "my children," "my car," "my this." This has to go away!

Let us see how we start diverting our energies to your collective beauty, collective love, collective understanding. And if it is not there's something wrong with you. Take it from me [there's] something wrong. So either you are right-sided or left-sided. Find out and just get yourself cleared out. Clean out yourself! And you will understand that there was something wrong with you, nothing wrong with Sahaja Yoga. All such ideas are going to completely blast Sahaja Yoga and finish it off. They are selfish, self-oriented, absolutely out of date ideas for Sahaja Yoga. You can have one room for each one of them and you can stay together, and you can have somebody as a leader, whomsoever you want. If you want we can do rotation of leaders later on, if you like, that can be done also. But still I would say that, unless and until there is something wrong with the leader, it's not proper to remove such a leader.

But whatever you suggest, I don't mind, but we have to have someone who is looking after you, and informing me about you. But the wife of the leader is never a leader - understand that. It's only the leader is the leader, whether it's the husband or a wife of a leader - is not a leader. And she should never behave like that. She has to be very motherly, kindly and all the time looking after all the people in a more gentler way than the husband himself. That's the sign of a good wife of a leader. We have some. We have such women. And wherever there have been good ashrams Sahaja Yoga has prospered. It has gone up to the governments. It has gone up to the intellectuals. It has gone up to such areas where we would never expect to go. Anywhere [where] there has been. And most of the people now are in the ashram, in the whole world.

I hope you all understand the importance of it. Anything goes wrong with anyone here, immediately the telephone comes, that something has gone wrong with such and such person is sick. Then I can tell you what is to be done, how to get that person cured. But supposing you are in some other house...It happened like this: one fellow was like that and he met with an accident. He met with an accident, nobody knew. He was lying in the hospital. When he came to his consciousness he called for somebody, then they told me.

It's like one family. It's like one body. If something hurts here the whole body knows. You must know how many there are with us. You'll feel so strong and happy. But first of all you must develop that rapport, you must develop that love, you must develop that personality.

Now, those who are left-sided, I have already told them what treatment they have to take. Take it seriously! Left-sidedness should not be allowed to grow at all. I tell you, it's very dangerous. All these horrible diseases that you have heard of, all of them, one and all – epilepsy, mental derangements, cancer, all psychosomatic, this myelitis, then there are other diseases like AIDS, all that – attack only left-sided people. Anybody who has left side: immediately try to get rid of that left side. The right side shows so everybody knows, and you can throw away such a person, or you can correct. But the left side, be very careful! Don't play about with the left side. Left side is very dangerous.

To avoid that, don't mix up with people who are mentally deranged, don't go to the hospitals where such people live. Don't try to cure people who are left-sided. They can be all cured on my photograph. And if somebody starts telling too much about their woes and all that just shut your ears.

All this left side comes from a kind of a self-indulgence, in the sense that you start thinking you are so miserable, you are so unhappy, you are no good, and all that. So the right-sided are the over-confident, the left-sided are diffident. But, because they're

diffident, all kinds of viruses can attack them. And these viruses are the things which bring forth diseases which cannot be cured. So be careful on that point.

Now, right-sided people trouble others. The left-sided trouble themselves, and the right-sided trouble others. They try to show off, and they want to think they are too much. The first sign of a right-sided is that he starts suddenly shouting, or giving lectures also, that's another one. Thirdly, he tries to show off that he's a very big, great Sahaja Yogi. There's nobody great in Sahaja Yoga. Everybody is just the same. Just like all fingers are the same, every cell is the same, everybody is the same. So nobody's higher and lower. There's no hierarchy in Sahaja Yoga.

Everybody must understand that we are all one, part and parcel of one body, and we don't have to consider ourself higher or lower.

So there are so many ways of expression of these boastful, right-sided people. And we can pull their legs – alright, allowed. If somebody boasts too much you just pull their legs. That's allowed. That's how in India nobody can have ego, because from very childhood [if] somebody tries to show off - pull their legs. If somebody talks loudly, pull their legs. If somebody laughs loudly, pull their legs. I mean, anything somebody tries to do, overdo, just pull their legs.

So it doesn't behove for a Sahaja Yogi to be like that. A Sahaja Yogi has to be very dignified; otherwise why will people come to Sahaja Yoga if we are just like them? We have to be exceptional. Isn't it. And that's what is what I call dignified, loving, affectionate, kind, sweet. That's what is the beauty.

So anybody who shouts, screams, gets angry, full of anger, this thing, bring one pin and just prick it – allowed! And if he says anything, "It's to prick your ego!" Show the pins, like this. He'll understand, "Alright, this is what I have." So when you make a fun of a person who is egoist he may not like it. But you show him a pin, he'll understand, "Oh God, I have got it!" They are quite aware of their ego, they don't want to have it.

There was a gentleman from Delhi, his son wrote to me saying that, "My father says that he's not allowed to speak at all, and he's feeling very sad about it." So in the lecture I said that nobody is allowed to speak. After my tape, meditate, stay in that meditative mood, and go home. Not that just after meditation, "What cake I am going to have?" All rush to the kitchen! It's very surprising. Even Indians are surprised at it. [In] India people don't get so much to eat but they are not hankering so much after food. Here the first attention is in the kitchen. All the time they are in the kitchen. How many times you take your tea is important. You should count how many times you are in the kitchen. I mean, you are still little babies, I tell you, in that respect. I don't think I have ever opened a fridge to take out even water for myself – I mean, since I remember my life. Never!

So this hankering after food is also another funny thing that, after meditation people just get up and go to eat. You must sit down, meditate.

Now after meditation if people start giving speeches, then the people are anxious to go to the kitchen, "Here's somebody giving lectures!" So big problem starts between the two. They don't like it, because they think, "Oh, there's a cake there, there's something biryani kept and here it is this gentleman is trying to give us a lecture!" No one likes it. But it should be something very different, that, "We are in meditative mood, how can we come out of it?"

So I better tell you a story of Janaka, which is very important. He was the one, in the beginning, at the time of Shri Rama, He was the father-in-law of Shri Rama, His name was Raja Janaka. And He was a king. So all the saints used to come and bow to Him. And He was a king, He used to live like a king. So one fellow, Nachiketa asked his guru, he said, "What is this, you bow to this Raja? He has got all the wealth, He's got everything, wears all the ornaments, He has all pomp and show. Why should you, a saint like you, go and bow to Him?" He said "He's videhi. He's so detached, He's videhi. He doesn't exist in His body." He couldn't understand. He said, "Alright, I'll go and see Him." So he went and told Him that "I want to become Self-realised, as You are." He said, "You ask me everything; I can give you, but no Self-realisation. Alright, we'll see about it," he said.

So one day they were having a bath. He said, "Let's go to the river, we'll have our bath." So He took this boy, they were sitting and having the bath when some people came and told that, "Your palace is burning and everybody is running away!" So He was still in meditative mood. He wouldn't listen.

Then they came back again, shouted, "See now, Your wife and children all have come out of it and they are all running away because the whole thing is getting burned." Still He was in meditative mood, least bothered.

Then they said, "Now the fire is coming this side, and what are you doing?" So Nachiketa got up and he caught hold of his clothes. He thought, "I should wear my clothes at least, they'll be burnt."

But He was still meditating. Then Nachiketa realised that He is videhi. That's why Sitaji is called as 'Vaidehi' because She is the daughter of a videhi. And that's what we have to be.

Where is our attention, we should see. We are meditating, take it deep down into yourself. That's a meditative mood. Keep yourself there. And after meditation you just get up silently, sit for a while. I think best thing would be to have your food first and then meditate, if that is so, if you think that is proper.

But I think if you have to get now into that new triggering, as I told you, into that new jumping that we have to do in Sahaja Yoga, if you have to catch that train, then you hurry up. You have to change all these ideas. You have had many houses, you have had many wives many children in your previous life. You never had your Realisation. Now you have got it. So now just every individual, every one of you should not think of others. Think of yourself - "I have to do it, I have to get it, I have to work it out." This is what you have to do. "Why should I miss it?" This is a chance of many lives, the chance of many lives. And that's how you can jump over, and work it out.

We had lots of people in Australia, and if they had worried about themselves as to, "What I have done for Sahaja Yoga?" So in the morning you just decide, "What I am going to do for Sahaja Yog and myself?" In the evening, "What have I done for myself and what have I done for Sahaja Yoga?" 'Myself' doesn't mean selfishness, but "for my ascent." Every day. You start a diary to write it down. You face yourself. No excuses, nothing. If you are left behind what we can do? We can't help it. And that is how you'll find all kinds of blessings will come to you. You'll be able to save money, you'll be able to save time, you'll get good jobs. All your problems can be solved if you really surrender yourself to that Paramachaitanya. Everything can be done. But as long as you have this narrow-mindedness and these narrow ideas about yourself - till then it won't work out. This drop has to become one with the ocean then the ocean takes over! And I am sure that can work out.

And you are basically a very good point here, because you are born on the land of Shri Ganesha. Basically it's such an advantage for you, much more than Russians have. But Russians, I don't know how, they have shot up so well. It's an Agnya, it's a right Agnya where they have denied Christ, they have denied all religions, everything, and still they're prospering.

So you are very well placed. And innocence can never be lost, can never be lost, whatever you may try. Of course, there could be clouds, but they get just into nothing, they just disappear. If you just try to cling on to your innocence and simplicity. And don't think too much, "We should do like this, we should organise like this, we should have this thing." Nothing of the kind! Wherever you are, why to think? I never think, "Where I will sit? What will be my chair? How will I sleep? How will I go there?" Nothing! Just exist. Just exist. Everything works out for good, you should know.

Now, if you redden too much on your faces, you should know you have left Vishuddhis. So first of all know that you are forgiven for everything. Whatever you have done you are forgiven, just remember. You are forgiven completely, absolutely, hundred percent. There's nothing to feel guilty about. Nothing to feel guilty. And you are loved, you are looked after, you are cared for. Paramchaitanya cares. It's a caring, caring 'government' which cares for you, looks after you. It manages so many things. Unbelievable, it is! It manages. It works out.

You must have heard about the story about Cairns, what miracle has taken place, have you heard? No? So, where is Kay? Kay, can you tell them? Come here. Just come. It's too much?

Kay McHugh: Excuse me Mother. It was a great blessing for Shri Mataji to come to Cairns for us. And we had the opportunity of taking Shri Mataji out to the Great Barrier Reef.

Shri Mataji: Just we decided spontaneously.

Kay McHugh: Very spontaneously! We delayed Her flight and kept Her from the Brisbane people for a few hours just to keep Her a little more time with us. But we thought it was important that She put Her attention on the reef because there was a lot of problems happening with this great natural phenomena off the coast of Cairns. And we took a fast boat out to the reef, and Shri Mataji graciously agreed to go down into a semi-submersible and had a look at the reef. And just looking at it, all the fish came around. It was just a miracle to be in the reef with Her while She was looking at all this wonderful natural phenomena. But within the next day the attention of the people who had been researching the reef and been worried about the Crown-of-Thorns starfish eating the reef, and all the pollution, suddenly they started to realise the reef was regenerating. And all the Crown-of-Thorns starfish were dying and they didn't know why, they didn't know where they'd come from, and now they don't know where they've gone! (laughter)

Shri Mataji: And they have written, it's a mystery!

Kay McHugh: And they said it's a mystery. But just a glance from our Mother has just made everything right. Jai Shri Mataji!

Shri Mataji: But you are not a Gold Reef, you see, you are not that. Because I cannot transform you that way. You have to use your will power. They are all animals and animals are under the control of God, that's why they are called as 'pashu'. Means 'pash' means all the bandhan, under the bandhan of God. Whatever God wants can do with them, with all the plants, animals, everyone. But with human beings you can't do everything. And also to understand human beings is another problem. I don't know how suddenly they become so funny. They are alright, going straight, and suddenly you don't know what happens to them. So it's a thing that God has created, and then adding to that man has created himself a little bit more – which is quite a difficult thing to understand.

So you better understand yourself, why you do like that. And you have to, with your free will, accept that, "I have to do it." It is self-disciplining. And you'll work it out. And I'm sure one day you will show that in Australia we have really achieved a great height.

Children are wonderful here, no doubt. Then another thing is that we have started a school in India with the idea that the amount you pay only for their food and clothes per month, that much is about to be charged for them. And they'll have the best education of a private school, with all other facilities like horse-riding, swimming and every sort of thing. Music, dancing, everything can be taught to them. And the amount will be the same, practically as much as you'll be spending on one child per month here, only for keeping them in the house. So it would be like going to a general school.

Of course, the transport and everything we'll look after. Now for this – as it is, you have paid some money, and others have also paid – and we have made a good arrangement now. The school has started.

With this kind of a school the parents can go and see their children for a month, two months, whichever way you like, and stay there with them. Or if you want you can take them out to Himalayas, whichever way you want to do. But till the age of sixteen years I am thinking the children should not be exposed to this funny type of a country where they are just trying to destroy them. Because we have tried that also. When the children go back to parents, they come back with great problems, so it's difficult.

So now to think, "They are my children." If you really think they are your children, for their benevolence you must sacrifice. Maybe

a little money you might have to sacrifice, but more this feeling that, "They are my children." They're actually mine. And this will really help you a lot. You will be free here to do what you like, to have more time for meditation, spreading Sahaja Yoga. Because we are now on sort of a warpath. And we have to make these children so good that wherever they go they will not take to drugs, they will not take to bad things. On the contrary, they'll be very great Sahaja Yogis. Maybe we might start a university later but just now, up to sixteen years, it's guaranteed.

So now we have started for only, I think, seven year old children a school now near Himalayas and also now we are going to bring it down. But now after three years or so we'll be starting school for all classes. For all classes we'll be starting in a big way, and we'll be having best teachers and best timings, and we'll look after them. Only thing is that if the Cambridge University accepts then we'll have the Cambridge University affiliation, because Indian standards are too high, very high and you have to work really very hard for that. I would prefer Cambridge, better. So they might agree to do that for us. That's how our children can achieve a better understanding of things, and they have more time for other things to do.

So, so many things we are going to combine there. Basic education of Gandhiji I am going to introduce into that, where children know so much about the trees, about the plants, about animals, about fishes, about the surroundings in which they live, about the Mother Earth, about ecological problems and things like that. And we have to create really great leaders out of them.

So it is for you to decide now, the children that you want to send there. You can have children up to seven years here, or six years here for your primary classes, but not for your high schools. But primary classes also we have. If you want to send your children for primary classes we have that also, that we can look after those children who are for primary classes. And there will be leave for the children for two months or three months, I think, for which you can come there, or you can take them anywhere you feel like. But I would not advise you to bring them back here because it's too much of an exposure, and you know what's happening to your children.

They'll have to learn how to respect parents, respect everything; and to get the intrinsic value of everything properly evaluated in their minds, so that they do not become stupid. I'm sure this will work out very well. I have seen some children in Rome, they have become so sensible, so developed, so beautiful.

So money-wise also we might have to cut down little expenses of yours, doesn't matter. For your children you have to do something. That's the minimum they have worked it out. They said that per month it will be about three hundred dollars for a child, inclusive of clothes, food, transport, everything, books, everything. You don't have to worry for their expenses at all. You could give them some other clothes, but they'll have all their uniforms done by them. Books, shoes, everything will be done in that amount, and education of every kind. All kinds of arts, crafts, depending on the aptitude of the child. And you'll see, they will be something very unique children.

So think it over. In that there is a lot of work entailed, and some people are working it out. I'll be getting some people from here also. And the whole process will be under my control, so you don't have to worry.

So now, I hope I'll be coming next year again! (loud applause)

But for next year – I mean of course, not this year – but next year we have decided that it would be better to come here in the month of April or May because May is a better month here than March and April [which] is quite hot. So what do you say, April or May?

Yogis: May.

Shri Mataji: May, alright. But May, I can only come after fifth of May. (applause)

After, I said, fifth of May, because we'll have one Sahasrar Day there and one here!

And we can work it out that way to come by May, so we can have one month of May spent here.

I would like to spend more time. But you must not have any more groups, quarrels, fighting, problems with husband and wife. I mean sometimes I feel, why did I marry them to create these problems? They were alright without marriages!

So all these petty things should not be there. You should all be big, great people. I would like to come and see you here in your ashrams and things. I would like to know what you have been doing, what creative work you have been doing. It's beautiful things you can do. Alright?

So with that hope, tomorrow we'll have this Birthday Puja. And everybody is quite jealous of you that I'm having my birthday here! (laughter)

I love you Australians very much. And you have to also love yourself and have proper value about yourself. Don't fritter away your lives. Don't waste them on nonsensical things, that's very precious. If you were not precious you would not have come to Sahaj Yog, remember that. You would have been by now in some pub! (laughter)

Alright.

Now, so few things we have here. Now, can you read out the list.

You see, they told me not to bring anything, and because there is Customs. As it is the Customs tortured my life for nothing at all. If there are Customs, this thing, that thing. So I'm thankful to Mr Gupta that he could manage to bring some things for you. And I could only buy you something in the duty-free shop for you.

So first of all there's a present, one for Stephen. These fountain pens are given to the leaders so that they should write letters to me! Brian. Mr Brian.

Now, others. Cairns, for Cairns.

Melbourne.

So this is Perth.

Brisbane.

Stephen Taylor: Brisbane is not here Shri Mataji.

Shri Mataji: Brisbane is not here? We'll keep it for Brisbane.

What else?

Stephen Taylor: And I don't think Canberra is here either.

Shri Mataji: Canberra is not here? Alright, keep it. Who else? Stephen Taylor: Who have we left out? Adelaide.

Shri Mataji: Adelaide.

Stephen Taylor: Where is he? Max?

Shri Mataji: For Adelaide, you should try still. I think it will work out now. Things are better. Things are much better. It will work out.

Max: The Adelaide collective has given you four macadamia nut trees for your house in Prathisthan. We have given you four macadamia nut trees, they are outside in a box for you to take back to India.

Shri Mataji: With Me?

Max: Yes, from the Adelaide collective, for Your birthday.

Shri Mataji: Ah, I don't think I can. But what you can do is to send them with these people when they come. They can be kept here waiting?

Max: I thought they would be sent on to your house.

Shri Mataji: Yes, somewhere here. And they can bring it when they come for the Ganapatipule, alright? For the tour. Alright? May God bless you. Thank you. Alright.

So we start giving saris to ladies who looked after me. (applause) Canberra. So she's not come as yet?

Stephen Taylor: She's still on the road Shri Mataji.

Shri Mataji: Alright. Lynn, is she here?

Stephen Taylor: Lynn. From Brisbane?

Shri Mataji: Lynn from Brisbane.

Stephen Taylor: She's still coming. Cheryl?

Yogi: Sandya Sapate?

Shri Mataji: Jo?

Stephen Taylor: Jo Reid? Jo Reid from Perth

Shri Mataji: Kay [McHugh]. Kay from Cairns.

Now we have shirts for the boys, of leaders of all the ashrams. So you read the name. And now you all should try it, whichever fits you, I mean, I don't know! (laughter)

First do it, first you people do it, alright.

Stephen Taylor: Cairns.

Shri Mataji: Come along, Cairns, come along. Select. Whichever fits you. These are all loose ones? So they'll fit anyone.

Yogi: All the same size.

Shri Mataji: Alright, may God bless you.

Yogi: Brisbane?

Shri Mataji: On behalf, alright?

Stephen Taylor: Wollongong. Is Brian here? Newcastle? Sydney? Ah. Sydney. Eight (ashrams). Where will we start? Gordon, Roosevelt, Mossman. One of you doesn't matter which one. Bradwick. Strathville. Plan Street, Aberfield. Woolara.

Shri Mataji: May God bless you. Take whichever you like. That's a good one!

Stephen Taylor: Burwood?

Shri Mataji: What about the New Zealand ke don (Hindi: two ashrams)? Auckland. Alright. That's fine.

Yogi: Then Canberra?

Stephen Taylor: Have I forgotten anybody? Canberra. He's not here.

Shri Mataji: Alright, take it off.

Stephen Taylor: There's no one here from Canberra? Amazing!

Yogi: Auckland?

Stephen Taylor: Adelaide?

Shri Mataji: Cairns you have given? Perth ko diya (have given)?

Yogi: None for Melbourne!

Shri Mataji: Because Melbourne has no ashram so far. Yes. So they have to have ashram.

This is a special gift for Mr Stephen from the leader of Hariyana, Mr Gupta, who has been so kind to bring all these things through your Customs (applause).

So now we should disperse, I think, and tomorrow is there's puja. If we want to start it's about eleven o'clock, but try to be there, make preparations. I'll be ready here to come. I'll be ready, very ready to come there, but the problem is sometimes it's not ready. So we have told everybody eleven o'clock we are starting the puja. But let's see how you do it. Because the preparation takes so much time. Alright?

May God bless you.

I gave it today because tomorrow is my birthday. I'm not supposed to give any presents on my birthday! (laughing)

So finish it off now?

Stephen Taylor: Yes.

Shri Mataji: So good night, everybody. Sleep early!

Hello, hello, how are you?

Child called Shridhara: My father is here.

Which one?

Shridhara: I can't find him.

Shri Mataji: Yes, just find him!

Shridhara: He's in deep, deep, deep sleep.

Shri Mataji: He's in deep, deep, deep sleep eh? What's your name?

Shridhara: Shridhara.

Shri Mataji: Shridhara, eh? And you are really Shridhar! He's very good at acting! All these children can be really trained up so well! And they are born-realised. Now you will come to India to study? To ride horses?

Shridhara: I think I can ride horses because I have these thick shoes on. Hats, hats.

Yogini: Hats for riding horses.

Shri Mataji: Yes, yes. You don't have to wear in India, there is no need, but we can get you some hats also.

Shridhara: Where do you get a hat for my head? That hat doesn't fit me now!

Shri Mataji: They'll fit you alright. They make hats for every size of head! (laughter)

Alright. May God bless you.

Shridhara: How about Mataji?

Yogis: Bolo Jaganmata shri Nirmala Devi ki jay!

Shridhara: Bye bye.

1990-0321, Birthday Puja: Sincerity

View [online](#).

21 March 1990

Sincerity

Birthday Puja

Curzon Hall, Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

Puja for the 67° Birthday, Sydney (Australia), 21 March 1990.

What enthusiasm all over the world! The whole of Sydney, I think, has been drenched of all their flowers. And such nice things to say, the cards and the letters and the beautiful poems, the children are singing beautifully. Words fail to express the feelings of such jubilation and such sincere feeling of happiness.

You needed a Mother to look after you, to care for you and to be able to transform you with lot of wisdom. So every birthday I find that Sahaja Yogis are also expanding their hearts and realizing that they are no more drops but they are part and parcel of the ocean and that the ocean itself is going to strengthen them and look after them. It's the ocean that is going to nourish them. And the same ocean is going to guide them. So the connection between a drop and an ocean has to be fully established. So the limitations of a drop have to be absolutely dissolved into the greatness of the ocean.

With care and with nice things to say we can improve the depth of the collectivity, and with sincere desire to be collective. The desire to be collective has to be very sincere.

So, this expanse of your being will start.

The first thing is needed: a sincerity to yourself.

Of course, because we are coming from a drop status, from a drop, a little limited drop, from that phase, so we get engulfed again and again into those limitations. But we must see our own vision: what you will be in future, what you want to be in future. Thus the sincerity itself to the idea that you want to be collective, itself, will break all barriers. If you are sincere to any purpose, anything, then you forget the time, you forget the labor, you forget everything, you want to achieve it, even in small things.

Now, this sincerity comes from where? There are two things which work out sincerity. Firstly, you must see for yourself what is Sahaja Yoga, what it has given you. It has given you Realization, it has given you that wider vision, it has given you collective consciousness, it has given you thoughtless awareness and doubtless awareness. It has made a new personality out of you, like an egg becoming a bird. And now you are a bird and you cannot go back to the shell again.

Once you realize what Sahaja Yoga has done for you and also realize what you have achieved in that: that is you have achieved the knowledge, knowledge of Kundalini which was a secret knowledge all these years, absolutely secret knowledge. Nobody knew about it, it was all underground. All the knowledge about Kundalini you have, very clearly, without going to any college, school, university, anywhere. Without going to any laboratories you have experimented with it, you've found out what is Kundalini. You have seen it with your own eyes, you've seen it, the rising of the Kundalini, you have given Realization to people. Already you have experienced not only the cool breeze of the Holy Ghost but you have also experienced your own powers. Also you have seen that you have really become so much different from what you were in your knowledge of understanding things.

So, if your knowledge is so much with you and that you are entitled to raise the Kundalini of others, which was not done by any great saints before, by any great Seers, Maharsis, all these great people who lived. Only very, very few people had this capacity to raise the Kundalini, all these years, that you have got it. You understand what are the chakras and you can diagnose it, even the children can do it. Which we don't realize is something so great! At a human level we didn't know a word about it. We never even had heard the word 'Kundalini'! And in such a short time you have become so knowledgeable! That's the blessing of Sahaja

Yoga.

So, when you see this: that you have so much knowledge and the light of your attention, how it works. And then you see so many blessings that work out and how automatically, just without doing anything, you achieve results, you are amazed and you can't understand how it has happened, how it has worked out. Suddenly I was there, this happened. Suddenly I was there, that happened. How? This ocean is every moment, into all details, working out things. All these happenings should open your eyes to the fact that you are no more like an ordinary human being, that you are sages now, that you are saints.

So, our attitude has to be changed. So many human beings are still animals: you can see the way they are killing, the way they are behaving – they are not even human beings. We live with them, we see them every day: they are criminals and not only that but they have very low level of a culture in them. We can easily call them as animals. Then, we have some human beings who are half animals and half human beings. Then, we have some human beings who are really human beings, who are seekers.

And this understanding of what you have achieved in Sahaja Yoga should immediately make you realize what you are. And when it all has happened to us, automatically, you should be very sincere about it, you must feel that something really you have achieved, there's something so great, so we have to be sincere, mentally also you should feel that way. So, this is first thing you do is to mentally feel, to mentally feel that it's so important, it is so – it is so important, it is so valuable. You become very sincere about it.

But the second part is different: where you see something, you know something and you start opening your heart about it. In the second part you have to open your heart. So, the sincerity comes from an open heart: if your heart is not open, you cannot be sincere.

Now, what does it mean that your heart is not open? Let us see. You are born again, you have got your Realization. Also it is your birthday in a way. But in the growth of your knowledge and understanding, you have not kept pace with your heart.

But what is the reason for that? What is it that keeps your heart like that? You can discover very easily that your heart rules the body, rules your brain, everything. Because if your heart stops, everything stops. But if your brain stops, heart won't stop.

So, heart is the most important thing and it governs the whole being within you.

Now, this special instrument, which is very delicate, which circulates also, is like a stone. How will it pulsate? So, when we say 'enlarge your heart', it means that the stoniness of your heart has to be melted away.

But how does it become stony? We have to go to the roots of that. It becomes like a stone because the heart controls the brain. As there are seven auras on your brain, in the same way, there are seven auras on your heart. And all those auras are the ones which control the auras of the brain. Now, on the brain, as you know, there are two institutions of ego and conditionings, which starts pressing the brain too much. As a result, all these auras get pressed. So, the auras which are surrounding the heart also get pressed.

But brain can think: 'Yes, this is very good. I know how to raise Kundalini, I know how to do this, everything I know', part tells (?).

It doesn't become stony that way, it can think. Anybody who is a stone-hearted fellow can think. Like Hitler. So, the brain does not get affected by the conditioning or the ego to such an extent that it becomes like a stone, it cannot think.

If it is ego too much... If it's an ego, then a person may become stupid, but he thinks, he thinks all right. He really becomes stupid. Anybody who is an egoist, whose Agnya is catching, becomes a stupid fellow, no doubt about it. You see in his behaviour, whenever he talks, the way he is trying to do anything, he's such a show-off and he becomes a stupid fellow. Any wise person can see that, that he is such a stupid man.

So, what we find, that mind is covered with the superego but it does not make a person with a brain which is stony. On the contrary, it makes a person a stupid person, not a stone-headed. And such a stupid man can go on talking all kinds of things. And you can immediately recognize such a stupid man, not difficult.

The other side of this is the conditionings in the mind. That's even a worse thing, very sly. Because somebody has the conditionings, he doesn't come out of it. He doesn't show off, but he's sly and his brain is covered with such ideas which are asahaj. Like somebody saw Me, in a Puja, washing My hands and giving that water; he said: 'Why do you take the water which is washed, which is washing Mother's hands?' So, the other one said: 'Mother has got such tremendous vibrations in Her hands, that when we wash them, the vibrations come in.' Oh, he couldn't believe it! Because the conditionings are that whenever you wash your hands, only the dirt comes out. So, they can't think of vibrations. All such conditionings are there in the mind of people. Because of these conditionings they cannot take to heart. But what happens that they think about it in a very sly manner, tell lies, talk nonsensical things and try to convince you that they are right. They are not stupid, but they are idiotic. They talk like idiots. And that idiotic thing you accept! There's no wisdom in it.

So, one fellow is a stupid fellow, another one is an idiot. Between the two lies the Sahaja Yogi.

So, this conditioning makes the brain pervert, but it doesn't make it a stone. Only what makes it a stone is that if he is born with some sort of a mental derangement, that he cannot think, otherwise the brain goes on thinking. Whether with conditionings or with ego, it goes on thinking. Such a brain should not affect the heart, because heart affects the brain. But the auras which are manifested from the heart start becoming dull or disappearing.

So the auras around the heart are very sensitive and they feel: 'No use throwing light on the brain'. They start becoming smaller and smaller and that's how the heart becomes small. Because they have no purpose in life there, so they start becoming smaller and smaller. As a result, the heart becomes small. You call somebody as very small-hearted fellow, is a chicken-hearted fellow or we always say such a man is a 'stone-hearted person'.

All this happens because of the conditionings and the ego of the human mind and the result is felt by the heart becoming a stone, because heart is a sensitive thing. Brain is not that sensitive.

If you put something soft in the water, it becomes hard, but if you put a stone in the water and boil it, it won't.

So, heart being very sensitive and delicate becomes like a stone, like as you boil in the heat of the brain waves. And it becomes a very hard stone. It does not know how to say even one word which is nice. It goes on hitting people all the time, saying things which one should not have said, all the time thinking 'What should we say to hurt another person? How should I try to really mislead another person?' because it's a sly attitude.

The ego part, the heart becomes again frozen with ego and then the heart thinks – not thinks, but heart cannot emit any auras to the brain.

The brain starts thinking that 'Now, the area of heart is finished. The heart cannot control us any more.' Then heart starts thinking that 'I will do all the work myself.' I mean, the head starts saying. And the heart becomes small, stony. It doesn't act. So now, the brain takes over.

The brain takes over and then brain starts. Brain starts itself acting in a manner that we can't understand: they behave like animals, they behave like satanic people, they become very cruel and they do not know how to really say something good to others. There's a kind of a very false pride in them and such people go on hurting others, insulting others till they meet another one like them and then both of them collapse. That's the only snag in the whole thing, otherwise, you would have been finished by now. But because the two persons with ego cannot be together, they neutralize each other. So thank God we are saved from them.

So these two conditionings, which actually are on the brain, these two conditions freeze the heart and also make the domain of heart as zero and then the brain starts asserting itself. That is how we do not know how to be kind to others, how to be nice, how to be helpful, how to be gentle and how to be reassuring, protecting others. All this we have inherited already. We have already got a stone heart when we come to Sahaja Yoga and we have a brain either full of ego or superego.

So now, with your Kundalini rising, you can clear out your head, first of all. So, the sincerity will come when the Kundalini will move and touch your Brahmarandra, which is the seat of your heart and will expand.

Then the heart just comes back like a king, returns back and starts dominating the brain. And when the heart comes back, you immediately find those people with whom we were angry, we would not talk, we had nothing to do, suddenly, we become friendly with them. There's no problem. In many ways, people have harmed you. All that harming and everything just disappears. And you start becoming so nice and beautiful.

What has happened that Kundalini has touched your Brahmarandra, where is the seat of heart. And as soon as that opens out, your heart also opens and it gets awakened. It thinks 'Oh, what? I have allowed this brain to rule me? How dare it rules me! It just jumps on it. And we have seen people: suddenly, they're so much transformed that it's remarkable.

There – one gentleman in America, he said that 'Mother, after Realization I was so much changed that I've become a very mild person and I never used to wish my uncle or anyone.' So he met him in some sort of a fete and then he said, 'Hello, uncle!' The uncle started looking at him. 'Are you all right?' He would never say that. Then he went and saw: 'Are you all right, uncle? Are you keeping all right? Can I do something for you?' Very nice things he said. Uncle said, 'What have you been doing? Are you drunk or what? How can you speak so sweetly to me? I can't believe it.'

That's what happens. And that's why we have to understand that all these things can be easily dropped out because we have acquired them. They can be finished off because we have acquired them. They need not be all our lives, our relations. So, ego and superego, both can be blasted off once your heart is awakened.

So, when we are dealing with people, we have to break the ice also by communicating with others in a very decent manner. Like telling yourself, 'No, I don't believe that this man is so bad. Let me look after him, he may be all right. You see, I don't think he's so bad.'

So, to accept somebody as bad is very easy for human beings and once they start accepting such a thing, then they build up a kind of a fortress in which they live and they think they are the best people and nobody else are good. And thus, the whole community, the whole society, the whole humanity gets bitten by these ideas. And Sahaja Yoga is the only way which is going to cure it. Sahaja Yoga is the only way which is going to finish this. And that part is to be played by you people, to understand that sincerity can only come if you raise your Kundalini again and again and open your Brahmarandra. Then your heart will rise. It will become a very awakened personality and it will take charge of your brain, which is all the time thinking, thinking, thinking, like mad. And once that happens, then you will realize that now you have jumped into doubtless awareness.

So, the relationship between the two has to be fully understood. At first, the domination of the heart or, we can say, the kinghood of heart is challenged, is put down, brought to zero. And then this brain becomes the king, and it starts ruling us. 'I think...', 'I feel...' means the brain, the ego. If you could give up 'I think...', 'I want...', everything will be all right. You should say, "I want..." is not the point. This body wants it.' You separate yourself.

Gradually you start separating yourself from all such situations by never saying 'I want...' You should say, 'This body...', 'This hand...', 'This head...' You start separating. And once you have separated, all these barriers of ego and superego will disappear.

But, as it is, also it's very easy to get rid of these two. It's very easy to get rid of these two. Only by raising your Kundalini and

breaking your Brahmarandra. This is the greatest achievement that you have got, that you can break your Brahmarandra, make your Kundalini get connected with the All-pervading Power.

That's why I always say you must meditate and you must be in thoughtless awareness, then it works out. Don't pay attention to outside things so much. Of course, you are, in a way, responsible for Sahaja Yoga, because you are sincere about it. You cannot force yourself. So, again and again I say, you weigh your sincerity. 'How sincere am I to Sahaja Yoga?'

And some people just take it frivolously, saying 'Mother, I was silly, I was confused.' You cannot say that! You cannot say, because you owe these things to Sahaja Yoga. Everything you owe to Sahaja Yoga now. It's a new life to you. So you cannot say 'I was confused' or 'I was silly, I was stupid, I did this.' You tell yourself you can't do it. Mother has really worked very hard with full sincerity and we cannot be insincere about it. We don't want to be hypocrites. This is hypocrisy, absolute hypocrisy. You say something and do something. If you have any sense of gratitude and self-respect, then you should never say that 'By mistake, I did this, Mother' or 'I was confused, I was silly, I was stupid.' That shows you are a very mediocre person and you have no sense of gratitude towards Sahaja Yoga nor towards yourself.

But the best part of it, that I don't need Sahaja Yog and that Sahaja Yoga does not need you. You need Sahaja Yoga. In itself, Sahaja Yoga is complete. It does not need you. It is a complete thing, will remain like that, absolutely.

It will have its own position, its own status, its own dignity, everything intact. But if you have to get something out of it, you have to work it out.

Like from the river Ganges, if you have to fetch the water, you must have proper pitchers which are deep enough to receive the water. But if you take a stone, what can you bring out of it? But the Ganges flows. It is what it is. It has its own capacities in it. It doesn't change because you people have taken stones.

So now you have to understand that raise your Kundalini as many times as you can.

Try to put attention to your Kundalini all the time. See where is the problem is. Get it cleared out, absolutely cleared out.

Find out where is the problem is and raise your Kundalini many a times and see that you are flowing all right on your fontanel bone area, so that your heart expands.

It's a mechanical process in a way, you can say. But even that you people don't do. If you had done that, your heart would have increased.

And you yourself will say, 'Mother, my heart has become large like Asia.' And then you see the miracle of the heart, how it emits vibrations by which you become such compassionate, such dynamic, beautiful people and so sincere to Sahaja Yoga.

I would request you to open your heart today for this puja. You have been very jubilant and happy. And must be your heart must have opened because I've seen Sahaja Yogis have a very large heart for Me, but for themselves they don't have. They'll do everything for Me, but nothing for themselves. They'll work morning till evening to decorate the hall, to do everything. They must have sent all these flowers to Me from I don't know where. But if I tell them 'You meditate for yourself', that they will not do. Or 'You achieve this for yourself', that they will not do. This is the situation.

So, instead of wasting all your energy for decorating all these things, you should decorate yourself within yourself. With sincerity, with nice thoughts about yourself that you are capable, absolutely capable people and you can use your imagination, your intelligence, rationality, whatever you think you have, to find the way, to find the way, again I say, to keep your heart large.

And this is the message for today's birthday all over the world because I felt that the whole world was today like a big heart pulsating. I received the last phone and came here. From all over the phones coming, flowers are showering, the beautiful nice

things they are saying. Everything is there. When I am just drenched into it, just drenched, it was too much for Me. Such sweet, sweet things for the children, from the children, such things from the ladies, some very, very nice from the men and it was amazing how these people are bubbling with enjoyment that today is My birthday.

In the same way, please consider that every day is your birthday, that you have to raise your Kundalini all the time and keep the standard of your Kundalini higher and higher. The more you open out, the more threads of Kundalini will come up and the more your heart will open out and it will be awakened, it will become more powerful. And with an open, big heart and a powerful heart, you can dominate your brain, which is giving you all these funny ideas.

I hope this will happen this year here and people will try to make it a point that we have a large heart. Large heart doesn't mean stupidity, doesn't mean that. Large heart means the heart in which you can put Me in. It's quite a big person, Myself, so you have to have a very large heart that I could reside into your heart. That is the large heart and that's what you all should have. If that happens, then everything will work out very well.

So, the surrendering part of it: you must know how to surrender and you must know how to keep whatever is not surrendered, because you surrender yourself in such a manner that you expand your heart absolutely. Put Me down there and then keep your flowers with you to be given to Me at a time when you are in complete control of yourself. So you have your emotions, your feelings like flowers, that you have to keep to yourself, which are the part of the same ocean of your heart. And, once you are ready, everything is done, if the whole house is ready, now bring the flowers, the emotions, the nice things, the beautiful things and nourish them. One must learn, I think, there should be some books about how to say nice things to others. We should try to find some books like that or should write some books how nice things could be said, how we can take care of others, how we can make another feel our love, the expression of love, and that work, such a book will really help people to understand that this is nice to say.

And once you say something nice to other, that niceness comes back, as I have told you, like the ripples that touch the shores come back and then you feel very happy.

Go on saying things which are nice, which are pleasing, will be very much appreciated. But if you say it with sincerity, not just to tease someone or to say something, just to be so superficially good, like 'Thank you, thank you, thank you,' but something from your heart, as they say, then you will be surprised that the heart of the another person will open and from that heart will flow those beautiful flowers of emotions towards you.

So, on one side, you have to expand your heart and on another side, you have to reserve or preserve all the beautiful, nice, delicate feelings within yourself, absorbed from everywhere and then to pour them out at the right point. That's the art. Like these flowers were in the garden first to begin with, preserved, preserved. At the right time they were brought in. So they feel more glorified that they are used at the right time. This is the way we have to be with ourselves in our heart because human beings are very delicate, very beautiful things and to beautify them you have to say beautiful things. This tongue is not for saying harsh things, for making fun of others, for teasing others, but is for saying something, such a beautiful thing that the another person also imbibes that beauty.

I've seen some nice things people have said and that lingers in My mind. And I said, 'When will I have chance to say these things to others?' So, think about it, that 'Now this is a very nice sentence,' 'This was a very sweet thing they said. All right. So now, where should I use this?' As I go to the shops, I see something: 'Ah, that's good. That will be good for particular person. Let's buy that.'

In the same way, if you find these nice feelings and nice emotions and nice things said, then what do you do? You collect them, all these things, keep them and use them at the right time, at the right place. This is what is the wisdom of Shri Ganesha. Innocent people are the most sincere people, innocent people. Those who are clever and cunning cannot be sincere because they enjoy their cunningness, they enjoy their so-called 'brilliance'. They can never be. Those people who are simple, who are loving, who care for love more than anything else, can only say very nice things sincerely.

Today I wanted to say many things to you, how I feel about this birthday in Australia, but I told you the words fail. Because – see, Australia is such a far-off country. To come here with so many people sitting and singing 'Agata Swagata'. It is unbelievable, unbelievable, because I have not given you any money, you have not given Me any money, you are not bound to say anything like that. But not only that you are doing it, but you are enjoying it. It's something great. You're enjoying it and that's what it is: that when your heart is large, then whatever you do for others, you enjoy. You enjoy doing good things. You enjoy saying nice things. So we should have choicest flowers of beautiful sayings, we should have choicest emotions which we should be able to express to each other.

Now start on that from today, I have to say: you start on this, that from 1990 we are all the time going to speak something beautiful to each other all the time and just keep your ears open, keep your eyes open and wherever you get a chance, wherever you hear something like that, keep it in your mind and use it back.

Today I am so enamored and it is too much for Me, really, to believe even that there are so many Sahaja Yogis in Australia, which is so far away. Now it is your responsibility. It is your responsibility to be sincere about Sahaja Yoga, and in all sincerity, if you do everything, you'll never think of such funny arguments which I've heard before. You'll just think that 'We love Mother and we have together, to be together, and we have to love each other and all the time we have to say nice things to each other so that the love increases.' Anything else, anybody who tries to say things or break things or breaks somebody's heart are doing sinful things. There's sin. To break the heart of a saint is the greatest sin and they'll be punished for that.

So, now you are all saints and sages, you have to respect each other. Not only that, but you have to be enjoying your sincerity. That's the way, I'm trying to say, enjoy your sincerity. And all these stupid thoughts come into your head, throw them away. Because I heard of so many arguments here and there and I thought 'What is this? They are Sahaja Yogis or they are ordinary people of the street?' This is happening and then the children, this happening, that.

Now, about children also, I've been telling you that: send your children to India. In any case, you have been selfish about them. You know they are not developing all right. So send them to India. In that you have opened your heart because the whole world is your relation, the whole world is your family. You go anywhere in the whole world, you will find people who'll love you, who'll care for you, who'll do everything for you. I mean, to know that in every place there is somebody sitting just waiting to meet you as your own! Just now I was thinking, 'These musicians are going to Singapore. What will happen? Where will they stay?' Big problem, trying this and that. Suddenly, I gave a bandhan, phone came from Bala. Bala told Me that 'No, it's perfectly all right. I'll tell my mother. She'll look after them.'

Problem solved. So, any such problems, your problems can be solved because you are sincere, but if you're insincere, you'll meet only insincere people and then you'll go down, go down into your own estimation and estimation of others. And you'll have no place in Sahaja Yoga. There's no place for insincere people in Sahaj Yoga, so try to develop your sincerity. Raise your Kundalini as many times as you can. Keep it there. Keep it on Sahasrara and see that your heart opens. That's the best way.

They've been all asking Me 'How to open our heart?' I said, 'Take the key.' Now, I don't know how to tell them. 'Open your heart' means just raise your Kundalini, keep to the Brahmarandra and see that the Brahmarandra opens. Not only that, but you see how by expanding your heart, by being nice to others, how you feel. There are some people who do not talk much, who do not meet others, who have reservations. They live as if they are living in the air, sort of people, must know there must be some badhas, some bhoots sitting on their heads, otherwise that's a very unnatural behavior for a Sahaja Yogi.

I've told you so many things today because I think the care, the love, the affection, the wisdom and the patience is to be imbibed. If I'm your Guru, if I am your Mother, you have to imbibe these qualities. For everything I'm worried. If somebody's in trouble, I'm worried. I'll try to get the problems sorted out of that person. Anyone who has a problem, I just – that sticks to Me till I have solved the problem. And I tell frankly also about, say, your children, I tell about your wife, about your husband that 'This is not all right. This must be corrected'. Because I care for you. This is what should be your attitude towards Sahaja Yogis, Sahaja Yoga

and that will strengthen you so much, because you care, that's why others care.

Can you imagine for an Indian woman like Me to have so many people who care for Me? Why should they care for Me, after all? All right, you are Sahaja Yogis, but there are people who are not Sahaja Yogis, I tell you, whom I, they are not Sahaja Yogis, whom I have met from My childhood, whom I know, my relations, – they all care for Me! Just one thing, because I care for them, I get bothered about them. Anybody who tells Me a problem, it is in My head, sticks there like a stamp. Till I've solved the problem, I'll be looking out how to fix that problem. And I don't have any problem of My own. In the same way, you should not have any problems of your own. Then only you can manage.

All right now? So may God bless you!

Next year I hope you all will be there for My birthday in India. We are going to organize the tour program like that, perhaps may be worked out. We have to also see if you can make something cheaper there to come down. We have to see many things. We can work it out.

Before puja if you could give yourself bandhan nicely, seven times and then rise you Kundalini that would be better.

H.H. Shri Mataji Nirmala Devi

1990-0321, Departure, Conversation with Yogis

View [online](#).

21 March 1990

Conversation

Sydney airport (Kingsford Smith), Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

Now you have to be very careful, alright. And don't allow collectivity to be broken by anyone. I now feel that [Gibs?] was a very evil person, very evil man. He has harmed so many people, he has made so many people get out of Sahaja Yoga, also he tortured some people, he beat some people, not only he wiped himself but he was not a very good man, he's an evil man. And if such a person tries to talk to you, or telephones to talk, just you tell him that: "We have no faith in you, we don't talk to you". Cause you will have troubles, you'll have troubles, I'm telling you. Such people, you should never talk to or discuss anything. Just say: "We have nothing to do, you just don't talk to us." Alright? Please be careful. Because I've seen people who do all these things can bring lot of harm.

As I told you the case in Germany, where two people got cancer. You don't listen to him you just say: "We don't want to talk you, we have nothing to do with you, we don't know you."

"We have no faith in you". Just say that. Because also very cunning, you see. Accounts are so horrible and God knows what he has been doing, where the money was going you see, impossible to locate and find out. It's a very difficult situation.

You'd be careful not to fall prey or anything like that, alright?

We all have to be together and we have to help each other and understand. And he's, he's [kicking?] actually all Indian boys. And what he's telling now is very wrong. They have come all the way from there and [kicking] them and [kicking?] Indian girls, was very wrong of him. Please, be very careful and whatever one person has done, you all can neutralize it and it should not be difficult, all of you put together.

I think better beat him with shoes for some time, so that those ideas do not stick on you.

Then he started thinking of himself being God or what, I don't know he [inaudible] to be a Goddess. [Inaudible]

Paul? Paul, I wanted to talk to you. You'll be careful of such a person, alright? Did you hear Me Michael? Did you hear what I said? Sahaja Yogi: Excuse Mother, I can't hear you.

Shri Mataji: I see. Alright, they'll tell you what I told. Alright, be careful. Take care.

These are satanic forces. Once it's accepted- anybody can accept them- and then you'll go on making Sahaja Yoga. It's a gone case.

[Shri Mataji speaks aside; inaudible; 5:13 to 5:56]

Shri Mataji: No, you see, what they were saying, if you demand proper like that [inaudible]

If you have any problem you should write to Me instead of getting out of Sahaja Yoga, then you also develop your Agnya, you will develop all these [inaudible] and all these things happen.

What's the use to do like Elio ? He was so stupid. Why didn't he write to Me? And now his Agnya is so bad that nobody can talk to him, he doesn't want to hear it.

And thirdly this Niranjana, you see, this is another horrible lot. She has started herself as a guru now. [Shri Mataji laughs] All kinds of things I think prosper. But if you expand yourself there won't be this stagnation. In stagnation, what are only such people do [unsure].

7:09

He was like- he was like all the people in India. We have met so many people in Ganapatipule, you must write to them. You people, never write to anyone. If you write to them, they will know what is happening there and what is happening here. You all have to write all the time. Write to each other, find out about each other. And the lady who's from Russia, I'll have to tell her about that their leader is very much there [unsure]. Can you tell her?

She's the one?

Sahaja Yogi: Gavin.

Shri Mataji: You know Russian. Or the one who know Russians will [inaudible]. She met Me in there.

Sahaja Yogi: I'm afraid you have to come to the counter, because they have to sight all the test.

Shri Mataji: Alright. It's time to say goodbye. Alright? Goodbye.

8:06

[Sahaja Yogis are giving flowers. Shri Mataji goes to the gate.]

1990-0330, 4th day of Navaratri and Birthday Puja: Three tricks to progress in Sahaja yoga

View [online](#).

30 March 1990

Navaratri Puja

New Delhi (India)

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

Today is the 4th day of Navaratri and as you know that the puja of Navaratri has to be celebrated only during the night. To take out the darkness it is very necessary that the nights should be lighted. Today there is also another coincidence that you are celebrating My Birthday. On this day, Gauriji established Shri Ganesha after her marriage.

Shri Ganesha is the source of purity. The very first thing in the world which was established was purity so that it spreads all over so that all the living beings, even the human beings, all those who came into this world should be protected by purity and should keep away from impure things. That is why the whole creation was drenched with purity by Gauriji. And only after that the creation came into existence.

So it is of utmost importance in our lives that we should place purity at the highest place.

But purity does not mean that we clean ourselves, take our bath, or even for the body to keep it alright, but we should clean our hearts. The biggest disorder (enemy) of the heart is anger: It is the biggest sickness. And when a person is angry, his purity is destroyed. Because another name of purity is selfless love: that love which always flows and does not expect anything in return. The satisfaction of this love is that it's just flowing and when it does not flow it gets suffocated and it gets disturbed. So, purity means that you fill your heart with love, not with anger.

Anger is our enemy of course but it's the enemy of the whole world. Whenever there have been big wars in the world, whatever destruction happened, it has happened because of collective anger. There are many excuses for anger: I got angry because this thing happened, I got angry because that thing happened. To become angry human beings can always find some reason. But you should know that even extremely destructive things like war have come because of this anger. The basic reason behind that is anger.

If our heart is full of love then we cannot be angry. And even if we have to show that we are angry, artificially angry, that is also done for love. If there is a rakshasa, demon, a very cruel demon, which has to be killed, he is killed also because of love, because when he deserves to be killed so he will not commit any more sins. But this is not the work of human beings, this is the work of Devi, and which She has done during this Navaratri. Now we have to expand our heart and see in our heart for whom we have selfless love, which does not expect anything. It's not that we have love like: this is my son, this my sister, this is my house, these are my things. But you have to see for whom you have this kind of love.

Amongst the human beings you have been raised to a very high level because you have become sahaja yogis. Your yoga, your connection, has been done with this very subtle power of love of God Almighty. And this power is flowing continuously within you, which is nourishing you, which is protecting you and it is elevating you. Again and again it motivates you, protects you, gives you pure joy. It fills you with sweet love.

We have been united with this beautiful power, but we have to see that even now how much place do we have in our heart for such kind of power. In our heart we have love for our Mother, that is true, you love your Mother very much and because of this love you are tuned, you are in tune with the joy, it is giving you joy.

But we should have 2 more types of love within us. Only then we can say that we love Mother.

Firstly, we should love ourselves, we should say to ourselves: I'm a sahaja yogi. We got this power very easily but we have to see how we can grow (spiritually). Many people work hard to spread Sahaja yoga, which we can call the horizontal movement. It is like spreading it in all the directions. But these yogis do not put attention on themselves. Thus their own vertical movement is not there. They do not achieve their (own) spiritual growth. They can do a lot of things outside, they can run about, they can do a lot of work, they will be very busy, they will meet people, but they are not increasing their inner power. Now the second type of people are those who put attention a lot on their inner power, but they do not put the attention on the outside. So this creates an imbalance.

When we put lot of attention on the outside, this outside activity grows but the inner power becomes less and less. And then it becomes so less that they go on the brink, the boundaries, and they start falling into the ego trip. They start thinking how much we have worked for sahaja yoga, how much we have worked hard. When they start thinking like this a new life starts for such kind of people which is not at all useful for sahaja yoga. Then they start thinking that « I'm a very big leader and everybody should give me importance » which is self-importance. Everywhere they see that they should be given importance, in all the things they will try that their own importance is increased, they will try to show their own specialty, they will always come in the front, but from inside there is a hollowness which increases. And then suddenly what happens? They have some kind of a sickness, they become mad. They have some big problem in their life. Then they start saying Mother we were completely surrendered to You, so how did this happen? Why should it happen to me like this, what went wrong?

But the responsibility is on yourself because you started drifting away, and this kind of people start staying by himself (disconnected with others). They cannot get along with other people. Their only connection is that how much they can dominate others. And how much they can show that they are above others, they are superior to others. Then they go on showing their own importance, they should be included in everything and always given importance. If someone does not give him any importance then it is a great mistake. Then they start faltering to such an extent that they will even forget that they have to do something for Mother. You have to give something to Mother also. These kind of people I've seen in some places, like in Rahuri, even in Bombay, some persons suddenly come up. They try to become very important and in such places there was not even the aarti. Luckily for Me there was at least My photo, but nobody had a desire even to clean the photo. Thanks God that they did not put their own photo! Their own importance and their own show off! Putting themselves higher than others and separating themselves from others. They would not ask anybody, they would start doing things by themselves. Then the quarrel started and groups started forming.

The common bond that binds you all together is the thread of your Mother and if you want to remain in that bond then all the time you have to remember that we are the children of the same Mother, and that nobody is higher or lower. And we do not do any work, this Chaitanya (the All-Pervading power of God) is doing everything, I'm not doing anything. But if we are thinking that I am so great, I have done this and am going to do this and that, then Paramchaitanya says « Ok, go ahead. Do what you want, go wherever you want to go. If you want to go in hell you can go to hell. If you want to destroy yourself, you can destroy yourself. If you want to be in complete destruction then also you can do it. Whatever you want to do you can do it. » It will not stop you because it respects your freedom. You should know that if you want to go to heaven it can take you to heaven but if you want to go to hell then even that can be arranged.

But in Sahaja Yoga there is one big fault, one very big drawback. We are a big Virat Shakti (collective power), we are not alone, we are the different parts of the same body. But in this body if there are one or two persons or there are three or four persons who start making their own group then it becomes like cancer, like malignancy, like one cell starts growing. Then that person can grow and can contaminate whole Sahaja Yoga. And in that case all My efforts will be in vain.

We should try to learn from the sea which stays at the lowest level and thus it absorbs all the rivers inside itself. And without the sea the world cannot exist. The sea evaporates the water inside which becomes the steam and it goes and gives the gift of the rain in the whole world. The humility of the sea is a sign of its depth, but this humility is not superficial, that we say hello mister, Namaste, it's not like this, but it remains in the lowest level, it absorbs everything, it purifies everything. Then it converts itself into steam and showers the rain. And then when the rain comes the rivers are formed and these rivers come running towards the

same sea and it will go into the sea. Then if you see the sea, if you observe the sea, on the shores of the sea you will observe that all the coconut trees, which are there, are always bent towards the sea. There is a lot of breeze coming from the sea but they never bend away from the sea because they know that it is the sea.

So in the same way our heart becomes like the sea when we become extremely humble and the heart is filled with love. But if we have always giving self-importance, feeling always that we are something special, in that case the Paramchaitanya will cut you off, it will say « Go away if you want to make yourself important. Go away ! » It cuts you off just like a nail is cut and thrown, that person will be thrown away. For Me it is very very painful. So when people start thinking that we are doing a lot of work for sahaja yoga, we have done this and that, they should immediately calm down and try to introspect and ask themselves: Do we meditate? Are we able to meditate? How deep are we ? And then they should see how many people they love and how many we are creating enemies.

In Sahaja Yoga some people have gone very deep, very deep indeed, there is no doubt about it. But there are many who are still on the shores and we cannot say when these people will be thrown out. Because, as I have told you before, after the year 1990 a new dimension will be opened. You will have to take a leap up from this state to settle down in this new dimension and you have to imbibe the new thing which is coming. Like a wheel when it is moving, the whole wheel goes round but the center of the wheel just moves forward. In the same way Sahaja Yoga is also going to progress collectively. And to stay in this dimension the very first thing needed within us is purity, which should be filled with humility.

You must have seen in the world that lot of people who think that they are very pure. Morning, evening they will do their prayers, they will not allow anybody to touch them, they will not eat this, they will not eat that. If somebody comes they say ok you will sit far away. If they touch them they will become very angry, they will not like it, this is madness. If you are absolutely pure, absolutely clean, then if anybody touches you, if somebody talks to you, you will never become impure. Because you can purify everything, because it is your nature to purify everything. So whomsoever you meet you will purify that person. So why should you be afraid and why should you condemn them and why should you try to gossip about others? If you are doing this, it's the sign that your own purity is lacking. If your purity is complete then in that purity there is the power and the brightness. It is so powerful that it can absorb any impurity. As I told you all the rivers, all the dirt, comes and is absorbed by the sea.

The second type of people are those who think only of their own progress. They think that they do not have anything to do with others, they will sit in their house, they do a puja to Mother, they do aarti. They feel that they should progress (individually), but have nothing to do with others and they keep aloof from others. This kind of people cannot progress because you are a part and parcel of the same body. Imagine if a finger ties itself with a thread thinking that it has nothing to do with the whole body and saying that "I will stay alone". Then the finger will die because how can the blood circulate to the finger? How can the veins go in the finger? How can the awareness go in the finger? Because it will remain separated. You can try to attach a finger for 5 days then you will see that this finger will stop working, it will be completely useless. Then you will say « Mother, I do such a lot of pujas, I take such a lot of mantras, I work a lot for Sahaja Yoga, then why this thing has happened? » Because you are separated, you moved away from the Samuhik Shakti (collective power). Sahaja Yoga is a collective power. So when you go away from this collectivity then you are going away from the power of collectivity.

So we have to take care of both the things. One has to take care of one's own power and also be collective. Only then you will remain in the balanced state. But sometimes outside people do a lot of things. I have seen some people do a lot of work for Sahaja yoga, they used to give good speeches, they could talk well. Then, they made audio recordings of their talks and they started telling others that you should hear my tape (recording) and the people started listening to their talks instead of My talks. So much so that, for example I am sitting here, they will come and do Namaskar to the photo but not to Me ! Because they were used to bowing to the photo, they had nothing to do with Me. They only dealt with the photo. Such kind of very strange people I have seen. Then they also got their own photo printed and started showed that photo to everybody saying that see I am like this, I am like that. So, in all the possible manner they tried to show their own importance and slowly and gradually they fell in a big ditch. They did not even understand how it happened but it so happened that they fell apart from Sahaja Yoga. Now we do not see them anywhere. People started telling me Mother they were big leaders and everything. Yes, they were, but where did they go? They went. What can I do? They just evaporated. Where? I do not know. Why did they go away? These people they went out

of Sahaja Yoga because they did not have balance. And then somebody that does not have balance then one goes to the left or to the right.

As I told you even in the past, several times, that there are two types of forces are working within us. By one force we are attracted towards Sahaja Yoga and with other force we are thrown out. Like, for example, on a rope you put a stone and you swirl it, the stone will keep on turning in a circle till it is connected with the rope. As soon as it is separated from the rope then it is thrown away like a tangent. In this way many sahaja yogis have been thrown out. They have gone out of Sahaja Yoga. Then people start saying Mother in Sahaja Yoga there are less people now. What can I do? But if there are less people in Sahaja Yoga it is not the loss of Sahaja Yoga, it is their own loss (of these people). There is absolutely no loss for Sahaja Yoga because for something which has nothing to do with profit or loss how can it lose something? Yes if you want to have the full benefit of it then you try to understand this, but know that Sahaja Yoga does not need you, you need Sahaja Yoga.

Now the other meaning of « yog » is Yukti - means a trick. First (meaning) is that you should be connected and secondly "Yukti". That "Yukti" you have to understand what is "yukti", what is this "trick". We can understand this in 3 ways.

First, Yukti is that we have to have the knowledge about it. Knowledge does not mean with intelligence but the awakening of the Kundalini, which gives complete knowledge on the finger tips. When you have this kind of knowledge then you start understanding other types of knowledge also. Many things, which you could not understand earlier, you start understanding now. Now you understand who is truth and who is untruth. And with this knowledge you can awaken the Kundalini of others and then you can even try to explain to them. And you can become integrated with them. You can talk with them, discuss with them about this knowledge. So because of this knowledge you get intellectual knowledge too. You understand Sahaja Yoga. Otherwise in the previous times, in the past, who could understand this? Like Kabira has said "Ida pingala suhamana nadi re, Ek hi dor udaunga" (Ida, Pingala and Sushumna are the three channels Only one thread / cord / rope will be risen - the Kundalini). So, this kind of talk Kabira used to do, did anybody understand what he said? Did anybody understand Nanaka ? Did anybody understand Gyaneshwara? Or did anybody understand LaoTsé? Everybody thought that the saints are saying something very mysterious and secretive and thus they ignored it. But after being in Sahaja Yoga you have started understanding everything. So, your even intellectual capacities have increased. You've become more clever. You've understood it. It's good that you have understood it. Whatever was secret and a non-understandable that also you have been able to understand, and everything you've been able to grasp. This is the first Yukti that you have increased your knowledge.

Now what is the second Yukti ? Is that you have Bhakti (devotion) for Me. Now when you have this Bhakti, it should be Ananya-bhakti (« Ananya » means where there is not the other, no duality), you should do Ananya-bhakti, means that you have to become one with Me. You start thinking as I think. For example, today the puja got delayed. I could have said: I am also tired, it is so late, I didn't sleep and I cannot do it. But I thought that the puja of Navaratri has to be done at night and I got the right auspicious time to do this puja and it has to happen at this time and it will happen at that time and we are doing it with such a lot of joy because this is the auspicious time and we should be ready for that. Then we should not think that we are tired, we did not even rest, nothing, because this is the right time. For example a soldier goes on the war field and he sees that there is the enemy in front of him so he should know that that is the right time to kill that enemy and he should kill that enemy at that time. Thus in the same way this is the right time for us to do the puja. Thus you are all sitting here. You should also understand that Mother has chosen this time to do the puja and it is very essential for us that the puja has to be done at this time. But there are half-baked sahaja yogis who will think in opposite way « We have come here, we are waiting since this morning, we've have done this, now we are hungry, we have not eaten, children are sleeping.... » So, this is not Ananya-bhakti, because My thoughts have not become your thoughts. The way I am thinking you're not thinking.[blank].....

Sometimes some people say « Mother, this man is very bad ». I say « No, he's a very good man, an excellent man ». So they will start saying « Mother, how could you say like this? Why did you say like this? » Then I start wondering why you are unable to see what I see. If they are seeing with My eyes they should also see what I see, but that it is not the case. They are seeing something which I am not seeing. They are seeing something else. So, this is not « Ananya » (being one, the oneness). This is « Anya », meaning other (the duality). In the same way My love for you is there. So I'm very satisfied if you are able to feel the same way for others as I feel for you. If that is not the case then I feel that it is « anya » (separated) and not « ananya » (one). If everybody is

a part of My body then they should become like Me. They should think like Me and they should do like what I am doing. But why do they think differently? From where do these strange thoughts come in their mind? From where do these thoughts come? So, this is not ananya-bhakti. This bhakti is something different. So, your way of thinking, your way of working, your love for others, should be exactly as you love me. If My love is the Source of all love then whatever is in the well, it should come out in the bucket. How can anything else come in the bucket? If there is something else in the bucket, I feel that they have taken the water from some other well. Not from My well.

Now the third is that people say that I am surrendered to You. I am very much surrendered. So, in that case, if I tell you something, if I try to explain you something, if I suggest something to you, there is no question if denying it or refusing it. If you and Me are one then this question of refusal should not arise. Whatever Mother has said it's OK. We have become like Mother so we cannot refuse. It's like my eyes are seeing you so they know that you are sitting in front of Me. Because these eyes are Mine, I also know that you are sitting here. So whatever is My understanding and the understanding of My eyes, it is the same. There is no difference. What I am understanding through My intelligence, I am understanding the same through my eyes. This is because you do not have the Tathakarita (oneness with Me).

So, this is the second yukti, « Mother, come in my heart, come in my head, come in my thoughts, come in every moment of my life ». Wherever you ask Me I will be available. But you have to say it, isn't it? and also with full heart. But if you make come to me to attain some gain, it's no good. But once the connection with Me is established, then all the purposes will be automatically attained. You don't have to do anything. Then all the purposes will be served and your attention will be in that direction.

Now, the third thing (yukti) is that (like we say) « We are doing this work; we have done some work for sahaja yoga. We have done these decorations, we have done so many things... ». If you think that "I" have done it, then you are not a sahaja yogi. In Sahaja Yoga all your karmas (actions), all what you are doing should become a-karma (non-actions). But if you think that « I am doing something, I have written this poem, I have done something,...» very subtly you have to see that sometimes, do I sometimes think like that? that I have done something. Does this kind of thought come in my head? If so, then my yoga is not yet complete. When your yoga is complete then these kind of thoughts will not come. You will never think like this. Even these kinds of thoughts will not come, you will become a-karma. Then you talk like « this is happening, that is happening, everything is happening ». And you will start speaking this way. When it happens to you like this then you can say that you have got the oneness with Me. Like My hand is moving, it does not say « I am doing this ». It does not even know that it is doing something. But the work gets done. But if it starts thinking that I am doing, then you should know that the hand is cut away from the body, it's not connected. If it is connected, then it will never feel that « I am moving, I'm holding something ». It will never feel that way. If you are feeling that I am doing something then chaitanya says "Go ahead, do it". And then all kind of problems start.

This is the third yukti. Third trick. With this trick you should learn that do I (feel that) am doing something, you should try to introspect. Am « I » doing something? What am « I » doing? Before finding the light, whatever you were doing, you had that ego that « I am doing something » because you were alone. You were Vyashthi (single). Now you have come in Samasthi (collective), you've come in the collective. You've come in samuhik. So you are not doing anything. You are just a part and parcel of that collective and all the work is being done. This is the third Yukti you should understand.

I am trying to tell you all these Yuktis because now you have to take that jump (into the new dimension). And you should always try to introspect on these lines. And you have to put attention on yourself and not on others. It's better that I look at myself and see what am I thinking? Do I think that somebody is better than me so that I should learn something from him. So I can acquire some of his qualities. But do I see his qualities or just I see only his drawbacks? If we see the qualities of others and our drawbacks, then it's a very good thing. Because you're not able to eliminate the drawbacks of others. You even do not have the right to do that. You have the right to take out your drawbacks in order to improve yourself. So if you see what others are doing, how they are (behaving), then you're not settled in this yoga. You have to always see what is still lacking in me. Only by saying that way you can improve. By seeing the bad points of others you can never improve. It's like you're thinking that in somebody else's house the things are not very good. There are some problems. Is your house going to be cleaned by thinking this way? [Not clear] You should know that if you have got some problems it's because there are some drawbacks in you.

Sahaja yoga is a very big thing. It's a very innovative thing. But if we are not able to enjoy it fully that means there is some drawback in us. And if we are able to master these yuktis what will you get? Only Joy, Nirananda. Nothing else. And then what will happen is that your face will change. You will be just in joy all the time. So on this day of My birthday it's also, in a way, your birthday. And so you should try to understand these yuktis and you should fill yourself with purity like Shri Ganesha.

Only with purity can the wisdom settle down in us. Because the other name of love is purity. But wisdom is also love. All these things are other words for love. If you're not able to acquire this wisdom and you are not able to love then even after coming to Sahaja Yoga you're wasting your time. Because now the time has come that everybody has to be united and become one. We have to transform ourselves; we have to absolutely transform ourselves. We have got some drawbacks so we have to remove them and fill us up with purity. This is how you love yourself. For example if your child is a little bit dirty you will go and clean him because you are loving your child. In the same way when you start loving yourself then you will try to transform yourself and try to see « how much I have been transformed. And you will think still I have some drawbacks, some dirt, some blockages. Still I am like this ».

As a the result of this transformation, the divine blesses and transforms your complete life into something so beautiful that we cannot describe it. Like Kabir again has said "jab mast hue phir kya bole" (When I am drenched in joy I am speechless). So you should all achieve that state of masti. (Masti means state of joy, just enjoying yourself). And I bless you that all of you achieve that stage of masti, of that joy and you enjoy that state of joy. This are My blessings to you.

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Public Program

Ramlila Maidan, New Delhi (India)

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(Audio-1)

Greetings to all seekers of truth!

Yesterday, I mentioned that within us lies a profound truth, and externally, there is another truth. The first truth is that we are souls, we are in the form of souls and the second truth is that this entire creation, this entire world, operates through a very subtle power. And this power, attaining this power, and to be one with it, is what yoga is all about. This one is the second truth, and we should accept both of these truths at this time. It is very easy to doubt, and through education, people tend to doubt even more. That is why Kabir said, Scholars have become fools through reading, because excessive reading increases their doubts and decreases their sensitivity. They want to understand the truth solely through intellectual reasoning and argument, but the truth is beyond intellect. Truth is beyond the intellect, and it will be realized through this living process. Now, if you are a scientist and want to examine a stricture base, you start with a hypothesis. If the hypothesis is correct, you should first understand it and keep an open mind, just like a scientist should. Then, see if it occurs and if it happens. If it does, you should accept it as valid. If you want to acknowledge it, you cannot do so until it is proven. However, once it is proven, it is essential that you use it with integrity because it is for your benefit and for the benefit of the entire world. Similarly, there is another question about when an incarnation (avatar) will occur in the Kali Yuga and what the time of this incarnation will be, etc. The point is, if an incarnation does appear, how will you recognize it? Have you recognized anyone up until now? So many incarnations have occurred in the world, but no one has ever recognized.

First, there should be preparation to recognize the incarnation when they come, otherwise, even in the Kali Yuga, the avatar will go unrecognized and their efforts will be in vain. Therefore, first and foremost, you need to be prepared, and you must attain self-realization. Only you have achieved self-realization will you be able to recognize who the incarnation is and who is not. Sahaja Yoga is meant for this recognition. First, attain your self-realization, and then you will naturally know what is true and what is false. Because when we cannot see something, it's like holding a snake in your hand in the dark. If we tell you there is a snake, you might argue and say, No, this is a rope. But as soon as there is light, you will automatically let go of the snake. Similarly, with falsehood, once the light of truth comes, falsehood naturally falls away on its own. And the awakening of the Kundalini is an entirely natural process; it is not difficult at all. It becomes difficult because we overanalyze it. Just as you plant a seed in the earth, the mother earth naturally awakens it because the potential is inherent in the seed and the mother earth possesses this power. Because the mother earth has this power, and the seed also has this power, it happens naturally. This is the law of nature. You cannot explain how this occurrence by reasoning. Reading books, or standing on your head, will the seed sprout that way? Until you place the seed in the womb of the mother earth, it cannot sprout. Similarly, this is also a living process. Today, you have evolved from an amoeba to a human being. No one thinks about what power within us has facilitated this transformation. What is this subtle power within us that has enabled us to become human beings today? No one can think about it, and no one can do so.

Even in science, there are many questions that doctors, scientists cannot answer, but the answers can only be found in Sahaja Yoga. The reason is that Sahaja Yoga attains unity with that power from which everything in the world is made. You can understand what science knows, what is visible. For what is invisible, you have to delve into the invisible. In the entire world today, you see that in Western countries, there is prosperity like grown up tree and so on, which is not in fact. I already told you before that there is no prosperity there; the situation is very bad. We, at least, have our families, our children, our homes; our society is very good right now. But there, you will see that people neither have their parents nor their children, nor do they have any relatives; everything has turned into a money matter. People have become extremely distressed. And this tree that has taken

a huge shape like a rock, its roots are in this country. I just told you yesterday that it is your responsibility to spread the power of these roots to the whole world. But if you don't want to spread this power everywhere, then the responsibility will fall on you for not accepting it.

Now, this is our heritage. Our heritage, written about Kundalini, has been described in our country since ancient times. It's not just written in our country; it has been written in many countries. Thou, thou that which exist are also this Kundalini. It is also described in many ways by posture Aasana etc.; it is described in many ways. It is also mentioned in the Bible that there is a tree of life within you, and it is because of this tree of life that you will be reborn. Everywhere it is said that in the world, things that are temporary, ephemeral, and perishable should be used with caution. But all scriptures, all religions, have the same essence: that you attain that eternal life. And everything else is futile. Attaining eternal life is the main and ultimate purpose, and there is no other purpose in it. Whatever we are doing, whatever we are remembering God's name, recollecting, running, going to temples or mosques, praying, all have one purpose: to attain that eternal life. And to attain that eternal life, we need self-realization.

This is inherent in Sahaja, so people wonder how it could be possible. But you know, Guru Nanak Sahib also said, Attain Sahaja Samadhi. All of this happens in Sahaja. If you understand, if it were unnatural, how difficult would it be? Consider that you are breathing; breathing is very important, an essential thing. If for that, you had to read books and scriptures, then how many people would remain alive? Similarly, this is also extremely necessary, which is called vital. For something that is absolutely essential, if you had to read books and open scriptures, then how many people would achieve enlightenment? This action was supposed to happen and will happen. Sage Bhrigu also wrote a significant book on this, named 'Nadi Granth'. If it becomes available, you people should read it; then you will have faith. The difficulty is that even though something proven is right in front of you, you still have to provide examples first. Someone wrote something in a book, it's written in that book, it's written like this, and then people understand. But let me ask you directly, if I say here that there's a diamond lying here, it's a valuable diamond, and you can obtain that diamond without paying a penny, what do you think? Will you just sit there? People will come running from all over the world; and same way if I say that there is a diamond in your heart, which you just need to polish, that will illuminate your own consciousness, then why would you doubt and hesitate? Then another question arises, that this statement is not written anywhere in the scriptures. Many things are not written in the scriptures, that's why we are here in front of you. If everything were already written, why would we stand here today? It would have been all said and done beforehand. It's not written that after the awakening of Kundalini, you feel awakening in your fingers, nor is it written that you know about the chakras in it. If everything written was the final word, and there was nothing more to be said afterward, then why did they say that after that there would be realization, there would be Qiyamah? Someone said that a day will come when your Last Judgment will happen. Why mention all these future events? Why talk about the future? Why mention the age of Kalyug? If everything had to be said at that time, then something or the other has to happen even in the age of Kalyug, and it's a very, very, very important and such a lofty and divine task that until you delve into it, you cannot understand it. Standing at the foot of a mountain, if you wish to see the splendor of a beautiful city, you cannot see it. You have to climb the mountain, and upon reaching its peak, you suddenly see, Wow, what an amazing sight we are beholding! In which world have we entered? It's not making sense to us. And if there is so much beauty, glory, and everything hidden within you, then hesitating to attain it doesn't seem like a wise decision to me. This suggests that people are not even prepared yet; they are still contemplating whether to attain it or not.

When your own possession is within you, when the Kundalini is within you, then why should you hesitate to attain it? Through the awakening of this Kundalini, you will understand that all the religions that have emerged, they are all like different flowers on the same tree, on the same living tree, they have come at different times, and those who brought them were all genuine people; they were all related to each other. But after they brought them, we plucked the flowers and took them into our possession, and started saying, These are our flowers, these are our flowers. And then these flowers died, and we are troubled for these dead flowers. We did not come in reality; if we come to reality, then these people are all relatives, and very close relatives, and everyone came into the world thinking that one after another, we will make people understand that this time is coming and in this era, you have to attain self-realization, and only then can you know God. Who hasn't said it? Jesus Christ said, Know Thyself. Who hasn't said this? Until today, if anyone picks up a book and looks, they will be amazed to find that all the great saints, sages, and incarnations, and prophets in the whole world have said the same thing: know yourself, recognize yourself. Now the question arises, how to recognize, how to know? So the same thing is that this is the power within you, it should be awakened and you will be able to attain it as soon as you awaken.

Some of you may also be suffering from some illness. It was told yesterday how the awakening of Kundalini can bring power into your chakras, which can cure your diseases. Now what can I say to you, but you know that only in Delhi city, two doctors in the university have received their MD degrees. Just yesterday, we went to Karnal and there was a gentleman who had never spoken since childhood. He was thirty years old, neither did he listen nor did he speak. He had never uttered a word from his mouth. Then as soon as he started practicing Sahaja Yoga, he began to speak, and now he is taking everyone's name. Here, there are also people whose blood cancer has been cured, many diseases have been cured. But no one has taken a contract, and Sahaja Yoga is not for curing any disease, it is for the awakening of Kundalini. If your Kundalini is awakened, then your diseases will also be cured, and you can never fall ill. If you are properly sitting in Sahaja Yoga and meditating, you cannot have any disease.

Now, after this, how this happens and how it affects our parasympathetic nervous system, all these things you can learn and understand at the center. For this, you don't need to give any money; there is no need to give anything. This knowledge belongs to the Divine, and you cannot pay anything for the Divine knowledge. Nor do you have any responsibility in it in any way. It's your own thing, find it and it's your own possession, understand it, and then immerse yourself in the infinite ocean; and whatever is written in the scriptures, it is proven by this. Pick up any scripture, there is no need to just ask something from the Bhagavad Gita or say, Please prove to us that this was written in the Ramayana or that it was written in it. In reality to understand them also it is very necessary to attain self-realization. Just like in the Gita, five hundred Gitas were written. If there is only one truth, then five hundred commentaries are written; if there is only one truth, then why are five hundred commentaries written? The reason for this is that not everyone's vision is subtle.

Now, take the instance of Gita itself, as people say that Krishna had already said to practice 'Gyan Yoga'. People interpret 'Gyan Yoga' as reading, writing, memorizing books, and knowing a lot. This is not 'Gyan Yoga'; this is actually Bhuddhi Yoga. This Bhuddhi Yoga is what makes a person egoistic. Those who give lectures on the Gita think they are Vyasa Muni himself and speak in such a way that it's astonishing. I feel irritated by them, as if, do not know what they are lording. They seem to be completely unaware, and they also charge a lot of money. Sometimes, they even charge five hundred rupees just for their 'darshan' because they narrate the Gita. But in these Gita discourses, the Gita is not narrated; they just speak nonsense of their own. I will explain it to you now. The meaning of knowledge is to know oneself. The word " (gna) or " (gyaan), both words are said in the same way. What you call " (jna) in the north is called " (jna) in the south; both are the same thing. Even before this, those who were the first disciples of Jesus Christ were called Gnostics. The Gnostics are those who have known, whom Buddha calls 'Buddh' (the enlightened one), meaning one who has known. To know does not mean to know with intelligence. Did these people go to college, university, or school? How did they know? They knew through their veins, they knew within themselves. This knowing is the path of knowledge, that's why Krishna said, you attain the path of knowledge. But Arjuna still asked the question, so he said, Okay, fine, you follow the path of devotion. On the path of devotion, he said, (Pushpam phalam toyam) Whatever flowers, leaves, water you offer me, I will accept, but made him dance, confused, on one word because He is Krishna. Krishna was very diplomatic. They knew that human intelligence is often distorted and works in other way round, so they thought that only a twisted finger would result in getting 'Ghee' of the pot. They kept a word in such a way, they said that if you want to worship, then worship with exclusive devotion.

Now, when we say the word ananya, we mean that we engage in exclusive devotion. Ananya means when your relationship is solely with the Divine, then you become ananya. When there is no one else, when you come into singularity, they said to worship. They didn't talk about any other form of worship before that. But due to not understanding this word ananya, people think that if you chant Hare Rama Hare Krishna day and night, you will attain the Divine. You can never attain them like that. Instead, you might end up getting cancer. I am telling you this. This is because Shri Krishna, who resides in our Vishuddhi Chakra, if we take His name in such a frivolous manner, He is not in our pocket; He is not our servant whom we call upon all the time. Even if you take the name of an ordinary governor, the police will catch you, and the name of the Supreme Divine, who is the highest of all, is taken as if He is sitting in our pocket. As if He is so cheap that we can take His name anytime. And when we take His name in this manner, He becomes displeased, calamities befall us, and people ask, why did this happen, Mother? We do so much, chanted ten lakhs of times, perform this and that. You have no rights. You do not have rights; you are powerless until you attain unity. Therefore, your welfare is not considered. You gain nothing for your goodness, it's just madness. First attain

self-realization, and then with one letter, one letter of the name, the task will be accomplished. In your heart, they sit. With just one letter from them, your work can be done; in your work, completely you will feel as if you have entered the kingdom of the Supreme Being. In this way, all your work will continue to be done. But if you wish to take the name of the Supreme Being, chant their name loudly, do this in their name, build temples, honoring is all nonsense from around the world, if there was any benefit from them, it would have happened by now. Where has it happened? In which corner of the world has it happened?

People engage in various businesses in the name of religion. Tell me, in which corner, in which religion, has humanity benefited? Everywhere there is calamity, poverty, distress. There are so many diseases, so much dissatisfaction, and so many conflicts among the wealthy people. Why is this happening? This is what is to happen in the age of Kalyug; when people begin to understand like this, then people started saying that there is no God, there is no Supreme Being, and there is nothing like that which is God. In this way, many people became ready. Even by saying this, the Supreme Being exists, and it was not just your vision that was needed to know them, it was the vision you need acquire. When you know this, then your path of knowledge will be complete, and only then can you perform devotion. Then, in karma yoga, He has also shown His intelligence. Krishna used to play; he knew that through playfulness you all would be alright, so he played. In karma yoga, he made everyone dance on one word, that whatever action you are doing, do it, but surrender all actions at the feet of the Supreme Being. It cannot happen until you attain self-realization, until then your egoistic feeling that 'I am doing this' cannot go away. It cannot go away because you feel that 'I have done this'. So, then someone may even commit murder and say, 'I have surrendered to the Supreme Being, the Supreme Being has done it, the Supreme Being knows.' Even after doing wrong deeds, one can say, 'I have surrendered to the Supreme Being.' The feeling of ego is still within you, and with the support of that egoistic feeling, you are performing all actions, and you will always say that 'I have done it', this feeling will remain within you. But when the awakening of the Kundalini occurs, when the Agya Chakra opens up, then the Agya Chakra from both sides, (Shri Mataji places both her hands on her head on both sides), you see that inside you, a large heavy balloon-like structure of ego and conditioning is formed. This whole thing gets pulled inside, towards the inside, and the Kundalini rises out from your Brahmarandhra.

So, the actions you have, those which you say, 'I am experiencing the consequences of my actions,' all of those have ended. In animals, there isn't even a concept of karma. A lion, for example, can eat any animal and kill a cow, it can do any act. Any animal, whatever act it does, it is not considered a sin. It is only humans who think about sins and virtues, this is because of their ego, thinking 'I have done this deed, this is a sin, and this is a virtue.' And at the moment when this Kundalini pierces through your Agya Chakra, at that very moment, you will be amazed to see that both these institutions are pulled together, and you become completely clean, and your Kundalini rises from your Brahmarandhra, attaining unity. And that's why I keep telling you repeatedly to forgive everyone and forgive yourself too. This is how the Agya Chakra opens. The Agya Chakra opens through these two things. Its opening is very important. So, in this way, they have said about karma that karma has merged into akarma. Now, when people engage in actions after entering into Sahaja Yoga, what do they say? They say that Mother, this is happening, this is going on, and this is being created.

Look, we once went to America, and someone went with us. When their son came from Honolulu, she started saying, 'Mother, get him the realization.' I said, 'I can't do it.' So she started asking, 'Then what should we do?' I said, 'You do it.' Then she said, 'I can't do it either.' So I said, 'I can't give him a false certificate.' In this, a false certificate cannot be issued; there cannot be a false certificate. In Sahaja Yoga, you have to transcend, and beyond that, you have to evolve. It's not about putting a badge on your head and wandering around saying, 'We are Sahaja Yogis, we are followers of the World Pure Religion,' nothing like that. We have no membership here, nothing. You have to become. Just as a seed has to become a tree, similarly, you also have to become a tree. You cannot simply walk around with labels on yourself saying, 'I am this, I am that, I am a Sahaja Yogi, I have attained this,' these are not things that you can adopt. This has to happen within you, and gradually, the Kundalini makes you and there you have to pay attention when it comes to the question of the awakening of the Kundalini, then I would say that it can happen naturally. But after that, one has to tame it, one has to understand it, and watching its capabilities, observing how it can be utilized. You are amazed to see that you yourself merge into that power, the power starts flowing from within you, and it's so much fun to help people transcend, it's so much fun; that this thing can be learnt in the world so easily.

This kind of work should happen all over India, I told you, but most importantly, I would say it should happen in the city of Delhi because Delhi is the capital of India, isn't it? What happens here? Besides disputes, I haven't seen anything. Every time you ask

about Delhi, this is what comes to mind, every time it comes to mind that they are quarreling, they are quarreling. Fighting in the name of religion is utter foolishness. Religion can never teach quarrels, can it? The Supreme Being is mercy, compassion; how can those who seek refuge in the shelter of the Supreme Being, who is an ocean of compassion, quarrel? Now, in Sahaja Yoga, there are people of all kinds, of all castes, Muslims, Hindus, Christians, people of all kinds, and everyone lives together with love. Such thoughts do not remain because when you find that one element and merge into it, and get immersed in its joy, then the differences disappear, and you feel like a tiny cell in the body of this vast entity. Or say that in this vast ocean, I am just a mere dot, but even that dot is lost, and with that loss, unity arises. I am the ocean itself. It's only when this happens that you'll realize the success of all the efforts you've made so far.

Now, when you return, you will understand what is good, what is bad, what benefited you, what did not, and you will be amazed that in foreign lands where people have forsaken the name of God and in countries like Russia where they did not believe in God, thousands of people, thousands of people have come to Sahaja Yoga. Even the government there has recognized Sahaja Yoga, to the extent that even the ministers there have acknowledged it. And here, despite engaging so much in religious practices, our heads don't seem to understand because there is something strange sitting on top of them, which is not a good thing. Now, this is about your benefit, about your own strength, about your own upliftment, and about the welfare of the entire world, which you understand, grasp with understanding, and get absorbed in.

I hope that next year I will come again, and I will meet all of you here, and we will have an interaction. And I will know who has achieved self-realization today and who hasn't. For everyone, I want to say that you should come to the center. Come to the center, fully understand and enhance your self-realization. Raise it, the way you wish to; and they will make you understand everything well. There are very good Sahaja Yogis here in Delhi. They will explain to you in a very serious way and infuse you with the consciousness that we have been hoping for till now. Infinite blessings to all of you.

Someone had asked for their son, so the response is, send your son's photo to the ashram, and later I will consider it. And if there are any other issues, send them to the ashram one by one. Now that you have entered the kingdom of God, it becomes our duty to resolve all your problems, dilemmas. But the biggest thing is that by realizing yourself, you can fix yourself. Because the water in which you were drowning, you have now risen from that water. Now that you are swimmer, you can jump back into that same water and save thousands. This was a significant state about which people used to say, 'Attain it effortlessly.' Initially, you will experience 'nirvichara samadhi', which is called thoughtless awareness, where you remain alert but thoughts settle within you. And then, another state will come, known as nirvikalpa samadhi, where no options remain within you, and from these waves of consciousness, you can perform various tasks. I hope you all have complete faith in yourselves and perform this task with full conviction, so that it doesn't remain incomplete, like seeds sown but left lying on the roadside. You all are capable of becoming trees, educated or uneducated, young or old, rich or poor, belonging to any caste, religion, or creed, residing anywhere in the world. This can be achieved by all of you. This is the heartfelt plea of a mother to all of you.

Yesterday, I said that the awakening of the Kundalini cannot be forced upon anyone; it can only happen when you ask for it in your own freedom. No one can force it upon you, no pressure can be applied. You must humbly ask, 'Mother, please give us self-realization.' Secondly, there are two conditions for this. The first condition is that you should completely forget your past, what has gone by, the previous time. Completely forget that life, that existence. At this moment, you are here in front of me, in the present. And the mistakes I made, the sins I committed, all those things—please forget them. I tell you, you have committed no sins, you have made no mistakes, and those who tell you otherwise are the real sinners. They have no right to say such things. So please forget these notions and do not think about such things at all. Maintain pride in yourself, hold self-respect. Because you are human, you are a person. You belong to the highest species on Earth, so do not degrade yourself and completely free yourself from these thoughts. At this moment, as you sit in front of me, do not think about the past, and similarly, do not think about the future. Secondly, you must forgive everyone right now, and do not think that forgiveness is difficult or how to do it. When you do not forgive someone, what are you really doing? Nothing at all. It is a false notion; that you can either forgive or not forgive. But when you do not forgive, you play into the wrong hands, and you end up tormenting yourself in the way that others intended to torment you. Therefore, please forgive everyone with your whole heart. You must adhere to these two principles because of the Agnya chakra. This chakra, as I mentioned yesterday, is very narrow, and these two habits are embedded in it. If you could somehow accept my conditions, I earnestly request you to please accept and do it.

Public Program, Ram Lila Maidan Delhi, India 05th April 1990 (Audio-2)

Now, those of you sitting at the front, please remove your shoes and sandals. If you are sitting at the back, you should also do the same. Sit comfortably, as in *Sahaja Asana*. Sit in a relaxed manner—make sure not to tilt your neck too far back or forward, and do not slouch. Sit upright and relaxed. Now you need to place your left hand towards me. This indicates your desire to attain self-realization. The right hand will be used for action. With it, we will work on different chakras entirely on the left side, and we need to nourish and cultivate them in this way. This will make the awakening of the Kundalini easier, and you will be able to understand it further. Now, without any doubts, please place your left hand towards me. First, you should see how to place your hand on the different chakras, which will be shown to you. Alright, now place your left hand towards me, and put your right hand on your heart. The spirit resides in the heart; it is the reflection of the Supreme Spirit within us. But its seat, the place where it resides, is at the Brahmaṇḍa, here at the fontanel, where there was a very small, soft bone during infancy, the fontanel. Now place your right hand on your heart. This is the seat of your spirit. After that, place your right hand on the upper part of your abdomen; this is the Guru Principle. Many 'Sd Gurus' have established this Guru Principle for us, and it is essential for it to be awakened, so that you yourself become your own guru. You now place your right hand on the lower part of your abdomen, pressing on the left side. This chakra is the center of pure desire, the chakra of pure knowledge, from which pure desire is awakened. Through pure knowledge, you can understand the laws of the Divine, because the Chaitanya (divine vibrations) will begin to flow from your hands, and as this Chaitanya flows, you will experience within yourself what is good and what is bad. All this knowledge, you can know and utilize through this chakra; it is the center of pure knowledge. Press it with your right hand; it is on the lower left side of the abdomen. Then, raise your hand and place it on the upper part of the abdomen, and then raise your hand again and place it on your heart. Now place your hand on the angle between your neck and shoulder, as far back as you can. Turn your head to the right, as far as you can. This Chakra that you have pressed here results in many troubles, if it becomes imbalanced. This chakra gets disrupted when you consider yourself guilty and think, 'I shouldn't have made this mistake; it's my fault; I committed this sin.' All such self-deprecating thoughts damage this chakra, leading to various problems such as angina, spondylitis, and other issues. Therefore, by turning your head to the other side, you must say, 'I am not guilty.' Now, place this hand horizontally across your forehead, on what is called the forehead or brow, and press both sides with your head bent down, as you would when you have a headache. This chakra gets affected when you do not ask for forgiveness, when you do not forgive, and when you keep thinking the same troubling thoughts. These problems get resolved as soon as this chakra opens up. Therefore, you need to forgive everyone here, without thinking about whom to forgive or what to do. Now, move this hand to the back of your head and lift your head upward completely. Without counting on your mistakes or considering yourself guilty, you should ask for forgiveness from the Supreme Chaitanya for any mistakes you might have committed, knowingly or unknowingly. Now you will have to press the palm of this hand, and the area between it, the palm and what we call the fontanel, which is a soft bone in childhood, place it evenly on the fontanel, pull your fingers outward, apply pressure, and bow your head completely. Now, pressing it and rotating it like the hands of a clock seven times, please rotate it seven times. Rotate it as if you are turning the hands of a clock, pulling your fingers outward, applying full pressure, and bowing your head slightly; this is a very important process, so do not do it lightly. Now, simply remove your hand. That's all you need to do. Now, you need to close your eyes and also remove your glasses until I say so. Please do not open your eyes until I tell you to. If you are wearing a necklace around your neck, remove it, not for women, but those who wear certain necklaces, some wear dirty threads, and remove them all. If your waist is tight, loosen it a bit, that's good. Now, close your eyes, left hand towards me, and right hand on your heart, on your heart. Now, here with me, ask me a question three times. This is very important, as I mentioned at the beginning, that a big truth about you is that you are a pure soul. So please ask a question here very importantly, 'Shri Mata Ji, am I a pure soul, Shri Mata Ji, am I a pure soul,' you may either say 'Mother' or may say Shri Mata Ji. Say, 'Mother, am I a pure soul,' ask this question. Now, place your right hand on the upper part of the abdomen, pressing on the left side, this is the chakra of the Guru principle, if you are a soul then you become your own guru because in the light of the soul you understand everything. So ask this question three times again, "Shri Mata Ji, am I my own guru, Shri Mata Ji, am I my own guru," ask this. All this happens only by the grace of the 'Great Gurus' and the 'Sd Gurus'. As I already told you, this cannot be forced upon you, pure knowledge cannot be imposed upon you, so now place your right hand on the lower part of the abdomen, pressing on the left side. This is the chakra of pure knowledge, the chakra of 'Maha Vidya'; I cannot force anything upon you here, so you will have to say six times, "Shri Mata Ji, please give me pure knowledge." You have to say this six times because there are six petals in this chakra. As soon as you said that you want

pure knowledge, the awakening of Kundalini began, and Kundalini started rising upwards. Now you need to activate the upper chakras as well, manipulate them so that Kundalini rises properly upwards. Now place your right hand on the upper part of the abdomen and press it, place the right hand on the upper part of the abdomen on the left-hand side, and here, to fully assist these chakras, with full self-confidence, say ten times, "Shri Mata Ji, I am my own guru," say it with full self-confidence. You don't need to count your mistakes, you don't need to look down at yourself at this moment. With full confidence, say ten times, "Shri Mata Ji, I am my own guru." I have told you a great truth about yourself that you are not these body, intellect, mind, ego, etc., you are pure consciousness, and this is the truth. So please, with full confidence, place your right hand on your heart and with complete faith, with full self-belief, say twelve times, "Shri Mata Ji, I am pure soul, Shri Mata Ji, I am pure soul." Please say this twelve times. Now, understand one thing that the divine consciousness is an ocean of knowledge and love, it is an ocean of peace and joy, but above all, it is an ocean of forgiveness. Therefore, no matter what mistake you make, this ocean of forgiveness can absorb it within itself. So, place the angle between your right hand, neck, and shoulder, and turn your head to the right side. Here, with full self-belief, say, "Shri Mata Ji, I am absolutely not guilty, please say it sixteen times that I am absolutely not guilty, I have not committed any fault, I am completely innocent say it because this chakra is catching strongly onto all of you. I've told you before that many people say forgiving others is very difficult, but whether you forgive or not, you do nothing; you only torment yourself by falling into this myth. When you don't forgive someone, and the person who wants to torment you, it is you who torment yourself. So now, place your right hand on your forehead, on your forehead, and bow your head, press it from both sides, and press it, and say this with all your heart, say with all your heart that "Mother, I have forgiven everyone." Say it from your whole heart, forget all your pain, troubles, whatever you have endured, forget it all, and do not remember anyone completely, forgive everyone together. Now, place your right hand behind your head, and lift your neck as much as possible. Here, without counting your mistakes, without in any way lowering yourself, say with a full heart for your own resolution that, "O Supreme Consciousness, if I have made any mistake knowingly or unknowingly, please forgive me." Say it from your full heart, say it numerous times. From your full heart, lift your neck completely upwards towards the sky. Now fully open your palm and place the middle part of your palm, which was a soft bone in childhood, a sleek bone, exactly on the talu, and bow your head. Bowing your head, press your hand firmly, put good pressure with your hand, press it well, and pull your fingers outward so that the pressure feels good. Now rotate this hand seven times very slowly, like the hand of a clock, but exert force, this is a very important process. But here also, I cannot force you, so please, while rotating it, say it seven times with force, "Shri Mataji, please give me self-realization", it cannot be forced, "Shri Mataji, please give me self-realization." Please say it seven times, press firmly, and pull it completely backward with force. Later, you will say, "I did not get self-realization." Now, bring your hands down and slowly open your eyes. Keep both hands like this, slowly open your eyes. In this way, both hands should be facing me and watch in thoughtlessness, watch in thoughtlessness, without any thoughts. Now, you put your right hand towards me like this, and bend your head, and with the left hand, look at this chakra, not too close, not touching, but from a distance, note that you feel any cool breeze on top of your head, do you? Now, the left hand towards me. Now, bend your head, and now, with the right hand, see if there is any cool breeze coming from your fontanel? Now place the left hand towards me again. Now, after bending the head again, see with the right hand if there is any cool breeze coming from inside it, or maybe warmth is coming. No harm if warmth is coming; whether it's cool now or later. Now, both hands towards the sky, and bend your head backwards, and ask a question: "Shri Mataji, is this the supreme consciousness? Shri Mataji, is this the divine power of the Supreme Being? Shri Mataji, is this the desire power of the all-pervading subtle Supreme Being? Ask any of these questions three times: "Is it the spirit? This is the supreme consciousness." Now, both hands down. Those who have felt cool breeze from their fontanel or both hands, all of them raise their hands. Everyone raise both hands. Today, everyone has transcended. There are very few of you who haven't. You have our infinite blessings, infinite blessings to all of you. Now that you've found this, you must continue to progress, not let it go. Consider this self-realization as your own, embrace it, and derive full benefit from it. May the Divine grant you wisdom? This is our blessing for you. If you have any troubles, any difficulties, you can write to us, and we will always be with you. You will come to our center, where you will be fully guided on how to progress further. We don't live in grandeur; our center is also quite ordinary. You should consider it as Mother's home and accept everything there with love. You all come with love, and everything will be explained to you with love, which you should accept. I hope that when I come next year, you all will have grown and progressed like tall trees.

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

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The people of Kolkata, I am very happy to see your progress. I know that there are many deep seekers in this city. But they do not know as yet that the time has come, where they can get what they have been searching for. You people should go to them and look for such people who are seeking the truth. That is why it is important that we should expand and spread ourselves in all directions. Along with that we should also increase our own Powers. We should change our lives also. We should also make our lives enlightened like a lamp that is always emitting light, on seeing which people should recognize – ‘this person is someone special’, ‘there is some greatness about this person’. Not just that but when you use your Powers, people will understand that these people don’t just talk but can also do whatever they say. For this, I will say that meditation and contemplation is very important.

Kolkata is a very busy city and people get engrossed in this busyness. They find very little time. This time, which we have tied on our hands like a watch is meant for our own ascent and for our progress within. If we have to grow on the inside, if we have to know ourselves from within it is important that we meditate for a sometime every day. Those people who meditate in the evening for some time and also in the morning and those who don’t meditate, a lot of difference is seen in them. Especially people who do a lot of work externally for Sahaja Yoga, go here and there, talk to people, give lectures, make others understand; in such people the Divine energy slowly gets depleted. That is why it is even more important and necessary that such people should meditate every day.

There is nothing special to be done for meditation. Before going to sleep, meditate for some time and in the morning after you bathe meditate for some time. This itself is enough. But when you meditate, how do you recognize whether your meditation was done properly? During meditation you should first establish thoughtless awareness. At that moment you should keep saying ‘not this’, ‘not this’ or ‘neti’, ‘heti’ – like this you should turn away your thoughts. By doing this and by taking two breaths, after the first breath you will become thoughtless. You should keep the photo in front and light a candle in front of the Photograph. Put your feet in salt water and sit in front of it. When you become thoughtless and vibrations start flowing in both hands then wipe your feet, place it on the ground and go into meditation. Go deep into meditation. If you start getting thoughts again, you can say, ‘not this’ ‘not this’ or say ‘kshma’, ‘kshma’ [I forgive, I forgive]. The word ‘kshma’ [I forgive] is very important. Just by staying this your thoughts can stop.

When there is no peace how can you have growth? Supposing there is an earthquake, how can a tree cannot grow when it’s shaky? So similarly when a person is stuck in ‘earthquake’ [disturbance of thoughts] then his progress is impossible. That is why it is important to establish the peace within. For that also there are one or two mantras which you can say, which will first establish the peace within. After a while you will be surprised, that you need not do so much exercise. You will become thoughtless at once. On becoming thoughtless you will reach the state which we call as thoughtless awareness.

Normally, even while walking on the road, effortlessly you will become thoughtless. When you see some beautiful thing or something artistic, you will become thoughtless. Slowly this habit will grow and as you become more and more thoughtless, your inner progress takes place. Meaning you have reached a new threshold but you have to still enter another threshold and have to know yourself. That is why it is important that you go deeper in meditation.

One more way to recognize is that when you get up from meditation, you do not feel like getting up, you feel like sitting in

meditation a little longer. You will feel – ‘right now I am enjoying, will continue for some more time’. After meditation if you can take your attention to other things like – ‘I have to eat’, or ‘have to sleep’, or ‘have to go out’, anything, then know that you have not been in a state of meditation. Because to come out of the state of meditation is a little difficult. In this way you will slowly progress within and when you do any work outside you will feel that your Power does not diminish, but on the contrary it increases.

Many times it has been seen that people after getting Realization immediately start giving Realization to others, then they get caught up. Actually there is nothing like catches. It is like in a barometer or in an instrument you can tell where the smoke is, where the light is. In the same way you can know everything within yourself. If you are getting caught up or facing difficulties, then it is better that you progress alone for some time. An attitude of non-expectancy should be there. A detachment should come in. Then you will not get catches. No matter how many people you give Realization to, whatever work you do, cure any ailments, it will have no effect on you. But without achieving detached state, if you give to others, you can get into trouble. The second thing is that you people are now Realized souls. You attained very high state, which is reached only after great difficulties.

You will find some people have just come into Sahaja Yoga. You should not say aggressive things to them. You should win them over with your love, patience, understanding. And If possible you can make some arrangement for food and drink, by which they may not think you are so terrifying. Like saints and sages always have a stick in their hands, you should not be like that. They should feel that they have reached a place where all are like brothers and sisters, near and dear ones. By this only people will stay in Sahaja Yoga.

I have seen that one or two who come into Sahaja Yoga, start disciplining others – ‘don’t stand here’, or ‘don’t stand there’, ‘don’t do this or that’ etc. Especially in Sahaja Yoga there is no need to discipline. Because your Spirit emits light. In that light you yourself can see, ‘I had so much of ego’, ‘I used to behave inappropriately’, ‘so many things were wrong with me’. You gradually know yourself and start laughing at yourself – ‘I was so mad, such an enormous ocean of joy was here, what was I doing leaving all this?’ Just as you slowly disciplined yourself and progressed, others also will progress slowly.

What is greater discipline than the enlightenment of the Spirit? The light of the Spirit will guide you as to how you have to live, how you have to behave. This light shines on your behavior and the behavior of others also. It’s like you see your reflection. You witness - ‘I have such and such problem, all this is useless and needs to be thrown away’.

For example – if there is a stain on this saree and we cannot see it, we will not acknowledge it. But as soon as we see it we wish to clean it. In the same way you just need to witness yourself. You have to reach that stage. In Sahaja Yoga there is a state where we can say that - one becomes the witness. Being in witness means you just see, you don’t think about it. There should be no reaction of it within you.

Like when I came here I saw that there are beautiful decorations here. I only watched it. The person who made this, who decorated the place has put in their love and joy. So the ‘nirakaar’ [formless] joy has again taken a form and again becomes formless and you will feel the flow of joy within you. As soon as you see this you are flooded by it. So watch it without reaction. Meaning when you see something, there should be no reaction in you. Just witnessing it without any reaction is the most joy giving thing. There is nothing more joy giving than this. Just by seeing you will be flooded with joy. That you do not react to it.

For example: a beautiful carpet has been spread out here. When we are using it, if it is yours then you think about it, ‘it is mine, hope it does not get burnt, or spoilt’. If it is not yours half your problem will be solved – ‘whosoever it belongs to, they will take care’. Or if it is someone else’s then you start thinking, ‘what could be the cost?’, ‘at what cost was it purchased?’, ‘where did they get so much of money from?’ many such thoughts also can come. Or ‘if I want to buy it, where to buy it from?’ So on and so forth, you keep getting thoughts. If you keep getting thoughts, then these thoughts will pile up like a mountain and you will not feel the joy of the person who made it.

In thoughtlessness your mind should be placid and thoughtless like a lake which is placid, with not a single wave in it. In that

calm, whatever is the nature's beautiful creation that is surrounding it, is completely reflected and seen clearly. Your mind should be like that. Once you become calm, you will be surprised, 'I have never seen anything like this'. 'So much of joy in everything, I have never seen, 'so much of joy in every person, I have never seen or known'.

This happened in Kolkata. When I was going to America for the first time, we were staying at a hotel. There a seeker came to meet Me and fell at My Feet. He got his Realization at once and lot of flow of vibrations. Other Sahaja Yogis with Me, who were in the next room, came running to My room. I asked, "What happened?" They said, "We don't know, we felt so much of vibrations coming from Mother's room. We thought – what happened?" We can say he was a great man. A great seeker of God, he just came to My feet, nothing else. Whatever took place internally in that person, it alerted everyone 'Why so much of vibrations?' as if a Puja is being performed. This was a kind of Puja from his heart. All those who came in, hugged him. They don't know him, they don't know his name – 'who is he?', 'where has he come from?', 'why did he come?' Nothing they knew. They just hugged him and all felt the joy. Like rose flowers are being showered. I was surprised! "You people didn't ask – 'who are you, how did you come here?'" That's how you will feel when you meet other Sahaja Yogis, you will feel that you have met yourself.

About this, I will tell you the incident with Namdev. Namdev was a poet and a great seeker, we can say He was a Realized soul of a high level. He was a tailor. There was another saint Gora Kumhaar [potter], because he was a potter. One was a tailor and another a potter. He [Namdev] went to meet the potter. There he was mashing clay with his feet. He was preparing the clay to make an item. As soon as Namdev saw Him [Gora Kumhaar], He [Namdev] stood in astonishment. Gora Kumhaar asked him, "What are you seeing?" He recited a verse in Marathi meaning – 'I had come here to see Nirgun [formless], but here the formless – the Chaitanya [Divine vibrations], is in sakaar [form]. The entire formless is in your form'. This kind of feeling, this kind of understanding, only one saint can feel for another saint.

Till now man only lived with hatred and jealousy. But when he becomes a Sahaja Yogi, then he feels that the formless which he knew has taken form in the other person - a Sahaja Yogi. He held Gora Khumhaar in such high esteem and He was meeting Him for the first time. In this way love for each other becomes very subtle, very deep and very joy giving. Whenever you meet a Sahaja Yogi, your heart becomes joyful.

Similarly there in another incident – there was a Sahaja Yogini who had travelled to a far off place – Sicily. She was from Switzerland. One more Sahaja Yogini who had gone from Italy was also there. Sitting in the hotel they were attracted to each other's presence. One of them approached the other.

"Are you a Realized Soul?" She asked all of a sudden, nobody asks others such things. The other one said, "Yes".

"Did Shri Mataji give you Self Realization?"

"Yes"

"Even Me"

Both of them joyfully hugged each other and had tears of joy.

"I recognized you from such a long distance"

"I had also recognized you"

"How did you recognize me?"

"I don't know, just felt it from within that you are a Realized soul, you are a Sahaja Yogini. I was looking at you and you walked over to me."

Both of them had some problems that they were alone in that place and all the problems vanished.

That is why you need to understand that we are connected to each other with a very delicate but a very strong thread and there is nothing greater than love for one another.

But many people still think of 'my son', 'my sister', 'my brother', 'my house', etc. This attachment should be cut away, it should be completely lessened. You should reduce the attachments completely, slowly you can reduce. Once this goes, you will be surprised a lot of joy will come within. This feeling goes away 'someone mine is there'. This feeling takes you away from the Spirit.

Let Me tell you how? Like – 'my eyes', 'my hands', 'my legs', this feeling of 'mine'; but 'who am I'? I am the Spirit. Nothing is mine. 'I' is standing separately by itself. We cannot say, 'this is my Spirit'. If someone says, 'this is my Spirit', you should understand they are not Sahaja Yogis. The Spirit stands alone - untouched. It does not have anything 'mine'. Its relationship is only with God. And with you its relationship is like the sap flowing through a tree. The sap flowing through the tree goes everywhere and nourishes everything. It will go to leaves, to the tree, to the branches, and also to the flowers and to the fruits and returns. It nourishes everything but does not stick to anything. If it sticks to one place, 'this flower is nice, I should stay here'. If it is stuck there then the tree will die and so will the flower.

This is the end of love. That is why you should take leave from 'mine'. As soon as you give this up, you will be surprised that you were just a dot, a drop and from a drop you become the ocean. That which binds you, you will break the boundaries and become unbound [boundary less]. There is joy in this abundance because you will rise and fall with the ocean and will be tossed around in a joyful manner.

Then you do not worry about what will happen in the future, what has transpired in the past? You will be in joyful state. In this way man can live in the present. It's very important to give up the feeling of 'mine', the feeling of attachment. When the attachment is broken, a great movement takes place within you. In that movement you become extremely powerful. And that Power is what works. It is going to do a very big job in collectivity and the salvation of mankind can also be accomplished by this Power. How many ever such drops are there – they need to join to become the ocean.

A new age has started. In Sahaja Yoga also a new age is starting today, even in Kolkata it is starting. It has started at other places also. It is a very big movement where our questions are not there. Now for us our own concerns don't remain, but question of others becomes our concern. The question of the world rests on us, for that we need the strength, magnanimity, a height where you can see the problems of others and find solutions for them. All that responsibility lies on your shoulders. You understand that Sahaja Yogis have a huge responsibility. It's not only that you take advantage of Sahaja Yoga, you adorn, grow in it, you enjoy it, but it has to reach every house and everyone should get Sahaja Yoga and should get the joy. In doing this job if you show any type of weakness or laxity then you will be held responsible. And it will be very wrong.

So that is why people who are settled in Sahaja Yoga should stand up strong like a tree. I hope that by next year Sahaja Yoga will work out in a very big way in Kolkata. More than the entire India, I have a lot of hopes on Kolkata. I can't tell you just now the reason for it, but I will share with you someday why I feel Kolkata is a very great place. I know that the core of entire India is in Kolkata. That is why it is necessary that you people should stand up with the understanding that Kolkata is the back support and come forward and progress, and also make others progress and make your personality great. Whenever you get thoughts such as 'my son is like this', 'my daughter is like this', 'this is my house', you should say [to the thoughts] 'you stay away, my personality is much greater and all this doesn't fit into my personality'. Only then you will you become great. And we need such great people in this new movement, and the preparedness must be complete for that.

All of you have a great year. This is a very important year. In Kolkata many people will come in Sahaja Yoga, you take care of them. Treat them with love, with respect and understanding. Sometimes they are aggressive, something they say some wrong things. One major problem is everyone here is harried. They are troubled because they are stuck in some or the other web.

In Russia it was very easy as they have no Dharma, no gurus or cults, nothing. They were like what you can call 'a clean plate', so to say. So it was very easy to give them Realization. Here everyone is like, 'I belong to this group', or 'I belong that group', 'so and so is my guru'. You are not your own. So you have to speak to them with great understanding.

Then the other disease here is they go for 'darshan' (audience with) of the guru. What I don't understand is the duty of the guru is not to give 'darshan' (audience). For 'darshan' there are Incarnations. Go to the temples and have a 'darshan'. The work of the Guru is to enlighten people, to awaken them. Till he does not impart knowledge how is he a guru? Guru means one who gives knowledge.

If they don't impart knowledge, what is the use of 'darshan'? 'That guru made me suffer', 'this guru made me suffer'. All tortured people are here, but no one with knowledge. Knowledge means which you know on your central nervous system and where you can feel the All Pervading Power. If he has not given this, then to be stuck on such things is also a way to destroy yourself.

You all were very great seekers and so you attained Realization. In the same way you should also give this blessings to other people, make them happy. Whatever is of low quality in us, is our own. It is there in the individual and also in the collective it is lacking. We should look at these drawbacks.

If is very surprising. When someone comes into Sahaja Yoga, if he belongs to Christianity he will tell you the drawbacks of Christianity. He will laugh at it saying, "We did a lot, spent a lot of money, gave money to the Pope also but it was of no use". And many people are blindly following Christianity. Then if you ask a Muslim, even they say.

Just yesterday I met a Muslim who had come from Iran. He was telling all the ridiculous things they do which did not benefit them. He went to Hajj, everything is commercialized. Then again if you ask a Hindu he will also tell the same – "We went to the temples, went to Himalayas, roamed everywhere and still did not get anything". Similarly Jains also tell the same story. Everyone will have the same story that they went to a lot of people and it was of no use, 'why is it so Mother?'

The reason is that these are manmade Dharmas. The ones who found these Dharmas are no more. The Dharma that you people have to follow is the real Dharma. There should be no artificiality in it. If man has made a religion it is bound to go wrong, because so far he has not got connected to God. Man has taken the real religion and put it on the wrong path. But now you people have to establish the 'Vishwa Dharma' [World Religion]. There should be no human faults in it. Because it is Divine and you all have attained Self-Realization. So with honesty you should make it pure, pure religion and it should be within. Not outwardly.

That way when every person will see that what he has got is the truth. Then whichever religion he belonged to before, he will get the essence of it in Sahaja Yoga. He will realize that he did not achieve anything by following his religion because it was man made but in this we have awakened the religion within us. Because when you follow any man made religion, then you can commit any sin in the name of that religion; there is no binding. You may murder someone, steal somethings, destroy someone, steal from someone - anything you want. But after coming to Sahaja Yoga you yourself become Dharmic and cannot do anything wrong. You can only think of the benevolence of all not negative. This means that the Dharma has been awakened in you.

But with new people, talk to them very carefully or they may feel that they are being aggressed. So you should make them understand very carefully that we have to awaken the Dharma within us. Till the Dharma is awakened within us, whatever anyone has told cannot be imbibed by us. Like Christ said something, till the time it happens within us – for example Issah Masih [Jesus Christ] said, "Thou shalt not have adulterous eyes". Our eyes should be 'niranjan' [pure – without any impurities]. But how many Christian have pure sight? In the same way great saints spoke great things. But those things are not followed, just the opposite is followed.

It means that people have gone down the wrong path. But no need to tell anyone anything. So by understanding them, gradually,

as they are coming from darkness to light. If they are in the darkness, whatever you tell them, they will not believe. That's why gradually by making them understand, by first giving them the experience, make them experience and take them out of misunderstanding and make them settled in this Dharma. 'Dharma Dhariati sa Dharma' – Dharma that is established in you in the real Dharma. Till the time it is not established, till it is all just outside talks then it is completely useless, waste of energy. There is no meaning in this.

This is the reason many say that 'talk of Dharma is all falsehood', 'God is falsehood'. Nothing like that. It is all true. But only the people who are on the path of truth can find God. From wherever anyone comes, accept them, because there are many seekers of truth among them. They do know that their path is alright. But they also know from within that there is more to this from where you can be enlightened.

Now that you have got the light, what is the job of a light? Its job is to give the light. Till the time the lamp is not lit, you have to do a lot of cleaning and put in a lot of effort. Once the lamp is lit then what is the work of the lamp? To give light. What is your work? It is to spread the Light that you have got. This should be done with complete confidence. There is no need to be scared. There is nothing to fear. I have seen that small children are full of confidence. They are so confident that they don't bother about anyone. They say whatever they think is right. But when we grow up, our brains get filled with many other things and we find it difficult to come out of it. We become conditioned. So we must work with understanding, with maturity.

We should talk to everyone with magnanimity, not thinking that we have to correct this person. But with open mindedness. Having the view of a father / mother, you should speak to others. You should give love. Because this is the Power of Love which you have to attain.

I bless you all.

Till now the Puja of Adi Shakti has not been performed. So I am thinking that in Kolkata, we should perform the Puja of Adi Shakti for the first time.

Now I will have to tell you about Adi Shakti. All the Shaktis have arisen from The Adi Shakti. The three Powers – Mahakali, Mahalakshmi, Mahasaraswati have originated from Adi Shakti and are also absorbed back into Her. Without Adi Shakti, this work is not possible. This is the job of Adi Shakti and only She can do it. Because She has supremacy over all chakras and She is the one who establishes a connection with these chakras. Like all the permutations and combinations are managed by Her. She knows the subtlest of the subtle.

If you look at any Incarnations Who came on this Earth, They are complete in a way that They are a milestone in our ladder of evolution. But They all had one type of work to do. They performed only one type of work. Like the work of the Goddess was to kill the Rakshasas and save the devotees. That is why Shri Krishna arranged this play – that all this is a play. There is no need to be so serious about it. It is all a play. That is why 'Leeladhar' [one of the names of Shri Krishna] came on this Earth to overcome the seriousness set by Shri Rama. He did everything with sweetness. He explained all our faults in a sweet and roundabout way. It is said that if you can't take out the pudding straight with a straight finger, you should bend your finger.

We can say that He did everything in a roundabout way, not straight forward, to break our illusion. The work of Krishna was very round about, adding a bit of sweetness, He would say things. His was a very beautiful Incarnation.

After Him were Mahavira and Buddha, Their's also was serious Incarnations. They told everything with seriousness. They spoke of oneness of the Spirit and the knowledge of the Whole. Like In Sahaja Yoga we speak of integration of the Spirit, of collective consciousness, they also said the same. All this created a serious atmosphere and hence ordinary people were not attracted to it. Those who were attracted were very serious kind. They built Monasteries – like monasteries of Buddha. They made day to day living very difficult. People created all this, neither Buddha nor Mahavira had said so. They told them to imbibe certain things. People made it complicated, made it materialistic and did what was not told. They built temples, built mosques and changed everything.

Till the human kind does not get Self-Realization till then they cannot follow a straight path. After Lord Jesus Christ also Gnostics came in, we can say that they had achieved Self-Realization. But after that the ordinary people who came in established a religion based on Paul's teachings because of which everything went wrong.

In this way in every religion things went wrong, that is why religion became difficult and incomprehensible. Then people started to feel that you sing some bhajans, sing devotional songs, visit temples. That is all that is there and nothing beyond that. Even the people in modern times wrote wrong things about the Kundalini.

Now the question arose how to tell mankind that God exists and Truth exists and it is in the form of the Spirit? So it was necessary for the Adi Shakti, to Incarnate. Because only She can do this work. She knows each and every chakra, knows how they work. She had to come amongst mankind and take the birth as a human being by which She could understand what are problems and faults in human beings. And what should be done to remove those faults? How can the Kundalini be awakened despite all these faults? How to awaken the Kundalini through the Brahma Nadi by which humans can see. Achieve Realization first and with the light they see themselves and understand themselves. And by watching themselves they get the Power which will correct their faults.

This Job was such that all the Gods and Goddesses, all the Incarnations and great saints had to come in to the bodily form of the Adi Shakti Who had to Incarnate. And that is why this Incarnation has taken place because the entire world has to evolve.

The Divine who has made this Universe, who has created this Universe would never want that His creation be destroyed at the hands of humans. And that is why this work is so tremendous.

It is not that we can say, "Alright now we will take a Sudarshan Chakra and cut off everyone's head". It cannot be that one needs to be crucified. Or neither just talk about it and leave. In this, man will have to grow and make others grow. This takes a lot of hard work which only a Mother can do. Only Her Shakti [Power] can do. Without Her patience, Her love and Her understanding, this cannot be achieved.

Hence this Incarnation is very great. Today there is such an opportunity that it is the day of Purnima [full moon day]. So it is better that you imbibe the Powers of Shri Adi Shakti. Once you get that, there is nothing more to be said. Everything takes place by itself. As you know that there is a big reason for the Mahamaya form of Adi Shakti. If She was not Mahamaya then you cannot know Her at all. In reality, only because the form is of Mahamaya, you can come near Me. Otherwise you cannot approach Me. You will run away. You will think, "She is the Shakti, how can I go near Her? How can we touch Her feet? How can we talk to Her?" By taking the form of Mahamaya all this has become mild.

And because of this mildness in Her form we are all one today. It was necessary that I remain in this form of Mahamaya and you all should get everything and not get lost. Because all those who achieved it got lost in the ocean. Like Kabir said, "Jab mast hue phir kya bole?" ['what is there to say when you are in bliss?'].

The state is not to get lost but to be awakened and awaken everyone. I will not allow you to get lost. No one can get completely lost in this bliss. I will not let you remain peaceful till the time you spread this awakening – joy, not get lost in it. Only then you will understand what work needs to be done.

Your job is in a way greater than the saints and sages. The saints and sages did not give Realization to anyone. They gave lectures, tried to make people understand. Your job is that you have to awaken the Kundalini in people and make them Self-Realized and resurrect them. The evolution of the entire world has to take place. This is an extremely important and Divine job. And for this the Adi Shakti Herself had to come.

This work has been started by the Advent of Adi Shakti and is happening in a very beautiful way. I hope you people will

understand this.

We are able to see lots of proof by miraculous photographs. Such wonderful things are being captured in the photograph. Even the complete opening of the lotus of My Sahasrara has been captured. I shall send them to you.

But these should not be shown to non-Sahaja Yogis, because they will not believe it. You people see this and realize that this work has been done by the Parama Chaitanya. Many more such photographs may be made by the Parama Chaitanya. With an ordinary camera, which is not powerful, such photos are appearing. When so much of light is seen on top of My head, why was it not seen by anyone? Why was it captured only by the camera? You should try to understand this.

For you I am Mahamaya but maybe for the cameras I am not. They recognize Me. The atomic cells of the camera know Me and capture Me.

I have to tell you, God has given you the free will. The other objects don't have that freedom. They move only through His will. Even the animals don't have the freedom, they are also under the control of God.

You have the freedom, and that freedom should not be hampered, that is why She is in the form of Mahamaya. In your freedom, you should not face any problems. You should not feel, "Who is She? Who is She to tell us"? I am just like you in every way. If you see Me you will not see anything special about Me. My behavior is just like you people.

Today we have talked about the Adi Shakti, and may this puja be fulfilled.

1990-0411, Public Program Day 2

View [online](#).

11 April 1990

Public Program

Kolkata (India)

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

I told you yesterday that truth is fixed in its place. No one can change it. We just have to know the truth and achieve it. Until we have experienced the truth, it is a big mistake to accept anything as the proof of truth. Many people have their own convictions that, "This saying of mine is true, and that saying of mine is the truth. This religion is true, and that religion is true". In this manner, we fight among ourselves, in the name of truth, but the truth is absolute.

So, if the truth is absolute, and we have to know that absolute truth, then what is the need for fighting? There can be no fight because everyone knows the same truth. For example, I am standing here. Everyone watching sees that I am standing here. Now, no one can fight over the subject that I am not standing here. Everyone knows that I am standing here. Likewise, whatever is the truth should be the same for everyone. If it is not the same, then it is not the truth. Yesterday I explained to you that there can be one of the many aspects of truth, but that cannot be the complete truth.

Today, we will try to know about the great truth which is hidden inside us, which is known as the spirit. And, the Kundalini, which enlightens this spirit in our attention, is situated in the triangular bone. This is present in three and a half coils. This is called Kundalini because kundal means coil. You should not pay attention to whatever has been mentioned about Kundalini in modern books. In reality, the Kundalini cannot harm anyone. As I explained yesterday, and you all witnessed, the Kundalini was awakened in many people, and many others experienced the subtle creation, which we call Paramchaitanya, or vibrations. This was felt on their central nervous systems.

Whatever we have achieved in our evolution, we can sense that on our central nervous systems. For example, supposing we take an animal like a horse through a dirty lane, it will not mind the dirt and will go through the lane without any difficulty. But if a human being is asked to do the same thing he cannot do it because there is a new awareness inside him, because of which he can see the dirt, understand it and feel revulsion for it. Likewise, when this awareness becomes very strong in us and the true religion is established inside us, not outside, but inside us, without the social pressure, and without using our mind, without any institution, when this religion gets established, then a person can never do anything wrong, just like ascetics never do anything wrong.

Yesterday, I told you about the six chakras. As you can see, they are situated above the Kundalini, and there is one chakra below the Kundalini which is known as Mooladhar Chakra, and the Kundalini is sitting inside the triangular bone inside Mooladhar. So, Mooladhar and Mooladhar Chakra are two different things. When the Kundalini awakens, then a royal unity of consciousness takes place inside us; not outside, but inside us. Like, when a motor starts, the whole machinery automatically starts working. In the same way, when the Kundalini awakens and passes through a chakra, that chakra automatically tightens around the Kundalini so that it doesn't come down. And when the Kundalini moves forward to the next chakra, the same thing happens there, also to stop the Kundalini from falling down. This is "royal union" or "Raj Yog". And when Kundalini comes to Vishuddhi Chakra, your tongue gets pulled a little inside, because of this tightening of Kundalini, so that it doesn't fall below Vishuddhi.

But this doesn't mean that you start rotating the wheel before starting the motor. All these modern and man-made yogas of today are only of this type. When I went to Kavikotiya, I noticed that some of the very good doctors from India had cut their tongues, and they were hanging out a little bit. I asked them, "What have you done to yourselves?" They replied, "We have done this to do khechari, a yog mudra. Khechari takes place when there is a contraction in the Vishuddhi Chakra around the Kundalini." I said, "What is the use of doing this kind of khechari, which is from the exterior?" They replied, "We put our tongues down our throats and try to stop the Kundalini." "But what are you trying to stop, when there is no Kundalini?"

So, the modern Raj Yog is very artificial. I can say the same thing about Hath Yog. Hath Yog also should be done only when your Kundalini is awakened; meaning, when the Kundalini is passing through a particular chakra, and if there is some physical ailment in that chakra, only then should asanas be done. In Hath Yog there is Ashtang, which has very little Vyayam or exercise. But we do it as if we are taking all the medicines for one disease. The same is the case for Pranayam. You always asked Me about Pranayam. We also do that in the wrong way. When our Kundalini rises and if our right channel is weak, in that case we can do Pranayam, but very carefully, considering it as a science. But if you are doing Pranayam unnecessarily, then it is possible that you will end up with many diseases and you may become very sluggish; so sluggish that you may be devoid of all feelings, and if you are a married person, it is even possible that you will leave your wife and children and think that you have become an ascetic. A kind of imbalance comes in your life. So, it is not advisable to do anything with your eyes closed. Which asana is required at which time can be understood after the awakening of the Kundalini, when Kundalini arises and stops at a particular chakra.

Like today we were coming in our vehicle, and at one point the road ended. So then we knew that there is no way to get here, and what should we do next? But if you have not started from the home at all, and you are doing all sorts of exercises just by sitting at home, then where is the point in it? This will only give you unnecessary trouble. So, Sahaja Yoga combines with Pranayam only when there is a necessity. So, when there is a necessity, we definitely teach Pranayam when a person's right channel is weak. I told you yesterday about the six chakras, and you can learn from books about the functions of these chakras and what we gain from them.

Likewise we have three channels or nadis inside us.

The first nadi is known as Mahakali's channel, which takes care of our left sympathetic nervous system. Similarly, the right channel is known as Mahasaraswati's channel, which takes care of the right sympathetic nervous system. And the channel in the centre is called Sushumna Nadi, which takes care of the parasympathetic nervous system.

Now the doctors do not differentiate between the three channels. They think the right sympathetic and the left sympathetic channels are the same, but it is not like that. The left sympathetic takes care of our emotions and desires. So, the left channel, on the left side, in subtle terms we call Ida Nadi, which takes care of the left sympathetic nervous system. We also call it the moon channel. Apart from this, the whole of our past from the time this world was created is stored in this left channel.

The channel on our right side is known as the sun channel. This channel is responsible for all the work we do physically, and mentally, like thinking and planning. We call this the sun channel and also Pingala Nadi. When we think of our future, or imagine our future, then this channel comes into action.

The central channel keeps the left and right channels in balance. For example, when you run very fast, your heartbeat increases very much, but after some time you become completely normal and your heartbeat gets regular. This is done by the parasympathetic nervous system, the central channel, also known as Sushumna Nadi. But when your Kundalini awakens and goes through the most interior part of the Sushumna Nadi, which is known as Brahma Nadi, a hair-like thin strand of Kundalini pierces the fontanelle bone and comes out. As soon as it pierces the fontanelle bone or Brahma Nadi, the vibrations start flowing around, the narrow chakras open up and more nadis come out of the fontanelle bone. And this way you get connected to the All-pervading Power which is responsible for this subtle creation, and whom we have not recognised yet.

This recognition happens on our fingers. We start sensing this on our fingers, and vibrations start flowing from our palms. Shri Shankaracharya has described this sensation as "Salaam, Salilam", meaning cool breeze. A cool breeze starts flowing from our fingers and hands, and this cool breeze tells or informs us about the problems in our body and also in other people's bodies. So much so that whenever Brahma Nadi gets pierced, the cool breeze starts flowing from there also. And until we start making use of this cool breeze we will not understand its usefulness and advantages.

The two channels, the left and right channels, which are inside us, are very important. When a person starts thinking too much

about his past, is always unhappy, and keeps degrading himself, then the left channel disintegrates so much that his mental condition keeps falling and falling and he lands up in a state which is called collective sub-conscious. And inside him a kind of condition develops, due to which he faces severe mental calamity. Extreme depression, epilepsy and insanity are due to the malfunctioning of this left channel.

The right channel gets activated when we think too much or we do too much physical work. When we think too much, a kind of imbalance comes inside us. Imagine that the chakras are in the centre of My hand like this, and this is the right chakra and this is the left chakra. Now slowly, if the energy on our left side or the right side gets pulled, then the path in the middle becomes narrow. And when it becomes narrow, our energy levels drop, and because of the jerk, if the right-side or the left-side channel breaks, then the connection with our brain also will be broken.

Now, many people get the disease of diabetes, disease of liver and kidney. Not only that, they also get blood pressure problems and hypertension. The one and only reason for all these is today's lifestyle. Today's lifestyle is very stressful. A human's life becomes so full of struggle that he keeps thinking and planning his future as to what he should do now, how he should plan his future. Because of this thinking, the chakra, which is known as Swadishthan Chakra, gets affected. This chakra has a major function of maintaining the level of grey cells in our brain. When we think too much our grey cells get exhausted and they have to be renewed. So, when we think too much, the whole attention of the Swadishthana Chakra goes into the function of replacing the brain cells. Now the big question that arises here is what will do the other functions of this chakra. Among its other functions, the Swadishthana Chakra is responsible for taking care of our liver, pancreas, spleen, kidneys and some portion of the intestine. Since all these functions are completely ignored by Swadishthana, people who think too much land up with the problem of liver. Doctors do not know much about the liver diseases, nor can they cure them. They cannot find out the problem until you reach the stage where you are about to die, and then they will give you the certificate that you have cirrhosis of the liver and you are going to die in a month. Only Sahaja Yoga has the remedy to cure this problem. In Sahaja Yoga, when the Kundalini awakens, it reconnects and reopens the narrow chakras through which the energy starts flowing again, and the Kundalini nourishes the particular chakra completely, thus making the person totally normal.

Now consider the pancreas. If a person's pancreas is not fully functional, due to an overactive Swadishthana, then the person may get diabetes. Diabetes is very common in cities, but not in villages. In Maharashtra if you go to villages and ask them to make tea for you, they will add so much sugar that the spoon stands in it. Without that, they will say, "What kind of tea is this?" They eat so much sugar but they never get diabetes. Mostly, people who think too much and do office work get diabetes, because they keep planning too much and their Swadishthana Chakra doesn't have the energy to take care of the pancreas, as a result of which they get diabetes. If by any means these people can be brought to balance, then their diabetes can be cured. After this, the most horrible disease is blood cancer. This can happen due to an overactive spleen.

In today's life, a man's life is full of upheavals. As soon as you get up in the morning you read the newspaper. At that moment if there is any shocking news in the newspaper, you get a shock, due to which your sympathetic nervous system gets activated. So, when you read some horrible news in the paper, you get a shock. The human system is very delicate. It is not made out of iron. Because of this shock, what happens is that our spleen, which is supposed to distribute blood to the various organs, is not able to do so because it is exhausted of its energy, due to the different kind of shocks we keep facing throughout the day. The spleen becomes very weak and tired, and when it is tired, one gets blood cancer.

So, we should understand that our lifestyle today is full of imbalances, and only by awakening our Kundalini can we nourish our chakras. Other diseases which we call high blood pressure also happen for this reason. So, a human being should understand that he should be in balance, and if he maintains the balance completely inside himself, then certainly he can become all right in all aspects. You can treat your own self and you can treat others, too.

Now the channel which is on our left side gets affected in people who keep weeping day and night. This morning someone asked Me, "Mother, Bengal is full of art, and so many incidents of the Devi have taken place here, but why is there still so much poverty here?" The only reason for this is that there is black magic here, too much black magic. I have never come across so much black magic anywhere in India or in the whole world, as in the whole of Bengal. Many gurus are responsible for this black magic. These

gurus keep doing things like doing tantra, taking money from you all, and doing this and that, and they do everything against the incarnation of Mahakali. Because of this black magic, your city is full of poverty. If you can uproot the existence of this black magic from your city, then you can see how Shri Lakshmi starts getting established here. If from one side black magic comes in, from the other side Lakshmi goes out. Likewise, if the bottle of liquor comes in from one side, Lakshmi goes out from the other side. The black magic literally drives her away. So, that is why when we celebrate Diwali, we light the whole place with bright lights. Because of this black magic many people are sick here. Out of every ten people, I find at least eight people are suffering due to this black magic. They go to this guru or that guru. Someone is going here and someone is going there. So, if you want to seek the truth, and your wellbeing, and the welfare of Bengal, then the first thing you have to do is to get rid of this black magic, all these false gurus, tantra and all other such things, and become your own gurus. By becoming your own guru you can do good to yourself, to your family and to everyone else. People who use occultists, and also attack others with that, get caught up on the left channel, and when their left side gets caught, they may finish up with many psychosomatic diseases, among which is cancer. Most of the cancers are caused due to the wrath of these false gurus. If you have not gone to any guru, then believe you are saved. If you have not been a devotee to any guru, then understand that you have saved yourself. But if you have been going to all kind of gurus, then it is very difficult for you, and it is also very difficult to raise the Kundalini in such people. I am your mother, and whatever I tell you will be the truth. If you have a guru, then why is your family being affected by diseases, and why are accidents are taking place in your house, why are you facing problems, and why is your business failing? What is the use of keeping such gurus? So, I request you all to think properly and understand that we can become our own gurus, and the only way available for that is by Sahaja Yoga.

The essence of all the religions is the same, that whatever is destructive should be just observed, and it should be understood that it should be used only within its limits. Whatever is eternal should be accepted. The spirit inside you is eternal, and you should obtain it. So, you should understand that by binding yourself to any religion, to any caste, or by getting caught in the web offered by a guru, you are restricting your growth, and that is why you are in trouble. I Myself get tired of answering this question many times. In foreign countries people ask Me, "You people are so spiritual, but why are you all still so poor"? The reason behind disease is that spiritualism has vanished from us, and making money and earning money, by mesmerizing people, has become our prime religion. People are making fools of themselves, because when people are in trouble they somehow want to get rid of it, but instead their difficulties keep on increasing, and this is why today our whole country is in trouble. Through the growth of Sahaja Yoga, the black magic will automatically vanish from here, because it cannot be sustained here, because the black magic cannot survive in the enlightenment of the truth, and it will disappear in such a way such that it will never dare to reappear.

So, today you all decide that you will never fall into the web of black magic and you will get rid of it completely. Many people feel bad when someone asks them to leave all these bad things. So, the Sahaja Yogis talk very cautiously to others and they never talk openly. But I want to tell you clearly that when you have not benefited from this thing, then why are you still sticking to it, why do you want to hold on to it, and why do you want to grovel yourself and your children along with this? Why don't we see this new thing, with a new outlook, where we experience this, which is clearly visible to us? This is not something where a lecture is given and everything is done with. This is the actualization of a theory. This is a proven experience. Until you actually experience something, whatever you accept is not truth.

The central channel is called Sushumna Nadi or the parasympathetic nervous system, which is very important, and on this are six plexuses. The first chakra, as I told you all, is below the Kundalini, which is known as Mooladhar Chakra. The next chakra is Swadishthana Chakra, and as I told you, it is responsible for all the actions on the right side, and on the left side it destroys all our impure knowledge. The Swadishthana Chakra builds up the pure knowledge, like you all desired for it yesterday.

Above this is the Nabhi Chakra. The essence of our guru or master is spread around the Nabhi Chakra. In the centre is the Nabhi Chakra, and it is surrounded by the Guru Tattva, but the Swadishthana Chakra emerges out of the Nabhi Chakra. So, you cannot say which is the first chakra and which is the second chakra. So, if you say that Nabhi Chakra is the first chakra, then the Swadishthana Chakra comes out of the Nabhi Chakra and rotates around the Nabhi Chakra like a lotus, in the green area which we call Void, and nourishes the whole Nabhi Chakra by going around it.

After Nabhi Chakra is the Heart Chakra. In our childhood, the antibodies are created inside the sternum bone which is around the

Heart Chakra. Now, this chakra is the chakra of Jagadamba, and the antibodies are her soldiers or gan. Whether you call them antibodies or soldiers, it is the same, but people prefer the English name of antibodies; the name, gan, is a little worrisome. These antibodies spread throughout our whole body after we are twelve years of age, and when there is an attack of foreign bodies in our system, they fight with them; hence they are known as antibodies. And when the sternum bone sends messages to the antibodies to go to a particular place which has been attacked by foreign bodies, the antibodies immediately rush to that place, fight with the enemies and save us from diseases.

This chakra mostly get affected in ladies as this is the mother's chakra. When a woman's motherhood is challenged, or when her husband talks ill of her, or de-grades her, or always suspects her, or makes her feel insecure, then this chakra get affected very badly, and because of this she may get breast cancer. A husband also is responsible for this.

Then the Chakra which is above this is called Vishuddhi Chakra. This is Shri Krishna's Chakra. Shri Krishna's Chakra has sixteen petals. Yesterday I told you, "Don't feel guilty about anything," because Shri Krishna has said that this whole life is a play. So why are you making it so serious? So, you don't have to take this life so seriously. The sixteen petals of the Vishuddhi Chakra spread over to our eyes, noses, ears, lips, tongues, teeth and all over the face and nourishes them. So, this is a very important chakra, which we call Vishuddhi Chakra.

Next is the Agnya Chakra. This chakra has two petals. Of these two petals, one petal takes care of our pineal body, and the other petal takes care of our pituitary body. We have two channels; one is the right channel and the other is the left channel. Whatever malice gets released from our right or left channel gets accumulated in our Agnya Chakra. The malice which comes out of our right channel gives us arrogance and egoism, whenever we think we have done this job or that job, we have done this right, and we have done that right. Sometimes we think that we have created such a beautiful stage. This is nothing; we have taken a dead tree, and made some other dead things out of it. With dead stones we have made dead buildings. You are making dead things out of dead material. You are not making anything living. But humans take pride in creating this, and this ego goes and sits in that yellow coloured balloon which is shown in the picture. Then, from our left channel, the Superego is released, which we acquire from our culture. Whatever wrong culture we acquire becomes stored in the left Agnya. For example, when we think that we are Indians, or we are Bengali, or when we think that we are Brahmins and that we belong to some sub-caste, then this affects our left channel. In reality, we are nothing but human beings. God Almighty has created only one earth. Human beings have made several divisions in that; God never divided the earth into so many parts. Yes, he has created different forms, to give it an artistic look, but it doesn't mean that one human being is different from the other.

One more question has come to Me about whether you should give realization to any kind of person. Is that the right thing to do? You do not know that the All-pervading Power of God's love is very eager to give realization to everyone. Very eager. Realization can be given to any kind of human being. Yes, some people go very deep, and others are a bit shallow in the beginning, but I observe that ultimately everyone settles into it, because this place is so joy-giving that everyone drowns in the Ocean of Joy. So, without any discrimination, however a person may be, whether he is literate or illiterate, whether he is poor or rich, the Kundalini is present in him, and each and every person has a right to get their Self-realization. But you should achieve it very humbly.

The third question was, "Mother, tell us something about Kalki."

Today is not the time to talk about Kalki, but yes, Kalki has started manifesting. When you get your Self-realization you will know about Kalki and also about Me. It is useless to say anything before that. Absolutely useless. Whoever tried to talk about it before realization was either killed or given poison, was cheated, and was troubled in every possible way. Whenever a saint tried to talk about the truth he was given trouble, but now that is not the case. You yourself discovered the truth and recognize Kalki, and also you recognize Me. But it is important for you to know about Self-realization first. After that, I don't need to tell you about Myself. You yourself will know by yourself about Me.

Now, after some time we are going to start the Self-realization program. Before that, there will be a short musical recital. If you people want to go out for some time you can go and come back to listen to the musical recital, and after the recital we will do the program of Kundalini awakening. All of you sit calmly. if you want to go out you can go and come back. After five to ten minutes

we will start the Realization program.

After the musical program:

You all know very well that we don't take any money from anyone. So, without showing off, we have not opened a grand centre. So, consider yourself a very ordinary person and come to the centre where you can get rid of all your diseases. Here, there are many Sahaja yogis who were ill, but they have cured themselves. Many people may have tension in business, jobs and so on. They can all come to the centre and balance themselves. Then they will understand that most of the problems are mythical and some are genuine. They will achieve whatever is best for them. The benefits from Sahaja Yoga are different. A person asked Me, "If we regularly meditate at home, then what is the need to attend the collective?" The work of Sahaja Yoga is collective. We are part and parcel of the whole or Virat. So, you should understand that we all should meet collectively. Supposing the nail of a finger is broken, then we don't bother about it. Likewise, if a person is sitting separately and meditating and he thinks that he can achieve everything, then he is mistaken. We have to do meditation at home, but it is also compulsory to attend the collectivity. Without taking part in the collectivity, you cannot ascend spiritually.

You have to spare some time. For your own ascent you will have to dedicate some time. It is very common that when you are not well you go to the doctor, spend your time and money and take so much trouble, but you don't have time for Sahaja Yoga. Then when I come the next year, I find that you have some other disease. Then I cure that and some other disease creeps in. If you have to keep doing this all the time it is better that you completely leave Sahaja Yoga. If you want to go deeper inside yoga you should understand that first you have to get your Self-realization, and if a lamp cannot give life to others, what is the point in healing that lamp? God has a lot of common sense. What is the point in running after someone who is not going to give light to others? So, whoever thinks that they are ill should take advantage of Sahaja Yoga, cure themselves and then impart light to others and promote Sahaja Yoga.

The third question is that many people have asked about Me as to who I am, and where have I come from. I am not going to answer this question now. Even if I tell now you will not recognize Me. You first know about your spirit and know about yourself and then you will know about Me.

Now, you are willing to get your Self-realization. So, all of you keep your left hand on your lap towards Me. You don't have to sit too straight, or bend forward too much; just sit comfortably. All of you keep your left hand towards Me, and keep your right hand, which denotes action, on your heart. In our heart resides the spirit, but the seat of this is on our Brahmarandhra, which is present in our fontanelle bone. Now, first keep your right hand on your heart and then take your right hand to the upper part of your abdomen on the left side. This means that all the actions are going to happen on the left side. This chakra is the place of our masters or gurus. Old great masters who took birth in this world have established this chakra for us. When we awaken this chakra, we become our own masters. Then you keep your right hand on the lower side of your abdomen, on the left side. This chakra is about pure knowledge. When we awaken this chakra, all the impure knowledge, like black magic, gets destroyed. By awakening this chakra, you develop collective consciousness, due to which you can know your problems and also the problems of others. The pure knowledge makes you collectively conscious. After this, you bring your right hand on the upper part of your abdomen, and then again to your heart. Then, you take your right hand on the neck and shoulder joint on the left side and turn your head to your right. This chakra gets caught when we feel guilty or when we demean ourselves or we think that we are sinners. When we start thinking like this, this chakra gets damaged and we end up with diseases like spondylitis and angina. Now keep your right hand across your forehead, and press on your temples. Bend your head and press on both temples. Bend your head and press hard on the side of head. This chakra is for forgiving everyone. Now take your right hand on the back of your head, bend your head backward and look up to the sky. This chakra is to ask forgiveness from the All-pervading Power, but you don't have to feel guilty for anything. Now, keep the centre of your palm on your fontanelle bone, on the crown of your head. Bend your head and now slowly rotate the scalp of your head seven times. Stretch your fingers outwards to put pressure on your head. Rotate the scalp seven times properly, as this is very important.

Now we will do the actual meditation. For this you have to close your eyes. For this there are two conditions. The first one is that you have to forget your past. Whatever mistakes you made in the past, forget them and be here in the present. Whatever

ill-feeling you have towards yourself, forget everything, and be in a cheerful mood, because you are going to the Kingdom of God. So whatever inferior feelings you have towards yourself, leave them, and whatever past thoughts you have, forget everything completely. Then the next condition is that you forgive yourself completely and forgive everyone in general, without thinking about anyone in particular who troubled or bothered you. Forgive everyone at once. One gentleman told Me, "Mother, it is very difficult to forgive anyone." To that I replied, "Whether you forgive or not, you are not doing anything. What do you do? If you don't forgive, then what do you do? In fact, if you don't forgive someone then you are playing into the hands of those who want to trouble you. You trouble yourself even more than them, because they are sitting happily when you are troubled. If you understand this simple truth, you will forgive everyone from the bottom of your heart." This is very important because this is the job of the Agnya Chakra, and the opening of Agnya Chakra is very narrow. So, if you don't forgive completely, it will be very difficult for the Kundalini to rise above. So Please remember that you have to forgive everyone. And the third thing which I told you is this [Self-realization]) cannot be forced on anyone. I respect your freedom completely, and you will get this only when you ask for it in your freedom and dignity.

Now, those who are sitting on chairs, keep your legs apart. We have two powers, namely the left and right powers. So both legs should be kept apart on the floor. There is no problem for people who are sitting on the ground. Now keep your left hand towards Me and right hand on your heart, and close your eyes. And don't open your eyes until I ask you to do so. It is better if you remove your spectacles as this can improve your vision. If you have any sacred thread around your neck or around your waist, please remove that. If anything is troubling you then loosen it. And please close your eyes now. With your eyes closed, keep your right hand on your heart and left hand towards Me.

Now you have to ask Me a question here which is an absolute truth about you. So, in your heart, not loudly, ask Me this question three times. You can either call me "Mother" or "Shri Mataji". Ask me three times, "Mother, am I a pure spirit? Mother, am I a pure spirit?" Ask this three times. If you are a spirit, then you are also your own master, because in the enlightenment of your spirit you will know everything.

Now keep your right hand on the upper side of your abdomen, on the left side. Press it and ask Me one more question, "Mother, am I my own master? Am I my own guru?" Ask this question three times. You can ask in any language.

Now, I want to tell you again that I cannot force anything on you, and the pure knowledge cannot be imposed upon you. So, now keep your right hand on the lower part of your abdomen on the left side. Press it, and as this chakra has six petals, say six times, "Shri Mataji, please give me pure knowledge." Say this six times. "Shri Mataji, please bless me with the pure knowledge." You should understand that as soon as you ask for the pure knowledge, the activity in your Kundalini starts and the Kundalini wants to rise up. So now we will nourish our chakras which are above Kundalini and we will try to open them with our self-confidence.

So, now again bring your right hand on the upper part of your abdomen, press it hard and with full self-confidence, you have to say ten times, as this chakra has ten petals, "Shri Mataji, I am my own master. Shri Mataji, I am my own guru." Say it with complete confidence. Say it ten times.

The greatest truth about you is that you are not this body, this soul, this intelligence, this mind, and this ego. You are not this emotion and you are not this desire, but you are a pure spirit. So, now keep your right hand on your heart and say with full confidence, in your heart, "Mother, I am a pure spirit. Shri Mataji, I am a pure spirit." Say this twelve times, as there are twelve petals in this chakra. So, repeat this twelve times, "Shri Mataji, I am a pure spirit."

I told you before that you have to forgive yourself. The All-pervading Power is an ocean of love and forgiveness. This is an ocean of joy and blessings. But most of all, it is an ocean of forgiveness. So, you cannot do any kind of mistake which cannot be dissolved in this ocean. So whatever mistakes you have done, forget them, and for the time being, be in the present and forget your past. Now keep your right hand on your neck and shoulder joint on the left side and turn your head towards the right. Here, with full confidence you have to say, "Shri Mataji, I am not guilty at all. Shri Mataji, I have not made any mistakes." You can say this sixteen times. Confidently, say this sixteen times, as I have already told you Vishuddhi Chakra has sixteen petals.

I told you earlier that you have to forgive everyone. Yesterday, some people told me that they are getting a hot breeze from their crowns. I told them, "Please forgive everyone." After they forgave, they started getting a cool breeze. So, unnecessarily we wasted some time. If you don't forgive someone, you are unnecessarily playing into the wrong hands of those who have already harmed you and want you to be unhappy. So, get rid of the myth that you can forgive or not forgive anyone, and from the bottom of your heart forgive everyone. And now keep your hand across your forehead, bend your head slightly, press on both temples and wholeheartedly forgive everyone in general, not counting their mistakes. Forgive everyone. If you forgive everyone altogether, you will get a lot of relief. You don't need to count the number of times, but wholeheartedly say, "Shri Mataji, I forgive everyone."

Now take your right hand behind your head, tilt your head backwards completely and look up. Here, without counting your mistakes, say wholeheartedly, "Oh God Almighty, if I have done anything wrong, knowingly or unknowingly, please forgive me. Oh, All-pervading Power, please forgive all the mistakes I have made, knowingly or unknowingly." You don't need to count your mistakes or your sins, but say this just for your satisfaction. Say it from your heart. It doesn't matter how many times you say it, but say it wholeheartedly. When you say this from the bottom of your heart you will be surprised to feel the lightness in your mind.

Now, stretch your palm completely, and keep the centre of the palm on your crown [fontanelle bone] and press hard. Press hard and stretch your fingers backward so that there is good pressure on the crown. And now bend your head, and rotate your scalp seven times, in a clockwise direction, giving proper pressure. Remember one thing, that I cannot force Self-realization on you. So, it is essential that you say seven times, "Shri Mataji, please give me my Self-realization." You will have to ask this, as this cannot be forced on you. Say seven times, "Shri Mataji, kindly give me my Self-realization." (Blowing air into the microphone).

Now bring your hands down. Keep your hands towards Me and look at Me, without thinking. You can see that you become thoughtless. Now extend your right hand towards Me and with your left hand on the top of your head, bend your head and see if you are getting any cool breeze. Don't keep your hand very close to your fontanelle bone. Keep it a little above the head. Some people get the breeze much above the head. If you are feeling a hot breeze, understand that you have not forgiven from your heart and do so now. If you forgive, the breeze will become cold.

Now keep your left hand towards Me. Bend your head. With your head bent, check with your right hand if you are getting any cool breeze from your fontanelle bone. Now keep your right hand towards Me and once again check with your left hand on top of your head, if you are getting any cool breeze or not. Check again very carefully if you are getting a cool breeze, and if you are getting a hot breeze, then forgive again. As soon as you forgive you will start getting a cool breeze.

Now lift both your hands towards the sky and bend your head backwards. Now, look up and ask a question, "Mother, are these vibrations Paramchaitanya?" Ask this three times. "Is this the All-pervading Power of God's Love?" Ask any of these questions three times. Now bring your hands down. Bring them down. Now whoever felt the cool breeze from their heads or from their hands raise both your hands. Whoever felt cool breeze either from the head or hands, lift your hands up. I want to see.

My salutations to you saints. Now you all are Self-realized. Your Kundalini has awakened and pierced the Brahma randhra, because of which you felt the cool breeze. But this is not sufficient. It is also possible that Kundalini has not awakened today in some people who have health problems, or who are wrongdoers. But I request you all to attend the seven-day program which is going to take place here and get rid of all your problems, clear all your doubts and achieve this completely. I hope you will listen to Me and you will completely respect your Self-realization also. And you will respect yourself also and understand that you are special because only you people have got Self-realization in the whole of Calcutta. I bless you to attain depth in Sahaja Yoga, resourcefully.

1990-0421, A new jump has to be taken, Talk, Eve Of Easter Puja

View [online](#).

21 April 1990

Talk to Sahaja Yogis

Burlington Hotel, Eastbourne (England)

Talk Language: English | Transcript (English) – VERIFIED

Very nice to see you all here for Easter Puja. Very nice! Such a pleasure, such a joy. As if I feel, the resurrection working fast.

The year 1990 has come now, as a special year for all of us. Sahaj Yoga is going to spread very fast, no doubt; everywhere, all over the world, I know that. It has to spread.

And also I told you that a new jump has to be taken by all the Sahaj Yogis. To explain it we'll say that Sahaj Yoga is spreading in a horizontal manner, the plane is horizontal, and you are responsible for that work. You are working it out no doubt. Because of you it has spread. Some of you have gone all out to work it out, to spread it to villages, to surrounding places, different countries. Also the events, world events, have helped us a lot and Sahaj Yoga has worked in a very big way. Maybe it will be difficult for us to really balance it out.

But when we move horizontally we must also know that we have to move vertically. Otherwise, what will happen is that we'll lose in quality. Quantity may be quite a lot but we'll lack in quality. And if the quality goes down then you will see many will fritter away.

So we have to look after our vertical ascent which is very important.

If I tell you some of the things that have happened in this short time after I left India I'm myself amazed that in geometrical proportions Sahaj Yoga is rising very high. But that should not be [our] complete satisfaction. Individually, also, we have to rise. And every one of you has to rise. Vertical ascent has to be achieved by all of you. Some might have lost a little bit, some might have been a little bit away from themselves. The attention might have frittered away quite a lot. But we have to know why we are here, and then it's very easy.

We are here to be part and parcel of a very great revolution. Can you imagine that we are transforming human beings? It was never possible. En-masse transformation is going to take place. That is how this world is going to change, and you are part and parcel of that.

But when you become part and parcel of that you just forget sometimes that we have many things which are trying to pull us down. So, we are happy to see the spread of Sahaj Yoga, but we don't see vertically what we are losing. And that, I think, is a greater loss. It doesn't matter if there are two persons less or more, what is important is that we should have very deep Sahaj Yogis, otherwise Sahaj Yoga will fritter away.

So many events are going to happen and we are on the stage and we have to cooperate and coordinate and understand. See now, for example, to come here David [Spiro] had a problem. He said, "Mother, it's just like a tempest, it's horrible. I was there, a week back." And he was quite upset about it. And everybody told me about this place. I said, "All right, let's see!" And yesterday, also, I'm told it was raining, but in Cambridge it was terrible. And I said, "The wind will start, the wind will blow." And with the wind all the clouds were blown out and there was a clear sky.

So the wind has started, in a way, and you can see it but you must have your feet on the ground. And there, what I find, you people don't realise, sometimes, what an important work you are doing, and in what an important position you are, and what an achievement you are going to have yourself and what a great boon you are going to bestow upon human beings.

So, when we come out of family life, for example, we have come to Sahaj Yoga, giving up all these things: giving up all these mundane things, clothes, this, that, house, a car and then family life, relationships, everything. We came here to seek truth and to be one with God. Not that you have to, sort of, take to Sanyasa but given up means you are detached. And you are attached to one principle that you have to achieve godliness within you.

But when you come to Sahaj Yoga and have seen the beauty of Sahaj Yoga, then again you want to go back to those useless things then you cannot explain why it happens like that. Like somebody gets married, he gets lost with his wife. He gets a house, he gets lost with the house. He gets a car, he gets lost with the car. He gets a job, he gets lost with the job. He gets a factory, he gets money, he gets lost.

So what have you given up? The detachment is not there.

When you have known there is no joy in all these things, that's why you have come to Sahaj Yoga now. Joy is in one thing: is to be connected to the Divine Power. Not to all these things, these are not important. You didn't come out of hypocrisy or you didn't come here for any gains of a mean quality. You came for a very precious thing, something of supreme value; giving up all that is so useless. You are among them, you are there, but if you get attached to it again then you lose lots of your energy and mine, too.

So, the detachment that you had developed before coming to Sahaj Yoga should be there. But what I find, once they get into Sahaj Yoga, they get a job, "Now I'm busy with my job. I cannot do anything else." Another will say, "I have a school to attend to." "I have got my children." Somebody will say, "It's my wife..." Then some become very romantic, they fall in love. All kinds of nonsense they do.

When you have come in the boat how can you jump back?

So, it's very important to understand that we are Sahaj Yogis. Nothing can attract us, nothing can deter us, nothing can take away our attention, but one thing - that we are here for the emancipation of human beings and that our own character, our own style, our own personality is going to change it.

I'll give an example of that. When I was going to Russia for the second time, in the family they said, "You have been already there, why do you want to go again, after all you have been there and again you want to go for two, three days. And a yoga seminar can be looked after by other people who are there." I said, "No, I have to go." And they insisted too much, and I said, "You see, I have a plan that if I go there, there will be lots of people from all these countries which are called as Eastern Bloc and I think I can break it through Sahaj Yogis, if they get their Realisation."

I was just saying that we should get really some remarkable people to come and they gave me only 45 minutes to speak to them. I spoke for about 35 minutes, I should say, or 32 minutes and I then gave them Realisation. Tremendous people, tremendous personality I touched! When I went out they all walked with me, nobody was there in the hall to listen to anybody else, the whole seminar was over. And they gave me their address, they gave me their phone-number, everything. And they were after me and I had no paper or pencil; somebody was writing. And I was very satisfied.

I could see clearly in their personality that they are very deep people. As soon as they went back the Paramchaitanya triggered it and you know what happened with the Eastern Bloc. Tremendous people there are, they are tremendous people. Russians are tremendous and these people are tremendous. Very high quality seekers. Same about Hungary. Everybody was saying, "What about Hungary, Mother?" before that. I said, "Let one come from there." And really one came, quite sick, you know, thinned-out sick person; he got his Realisation and here it is, Hungary is free. Same with Romania.

So, what is the difference in quality? That we are supposed to be people from free countries, and those who were in the shackles of communism. I don't know, but maybe they must have been great people to be born there, perhaps. Because Lenin talked of

stateless state and things like that, but I don't know what to say. But one thing for definite [is] they had no time to waste their attention here and there. No nonsenses of religions, no nonsenses of conditioning, no nonsenses of all kinds of theories, no nonsenses of becoming hippies and no nonsenses of becoming these punks and this and that and all sorts of nonsense. Nothing.

Of course, I don't say that, when I went there, I found people – at least 25 percent who were asking for American Jeans but that's different – only 25 percent. But the rest of them were just clean plates, absolutely clean plates: very nicely combed their hair with oil and all that, very smart people. No inhibitions of asking me about themselves and nothing of the kind. No hypocrisy, nothing. No fashions. Very straightforward, simple, educated, dignified people. Nobody walking with funny gestures or anything, very dignified. They were supposed to be people in the shackles of communism. And one person has written the mathematical calculation of Shri Chakra and he very humbly came to me, sat down, to know all about it.

Their humility was, I can't explain to you. Even to touch the platform with such humility and discipline they came. Whatever it is, whatever the regime must have been to them, or whatever it is [but] they are not abandoned people. There's a kind of a proper discipline of their mind. The mind is so receptive, so humble.

In this so-called freedom, we have lost quite a lot of ourselves I think. First of all, experimenting ourselves with all kinds of nonsense; talking about things that we should not; seeing things in the name of freedom, which we should never see, as human beings. Anything people can do in a free country.

And I think, unless and until you have Realisation, freedom has no meaning; because they get abandoned. Completely they abandon all their qualities, all their value systems, everything.

So, we come to a point to understand that we have harmed ourselves, we have harmed our attentions. First, one thing, that, in the family system, the parents used to be cruel and funny and this and that. Now you have become Sahaj Yogis, so now you are so much attached to your children that it's also not good: "This is my child, this is my wife, this is my house." How can it be, now? Now you have become a free bird.

So, today is the Easter Day as we are celebrating today. And at Easter time, one has to remember that now we are free. We are not eggs anymore, inside the shell. We are now birds. We need not carry the yellow of the egg on our head to boast about it. Now finished now! That's done! It's no more there. So why should we go and try to become eggs again? What's the wisdom?

And then, another shocking thing that I have seen is this that, we have come out of a sense of dominating others, intimidating others, making fun of others, hating others, all these bad things that we had freedom to do: to talk rudely to others, we have freedom, freedom to hurt. When we have given up all that, then I find that, as Sahaj Yogis people are still doing it. That role is over now.

Say now, you were a policeman, but now you have become a priest. I shouldn't say 'priest', but what should I say then? They are equally bad! I should say, now you have become a realised-soul.

So now, when you have become the realised-soul, you are the bird, you are the real free bird, which has got wings, which has got eyes, which can fly; which does not have those qualities which you had as eggs. It's completely transformed. It's finished. It's mythical. You cannot become that now.

If a bird wants to become an egg it will suffocate and die. This reverse direction is not possible. But why? Why to be in the reverse direction? We should ask [this] question to yourselves.

We have to ascend so, in resurrection we have to learn detachment. It's only mental. I mean, I don't know, how can a bird be attached to an egg? It could be attached to an egg, thinking, "Oh, how cosy I was, I didn't have to fly." Or something like that could be, you see. I mean, only bad things there are to be an egg and to think about an egg. But I don't know how it can be attached. On

the contrary it would abhor that life: "Oh Baba. what I was, where I was!"

In the same way we should also feel a kind of glory that we are. But there's no vanity in it. It's a pride. It's an assumption, is acceptance. You are sitting on a throne. Now, you cannot enjoy mud, can you?

So, when we reverse back, when our mind goes in a reverse direction, you have to understand that you are slipping out. That is very important.

My experience of Australia was rather saddening because I found they had slipped out completely, all of them: absolutely slipped out. The leaders were like jailors and the way they behaved and some of them who joined them and it was like a regime and it was horrible things – hitlerish. So, I had to pull them back again onto the boat. I had to work very hard, very, very hard with them. This is so-called freedom that we have that has ruined them.

Another miracle took place that I went out to a place called Cairns, which is a very far-fetched place near the Equator, at the tip of Australia. And they told me that the Great Barrier Reef is very close from here. And there are fishes called as Crown-of-thorns starfishes, and these are eating all those little, little animals that make those beautiful corals there. And that's why the regeneration has stopped for the [last] ten years. God knows from where they have come, shoals of them and shoals of them.

I said, "I would like to go and see this Great Barrier Reef, let's see." So, I went down and there was a boat which was to sink half way. And half way we were sitting there, and watching everything. They said, "You'll see those fishes there." I saw big, big turtles and I saw beautiful, very beautiful fishes of such variety, such colours very gently passing. But not a single fish, that starfish, not a single one. I said, "Let's see, let's see." So we went round and round, quite a lot. I wanted to see one at least, what sort of a thing it is. We went round the whole thing, not a single thing. And this happened on the 10th, I was there. On the 17th we were travelling: in the plane they announced a miracle has happened that all these fishes have disappeared and some who were there are dying. Can you imagine? (applause)

So, what I am trying to tell you that you have those eyes, you have that personality that can trigger all these things. If two, three East German Sahaj Yogis, who got Realisation, can go and trigger and the Berlin Wall can fall down, then with all these Sahaj Yogis I don't know what should happen! That you have, that power you have. That's why I say that vertical improvement has to be there, and then let that power act and trigger.

You all can trigger it individually and collectively. But vertical programme is less here, vertical understanding is less.

Any number of Sahaj Yogis we may have but if they cannot trigger then what's the use?

So, my request is that we have to now pay attention to our vertical movement and to our attention.

Same about marriages. I mean, sometimes I feel I don't know why I married them because they get lost. Imagine! I can't understand. You marry in Sahaj Yoga, you marry for Sahaj Yoga, you want to have children who are Sahaj Yogis, you want to have realised-souls, you want to support Sahaj Yoga and that's why you marry and you get lost in marriages!

Somebody comes and asks me, "Mother, there's a very nice job, I can get?" "All right, may God bless you!" The God blesses him [but] he's lost to Sahaj Yoga, though!

So, these temptations are there because we are not detached.

So, on this great day I have to tell you that now we have become birds and we don't want to be eggs again, by any chance. We are not going to go back to that state. And we have to trigger so many things. You all have come to England: the whole England should be triggered.

There's another good news I must give you. I went down to Jaipur. Only one gentleman from Delhi went down to Jaipur to organise. And Jaipur people said, "It's very difficult here, this and that." He said, "No, I'll have the programme in Govindjis Mandir," where nobody can have programme. "I'll go and see the maharani."

So, maharani would not meet him, he was insisting, he was sitting there, waiting for her. Ultimately he got a chance. He went talked to her. He showed her my photograph. Immediately she took to me. She asked about Sahaj Yoga, "What is Sahaj Yoga?" Then she said, "Give me Realisation." She got Realisation, the maharaja got Realisation. They said, "Yes, you can have the programme here."

She said, "I'll come to the programme." She came down herself. She fell at my feet in the public, sitting there all the time, her husband sitting there, and somebody offered them some water to drink. They said, "How can I? She is the Goddess, I can't drink before her!" She sat there. Imagine, she just got her Realisation! What a depth!

But that's not enough. They have one festival called Gangaur that is a thing where they worship Gauri. That's the biggest festival where the queen, maharani, has to worship the Gangauri. It's a statue which goes round the whole of Jaipur state and everybody celebrates it. It's regarded as the biggest festival. So, in the morning she came and touched my feet. And she said, "Mother, can I worship you?" I said, "Why?" "Because You are my Gangaur, really." That's just a statue. She made me stand the same way, she did everything, she made me eat betel. I don't eat all that, but she said "You have to, you are Gangaur, so you have to eat it." And she worshipped me and her whole rituals she did for about 45 minutes and then she said, "Now I'll go and worship that statue."

Nobody is allowed to go there, she took me there. She made me sit in a very nice place, like this, decorated. How much she respected me! She is, you see, among all the maharajas, Jaipur is the highest, and that maharani is the highest lady. And they had lots of problems, otherwise. They had lots of problems.

Now how this happened? This gentleman got his Realisation in Delhi, I think, three, four years back, he comes from Jaipur, he said, "Mother, we must have something in Jaipur." I said, "You go this time and try." A very powerful person. And he went and saw her, he gave her Realisation and gave Realisation to the maharaja. And they had some case of billions and billions of rupees worth of case in the court, which was not decided, and they were on the verge of losing it. But when she got Realisation within eight days that case was decided in their favour. And this she understood is a very good omen. But just from Realisation only, she completely got drenched into Sahaj Yoga. But she triggered.

So, when some people say, "Mother I have still this problem", then this is you are not triggering it. You shouldn't have any problem. If you have any problem then there is something wrong with you that must be corrected. Not only that you are going to solve your problem but you are going to trigger out in such a manner that you are going to solve the problems of all the people, all the world.

Still we have one very big problem of fundamentalism. We don't have to talk about it, say anything, just go and stand before them and it will work out - it depends on [your depth]. You have to do it. If I could do everything I would not have asked you to come to Sahaj Yoga. But you came on your own, you have got it on your own, and now you have to stand on your own.

So I feel that our vertical ascent is still very slow and we still are lost into the web of maya: of falling into a little subtler pattern of our previous lives. Now we are dead to that life, we are a new person, forget it!

There are so many things that I can tell you about miracles: for example, we have cured AIDS now. We have cured AIDS, no doubt. The AIDS can be cured through Sahaj Yoga. I mean I have cured it, of course. But I don't know if you can cure it. You can. You can, if you can trigger it out. But to you [if] other things are more important than Sahaj Yoga and to develop yourself into Sahaj Yoga then you can't.

There was one boy who came in Karnal: 32 years he could never ever speak one word, he could not hear, he could not speak, not

a sound from him, his soundbox was dead. And I said two mantras in his ears, he started speaking nicely. It was all out in the newspapers. If I could do it, why not you, people? Just try. I have given you all my powers. They are at your disposal. But there's one thing: you have to be detached like me.

You have to have concern for each other. Complete detachment. Let your attention be taken to us. Still you are worried about this and that – just forget it!

You are great, no doubt, but still the limitations you are carrying with you, you better give them up.

I hope at this time - the atmosphere is so good. I'm very happy this is happening and they want you to really resurrect: resurrect from the sense of time, sense of aggressiveness, sense of worldly things – mundane, useless rubbish they are – and fly out into the open sky.

May God bless you all!

Will you all have your dinner. And then we are going to have some music programme. Tomorrow is the puja. I hope this puja should trigger many things. I hope so!

May God bless.

1990-0422, Easter Puja: You Have To Grow Vertically

View [online](#).

22 April 1990

You Have To Grow Vertically

Easter Puja

Burlington Hotel, Eastbourne (England)

Talk Language: English | Transcript (English) – VERIFIED

Today we are here to worship the resurrection of Christ; and also to thank Him for giving us an ideal life of a saint who has to work for the benevolence of the whole world.

We talk of Christ, we sing of Shri Ganesha, we say we believe in Him, specially Sahaj Yogis feel He is the eldest brother that they have. And a tremendous surrender I find, among Western Sahaj Yogis specially, for Christ; because they were born in Christian religion perhaps, maybe; or maybe that they found Christ's life a very special one. But to Sahaj Yoga He has to be much more than that, and to you Sahaj Yogis.

Many people believe in many deities. Like some believe in Shri Krishna, some in Shri Rama, some in Buddha, some in Mahavira and some in Christ; all over the world, they do believe in some higher being. But this belief is without the connection, to begin with, and becomes a kind of a falsehood that they think that Christ belongs to them, Rama belongs to them or Shri Krishna belongs to them, that they are the possessors of all these deities because they have obliged of believing into it. And that is how most of the faiths have come.

And, though they ardently believe in Christ, all these faiths have failed because when they believed in Christ, they believed that, through Christ, they can get their cheques cashed: it was like a bank. You pray to God: "You get me all right." "All right." Then: "Get my mother all right," "my father all right," "my sister all right." "Get me so much money!" "Get me so much wealth!" or health or anything; thinking that because we believe in Christ He's so obliged that He has to pay for it and He has to look after us and that we are rightful possessors of His blessings.

Then they form churches, temples, mosques, clubs believing that, "Now we belong to Christ!" "All this group is a very special chosen one!" or, "We belong to Rama," or to Krishna or to someone like that. And to whomsoever they may 'belong,' the one to whom they belong, does not know anything about them! Christ has said, "You'll be calling me, 'Christ, Christ,' I won't recognise you!" It's a big warning to people who say, "We believe in Christ."

So, without the connection, if you believe in someone, it has no meaning: it's just like some sort of a mythical, romantic idea that the other person whom you believe in has a special relationship with you. So this assurance that, "I believe into something," or this assumption that, "I believe into something, and because I believe into something, I have every right to get all the blessings that I ask for," is a myth, as you must have realised after Sahaj Yoga.

But when you become a Sahaj Yogi, then you have got your connection with all of them and with Christ. But this connection again, in a subtle way, is the same style. For example, what we try to do is to ask again that this should be done, that should be done: "my Agnya is caught up. Mother, please clear it out!" or "I've got headache so please put it right!"

Because you believe in Sahaj Yoga, you expect Sahaj Yoga to feel obliged that, "See now, they believe in me, it's such a great obligation!" "So Sahaj Yoga must do something for me!" Whether you do anything for Sahaj Yoga is not important. Only because you believe in Sahaj Yoga, because Sahaj Yoga has given you Realisation, so Sahaj Yoga has every obligation that it should look after you, "I am in Sahaj Yoga still, why should I suffer? I am in Sahaj Yoga, why is my mother be all right?" "I am in Sahaj Yoga..." as if [it's] sort of an organisation where you have paid money or something and you are supposed to get all the rewards.

But now, let us see, after Sahaj Yoga, what should be our attitude which is sane? The first is that, "Now I'm a Sahaj Yogi and now I'm connected to Christ: so what is my responsibility?" Christ felt responsible for the whole world! He's described in the Devi Purana as the support of the whole universe.

As soon as you are connected with Christ, the whole attitude has to change.

So to be connected with Christ means what are the qualities of Christ you have imbibed in yourself? That's the minimum of minimum. What did you get out of His life? Is it that He has cured people, all right, so you should get cured? He gave eyes to people, so you must get your eyes back?

Shri Mataji: Do you mind removing this [incense] for me? (Mother doesn't like the incense smoke.)

Or is it that His life, which you have enshrined, should also make you something that could be enshrined, that could be respected, that could be called as a reflection of Christ's life?

Now let us see His life, what kind of a life He led. We read Bible, I mean we carry Bible everywhere and even I saw the Bible in the hotel as if it's a part of the thing, like a soap is kept and Bible is! Of course, I read it: I don't know how many read it.

But then it doesn't become to say you are a Sahaj Yogi, if through His connection you have not received any one of His qualities. For example, this is now connected to the mains, so you are getting electricity through it. This [microphone] doesn't give electricity to the mains, but it receives. So you have to receive something from Him and what you have to receive is the qualities that He had. You might say, "Because, Mother, He was Divine, He was the son of God." But He was also a son of His Mother and you are also son of your Mother.

So mediocrity in our character cannot say that we are connected with Christ because there's no energy of Christ flowing in you. When energy of Christ flows through you, you express it. Like yesterday the gentleman was playing (Nishat Khan was playing sitar) and I think the power of Saraswati started flowing in him and how beautiful he played! He couldn't control his fingers. He said, "It's all happening here: I don't know how!"

So throughout, if you see His life, He was a person who was all the time bothered about the benevolence of the world. How clearly He went and talked to the priests and told them that, "You don't understand me because you are blind." He told them that He knows His Father and His Father knows Him, "But you do not know me, nor you know your Father." So openly, blatantly, He was talking. He was not afraid that He will go to jail. He was not afraid that, by saying such a thing, the ego of others will be challenged; because He was not pretentious. He was not doing something that was not truthful. He was telling the truth and truth has that capacity to express itself through your personality.

But do we really believe in ourselves? Do we really believe that we are Sahaj Yogis, that we can talk to people as Christ could talk to them?

At a very young age of twelve years, He could go and talk to the priests – what courage! There was no need for Him. He should have really got married like Sahaj Yogis do and settled down with His wife and children nicely; because the main headache for the Sahaj Yogis seems to be the marriage and their children! He never married. He was so precious that He didn't want to waste His time with these things. And He died so young: He knew that He had to die.

So in His life, you see He was not a mundane type of a personality, not mundane, not ordinary. And when He spoke with such confidence, with such knowledge of truth that people did believe Him, had to believe. They couldn't help it. This power you too have, and you can do the same. But the way He used His power, why can't we use? Because we are not intense about it. Our attention is on something else, which is quite frivolous, which is useless.

All right, we are Sahaj Yogis, so what do we think about? First thing we'll think, "Now, today's a puja, what should I wear?" Then, "I haven't yet pressed my clothes," or, "my sari's not all right. I have to match it," and, "How to dress up." All these frivolous things first come to our house, our brain. Or in the morning, when you get up in your ashrams or anywhere, what do you think? If it was Christ, He would say, "I am sleeping still? I have to meditate! I have to be one with the Divine!" He would not say, "No, no, the Divine will look after, it's all right. The Divine will meditate for me!" "After all, Paramchaitanya, it has to meditate. Why should we meditate? We are all Sahaj Yogis." "Everything is sahaj, so let the Divine meditate for us!" "We can't get up in the morning. It's difficult. We can't, you see, just can't." But then you can't be a Sahaj Yogi! You are supposed to be connected with all the deities, not only Christ, and here you can't even get out of your bed to meditate; while all the deities are already up there, waiting for you to get up, that's all. And they can't understand what's happening to these Sahaj Yogis. "How can they be so low? After all, Mother must have given them Realisation thinking them to be something great. How did they get Realisation? They're so ordinary, so mundane, so useless!"

The deities start wondering, "Why Mother gave them Realisation?" Because a person who cannot enjoy his meditation cannot be a Sahaj Yogi. That's the first sign of a Sahaj Yogi: that he looks forward to that time when he can meditate. That is the time that you are really in connection with the Divine and you enjoy the most, and whenever I get a chance, I go into it. I find it so difficult to come out of it! I mean, for today it happened to me, I was first thinking that I will have to struggle out for this puja. I'll have to work it out. I don't know how I will get out of this meditative mood.

But it surprises so many people, how people are meditating. Especially so many Indians told me this thing; it's something very surprising: that they are supposed to be meditating and immediately they get up, "What cakes? What things? What have you cooked?" this, that. There's no slumber of meditation in them and, just, they just start thinking about food. How can that be? It's the way you cannot get out of your sleep, in the same way a Sahaj Yogi cannot get out of his meditative mood: it's so enjoyable. You want to be there.

So one of the signs that you are not yet anywhere near Sahaj Yoga is that if you cannot enjoy your meditation.

I mean, imagine if you enjoy a television show or anything, you have to see it, isn't it? You cannot just say, "All right, I'm sleeping now and I am enjoying the television." So you have to be awakened to it. But that awakening is within; and there you see your own connection.

It's a joy that I cannot describe really: there's only one word for that, is nirananda, means it's just, 'Nira' means 'only the joy'; 'absolute joy'. And who would like to give up the joy for what? For a cake or for a tea or this thing? I mean, just think of it! The joy is so deep, so intense, so beautiful. I don't know what else to say. You have not tasted the ambrosia, otherwise you would have said, [it's] as if the ambrosia is trickling down on your tongue. It's like that, the taste of it.

But what I find [is] that the depth we have not touched; which is within us. All of you have that depth, that not that you don't have. I have not given you Realisation because you are just there, here [but] because you have that depth within you. You are special people with that depth. But you haven't touched it. It shows you haven't touched it.

Supposing it's like a well full of water, but you are still dangling somewhere in the middle, you haven't yet touched that depth. Because once you get into that, you get completely drenched and lost. But if that is not the situation, that shows that you are still somewhere dangling in between and any time you can come high and dry.

So you have to judge yourself. This is the time for you to judge [if] you are in connection with Christ. He achieved His resurrection, by which we have to achieve our resurrection. But what have we done to achieve that resurrection which He has achieved? He intensely lived a life of complete sacrifice and complete concentration towards one goal: that He has to achieve the resurrection. Nothing else was important to Him. All that attention was on one thing that, "I have to achieve this resurrection. I have to get crucified and I have to be resurrected because the whole world has to be resurrected."

But Sahaj Yogis, I don't know how many think that way, how many think that dedication is needed. And the best part of it [is] that it's so joy-giving. Every step you move forward, it's so joy-giving. This sinking in that well is so very joy-giving. It's not painful. You don't have to crucify yourself, you don't have to carry the cross. He's done it for you. So what do you sacrifice? Is your laziness!

When it comes to the satisfaction of ego, people are overactive. They are like bullets then. And when it is the satisfaction of their physical comfort, they become – I don't know. We had one rakshasa called Kumbhakarna, who used to sleep for six months and used to be awake six months. But here I see people sleep for twelve months, so what do you call them?

Then they say, "Mother, we can't keep awake!" Why? Because you are not meditating, you are not one with Christ. Then His agnya, He controls. With that Agnya, you cannot sleep. If His blessings are there on the Agnya, you cannot sleep. You won't believe with the slightest light, artificial light specially, I can't sleep; because still Christ is awake and I have to be awake.

So you have to be awakened to this fact that we are Sahaj Yogis. We have a special responsibility as our connection with Christ is; our main responsibility is, all the time, intensely, to think, "What we can do for the betterment of human beings? And what are we doing about it?"

First I used to say, "Count your blessings," because that was the best way to make people understand that there are blessings in Sahaj Yoga. Now I would say, "Count your deeds." What have you done for Sahaj Yoga? Sahaj Yoga has done so much for you.

To say that Paramchaitanya will look after you is absolutely absurd! If Paramchaitanya could do everything why should it create human beings? One Adam and Eve were sufficient. You have to do it. Unless and until you become deep, it cannot trigger, it is helpless. It's only through you it is going to work out.

Now if there is no instrument, electricity cannot work, can it? Now you should say, "The electricity itself must come before me and must do everything!" You have to have the instrument and you are the instrument and if you do not want to do it, how can Paramchaitanya do it? It will be something like saying, as I told you, that, "Let electricity do the job, we'll not have any instrument." Can I work it out? Can you work it out?

So Paramchaitanya has its own style. It can only work if you people want to work it out. It's an energy, and you are the instrument. But the instrument is more busy with the job, with the family, I don't know, all kinds of nonsensical things.

Now supposing this instrument (microphone), which is meant for my lecture, forgets what it is and acts like a ladle in the kitchen because it's fond of food, say, for example: then what's the use of making this useless instrument? It doesn't do what it has to do. It doesn't know what it has been made for. It has no purpose at all. It's such a useless stuff.

So I feel there's a kind of a lethargy, a kind of a very subtle lethargy working out, like this that, "We've done our job. Let the young people do it now!" You are matured, and the matured have to do the job. "We have done our level best!" What have you done so far?

So much to be done still. And somehow or other we have to touch that area where such people remain like the yesterday's [sitar] player. He is not doing God's work. He's an artist and he's working so hard to achieve perfection. He will get the same amount whether he's perfect or not, but he's practising at home, he's listening to it, he's trying to develop it; all the time working it out so that his performance should be excellent. So he's seeking an excellence.

Mediocrity has no place in Sahaj Yoga. Only through excellence you'll enjoy. Only through excellence you will really become Sahaj Yogis.

Otherwise, you could be a headache to me and to yourself; you would be a headache to Sahaj Yogis. A most non-progressive, destructive element a person is who is not alert. You have to be aware, aware of your responsibilities.

So far I have been saying that still the preparation is on: they have to correct themselves, they have to clear out themselves, they have to work it out; still their conditionings, this ego. But now, twenty years have passed and beware! Be aware that twenty-first year is going to be a very big jump. I'm warning you again and again and again and again. And you have to work very hard to develop yourself vertically in balance with your horizontal growth.

It's not my lecture for entertainment or anything, but should go to your heart, to your brain, to your being as this is very important. And you are not going to waste it. All the time you have to think that you are a Sahaj Yogi and you have to know what you have to do in Sahaj Yoga and how to achieve it. You should not be satisfied unless and until you have achieved that excellence.

That's the very important, crucial point today [that] I wanted to tell you because today is Easter Day which was a very crucial point for the development or the growth of the Spirit, because Sahasrara we could never have achieved if Agnya was blocked.

Christ could have said, "All right, let Paramchaitanya do it! Let Paramchaitanya get itself hanged. Why should I do it?" But He had to do it and He was the instrument and He's done it.

So Sahaj Yoga is not only for exploiters – if you try just to exploit Sahaj Yoga, you'll be exploited too – but is for the exploitation of joy. But that's only possible if you grow, you touch your depth. If you are not deep enough, you'll hang in the air, as I said. And that has to be worked out, that has to be found out: how best you can do it, how much you can reach people; how many people you have given Realisation, how many people you're going to help improve their health, their mental conditions and then how much you are going to talk about Sahaj Yoga.

So that is going to work out what I call the collective ascent of human beings.

May God bless you!

To be in connection with Christ is to be enjoying your meditation.

All right. So, puja is another thing which, I know, it helps you a lot; it gives you a definite push, I should say, but you don't retain it. You don't retain it. Then what's the use? So also you have to retain, should have power to retain. That's only possible if you have touched your depths, which you have.

I am so happy to come back to you all. I missed you all very much. I'm travelling and working very hard. I don't know if I work hard. I don't think about it, never.

So once you know that this is what you have to be, then you don't work, it just works. Then you don't think you are working. This is a subtle point you have to understand: that everything works out and you work in a way and it works out, but you don't work. Like the Sun shines: if you ask the Sun, "Poor Sun, you have to work so hard!" He said, "When? When was that?" So you say, "You have to rise in the morning, then you have to..." "No, no, no, no, no! I was just with myself, nothing else. I was with myself, I was enjoying myself. When did I work?"

As long as you are with yourself there is no question of getting bored or no question of you getting tired, nothing: you are with yourself, finished!

But unless and until that happens within you then these problems do come up. And so please, please again I would say, value your Self-realisation, value your Realisation, value your life.

You all are very precious people and you are the ones who are chosen.

I hope all of you come to Sahasrar day after a very intensive meditative time. Otherwise suddenly I'll find people who are doing Sahasrar puja with their all Sahasrara caught up.

May God bless you!

[After Puja]

We have to take a vow today on such an important day that we all have to rise vertically. Very important. May God bless you.

1990-0505, Medical Conference: Reach the reality

[View online.](#)

5 May 1990

Conference

Fiuggi (Italy)

Talk Language: English | Transcript (English) – Draft

Medical Conference in Fiuggi, Italy, 05-05-1990

I bow to all the seekers of truth.

As you know very well, that all the religions have talked of one thing that is, we should seek the truth and that we have to be born again. But it is not just a certificate or a kind of a group we form, say that we are born again. But it is the actualization to believe that we have found the truth, that by reading a particular scripture, we are the people who are following the truth is just taking us to the darkness of fundamentalism. And that's why when people tell me that they are following the religion very strictly why is it physically, mentally, emotionally, they are so sick? But actually, they are not following reality. They have not tried to find out the reality. Thousands of years, our forefathers have been doing the same thing. There is no religion which has said that (inaudible) but this falsehood has lead us into a very big mess that we have started hating each other in the name of religion and they have become now, all religions, very money-oriented. Either they go to the right side as told to you or go to the left side and become possessed. The ones who follow any religion whether it is Christian, Hindu, Muslim, any religion, is capable of doing any sin. There is no difference between any human being as such. They have to be truth-oriented and there is only one truth one must know that we are the Spirit. And that there is an all-pervading power, the Devine power, which does all the works, all organisation of all living things. As long as you have not felt that Devine power, you have not reached the reality. And unless and until that happens, how can we claim that we belong to this religion or that religion? So this blindness has led people to fundamentalism and I think this is the biggest problem of the World today. In Sahaja yoga, people get cured, no doubt, because of the internal system working it out, because it is the bi-product of your Self-realisation. And once you are established as a self-realised soul then it's very seldom you get sick. Physically you improve. No doubt. Also, you become a very relaxed personality, as if you are away from the waves of turmoil in a boat (inaudible....) Of course, the doctors should not have any worry that Sahaja yoga will displace them. There are very few people who are really wise, so far I have seen, who come to Sahaja yoga, especially the very rich always go to the doctors to the specialist. So what we are trying to tell you is that this system helps the people who cannot afford to go to the doctor. Diagnosis is very easy because you can feel on the fingertips what the problem is on the chakras. When you want to treat a tree if you treat the leaves it can not be cured but if you really can go into the roots, reach the roots, it's very easy to cure that tree. So the knowledge of Sahaja yoga is the knowledge of the roots. Roots of human civilization. Another problem we have is of ecological problem which we have created ourselves. Machinery are for us and we are not for machinery. But the way we have become so materialistic that we have to have machines to produce many things for us, and all useless things like plastics and nylons. When a person gets his Self-realisation he also becomes very sensible and balanced. In the West, there are so many ways the entrepreneurs are befooling the ordinary people. (inaudible....) we should be committed. But we are crazy and there are certain norms that we try to always follow. Like first time we went to London, we never used to offer drinks in our house in India, but in London, they said that you have to offer. So to get six tumblers for every sort of drink we had to spend, in those days, 900 pounds. In that amount, we would have got at least three dozen of silver tumblers. Real silver, handmade. But for every type of wine, there is a different type of a glass and if you don't do that way you are not elite. So also these norms are formed by these entrepreneurs to befool us. And they have also killed our individuality. Because say, today is the fashion in Paris, then the whole of Europe must wear the same thing. You all look the same. If they have to wear tight pants they all will wear tight pants. All are just the same, just like a military. So we also have to understand how far we have to go, to balance between machinery and handmade things, and how many things to own, so that the piles and piles of plastics, nylons and all this horrible stuff is all over. You do not know what to do with it. Now if the machinery output is reduced what will happen is that ecological problems will be very much reduced. Say in India we have a such a big population no doubt, but the ecological problem is very little. No problem. Only the cities, some cities, because people have say one plate of brass, which is sufficient for their life. So one

has to be satisfied souls. But above all, once a person gets Realisation he becomes a medium of this divine power which starts flowing through him, and that triggers the atmosphere to be cleansed out. We have experimented with trees and we have found out that if they are given vibrated water then they survive very well despite the acid rain. We have experimented with agriculture and agriculture has improved ten times when you use vibrated water. And we don't use also, the seeds which we have to take from some organisation because they are hybrid. We use non-hybrid seeds. Also from non-hybrid animals, we get milk much more, their growth much better. So many things can happen. Everything living can be improved through these vibrations, the Chaitanya all pervading power. We spend all this money, we run around too much, we work so hard, for what? For joy. But if you see, it is all joyless pursuit. Your Spirit is the source of joy. It is the source of absolute truth. And it is the one that makes your attention so beautifully dynamic. And you become holy people. Auspicious people. The marriages become auspicious and the society improves. What is the culture we see in the West is that we change our wives and husbands like we change our dresses. And the children become like orphans. All kinds of struggles and all kinds of fights come out of hatred, but when you start using the power of love you are surprised how powerful you are. So the Sahaja yoga is not only for physical nor only for emotional or mental stability but for the stability of the whole world. So the new race of enlightened people have to come to lead the whole world into enlightenment. So it is a very easy method, it is very spontaneous because it is a living process. And now we are going to try it that, for all of you. Thank you very much. (clapping)

And if you have any questions you can write to us. Like you have here so many lights and you have to just switch on and you get all the lights spontaneously. But if I have to tell you all the theories behind it and then the discovery of it, all the rest of it, you will be fed-up. So the best thing is to have your realisation, and then we can talk about it.

At the very outset, I have to request you that you have to take out your shoes because we will take the help of mother earth. We will hardly take about 10 minutes. Please put your left hand towards me like this. This is suggesting symbolically you want your Realisation. Because the Left side is the power of desire. And the right hand we will have to use for the action. Dr Spiro will show you how to do it. Alright, now you have to put your right hand on your heart. In the heart resides the spirit. Then you have to put your right hand in the upper portion of your abdomen on the left-hand side. We will be working on the left hand side. Then you have to put your right hand on the lower portion of the abdomen. Now the upper portion of the abdomen is the centre of your mastery. All the great prophets and masters have created this centre within you. Now the lower.....

1990-0505, Evening Program, eve of Sahasrara Puja

View [online](#).

5 May 1990

Evening Program

Fiuggi (Italy)

Talk Language: English | Transcript (English) – Draft Evening Program, eve of Sahasrara Puja, Fiuggi, Italy, 05-05-1990

[Talk at 03:30:26]

I think all of them are great speakers, I get lost from words. As it is, I, you know that Indian music has something to do with the Spirit and also it has to do with your awareness. Say for example, when you start an Indian music ...in any Ragas, first they pick up your foundations, how you... how you see, how it is going to be within yourself, say your Muladhara is built up, to begin with, so that you are settled down and then the infrastructure is built and then the whole thing, the permutations and combinations are being built up. But it is a kind of a movement of your awareness, which you'll be noticed. That in the classical music, first you have a very slow movement to bring your attention ...in a particular direction to settle you down and then gradually you find the awareness starts becoming alert, then it becomes dynamic, then it starts bubbling. The other way round are the things like drinking, wines, the other way round. See, it is first you are bubbling, you are happy. Then you start drinking the wines and all that, then you start more bubbling this thing and trying to, you feel that you are absolutely abundant and you are in a bad place mood. But gradually it settles down into a very morose ending till I don't know how you come out of your pubs. So, this is, this is the reason why all the saints have said that drinking is against awareness but music is not because see, at this time, as he is saying, it's 4 o'clock, I didn't see the time all this while but it's which is 4 o'clock at this time, you are so alert and fresh because it has nourished your awareness. It has definitely nourished all of us.

Now, regarding the artist, I don't know, he says he is inspired or whatever it is but there is a kind of a work which I think is played by the Kundalini of a person but it doesn't work in everyone, it works in very sensitive people, I've seen and they react in such a manner that I myself am amazed sometimes how dynamic they become and how joyous, gradually the joy starts bubbling in them. I mean, they are entertaining you they are giving you joy but they see their own creative powers working, they see the whole thing completing and that is the thing that gives them joy. See now, this is, is the creation, that's before Me and see how he was joyous and how you were enjoying his creation and he was also enjoying his creation and the same gentleman who was playing tabla was, I was singing, he was rhythmically moving with him the same way as he was, the rhythm was there and sometimes he was playing with his rhythm but what you call is the playfulness and the Leela, Leela was there between the two. So the life has not to be a burdensome thing, it has not to be like a hangover but has to be something very light, bubbling, beautiful and joyous. So here an artist also because he's talking about Gula Marikhasava, I've seen him. He was in the beginning very serious, started and he went up to a point. Then he would just start as if he's Shri Krishna playing Holi, he would go on playing [Marathi] then he would start jumping half way. I saw him, every time he used to take a tan, he used to go half way up and down like that. So dynamic, I mean at that age when I saw him, I was myself amazed because this gentleman, he's not only singing but he's doing all kinds of exercises and so beautifully he was singing, so beautifully. So this is what it is that, it is a different side that music is absolutely nourishes our awareness, just like flowers, just like all the beautiful things of the world nourish our awareness.

Music, maximum it has the effect and that's why you see that even at 4 o'clock we are so fresh and tomorrow we are going to look absolutely fresh. I know we have done this many a times. So, this is what is to the music and to the artist, I must say, the way he was lost into it. He was very meditative in between, I saw him, he got meditative. You see, when they have to get into their creativity, they go into meditative mode and from there they pick on to it, right. While playing one raga only, he thought of dropping one uh.. note and playing another raga, he went into that raga. See, just sort of you, you completely lose your self-consciousness and you can get merged into the portion of notes and ragas but there are maryadas. In Indian music there are maryadas. You cannot just start singing darwali and end up with the jazz or something, you cannot. You have to keep darwali with darwali, you can from darwali you can drop something, you can go into another raga, it's different but you cannot just start uh.. going from one raga into some sort of an English music or some sort of a another African music, it cannot be.

You have to keep two ragas and there is a maryadas and this is the thing we have to understand that we are enjoying ourselves, in our awareness, we are all in a very joyous mood because we have maryadas. If you don't have maryadas, you can never enjoy. It get lost, it get lost and it reacts. So the whole thing today was a beautiful uh.. court as you said and in the court there has to be a protocol, there has to be maryadas and everybody has a place and then it's a beautiful thing to live together. So in the whole of our society, Sahaja yoga society and with maryadas, then we'll change the whole world, no doubt about it. And then the music will be of a very high quality, very nourishing, which will nourish our Spirit and which we'll be able to enjoy ourselves and for our progeny we'll be a beautiful world. So I bless you all that you try to invite the dedication and devotion of these artists and see at this young age, how far they have gone for music. So in the same way, the music of your Spirit, you also have to dedicate and also this music also, if you can learn, it will be a good idea, if some of you try. But in any case, I don't know this music, I cannot sing but at least I can appreciate and in the same way you are appreciating. In My childhood, both of us used to sing very well but I took to medicine because I had to talk to [unclear] later on, as we did today and that's why My sister took to music, that's the difference.

Otherwise we were both good singers but I couldn't take to music and so now I'm very happy that we are so much appreciating it and understanding. I would like Indian music to spread to the whole world, that maybe because you might think I'm Indian, it's not the point but I think Indian music, if you know, you can know any music and as you have seen in the case of Simon, he told Me that he has become very creative since he did some Indian music lessons. So, because there's freedom, you see, he's free, there's freedom but in maryadas. It's like a aeroplane which is properly tied up and is properly in his maryadas, can fly anywhere. In the same way, he has got his maryadas and then he went absolutely into the apsars. So these two principles are to be understood and to be enjoyed in music and I'm sure that we will also be able to produce some very good musicians out of you, if not from you, at least from your children. May God bless you! Thank you!

1990-0506, Sahasrara Puja: You Have All Become Mahayogis Now

View [online](#).

6 May 1990

You Have All Become Mahayogis Now

Sahasrara Puja

Fiuggi (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Sahasrara Puja. Fiuggi (Italy), 6 May 1990.

All these years I have been waiting for this day.

We have now, on the twenty-first Sahasrara, so is a very important turning point. As you know that every twenty-first day we change our calendars as far as the horoscope is concerned. And so now is a new change has to come and you can see the announcement (thunder clap and laughter). A new understanding and awareness of a very new dimension. We have been so far been dealing with collective consciousness.

We are collectively conscious. We have the idea that we are collectively conscious. Also we know we are part and parcel of the whole and that we all are sahaja yogis. We know about our chakras and our nadis very clearly, but perhaps we do not know about our powers, how many powers have developed in those twenty-one years within yourself. (loud thunder clap then laughter and applause)

Last two months Italy was burning with fire. It was so very hot. And I had reports that they're worried about a drought and they want rain to come in and now they think the time has passed away. But how it works, you see, because the All-pervading Power knows everything and the whole nature works for your benefit, for your programmes. At the right time things happen, as you have seen before. They are completely coordinated with our programmes. All the time they're helping you. Whatever they have in themselves as powers, they are using them at the right time. Now be confident that you have powers. And this is the new change that is going to come within your own understanding.

So far only you knew that you could feel the vibrations, that you could cure people, you could help to cure — I mean still not so confident. That you could feel the Paramchaitanya. But you did not know what Dynamic Forces are working in you now and this a new change that is going to come.

With this new change, you have to assume a new character and the new character is announcement.

So far I had told you not to talk about Sahaja Yoga very openly, blatantly, but now the time has come. We waited long for these days. Now you have to all start talking about it, announcing about it and telling about it to everyone. Otherwise, the world would say that "We never knew about it!" All other false gurus are so well known all over because their disciples are talking about them [in] all the places, wherever they can. To all the big offices they go, to big people they go. They go to all the important people. [They] just go and tell them what they have.

So far we had kept Sahaja Yoga at a low ebb because I wanted you, first of all, to develop into really very beautiful sahaja yogis, so that from your life, from your lifestyle, from your behaviour, from your understanding, from your thoughts, people will realise that these people are very unique and very different type of people. Now that assumption has to be there.

You have to understand that all these powers are bubbling in you and just out of formality or maybe out of shyness or maybe little cowardice, you are hiding them.

The other day there was a sahaja yogi who came to My house and he saw some flowers which were fading away. I said, "They are not fading. You can give them life." He said, "How?" I said, "You cut the bottom of all of them and put your hand underneath." And he just put his hands under the base of the stem and he said, "Mother, they are still drooping." I said, "All right, now leave them in the water." His attention was here and there. Within fifteen days (minutes?) they all stood up. All right. Started growing, they became bigger flowers and lasted for five days more after that. Then he was convinced.

You can do so many things to convince yourself that you have these powers. I have seen people who have certain problems. They have a headache, they have this, that. They come to Me, write big letters, "Mother, I get my headache. I can't get rid of it." Now those days are gone when Mother has to cure a headache, look after your wife, look after your children. Is all finished now. Now you are responsible, not only for yourself, but for your ashrams, for your cities, for your countries and for the whole world.

Now, assume your powers. Like yesterday he sang, or he played, 'The Royal Court' (Nishat Khan played Darbari Kanada). So now you are in The Royal Court. Take up your responsibilities! Everybody has to feel responsible. And assume what you are. Know your powers, what you can do. Sit down.

Now, the days are gone when you had to sit down and count your blessings. Now you have to count your powers. "How many powers I have and what I can use and how I can use."

No use counting your miracles. You have had enough miracles to prove that you are sahaja yogis and that you are helped by the Paramchaitanya. But now know how much of that Paramchaitanya you are going to use yourself, how you are going to manoeuvre it and how you are going to work out.

This is the new era we are starting from today. And this is the day I was waiting for all of you to realise that you are not sahaja yogis for only your selfish ends, nor for your families, nor for your communities, nor for your country, but for the whole world. Expand yourself. You must have that vision before you, that I have put many a times before you people, that - you have to emancipate the humanity.

Now don't have diffidence. First of all, you should not think that "We are very ordinary people. We are very ordinary. We haven't got something special about it." This work isn't going to be done by special people because they are suffering from ego. It is going to be done by people who don't have that ego of great success or of great achievements or riches or anything. If they are rid of this, then only they can work it out. And that's why it is for you to understand what Christ has said that, a camel can pass through the hole of a needle, but not a rich man. Because the ego is too big, bigger than a camel, bigger than a elephant, any animal you could think of. That's why now as we are entering into new awareness, let us not worry about our negative thinking.

So, first is the diffidence. "How can I be? I am not all right. I was like this. I was doing like this. I had done like this." So many letters of confessions come to Me, pages after pages, which I throw away or burn them off.

There is no need to confess any more. There's only one confession, that "I am a sahaja yogi and now, after twenty-first of Sahasrara, I am a Maha Yogi." This is the confession you have to make. And no more of these out of date things that people tell Me about your family's life and all mundane, nonsensical things. We have given them up and we have come to Sahaja Yoga for our ascent. We have achieved our ascent and now for what? For what? Have achieved our ascent is to emancipate human beings, to help them out of the Maya of ignorance, of darkness.

The main target, I feel today, should not be so much political, as fundamentalism. So we have to openly say to these fundamentalists that "You are nonsensical. You don't know the truth. You don't know anything about truth. You don't know that you are the Spirit. You don't know that there is a power that is working." You have to tell very clearly, "You are all stupid people running after something that is a mirage and all of you will end up into hell described by all the scriptures." We have to openly say it, this thing. Whichever way you like, you may write books. You may publish it. You may tell people about it.

But now the new announcement has to come to say that running after falsehood is not going to take you to God. And, in that, they have used the power of hatred. So you have to say that "We believe in the power of love and not in the power of hatred that you believe in". For us, everybody is capable of finding the Truth and is capable of getting to the heaven of that paradise, which is promised to us, the Kingdom of God.

So, for us, everybody, whether they belong to this community, that community, this race or that race, whatever it is, we believe - not that - but we are sure, that we all are quite capable and blessed by God, that we should enter into His Kingdom.

If you take this kind of a positive attitude, your negativity will go away. Negative forces, as you know, you have been pulled down by this kind of a thing or that kind of a thing, specially after Sahaja Yoga. Before Sahaja Yoga, we are not attached to any families or anything. After Sahaja Yoga you just got attached to your families like glued to them. Absolutely glued. I mean, I had to solve every family's problems.

Now we have marriages and even after marriages I find [that] still people don't understand what is a Sahaja Yoga marriage. And there are still some problems — very few, but there are.

So this nonsensical problem of, "My family, my wife, my children, my house, my property, my money". All this "my" should be finished first of all!

You have to belong to the world. Any person who is a king, [who] does not belong to his kingdom is a failure, is useless. If he thinks about himself, about his own comfort, about his own fame, about his own achievements, then he's a failure. He has to think about the country on which he's ruling.

In the same way, you have to also turn your mind away from all these petty things that you have been dealing with. I have been struggling with you, trying to help you for every small little nonsensical things and many people said that, "Mother, why should you worry? You are a saint. Why should you worry about these things?" I said, "Unless and until these entanglements are taken away, they are not going to come up."

But now, now you do feel that freedom, complete freedom. You are an individual. You are absolutely free and the source of your joy is your Spirit. You're not entangled with anyone. You are not any way attached to anyone. In that detachment, you are going to nourish everyone, inclusive of so-called your family, your people, your country and ultimately the world.

So, to get rid of negativity, first important thing is to learn detachment. Detachment comes through thoughtless awareness. When you look at anyone or start thinking about anyone - get to your state of thoughtless awareness. Immediately you'll feel detached and you'll know the solution of the whole problem.

Now the greatest power you have is in your brain, that you are knowledgeable. Not knowledgeable the way you understand, that, "what is the chakra, what is the centre" — not that. But there's all knowledge within you. Just you have to get into thoughtless awareness and the whole library of knowledge can open to you.

You know, so many of you have never been speaking on the stage, they had stage fear, and you have become great speakers. So many of you were possessed people who couldn't even stand before Me, have now become leaders and are doing good job. In every field you will find that you have advanced so much. So many people who didn't know how to sing have started singing, did not know how to paint have started painting. But these are very, very mundane things which may give us little pleasures here and there, but the main thing is how many people we give Realisation to. Whether you are a woman, whether you are man, whether you are a father, whether you are a mother, whether you are a child or a grown up. Everybody has to see how many people we can give Realisation to, how much we can announce about Sahaja Yoga. That's the main thing.

Sahaja Yoga is not by the way. And it happens. Like, when I went to Australia, I was surprised that Sahaja Yoga, which was such

a prime thing for them, suddenly became by the way.

So Sahaja Yoga is a commitment, is a commitment and complete involvement. Otherwise you are really useless for Sahaja Yoga, absolutely useless. It's better to have few people who are committed than to have thousands who are just useless. So let us see what you have decided for yourself and what you have decided for Sahaja Yoga. If you have decided to opt for Sahaja Yoga, then just know that this is the main thing that you have to do. The whole attention should be on that.

As I told this morning, a very good poem written by Namadeva and was included in the Guru Granth Sahib, that, "A boy is playing with his kite and the kite is flying in the air. He's talking to everyone, but his attention is on the kite. There's a lady who's doing all the household work. She is doing all the cleaning, but the child is on her, on her back or on her waist. All her attention is on the child. Then there are ladies who are taking water home. There's a water pitcher on their heads, sometimes two, sometimes three. They're carrying, balancing it. They're talking to each other, laughing, but the whole attention is on the balance."

In the same way, your attention should be all the time be on Sahaja Yoga - "What's happening in Sahaja Yoga? Where are we? Where are we going? Where is Mother? What part She is? What is She doing?" That is, now, if you put your attention to, your negativity will absolutely disappear because attention which was involved into negative things will get absolutely detached and you start thinking about Sahaja Yoga.

So now, as you are Maha Yogis, we have to make it a Mahayoga. And unless and until that level is achieved by you, then we should think that you are still backdated and I don't know, in the turning of the wheel, how many will be left there.

So this is a very big turning point and today is a very great day for us because Sahasrara, today, has completed its twenty-one years and, like that, it has twenty-one aspects. Seven, the chakras. Seven into three of your nadis. So it's twenty-one aspects you have been able to achieve and the twenty-one powers.

You just experiment and see for yourself. Don't doubt yourself! Just experiment. First, you used to even doubt if there is cool breeze or not, used to think it's an air conditioner working in London! Even [in] London (where nobody had air conditioners), they used to think there must be an air conditioner in their head! Now those days are gone. Now don't doubt yourself and you just go full ahead with all the maryadas of Sahaja Yoga.

So the maryada has to be there. Except that the moral maryada and also of behavioural maryadas, there are not many maryadas in Sahaja Yoga. You can do what you like. You can live the way you like. You can eat the way you want to eat. But the main maryada is that you have to be very moral people, honest, moral people. And, also, you have to be, in a way, in appearance, in behaviour, such a person that you do not become obnoxious or people don't think that you are queer, strange people. To overcome that, we have to dress up in a way that is rather more appealing to the general public and people see us as normal human being and as not abnormal human beings.

There's not much to be done outside. It is the inside where we'll have to prepare ourselves fully, to accept ourselves. To tell ourselves every day that we are now Maha Yogis and we have to work it out that way.

Today we have here people from all over the world and you go and tell this message to all the rest of the people, whom I have not met, that Mother has already announced, through the Vishnumaya also, that you have all become now Maha Yogis.

And try to express that, manifest that with full confidence in yourself and with this power of love, I am sure you will all win over.

May God bless you!

There has been nothing written about Sahasrara before. In none of the scriptures Sahasrara is described. Nobody knew anything about Sahasrara. They just left it as the seventh chakra – finished. They could only go up to Agnya and nothing has been written about Sahasrara so far. And there is no mantras written about Sahasrara, so we have to now write Sahasrara mantra.

It is very surprising that even the photographs of Sahasrara have appeared now for you to see that your Sahasrara are opening. And that is something [that] never happened before in the whole spiritual history and nobody could write about it because they never saw this Sahasrara.

Now, for you, it is important to see that you have something so unique within you. But only thing what you need is a courage and a complete commitment to go forward with this propagation of Sahaja Yoga, announcement of Sahaja Yoga.

1990-0507, Reclaiming Your Humanity in a Materialistic World

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Reclaiming Your Humanity In A Materialistic World

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Please be seated.

I bow to all the seekers of Truth. At a very outset we have to understand that Truth is what it is. We cannot organize it or imagine about it. But we have to unclear(treat) and knowing about your central nervous system. You can see clearly that I am very unclear() see with your eyes. but for an animal, he, what his understands is very limited quietly a human being has much greater sensitivity. To smell, taste, color everything. At human level we understand many things much more than animals but because of the evolutionary process. And this evolutionary process is a living process. It is not a process which is just a thought of imagined of but it is a living process. In the same way if we have to ascend, if we have to become a higher being, if we have to know the Truth, then this evolutionary process should give us that special status. At human level you cannot feel the Truth. People believe that this is the Truth, that is the Truth. Then there should be no fight, there should be no quarrel if its Absolute Truth. But like blind people holding an elephant is climbing differently people who believe that this is the Truth are doing the same thing. If this is the Truth, then universally everybody must accept it. And that is the reason we find that people are quarreling about things which is falsehood. So first we have to raise to that state where we can all feel the same Truth. All the scriptures, all the religions have said one thing for common that you must seek the eternal and whatever is transitory is to be used with full understanding. All the religions have said that you must seek yourself first of all. But how many are doing that? None of them. They are all just believing that this is the truth, and they don't want to seek the real Truth. They are formed organizations, huge, big congregations all like blind people unclear(12:40) themselves. So first we must seek ourselves. And that is to get your self-realization. We have come from ameba to the stage spontaneously like if sow a seed and it powers spontaneously. In the same way if you have to raise to a higher state then it has to be spontaneous. That is what sahaja is. Saha ja, saha means with, ja means born. Born within you. Is the right of yoga means the union with the Divine power. Now the truth is that you are not this body, you are not this mind, you are not these emotions, but you are the Spirit. And the another truth is that there is a unclear (14:57) divine power which is unclear (15:03) all the unclear(15:04). Unless and until you become the Spirit, you cannot feel the Divine power. The Divine power that is created us had made us unclear (15:33) human beings. This is the power which works out for our benevolence - physical, mental, emotional, and spiritual. And we have within us a power which can connect us to this Divine power. That power is called as a Kundalini in the Sanskrit language. Kundal means the coils. Because this coiled up and placed in our sacrum bone. Now sacrum means sacred. That means that great Greeks new that is a sacred bone. Now this is the arrangement within us already existing in every one of us and this connection once established, you get all the benevolence and all the blessings of the Divine power. Now this is a living process, and you can't pay for that. Most of the organization that talk about Truth had religion are money oriented. You cannot pay for it. The Divine doesn't understand your money or your banks. Doesn't. It doesn't understand what position you are having have. Also, it doesn't understand what place you love, what country you love. It only knows that you are a human being, and you have a right to ascend. But if you are satisfied with whatever you are living with, that it has no interest in you. But if you want to be a higher personality, to be above all diseases, above all tensions, above all worldly nonsensical problems then it helps. And these are the special category of people. Everybody in this world is seeking something. But those who seek the Truth get everything, automatically everything works out. Because this Divine power is extremely powerful. It thinks, it organizes, and the blessings are so much you that feel you are already in the Kingdom of God. You don't have to give up anything, you don't have to give up your family, you don't have to give up any life individual living but from inside you will see this connection. It is the happening which is inside yourself. There are many books which have come out saying that Kundalini awakening is very difficult, and people have all kinds of problems with that. But actually, Kundalini is your Mother. Everybody's individual Mother. And it looks after you when you want to have your second birth. And she knows everything about you. And there is no harm nothing happens but you feel peaceful and unclear(22:53). And you become dynamic,

and you become extremely compassionate. And this compassion acts and you can give realizations to others. You get that power to give realization to others. All these things are within yourself. They are your own. Only thing is that enlighten light can enlighten another light. And once you are enlightened, you can also enlighten other people. And you cannot force it on them. You have to actually ask and then it works out.

Today is the introduction and there are so many things to be said and tomorrow I will speak much more. But today I would like you to ask some questions. But now I am not here in anyway to take away anything from you. I don't want anything from you. I have come here to give you what you have. And so there is no need to be aggressive. So please me questions it will be good idea to spend some time today on the questions and then we'll have about ten minutes to raise your Kundalini to give your self-realization. This is the knowledge of your roots. The western civilization has grown like a tree. But we must find out our roots. And this knowledge once you know, you can nourish the tree very well. But you have to have a very open mind. Think it to be a hypothesis before you by a scientist and then when it's proved as a honest people you have to accept it. So, I would like to have some questions from you.

Question(28:14): ... he was reading Bhagavad-Gita unclear(28:18) by Lord Krishna (28:23) and if they don't achieve in this life, then the next life they will unclear(28:32) to achieve it.

Shri Mataji: Yes, that's Spirit fact. But now, life has it has come to a stage where you have to achieve it. Krishna said this, six thousand years back. Unclear(). Please standup.

Question: She says, she is unclear(29:22) believing in Christ. Does sahaja yoga can help her best?

Shri Mataji: Of course unclear(29:28), Christ is the gate through which we have to pass. But you see we don't know much about Christ till you get to sahaja yoga. He has said it that you have to be born again. So, people like the certificate if you are born again. Even you believe it twice, you don't know it. But after sahaja yoga you will know Him very well. Alright?

Question: What do you mean by Truth?

Shri Mataji: What do you mean by?

Translator: Truth

Shri Mataji: I just now told that Truth is that you are the Spirit and that there is the all-pervading power which looks after this. We are in the transiency. Still, we have not achieved that state. Once you achieve that state, then we know the Truth on our fingertips. Because Spirit is the universal being within us. And Spirit is the source of Absolute Truth. So, when you become the Spirit, all those who become the Spirit will say the same thing. Supposing there are ten children who are realized souls and you tie their eyes. And if you put somebody before them and ask them what is the problem with his gentleman, they will all raise one finger or two fingers showing the problem. So, these, these are five, six and seven centers on the right hands side or the physical and the mental side. And the left one unclear(33:27) on the emotional side. And you can feel the centers of other person on your fingertips. Because when you become a realized soul, you achieve a sate which we call it as a collective consciousness on your central nervous system. You can also feel the all-pervading power as the cool breeze of the Holy Ghost on your fingertips. And also, you can feel the cool breeze out of your own fontanelle bone area which is the actualization of your baptism. Actualization. It is not just somebody putting the water on your head and say that you are baptized. Its an actualization. Because Kundalini is the reflection of the Holy Ghost which is the Primordial Mother. They talk about the Father and the Son God and the Mother, they don't talk. Mother is the Holy Ghost. She exists within us as a pure desire as Kundalini.

Alright, now we have another question please.

Question: He was reading yesterday a book where it say can we (we can) get mental with Kundalini awakening without any other master.

Shri Mataji: No. no, it is not the master that you need. But you need somebody who is already enlightened person. Because supposing there is a candle which is not enlightened. You need another enlightened candle to enlighten it. All such people who tried these things suffer from all kinds of problems because they face a wrath, a wrath on their sympathetic nervous system. and that's why they say that Kundalini awakening is very difficult. But once you are enlightened, you can also enlighten others. All kinds of things are unclear (38:31) but who has given realizations so far. And they do not also say that they cannot give realization even they cannot. And they are so unclear (39:00) that they don't want to get realizations and they frighten you and tell you all kinds of stories. So, one should not be satisfied with anything, except you get your realization and see it for yourself. As you know very well that there are so many cheats. Even in the name of God, they are cheating people. What we have to see is our benevolence. We have to see what we get out of it. I am a Mother, so just say that you should unclear(40:18). Yes please stand up.

Question: I want to ask you advice for someone like me who is self-fearing of enlightenment but wants to be enlightened but is finding very very hard against attachment to physical pleasures and sensuality and is finding very very hard to unclear(41:10) I want very much to resolve that terrible terrible conflict.

Shri Mataji: What he said?

Translator: He said he had unclear(to find the enlightenment/frightened of enlightenment) but still he has very attachment to mundane things like sensuality...

Shri Mataji: See enlightenment has to be clearcut you just don't believe if suddenly unclear(42:00) I only question you should really say that I must get truthfully what is the real enlightenment? you are a seeker out and out. No doubt you are a seeker, but the enlightenment is so clear cut. So clear cut. You understand? It's so clear cut. It's not half baked. Of course, first when you get your realization now take you may feel the cool breeze alright, you may feel the out of your head but it has to be established. No doubt. But gradually when we are moving it will be amazed how you get transformation. And some in people I have seen that at the first shot they become so enlightened really surprised some of them are. Specially Russia I was surprised. Russians have really surprised me the most. They have very unclear(44:14) of many things religion, leading this that nonsense. Absolutely clean saints. Of course about forty percent I am quite unclear(44:40) and they want American jeans and this that. But most of them are the one I meant tremendous personalities. And they have called me again the embassy itself I mean the government itself have seen our results - medical and educational results. And has even us an independent identity which they have not given to any foreign organization. And Gorbachev himself is a realized soul. And these stupid fundamentalists who are blind unclear(46:13) and are so stupid what have they got? What have they got? What have they found? Stupid people.

Question: He says that according to Jesus enlightenment has to come from unclear(47:45)

Shri Mataji: and the grace comes from the top. But first you should be correct. First you should be correct then then the grace comes. Christ has talked about the grace. See he did only for four years in a way. And what can we do in four years. In a way. He spoke only for four years, and four years is no time to work it out. And they crucified him. Four years I was struggling with several hippies in London. And even now you will be surprised I have been working for eighteen years. We are working in forty countries now unclear(49:18) but how we could have here. How many there are moving about, how many are there look at it. Unclear(49:25) .So, we cannot say what Christ could not say but one has to say more and unclear (expelling/expenditure) him. And you believe in Bible, and you believe in Christ because you born as a Christian, but you don't believe in it because of the fought of the Truth. Like a Muslims believe in the Quran in their religion because they have born in it. It's not the brain to know about the religion you have to be born again to unclear(50:27). Now you put little test say I was myself born in Christian family. And Christ has said 'Thou shall not have adulterous eyes'. How many Christians have got that kind of an eye? You may read any scripture. You may read any book of knowledge. You may follow any religion, any God whatever you may call yourself. Anybody get unclear(51:32) say. That means all these beliefs has no hold on you. We are not transformed. A Christian can murder, a Hindu can murder, a Muslim can murder, anybody can murder, jews can murder. So, these are all artificial brands. It has not

penetrated through your nervous system. But after sahaja yoga we get penetrated into your nervous system. Over night people have given up drugs. Over night. They follow all religions, but they are sick. If you are following a religion that's reality you should not be sick. You should be healthy. So, these beliefs are just mental imaginations. Because no relationship is reality. Religion has to be born within you. Has to be enlightened within you. And that is what we have to face the truth of ourselves. And if you are honest, if you are really honest, you will find out that you are the Spirit. But if you are honest just seeking unclear(54:27) fall at your feet unclear(54:30). You have to seek. Knowing that so far you have not found the truth. Reading any amount of books or anything, its not going to give you. If you want to know about Christians, go and ask Jews. And if you want to know about the Jews ask the Christians. And if you want to know about Muslims ask Hindus. And about the Hindus ask the unclear(55:34). They know all the difference of other people not on their own. So, the best thing is we should seek our own self-realization first and know the truth. That is what it is. That we have to know, and we have to achieve our self-realization. Because this is our own property. And we should not live with myths. But we should achieve our own thing that within us. All there unclear(don't/without) knowingly. I will tell a story that supposing you take a say a television to a very remote corner of some village. They never seen a television and you tell that if I see all kinds of beautiful pictures in this. They say that what this is just an ordinary box.

(Discontinued Video..)

How great and glorious you are. Now I hope you are all ready to get your realization.

Comment from Audience: He says that he is very convinced about what you said.

Shri Mataji: May God bless you for that. May God bless you. Very happy to know that. May God bless you. I hope everyone of you just seek your realization first. First seek your realization. Please be seated, sit down. See. Now you see there are so many lights. Right? And if I have to tell you electricity, light and everything, it's a headache. But it is all built in. so you have to use one switch and it will come. The one who has the idea of switch can do it. The one who has the idea of switch can do it. Unclear(58:50) So, first get the light then this knowledge is limitless. If you are so enlightened, that you will be amazed at yourself but now don't doubt yourself. I know that some of you are doubting that you may not get your realization. Please don't judge yourself. Your Kundalini knows you very well. Have faith in yourself unclear(really/verily). Now it will take only ten minutes for the whole process. But those who want to have only should be in the hall, those who do not want to have I cannot force it on you. I asked you to ask questions so that there are no more of mental problem with you but now its over, so you forget the past. First and foremost condition is that you must forgive yourself. Don't believe when people tell you that you are a sinner. Don't feel guilty. That is past finished. You have to be in the present. Afterall we are human beings and only human beings can make mistakes not the Gods. So please don't feel guilty. Those who tell you: you are sinners are crooks. They must be greater sinners. But I will tell you please forgive yourself. Actually, you have to really love yourself in the sense you must know you are human being, and you are a seeker. And the second condition is very simple is to forgive everyone totally. You may say it is very difficult to forgive. But logically whether you forgive or don't forgive you don't do anything. What you do? But if you don't forgive then you play into wrong hands and torture yourself. So don't think whom to forgive but in general you just forgive everyone. And you have to be pleasantly placed towards at yourself. Pleasantly placed.

Lady from the Audience: Translator: She says it's not easy.

Shri Mataji: It's very easy madam. Forgive. Just say I forgive. To say that doesn't take much. By not saying or by saying you don't do anything actually. Just say it.

Alright. So today I am going to work it out in such a way that you can later on also can nourish your own centers.

I have to make a very humble request that you have to takeout your shoes because you take help of the Mother Earth. And now put both the feet apart from each other.

Question from Audience: Unclear()

Shri Mataji: Alright, we are doing to follow, you write it down your questions please and I will answer them tomorrow. Alright? any

question, send. Because it is endless. Now you have to be relaxed. Just. But you should not sort of bend or stretch yourself. You have to be in a comfortable seat. And put both your feet apart from each other. Because you unclear(1:06:04) that these are two different powers. Now, will work through our left-hand side with our right-hand. And left-hand you put towards me symbolic that this is the power of your desire. So, you desire to have your realization. Even if you have understood my lecture or you did not understand there is no difference. Even you forget about the lecturer. You will have to close your eyes when I tell you. But just now I will tell you how you will have to nourish your different centers. Now put your left-hand like this on your lap. And you have to use your right hand now on the left-hand side. So first you put it on your heat. Its like a hope you get it. In the heart resides the Spirit. And if you are a spirit, you are your own master - your own guru. Now you take the right-hand in the upper portion of your abdomen on the left-hand side. You have to move it on the left-hand side. This is the center of your mastery. This is created by great prophets and masters. Now you take your right hand in the lower portion of your abdomen. Now this is the center of pure knowledge which manifests on your central nervous system. That means you can feel the Truth - the all-pervading power on your fingertips. Alright, now raise again your hand on the upper portion of your abdomen on your left-hand side. Now we have to take it back to your heart again. Now you have to put your right-hand in the corner of your neck and your shoulder and turn neck to your right. And this is the center which is caught when you feel guilty. And I think in Rome or gambol of Italy has this problem. And this center is caught up. And when this center is caught up, you get diseases like Spondylitis and Angina. And if you have been smoking, you feel guilty and you catch it. Now you have to take your hand now on top of your forehead and bend your neck as far as possible and press it on both sides. Now this is the center where you have to forgive everyone. Now then you have to take your hand on the back side of your head and push back your head as far as possible. Now here you have to say that 'Oh Divine please forgive me' without thinking about what wrong you have done. And not counting the mistakes. Just for your satisfaction. Now stretch your hand fully and please place the center of your palm on top of your fontanelle bone area which was a soft bone on the top of your head in your childhood. Now put down your head, you have to bend your neck as far as you can. Push back your fingers so that you can press nicely on the scalp of the head. Now move the scalp, the scalp by pushing all fingers back and betters. And now seven times you just try to move it clockwise. Alright that how we have to do.

Now I will request you to make yourself comfortable. If you have ties on your neck or the base you can just loosen it. And you can takeout your spectacles. You will have to close your eyes now unclear(1:14:41). Now please put your left-hand towards me like this. And both of your legs away from each other. And now close your eyes and don't open them till I tell you. Take your right-hand on your heart. Here you have to ask me a very fundamental question. You may call me Mother or you may call me Shri Mataji. Now you please ask me a question: 'Mother, am I the Spirit?' ask this question three times, close your eyes, three times, say that three times. Say that. Now if you are the Spirit, you are your master, you are your guru, you are your guide. So now take your hand on the upper part of your abdomen on your left-hand side and press it hard with your fingers. Here now you ask another fundamental question: 'Mother, am I my own Master?' ask this question three times. Now I respect your freedom. I cannot force on you the pure knowledge. You have to ask for it. So now take down your right-hand on the lower portion of your abdomen and press it hard. And now here you ask for pure knowledge by saying six times because this center has got six petals: '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. Now take your right-hand in the upper portion of your abdomen on the left-hand side and press it hard. Now here, you have to say, ten times with full confidence: 'Mother, I am my own Master'. I have told you on the very out said that you are not this body, you are not this mind, you are not your emotions, you are not your imaginations, but you are the spirit. So now, raise your hand to your heart, and with full confidence again you have to say the greatest truth about yourself: 'Mother, I am the Spirit' say it twelve times. Now, the Divine power is the ocean of knowledge and love. It is the ocean of peace and blessings. but above all, it is the ocean of forgiveness. So, whatever you might have committed, it can dissolve all your mistakes. It is a very powerful forgiving power. So now, please raise your hand in the corner of your neck and your shoulder and turn your head to your right. And with full confidence say it sixteen times: 'Mother, I am not guilty at all' say it sixteen times. I have already told you that you have to forgive everyone totally. This is very important. Because it's a myth when you don't forgive. But if you don't forgive then, you play into wrong hands. And those people who want to torture you are very happy on the contrary you are torturing yourself. Now please put your right-hand on your forehead across and put down your head and press it on both the sides. Now please put down your head properly. Here you have to say with full confidence not how many times but from you heart: 'Mother, I forgive everyone totally'. By saying this you will feel very much lighter in your head. Press it on both the sides, put down your head properly. Now, take your hand on the backside of your head and push back your head on it as far as possible. Now here you have to say for your own satisfaction not feeling guilty: 'Oh Divine, if I have done any

mistakes knowingly or unknowingly, please forgive me' say it from your heart. Now stretch your right-hand fully and put your center of your palm on top of your head on the fontanelle bone area which was a soft bone in your childhood. Now put down your head as much as possible. And now, again I cannot cross over your freedom. You have to ask for your self-realization. Loudly. Now push back your fingers as much as you can and press it hard your scalp and move it seven times clockwise saying: 'Mother, please give me my self-realization'. Push back your fingers, push back your fingers. Put a proper pressure.

Now take down your hands please and open your eyes please. Slowly. Put both the hands towards me like this. Now bend your head and put your right-hand towards me and with the left-hand you see if there is a cool breeze coming out of your fontanelle bone area from your head. Keep it away from the head. Not on the top. Some people get it quite far away and please don't doubt it. Now, please bend your head, please bend your head. Now put the left-hand towards me. Again, bend your head and see for yourself with the right-hand if there is a cool breeze coming out of your head. Now, once again you will have to put the right hand towards me and bend your head and see for yourself if there is a cool breeze coming out of your head. Now watch me, watch me without thinking. Can you do that? Put your hands like this, just put your hands like this. Watch me without thinking.

(Discontinued video.)

'... of the Holy Ghost, Mother is this the all-pervading power of God's love?' ask anyone of these questions three times. Ask three times. Now please take down your hands. Those who are felt, you didn't feel? You didn't feel it? You been to gurus I think. Will work it out. Please raise again. I couldn't see you. Just raise it all those who have felt it. Most of you. Most of you. Thank you very much. There are very few who have not felt. Very few. But the reason is maybe they have been to some other gurus before. Some masters in their seeking. Or maybe something which will work it out those who have not felt the cool breeze can easily raise your hands I think sahaja yogis can easily work it out. You can come up please.

(Discontinued video.)

Shri Mataji talks to the people who did not feel the cool breeze.

1990-0510, Mother's Day Celebration, Short talk on creativity and Shri Mataji playing harmonium

View [online](#).

10 May 1990

Mother's Day Celebrations

Rome Ashram - Nirmala House, Rome (Italy)

Talk Language: English | Transcript (English) – Draft

1990-05-10 Mother's day at Nirmala House: Creativity

(21.59)

Today is mother's day and I think this country has tremendous respect for mothers and mothers are also very loving in this country. It is very fortunate to be here on such a day, as Mother's Day. Today we went out to see how Italy has become so creative and the mother earth gives you the creativity. She gives you. You learn from her how beautiful things she has produced and you try to reproduce it. But if you are not aware of the beauty, it is such a pure thing around you, you cannot be a good artist. Then you take to vulgar things. Things which are very cheapish, which have no value. But people who have the feeling of oneness with the mother earth try to make things to express their joy, that they are feeling from the beauty she has created. In the same way, you are also so exuberant with love and affection. I haven't done much for you, I don't think so. You may think so. I don't know. But only thing that really binds us is our love. Together. And this love is not blind love. So this love is the truth. This love is not only the truth, but is the knowledge. If you love somebody you know everything about the person. It is so deep and you know another person through your kundalini. It is so subtle that you get knowledge about another person. And that is the greatest joy to enjoy others. When that enjoyment starts within you. When you start enjoying other Sahaja Yogis and Sahaja Yognis, forgetting what your caste, what your religion, what are race, what your family and what your countries you come from. Then one must say that Sahaja Yoga has worked on you really and you are a real Sahaja Yogi. But (if) you cannot enjoy, then definitely something is wrong somewhere. So this is a sign that you are a Sahaja Yogi. Moreover, collectivity if you cannot enjoy, then definitely there is something wrong. If you start criticising others and finding faults with others and all the time thinking about your own comforts and your own moods then you are not yet a Sahaja Yogi. Because once personality has become one with the ocean of love, then you lose all those petty things which have kept you away from joy and this are all joy-killing things and one should not ever stick on to them. Now we have left all that and we have come to a new life, specially after the Sahasrara Day you must be feeling that something has changed definitely everywhere. And a big change is going to be there, I am sure among human beings also.

Now you will get lots of people here for follow-on. So try to understand that you also had the problems when you had come to Sahaja Yoga. and if they had problems you should not shoot-out with the ideas that they are possessed, they are this, they are that. But it in gentle loving manner, try to treat them. I would say that for every follow-on you should have something to eat also. Very good idea. Vibrate it and give it to them so that their Nabhi gets alright. Let them feel that you are loving, compassionate people. And just from the very beginning, you should not start telling them of about their bad habits. Gradually most of them will learn and they have learnt. And things are going to work out. I expect now don't shoot, come up very well. Because the experiences of Perugia has told me that are beautiful places around those and you can always do one of them every month and you will lots of people who are really seekers of truth and even in Rome I think that are very nice seekers, very new people have come. But only how you deal with them is important. Again I am coming back to Rome. I don't what date? (talking to a Sahaja yogi) Eight of June. (Applause) And then we will meet some new people over here. Before that, if you can arrange some programmes outside Rome then it will be a good idea. Thank you very much. (talks in Hindi referring to a child who comes to kiss Shri Mataji) So again I want to thank you all for conducting so well, such a large gathering of people who come for Sahasrara Day. Sahasrara Day is the most important day for us. And somehow this time there were so many people and all of them went very happy. With happy memories about you. You have been very sacrificing, sensible and hospitable and they have told me that Mother you also thank them on our behalf. So Thank you all of you here, specially Giulio, who has done it so beautifully and all the rest of you who have done so much. I am sorry the bangles that we got for you, by mistake, have gone to

London. Doesn't matter. Next Time. So may God bless you all.

So would you like to sing..

Informal conversation

(A Sahaja Yogi then thanks Shri Mataji for doing everything and allowing the Sahaja Yogis to enjoy.)

It was too much, how you all are going to manage, but it was done very well, very well done. Everybody enjoyed thoroughly. Unexpectedly so many people came.

You could have some nice music now

1990-0514, Shri Buddha Puja: You must learn how to bear the freedom

View [online](#).

14 May 1990

You Must Learn How To Bear The Freedom

Buddha Puja

Saint Petersburg (Russia)

Talk Language: English | Transcript (English) – Draft

Shri Buddha Puja, May 14th, 1990, St Peterburg, Russia

As you know Sahaja Yoga is not an organised or that kind of an organisation. Because it's a living process and all those who come to Sahaja Yoga like they have come to some Holy river [alleviate] purify and then become sahaja yogis. So one should be very careful as not to be irresponsible about oneself first of all and about the collective.

We have [] there is no power or no tradition or place to during Sahaja Yoga.

But in every country we have to appoint somebody as the leader and that leader is in contact with Me directly. Because I can not talk to everyone of you directly we have this method but if the leaders also are found to be not true or something wrong they can be changed but normally we don't. Normally the leadership can not be challenged. Normally.

Last year we had to remove the leader of Australia, he had to completely go out of Sahaja Yoga. You see, we had to get some other leader first, if it does not work out, then we have to also remove the so-called leader.

So this leader had created a very big problem for Me and it was really very difficult I had to work for one month completely to again put them back.

Also we removed so many sahaja yogis who we found to be against some leaders or who were troubling the leaders, when the leaders complain about them, we have to remove them, because I trust the leaders first of all.

So one should normally not complain and should look into themselves instead complaining to others. But the leader has to be above good and aboucher. For example if a leader is carrying on a girlfriend, which is not allowed in Sahaja Yoga, we have to marry. Because this is bad example, so such things are not allowed. No sahaja yogi is allowed to have a girlfriend or boyfriend and also not marry that person. In Sahaja Yoga we believe in romance after marriage not before. Because you have so much of romance before the marriage that as soon as you get married you get to divorces. As in say in India we also have arranged marriages according to their family and all that and we don't have divorces very few I know [] two in My lifetime. If we have got the romance before the marriage usually they have quarrels after marriage. So You must see that with curiosity as something that is going to happened to us so we be informal to it. Now most of the people who have got realisation and got married after that ...quite a lot I should say, at least 1000 people have that and out of that 1 or 2 marriages have been failed in two hundred one or two are divorced. [Rajki] says when there is wrong on one part of the body then you are allowed to have divorce but the person who is wrong has to go out of Sahaja Yoga.

Now the second part is that one should not play about Sahaja Yoga money. It is very dangerous. Now for a example last time when I came they said there was programs a lots of money was collected. Everything should be accounted and all the sahaja yogis must know where the money has gone it should be absolutely clear cut there absolutely clean. Now in India I am very bad at accounts but I appointed my own youngest brother because he is chartered accountant to find about every center in India. And he says that in our country he has not seen any organisation so clean and so accounted. And also every moves he is making or when you pay or collect money or there is [] to find out, they consult Me if it's a large amount. And any member of the organisation should be able to see the account normally they should be able to do that, it should be an open book.

Even I who is beyond sin that keep away all your money but even then I keep the money in the bank and one of the sahaja yogis keeps checkbooks with him. And everybody knows how what money has come and where is spent, even the money is in my account, that means is in my private account. But supposing I am very fond of giving presents and I want to spend some money like that then I take it from my husband's account, not even from my private account because I don't want sahaja yogis to know how much is spent for their presents. And so far my audio tapes, tape recorders everything was sold out my photographs everything and I [] even a single pie out of it but I told them to keep the account also they did not keep. So they have now formed the committee on to which only tapes and audio tapes and my books all those when sought even my photographs because we don't want people to make money out of all these things, it is apart from many things it is very dangerous.

Moreover you do not take to projects, which you cannot afford, it is very important. We do not take projects which we can not effort at all never take from any project which you can not afford. So whatever you want to do with your private money take a great project or anything you can do it but if you have to use the money which is designated for the collective work you must take the sanction of the collective and My sanction as well.

Now there is no business in Sahaja Yoga no business. You can not mix up business with Sahaja Yoga, nobody should do. But when you become a sahaja yogi you become very dynamic and you become extremely intelligent and you understand and if you are in the business or anything you start getting such a lot of money that you don't know what to do with it. I give you example of a sahaja yogi who came to Sahaja Yoga, his company was doing very badly there was a strike in his company for about two years. But you will be surprised that when he started to do business with Sahaja Yoga as his main object and his business absolutely separated and he has become now a multi millionaire. But after coming to Sahaja Yoga if your business does not work out then you know that you have done some great mistake otherwise it is an impossibility. So you have to be extremely meticulously honest about public funds. Also you should not use any sahaja yogi for business. For a example you meet now a lot of people from abroad and they might say or you might say that we can do this business and that business it never works its very difficult. That means that we have to be understanding with the blessings of Sahaja Yoga and take full advantage of blessings and prosper physically mentally emotionally and also financially in Sahaja Yoga.

Now the power also one should not assert or control that's dangerous again. Now it is 21st year I have been here with you and I started Sahaja Yoga and My experience of human beings is this that you have to be very sincere in Sahaja Yoga. May be anti [factors can] con it and it does not work out.

When you have vertical growth you also get horizontal growth on every part. And thus, all your problems get solved you don't have to worry, but you have to be sincere and honest to yourself. So this is [general] matter of Sahaja Yoga should be.

Now as I told you the other day you must know that I sent here doctor Bogdan. And he is so fed up with the way people are here power related here that he wants to go back and he thinks that they all are mad here that they divide people in Moscow and Leningrad and Kiev he is quite upset about it. Such a nice man I found out for you and who can work out medical science and other science and if people go on behaving like this in Russia, we finish off Sahaja Yoga.

And he came [] to the ashram and I would request you that I will try to post him in Moscow [] and also he will look after the Leningrad and everything.

But, now try to understand that it is Bogdan who will talk to you and I will talk to him. And you have to all depend on his guidance because he is one of the wisest sahaja yogi you could think of.

So this is only all about your realization. So the second part of it we start with a Puja.

Shri Buddha Puja

14.05.1990

Leningrad, USSR

The puja are meant to awaken the deities within you which are on your centers. "Пробуждены" [probuzhdeny, means "awakened" in Russian]. All right. So, we do it. That eleven main puja we have together, eleven in the international level. But, here I decided to have the Buddha puja, or Lord Buddha's puja, because Russia is in the map, according to us, is the right Agnya, right side of Agnya, left and right. And that is why we are going to have the Buddha puja, which is, in a way, suggestive that Buddha means enlightened.

So there are three, three mantras of the Buddhist, the Buddhist religion, they call it, or Buddha's stotram. The first one is "Buddham Sharanam Gachhami," meaning "I surrender myself to all the people who are enlightened." That case we have to respect each other. We are all enlightened souls. As I also bow to you, you have to bow to each other. We have to bow to all the people who are enlightened. And thus, we respect each other's Self-Realization.

Now, there's a very beautiful story about Namadeva. And he was a great poet, and a saint in Maharashtra. And this Namadeva went to see another realized soul who was a potter, potter, little pots. This, another one was called as Gora Kumbhar, Gora Kumbhar. Now the Namadeva [] he was a tailor of a much higher state. So when he saw him, he was just mixing the clay with his feet. Though he stood absolutely stunned looking at Gora Kumbhar, Namadeva for a minute and he just closed his eyes and hands and bowed to him. And he said that, "I came to feel here to see something that is formless, just to feel the vibrations, but here is the formless is in the form." This is the appreciation of one Sahaja yogi of another one. This is the appreciation. But many people, many people can know, other people who are not Sahaja yogis, but not Sahaja yogis themselves.

So, one has to know that all of you are now in such a good shell, that you are all great yogis and your honor have to be sahaja yogis. And nobody has to be condemned at all. Now, the place of Agnya today [inaudible]. will give you a very big ascent in a sense, that this is the most difficult center. Now, you have got on the Agnya chakra itself, is bestowed upon us is our Lord Jesus Christ. And that He is the one when awakened sucks in our ego and superego, our karmas and our conditionings.

So, today's special thing is that we are worshipping a deity on the right Agnya which makes you think too much, first of all. And also it makes you aggressive, and also it makes you very right-sided. By this worship, you will become very mild, very gentle, very beautiful people and you'll be able to see things much more clearly.

Now this right side gives you a kind of an ego which troubles everyone, but you will never feel the trouble till you get into a very serious state. It gives you the overactivity of the brain and the conscious mind works too hard. For that you are, you are not to be very hard working people, but you might think [] that your mind is more active than your body. So, this Agnya chakra has to be controlled by Buddha, and why we do Puja today.

The second mantra is, "Dhammam Sharanam Gachhami." Dhammam. It means, "I surrender myself to my dharma." Means, to my ten commandments, should I call them, or the ten valencies that I have in my stomach. And, that is the second point that your dharma is Vishwa Nirmala Dharmala, is the pure, innate religion within you, pure innate religion. That means you have to look after your behaviour and from that you judge yourself: Why are you doing like this? You could not have done that.

Now, this extreme of Agnya chakra has come up with a disease called as YUPPIE'S DISEASE [chronic fatigue syndrome], and you will be surprised that I have told about this disease about 8 years back in America, that it should come. That your conscious mind will not be able to work anything, only will live the subconscious. People not have the conscious mind, and it's a very serious disease. Your conscious mind will not work. As long as you are walking unconsciously you are alright. As soon as you try to think you are walking you fall, your conscious mind will not be able to work. Actually we are very [] even that you can. And our doctors are now trying experiments on them with Sahaja Yoga.

First you feel very pampered with your ego – that I have done this – I have done that. But then ego sits on your head and then you are completely lost you do not know what to do.

So, today's Puja is very important for Russia, and for you people, because now you have got freedom and your Agnya can go out of balance. Now if you understand one thing, that when you get your freedom also you must learn how to bear the freedom. So it is [] Sahaja Yoga and I do not want to frighten you. But, we have to be very careful with our Agnya, that's what I am just telling you as I do not want to frighten you, but as a Sahaja yogi it is not going to happen to you, but still you have to be very careful.

And now, we are going to have the puja after this, and I hope you people will imbibe with the vibrations will penetrate into you, you will find the change very much within you.

1990-0528, "Divine Discretion", Hamsa Chakra Puja & Arrival

View [online](#).

28 May 1990

Hamsa Chakra Puja

YMCA - Camp Marston, San Diego (United States)

Talk Language: English | Transcript (English) – VERIFIED

It's another great pleasure to come to America to meet you all people here.

This one, as I've told you, is a very important country in the field of spirituality. Not because it's a large country or because it is very prosperous but because, as you know, it is the Vishuddhi in the plan of Virat. Vishuddhi is such an important chakra. It has a very great manifestation also. For example it has another subsidiary chakra, which we call as Hamsa Chakra. And the star which is influencing this centre - or the star that resides, on which this centre is working - is Saturn. And, as you know with Saturn there is another small little Saturn moving. In the same way, with this Vishuddhi Chakra, there's another one which is a very important chakra, which we call as Hamsa Chakra.

We have had a puja of Hamsa Chakra in Germany once, and it has acted, I think; because Germans have realised that whatever they have done so far was absolutely inhuman. And I was so happy to see that, when I went to Russia, the people who came to give them Realisation were mostly Germans. It really makes you feel so tender about the whole thing that the Germans felt it is important - I mean, they were the ones who were attracted - to come to Russia to give Realisation to Russians; and you must know that the number of Russians killed were the maximum in the war, in this war, by Germans.

So the discretion, the Divine discretion that manifests through your Hamsa Chakra, first started in Germany. And now you see how East Germany is entering into German territory, West Germany, and how they are welcoming them, looking after them. And who did all these things was a few Sahaj Yogis who triggered it.

So in those countries where there has been a tremendous war problem, and they had tsars and they had to go through hell - even Germans had to suffer a lot because of Hitler's misguidance - they have known hardships, they have known sacrifices, they have known all kinds of ordeals they had to go through. But somehow this country has been blessed to such an extent that Americans never realised what is hardship. And the blessings really have spoiled them.

Hardships have been in all these countries which we call as Eastern Bloc, and Sahaj Yoga is spreading like wildfire in all these Eastern Bloc countries where they have been completely under the rule of Russians, we can say, or under the rule of terror. And the same terror has acted in Russia, throughout. In that terror, in that fear, it is surprising how this wisdom has grown in all these people much more than in countries where we have the greatest affluence, the greatest comfort of life. The hardship has taught them, the fear has taught them, to be wise. And the best part is the discretion.

Now this being Shri Krishna's country, because He's Kubera, He's the God of wealth, the country is wealthy, no doubt. But the other part of Shri Krishna is completely missing here: is the Divine discretion.

How His Divine discretion is shown, even in Mahabharata, is wonderful to see. How He managed the Pandavas to win the war through His Divine discretion; because they were dharmic, they were standing in dharma; and how He supported the Pandavas because they were dharmic.

But just the opposite is the situation of America: that America always supports wrong people. And it has no principle of righteousness or principle of its own freedom. For example, to support something like Argentina or Peru, where there's complete dictatorship. I have been there, I know what it was like at the time it was under the regime of these people. And that's what has happened to the people of this country - they have no Divine discretion at all. And that's why I think all the false gurus have come

and settled here, because they know these people have no Divine discretion.

The Hamsa Chakra is so weak here that they cannot see what is dharma and what is adharma.

Also, the basic principle by which this country became democratic was that this government is for the people, of the people, by the people. So it has to be people-oriented. But democracy, at this stage, without Realisation, cannot work out. It's obvious.

A few people who were cunning, who could make money, became money-oriented - they could advertise better; they could manipulate better than other people; who were crooks also, making money like that, through drugs, through other things, by other means - they could come up, they were elected, and they are in charge. So it is not people-oriented, but it is only money-oriented democracy. And maybe if it goes on like this, you will find you might get some horrible crooks as rulers in this country. Because the one who can make money, the one who has lots of money, by hook or crook, whosoever [it] may be, can win over elections and can become our ruler here.

So the democracy that was started or was spelled out, by Abraham Lincoln, is no more there; it's a money-oriented thing. And it has generated such a bad atmosphere all over the world that in the whole world now the conservatives, the people who think they are conservatives, who are money-oriented people, who don't care for people at all, are becoming the leaders, everywhere.

So to be people-oriented one has to, first of all, understand that you have to have your Realisation, otherwise you do not become a collective being. If you do not become the collective being you cannot enjoy the beautiful virtue of generosity. And when you do not have that generosity, then you become a person of a very small mind and a small heart.

And the crookedness works everywhere. Outside they are very sweet to talk, but inside you don't know what they will do, how they'll deceive you. In this kind of atmosphere we are.

While you know in Russia we have done so well. In Russia people were just waiting for a Mother to come, that's all. They are Mother worshippers, to begin with. And they were wanting somebody just to love them, every one of them, to tell them about love, because they felt they were never loved by their government. Here also nobody is loved. But the pattern of the government there and the pattern of the people are at two different ends. The government people are very dominating, extremely strict and exploiting type. But the people are the exploited ones. But here, the pattern of the government is taken over by people. As the government is exploiting people, people are also exploiting each other; as much as they can exploit: very good, after all money is the end of it.

That's why I used to think, "Why in America Sahaj Yoga is failing?" All kinds of thugs have come here. They have made lots of money; I mean they all are thrown out and so many are to be thrown out, it's all right. But as far as Sahaj Yoga message is concerned, people cannot absorb it.

So now for Sahaj Yogis it is very important to become really very deep Sahaj Yogis - very, very deep - so that we can trigger better. Even if there are two Sahaj Yogis who are very deep, one can trigger a lot. Like you'll be surprised [that] in Hungary people were saying in the beginning, "Mother, what about Hungary? It should become free." I said, "Let there be one Sahaj Yogi to come in." Only one fellow came in: he was absolutely sick, a very thin and worn-out fellow. I treated him. I cured him. And with love, he got nourishment. And within eight days after his Realisation, he went back, and after a week, Hungary got its freedom.

Though we are few, in here, we all have to be very conscious of it: that we are the foundation, and if we fail, we'll fail our country. And we have to be very deep, sensible Sahaj Yogis.

So what problems do we face here? First is, I have told hundred times, that you have to open your heart. That's such an important thing for all Sahaj Yogis: to open their heart. Look into your hearts. What do you want? Not through rationality, but through vibrations. What do you want?

You ask yourself, "What do I want?"

Then say few words, "I want money." Vibrations won't flow.

"I want this, that." Vibrations won't flow.

Then what do you want? "I want to be a deep Sahaj Yogi, very deep, so I could save my country."

If Americans will go to hell, you will be held responsible for that, nobody else. You need very few people to trigger it, I tell you. But we still stick on to our past.

The problems and problems of America are a very different type all the time. First is aggressiveness. What is in aggressiveness? Loving someone, being kind to someone, should be so natural because that is what your Spirit is: it loves; it enjoys the love, giving love. So to allow your Spirit to manifest, you have to understand its nature. Spirit can never be aggressive, can never dominate. It respects the freedom of another person because it's a free being. So this aggressiveness that we have within us, we have to really challenge it and ask, "Why are we aggressive?"

But the understanding about oneself has to be very honest also. Because if you want to justify, and if you want to close your eyes to reality, then you cannot improve yourself. And when the depth grows inside you then it is tremendous, I tell you. Because this Power which is surrounding us - which you know about, which you have felt it - has to flow through a medium which is absolutely clean, egoless, condition-less.

But we are so much conditioned, and in this so-called free country, this freedom has conditioned us. It's like a person who is let loose, doesn't know where to go: he bangs his head this side, bangs his head that side, bangs his head that side. And the problems are so funny - problems which do not exist anywhere [else], exist in this country - you know them very well - with such shocking state that, when we think about it, what's going to happen? Where are we going to be?

So we are really on a warpath in America, I must tell you, for Sahaj Yogis. Really on a warpath. Unless and until you take up Sahaj Yoga as your only concern, it's not going to work out.

We had problems, like somebody has no job, then somebody has this, he's lost something here, then husband-wife's problem and all these nonsensical things. Still people are struggling with that. How many times you have been married in previous lives? Then somebody's wife is dominating, somebody's husband is dominating. Such absurd things! Doesn't behave saints.

So the quality of Sahaj Yogis in America, unless and until [it] is raised, one cannot trigger anything here.

And the first thing that the Sahaj Yogis must have is collectivity in America. Because America stands for Vishuddhi Chakra, which is manifesting collectivity within us. And if people cannot be collective, then how can you have Sahaj Yoga manifesting here? Impossible. Because that is the greatest quality you have. That's the basic power you have in this country: is the collectivity within you.

So you have two basic powers. First is collectivity and the second one that you have is a Divine discretion. Basically [they are] given to you these powers. And just the opposite if we go. I have heard about many Sahaj Yogis who avoid the company of children, who run away from other people; if they see three, four people sitting there, then they can't share the room with them. It's very common.

Supposing there's a very small little room, and so many have to sleep in a small little room: it's nice in a way; it's an experience. Then, where do you sleep? You sleep there, you sleep there; how do you manage? You can't go to the bathroom. And it's an event. (Laughter). The life which is smooth is boring. (Laughter & applause)

There should be some events in life like this. But Americans always avoid any, any such thing which requires an eventful time. Otherwise, if you walk straight forward, reach some place, open the door and everything is ready made; you walk into a room, everything electrified and you just get your seat; you sit on the seat. If you have to get up, the seat pulls you out. (Laughter) Or, I went to somebody's house and they said, "We have a bed here." I said, "What's so special?" He said, "If you press this button, your legs will come up. If you press this button, your head will come up, you turn round." I said, "I can do all that myself! I am not that old or that weak that I can't do it."

But, you see they, the way people are: always looking for comfort, always looking for comfort, and like to have smooth life. And the smoothness has made them so boring. I mean, their life is really boring. And a person who has a boring life cannot have a vision; cannot. Everything is done up now. You go there, everything is first class. There's nothing to worry. You go to a hotel, everything is paid for, nicely kept; it's a very good hotel. But only when in a hotel you are staying and suddenly people tell you, "Oh there's going to be an earthquake!" You run out with your pyjamas and you find yourself in funny companies; and that's what you remember. You may go to various places and live in various comforts and things. You don't remember that.

So people now want to do something funny, like they'll go trekking up, doing this, and all those funny sort of things. Because the life is not eventful, they are trying something that is dangerous, that is destroying them. But supposing if you had accepted events in life as important. What does it matter? Let's see what happens. For example, if I say, "Now, some people have to go from here to Phoenix and settle down there." Immediately you [will say], "How will they go? And where will be the house? Where will they stay? Who will pay for it?" And every question is such a big question they have. But, "Yes, we'll go! What's the harm? We'll stay anywhere: under a tree; doesn't matter. What's that?" After all monkeys can live there, why can't we? They were our forefathers!

But that sort of a comfort loving temperament is very dangerous. And they feel they are very tired - all the time. In American films nowadays what I see is anybody, even a heroine or a hero, comes and says, "Haaah!" like that. Perhaps they think too much [that] they are working hard or they are doing this. All the time they think.

There's a Sahaj Yagini in London. She's an Indian girl, works very hard, does every stitching, everything she does. She's very happy. There's another one who is an Englishman: he's always tired. So I told her, "Why is he tired? He looks so healthy. Why is he so tired?" She said, "Mother, you know, he thinks he's working. I don't think; I think it's Mother who is working because I leave everything at your Lotus Feet. I am not working. She's working. I'm leaving at Her Lotus Feet, that's all." And then you don't feel that.

Now the quarrel between husband and wife here is mainly: "How many dishes you have washed, how many dishes I have washed." "How much physical work you have done, how much physical work I have done." It's a kind of a competition going on as to all the time weigh: "What you have done? What I have done?"

But supposing, if you want to do something in such a manner that, "Let me see, I will surprise my husband by doing everything nicely. Let's finish it fast!" You will do it very well, and you'll never be tired. And when you will see your husband coming home and seeing things done so well, so well, so happy. That joy of doing something to make someone happy will completely neutralise all your discomfort, or the fatigue that you have.

The other way round, also. The husband should also feel that, "What could I do for her?" A small little thing can make her happy. And the divorces here are all the time because of this kind of a nonsensical idea that, "How much he has done? What I have done? What he has done?" All the time weighing it out and making yourself miserable.

I travel a lot as you know. I never feel I am traveling, because I am there with myself. Whether I sit here or travel it's just the same. But if you think, "I am travelling!", then you feel, "Oh God, I am travelling!" But if you just think, "I am sitting here in the chair. I am sitting there in the chair," you don't feel tired. If you are doing some work, you feel tired when you start thinking, "I am doing this

work, I have done that work."

Especially in Sahaj Yoga, if you think, "I am doing any work," better not do it. But if you think, "I am doing nothing!" and what joy; what joy it is!

You will become so energetic, because once you surrender, then the Divine power starts flowing through you. That's why Mohammed Sahib has said 'Islam' - means "to surrender". He's said it about me also, that "I'll send you..." He called me 'The Sent One'. And everything He's talked about, having the vibrations and all that, in His own style. But He said that the message should be of surrender.

And that surrendering part has to be there because Shri Krishna, in Gita, has very clearly said that, "Forget every dharma, just surrender yourself to me." And that surrendering, if the Sahaj Yogis develop in America, the rest I'll look after. But you leave it to me to do it. And then ideas and everything will start flowing because this is Virata's place. That's why you have such great scientists here, such great schools for all kinds of intellectual work and all that is here.

While people are not wise, they are not wise at all. I have known people: I met a president of Jungian Society, who was eighty years of age, and he's supposed to be the President of the whole world. And he said, "I must see you privately." I said, "All right." He came to me and his problem was so stupid that I just started looking at him: "An eighty-year-old man? This stupid fellow! He's not even like a ten-year-old boy! No maturity of any kind!" So immature. And when I saw him, I just had the glimpse of the whole thing, that, "Look at this man, eighty-year-old, he's the Chairman of Jungian Society. All over the world, people think him to be the Chairman of this thing." The chair may be better than him!! (Laughter) Such a stupid fellow, in a way. Such a stupid fellow that you can't imagine.

So they might be intelligent, they might be well-read, they might be able to discover something out of matter, but they do not have wisdom. And the wisdom can only come through honest introspection. But it should not be also, "I am catching on this chakra, I'm catching on that chakra." Not that. But, "Why am I not seeing the point? What's the matter with me? Why can't I understand what is Sahaj Yoga?"

Even when you have become Sahaj Yogis now, for years together, still these old nonsensical things stick on to you, these ideas stick on to you. Why? Why do we not have that purity of Divine discretion which sees everything so clearly?

So I think we need collectivity, first of all, and secondly meditative honesty. Just to meditate, sit down before the photograph, do the meditation - no! Meditation should act, should work. If it does not work, something wrong with you; absolutely something wrong.

If you feel everything is working all right, everything is miraculously showing its presence, the presence of the Paramachaitanya, then you are all right. But if it is not so, if there are problems, then you are not, you are not a Sahaj Yogi.

Sahaj Yogi is the one who is completely connected with this Paramachaitanya; and for that age is no bar. I have seen girls who are only sixteen, seventeen, eighteen years so wise. Even small little children who were with Guido, I talked to them and I was surprised at their wisdom: so very wise, so beautiful. They understood human nature so well. Small little children: they were at the most, ten years of age. And nice to talk to them. So that wisdom if they can have at that age, now we are also, all of us are about ten-year-old Sahaj Yogis, minimum, nothing else. But still we are struggling, ambitious and wrong priorities.

There is no need to have any ambition. Ambition is an imaginary thing. But Sahaj Yoga is reality: everything works out, everything sorts itself, everything plans out. But to feel that if this is so, as I said in a small room there are twelve people - is something for the good. Why not? We have to be there.

If I have lost the way, supposing, then I would say I have to go this way. This time we made a ticket which was little wrong according to everyone because we had to go through Phoenix. But nice because I felt the vibrations of Phoenix. I had to go that

way. I had to see that. So always to find something smooth, the way we want it to be smooth, is not the way of Sahaj Yoga. But whatever we get, we see the hand of the Divine behind it.

What is our purpose of life? Our purpose of life is to save people, save the Americans - minimum of minimums. Not the world, but at least start with Americans. That's our purpose of life. That's our identity. While doing that, there is Paramchaitanya which is going to look after you completely. But first [if] you put yourself before everything else, "I must have this, I must have that, I must have this," it won't work out. Then, "I have this problem, I jumped into bankruptcy, I had that problem, I just couldn't manage." Because you have put other things before your Self: 'Self' means the Spirit. According to people, 'self' means 'selfishness', but according to Sahaj Yoga, Self means 'your Spirit'.

So today's lecture should not be that we hear from one ear and goes through the same one, but should we little bit ponder about it and listen to it again and again. I have great hopes for you. I have worked very hard in America, very much. But it has never been that state where I could say, "Now I can trigger something in you." Even if there are few Sahaj Yogis who are very deep and good, they are pulled down by others - by jealousies, by this, by that. It's not the number that you are but the quality that you are, first of all.

But in Russia, I found it so easy, so very easy. It was wonderful, unbelievable. I have been only there thrice, can you imagine? And now Sahaj Yoga is a religion throughout. Everyone knows me in Russia. But here people only know Rajneesh or that Muktananda, all horrible people.

Now, you can also say that, "Mother, it's a question of advertising." That here the people, the way they advertise and manipulate, and all that. But it only works out in places where people are not seeking reality. Why can't they see that this is all publicity? They have no discretion! Supposing tomorrow they say, "This is the hair style!" Then all Americans are in the same hair style. You can't make them out who is who. Or they say, "This is the way the dress has to be!" all Americans will be dressed up that way. I mean it's a slavery to these entrepreneurs and to all this advertisement. Any kind of advertisement, if that enamours people so much, that means we are fools, we are stupid, we are idiots that we cannot think for ourselves. Anybody can befool us. Anybody can put up anything in the market. Anything they talk about, we'll jump at it as if we have no brains to understand, to take to it. It's like we have no roots. We are just like some weeds which are thrown from this end to that end.

But in Sahaj Yoga, your roots must grow much, much faster than anybody else, because this is the land of Shri Krishna.

How many things He has done in His lifetime we have to see:

As a child He killed so many demons, while all demons are invited here.

As a child He raised the Kundalini of all the gopis and everyone.

He played all kinds of beautiful tricks to amuse people as a child.

And later on, He killed His own uncle, which shows one thing - an uncle in Indian families is the nearest person. In the marriage, it is the uncle who gives the daughter, it is the uncle who performs most of the rituals and everything. The uncle is the nearest person. And He killed His own uncle: shows that He finished off all these artificial relationships. And there we find, in America there are people who have done this kind of thing is to have nothing to do with the mother, have nothing to do with the father, have nothing to do with sister or wife, husband, children, anyone. But for what? For what have they given up? They gave it up for selfishness, for money, not for something higher. Just the opposite of what Shri Krishna did; to kill His own uncle to deliver His parents from their prison and also to kill a demon; he was a demon.

So in our own understanding, if we understand one thing: that we are living on the soil, or on the soil of that country which is blessed by Shri Krishna, Who is called as Yogeshwara. So the first part was that when He destroyed all these things - He was a Yogeshwara. He was the Divine energy for yoga, for union with the Divine power. He was the Ishwara. He is the Deity.

If He was a Deity and He is the One Who is the ruler of this area, then what should we be? In yoga, we should be masters! Not mentally but at that state of the higher state. If that could be achieved, then you people should become the highest of highest yogis, because you have that power existing in this place - it is there.

So many have told me that, "Mother, now don't you worry about America. Just forget it. Why to waste time in America? It's not going to work out. It's useless." But I know such a lot of power exists in this country of the Yogeshwara, and if you can use that power of Yogeshwara, you can do so much good to the whole humanity at this juncture when the history is taking another fall.

Now those who rise in spirituality - everybody is now today talking of spirituality, even the Prince of Wales the other day was talking that, "We should take to spirituality not to so much materialism that has caused us ecological problems and things like that." Everybody's talking of spirituality, and you are the ones who have it with you; you are the ones who have powers with you; you are the ones who can spread it. And once you start spreading it, you will be surprised how you will achieve tremendous heights in every sphere, in every walk of life.

So your identity is that you are Sahaj Yogis and you have to use the power of Yogeshwara Who is the presiding Deity of this country.

I bless you all that you have that wisdom, that depth, you touch your depth somehow. Try to work it out. Stop all nonsensical fights and things. Become collective. Try to understand each other. Try to open your hearts.

You have such depth. You were born in this country because the Yogeshwara wanted you to be here and He has blessed you with all the bounties of His love. Now it is for you to use that tremendous power: the embodiment of madhurya, the sweetness, sweetness. That madhurya you have to imbibe, and that madhurya you have to spread. That's very important. So that relationship of sweetness between each other, the relation of enjoying each other, the relation of knowing each other, has to be full of sweetness, just like honey. It is just there but we have to be the bee to reach there, and I am sure it will work out. It should work out for all of you.

So those who run away from collectivity should be very careful. They are not Sahaj Yogis. And if they continue like this, they'll be just thrown out. They will be nowhere in Sahaj Yoga, I tell you.

So you have to, first of all, understand that, to be in Sahaj Yoga is only possible if we are having that depth, because a new jump is needed in Sahaj Yoga which will work out, which is working out. And many will be thrown out.

We have to jump, and for that jumping you really need people who are honest and deep and serious. Don't get lost onto frivolous things and worldly things. Just seek your depth, it's all there, so beautiful.

So, may God bless you!

1990-0530, Becoming a superior personality

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30 May 1990

Becoming A Superior Personality

Public Program

Spreckels Organ Pavilion, San Diego (United States)

Talk Language: English | Transcript (English) – Draft

I have been coming to San Diego since long. The first time I remember when I came here, it was in the year 1972 and for 9 Years I did not come here. I felt that the name of the place means that this is the city of God – Diego means God. But that time people were involved into things which were not reality at all and I thought that let them pass through this circle, otherwise they won't come to reality and for 9 Years I didn't come to America.

The human problem is on one side that we are seeking something and we are realizing that we have not found the reality, that's a fact, so we try every sort of thing. We try because we are seeking something. But what are we seeking? What is the Truth? People may say this is the truth, that is the truth and also you will find people identified with wrong things, identified with destructive things and they stick onto it. So, first of all, we have to know what is the Truth. When we talk of Truth, they should really tell us what is the Truth.

The Truth is that you are a Spirit. You are not this body, you are not this mind, you are not your imagination or your emotions but you are the Spirit because you always say, "my thoughts, my emotions, my ego." You never say, "I, the ego." So the ego, and the conditionings and all these things are not your Self. So you have to be the Spirit and all the scriptures have said this.

First thing, you have to be the Spirit is the first Truth and the second is that there is the all-pervading power which is a subtle power which does all the living things. We take it for granted. For example, we see the flowers, we take them for granted. We don't see that yesterday they were just plants and we don't see these plants yesterday were just seeds. How this living thing has happened? The science says that we were amoeba and today we are human beings. Now, what has worked it out? When we go into the deeper investigation of these things, we reach a point where we think is blank. How these things are working out? What is working it out? So the second Truth is that there is a subtle power that does all this organization.

Now when I am talking to you about it, you have to have an open mind of a scientist. If you are already conditioned with something else, it won't be understood. But if you just have an open mind as a scientist and honesty about it, then you should treat it as a hypothesis and then if you find it, that that's the Truth, then you must accept it and go deep into it because that is what you are seeking, that is where you have to ascend, that is where you have to become that superior personality and that is what is the breakthrough of your evolution. Then, you must open your mind to it, first of all.

America is not such a closed heart as English are, but minds are closed; while the English have closed hearts, but minds are open. It's a little funny combination. But the English have one good thing about them, that if they find something of the Truth, they get at it. I have been many more times [than] here and I have been every year coming, but I find that in England, people worked it out, very thoroughly, even very, very ordinary people, who came to Sahaja Yoga – not necessarily all of them were scholars – have mastered Sahaja Yoga. They're not frivolous at all, never. They are very serious-minded people and they will not waste their energy into stupid things, that's true. But they can be befooled very easily if somebody tries to say big things to them. Say, a Sanskrit scholar comes in then they get enamored. And in America I have found that people are very vulnerable, because they are so simple. Very vulnerable to the show, to the advertisement and things like that. It's not a showmanship in Sahaja Yoga. It's something to become; it's the becoming that is important. What have you become?

Now various people ask me thousands of questions about this guru, that guru. I said, "First of all, you must go and see the disciples." Now look at Graham, you see him; there are thousands like this. What have they got? Nothing. Bankruptcy most of

them. They have become reclusive, they have become mad, they have got sickness. This is not what is promised. Or they are crazy, they can't explain anything. So, what have they got?

First, they must have the power and the power of love that can raise the Kundalini. It's written in all the scriptures, whatsoever, in different ways, in different styles, in every religion, whether it talks of God or not. There are some religions who do not talk of God; like, Buddhism, Jainism, certain types of Hinduism, or also you can say Islam, in a way, talks of a formless God. Jewish also talk of formless God. But there is one thing common among all of them is this: that seek the eternal and whatever is transitory you treat it with all wisdom and understanding and limitations of that transitory things. But we are so much enamored because you are seeking.

Now in America the seeking is frantic, actually. It's a panicky stuff. It is so frantic that in their seeking only they got into troubles. In their seeking blindly they fell into drugs and AIDS and everything. Only in their seeking. It was not because they wanted to be bad. It was not that they wanted to be sick. It was not that they wanted to take to drugs but they were vulnerable, very simple people and fell entrapped into it. If you see it now after Sahaja Yoga, people see it and they are surprised, how we were enamored by these things. They are very, very simple people, extremely simple. I think they are the simplest in the whole world. Even the South Americans are quite... they think about it, they worry about it, find out if it's alright or not. They will not jump to any conclusions. They are quite cautious by nature, very cautious. They will not jump into problems till they have verified and found it. So one thing I must warn you that you must verify, first of all, what are we seeking? And you must judge it from the disciples or from the people who claim to be following a certain thing.

Now, you may be thinking about religions. But there are many who have felt that religions are the most misleading things. Now, how do you make Christ and Christianity together and people think if Christianity means all this nonsense that people did is to take a gun in one hand and a bible in another hand, then how is it Christ, who said forgive those who are doing wrong things, on the cross, how could that be tallied? So actually it can be very easily understood if you understand Sahaja Yoga that, unless and until you are united with the reality, you go on drifting onto the left or the right side.

As he must have told you here about the Parasympathetic nervous system, we have two other systems which are working within us in the autonomous nervous system, the left and the right side. Like those who go to the right side, because they have not ascended, Sahaja Yoga is for your ascent. So, what happens, unless and until there is union with the Divine power, the yoga, unless and until you are really reborn, not just certified, but really reborn, then you don't move to the left or to the right. But if you start moving to the left – for example you are this pentecostal system, you are this charismatic system – they are all left-sided systems and you get caught up into a very funny system that we call as the collective subconscious mind. Into the collective subconscious mind you just get possessed and most of the diseases, which we call as psychosomatic, come from the left side, AIDS, all these things.

The right-sided movement, which is the movement where we plan too much, we are futuristic, we think about money all the time or religions which are money oriented. They take you towards money so you move to your right and when you start moving to your right too much, then you start using your conscious mind too much and this conscious mind gets tired and that's how you have got this new disease of Yuppies about which the Americans are worried.

This Yuppies disease comes from this too much futuristic thinking and I had told about these diseases a long time back and nobody wants to take notice of it. On the other hand, Russians are there, I mean, comparatively, they are the wisest you could think of, wisest people. They wouldn't allow Rajneesh to enter in, they wouldn't allow TM to enter in, they wouldn't allow any one of these. There are certain fundamentalists, but they don't think much of them. 60% of Russians are very wise.

Now what should we say, I am myself amazed at them. Even their ministers and everybody. We have so much so-called freedom of choice and still in morning we think, "I will eat this, I will eat that." I mean the attention goes to nonsensical things like that and they had no choices, no choices of any kind. Whatever is available in the market, you have it. If you don't have it, you don't have it.

It's like a ship where there are no problems because if something is not on the ship, it's not there. So they didn't have to bother

about these things. "What dress I should wear?" "What clothes I should wear?" "What should I eat?" Where should I go to see this film or that." Whatever is available is here and that's what it is for.

It's like you are bringing up a child in a way that he does not have to bother too much about his choices. Whatever is given, the child takes it and they were brought up that way. By that they did develop a kind of a fear, and an awe, I know that, but other faculties that developed within themselves are remarkable, really remarkable, you won't believe that. First of all, they do not have class consciousness. You may be the minister of the supreme council or you may be a laborer. They all feel the same way. There is no ego at all, no ego of any kind. A supreme council fellow will come and behave in this same way. I would not be able to make them out that he is this or he is that. All dressed up very well. All of them have good clothes.

Now the problems have been created of course by their bureaucrats artificially because they don't want their power to go away. So they are power-oriented and democracies are all money-oriented. Both things are wrong. We have to be Spirit-oriented. But because the money part was missing there and power was in the hands of wrong people and they were frightened of the power, the people there are very alert and extremely wise and the difference is such a lot.

Of course I always feel that Americans are the greatest seekers. They are not such seekers as you are but they are very wise. There's a difference of attitude. Their attitude is that this is a nice thing, this is the reality, this is what it is and we should take. They'll discard everything; discard religion, discard everything, but they stick onto the reality and another one is they are not seekers as you are. You are seekers of Truth, no doubt, but as seekers of Truth, if you do not have discrimination to know what is the reality, you fall a prey. And you will be surprised that I have seen that most of the people who have suffered from these diseases have been to some guru or to some false person.

Today there have been so many questioning like that. I said, I don't want to say things that do not exist, but what exists within us is too much of an anxiety to seek the Truth. But because we do not know what is the Truth and how to judge it, we go into problems. This system that is within us is to be known actually after the self realization according to Vedas. Veda: vido means also to know. Know on your central nervous system is Vedas. Bodha, Buddha also means on your central nervous system, not mentally, is beyond mental. All these people, whosoever, whom we call as the originator of religions and all that, have said the same thing, that you have to know yourself. Know Thy Self. Which religions are doing that?

So these are no religions. These are man made ideas and that's why we are misled. This is not going to be for our benevolence, for our ascent, for our last breakthrough into that higher state about which people have talked. So, then we should give up? This is not the whole thing. What is the reality? Let's go to the reality.

Then another point which is very shocking. In England, I don't know if Graham has told you or not, that the BBC people approached me and they said, "How is it you say you don't have to pay?" Anglo saxon brain cannot understand anything without money. Can you imagine? Can you purchase God? Can you purchase divinity? How much did you pay to Christ? You are all supposed to be Christian people. How much did we pay to Christ? How can you pay for it? How much do we pay for our living work? Ask such a question and this is the thing which has struck them the best, the Russians. You can't pay. We have not paid for our evolution. We have not paid for the living process. Then how can you pay for the last breath.

But here people always told me you have to ask for money. Otherwise, Sahaja Yoga won't grow in America. I said how much are they going to pay for it, first of all? You make it out. How much are we going to pay? When I say you cannot pay you must understand it that it is beyond materialism, that it is beyond all these things that you have to achieve. And on that point it falters, which I think, you please, all of you who are here today, have to think about it seriously. It is not a frivolous game we are playing. It is not that something we are doing so stupidly about things which are so important for us.

If you have to save this America, you must get people realized, deep people. I must say that this triggering has happened because we got these people realized. Very few of them had come to a conference, where I was. They all got realization. They went back; within eight days it started working. It's a fact. Everyone knows that. Everyone knows that it has happened that way. But that kind of a depth, that kind of an understanding and discrimination we must have. We must see for ourselves, ask over the

question, is this the reality? Also, Sahaja Yoga, you should be cautious and see for yourself: Is this the reality? You should not be judged, because Sahaja Yoga opens doors to everyone. So you should not be judged by stupid people if they come to Sahaja Yoga. It's alright, everybody is welcome, but you must see: "What did I get out of it?

I would say, as a mother, what was your gain? Selfishness – let's say selfishness. What did you get out of Sahaja Yoga? Why are you there? What did you get anywhere else? And don't be under delusion, please. I have told many a times, this country is so great. There are so many saints born here who were seeking before also, but they are so much misled by these advertisements, this artificiality, this superficiality and materialism the worst of all, that it might be destroyed from outside, as they say, but most probably it will be destroyed from inside and that's what is happening.

So you have to, if you have the freedom, you must have freedom to think and to think wisely, to think with discrimination. This is what as a mother I would say. As a mother, I feel, what have you gained? You got horrible people here, you paid them money. You had such hypocrites and horrible people who looted you, exploited you, like simple children and now be aware be careful and come up to the reality, ask for the reality.

In Sahaja Yoga, we have no organization, we have no membership. We have, as I told you, nothing of the kind. But you have to become, you have to become something. A state has to be achieved and that is what is the most important thing. Just like you come to my lecture, then go to another lecture, go to another lecture – is useless I tell you, is absolutely useless. And there must be some people who are of that depth, I am sure among you, who can trigger so many things for this country. If you have any patriotism or any feeling for the betterment and the benevolence of your people, you must take to Sahaja Yoga in a serious way. It's not a joke. It's not something stupid like people start dancing, sing "Hare Rama, Hare Krishna." It's not like that. That anybody can do. Your Kundalini has to rise and you have to feel that cool breeze all around which is described so clearly. It is my heartfelt desire that this country should be saved. It's a very important country in the universe and not only that, it has another great, great responsibility that it has to communicate. Communication power is the maximum here. Later on in Sahaja Yoga you will know how important is America.

Many people have been telling me that, "Mother, why do you go to America? We have the least number of sahaja yogis among the forty nations. Even in Turkey we have more sahaja yogis. So why do you want to go to that country and waste your time unnecessarily because as it is you have to travel so much?"

Because I know the potential. I don't know how to awaken that potential in people that they understand it. It helps in every way. How it helps you, that I will tell you tomorrow, And how it cures you, that also I will tell you tomorrow. But in this country you can't even cure anyone. You can't do anything. You'll have to come to England if you have to get cured. In England there's no problem. Doesn't matter. What is important is that first of all you become something, That's all. Nothing else is needed. You have to become something, you don't become mad, you don't become a recluse, you don't become crazy, you don't become like a stupid fool but you become knowledgeable to begin with. Then, you become powerful and thirdly, you are completely above, above everything. You become righteous, you become a witness. You become whatever is said about a saint. You become a saint and you don't have to give up anything. Don't have to give up your families. Nothing, all this is nonsensical.

So, it is my humble request to all of you who are here, which are very few in number. I mean if you... Russia, first time I went to Leningrad, the hall was only for two thousand people and two thousand people were outside, first time. They had never heard my name, nothing. I don't know from my photograph or whatever their wisdom was. So when I went in, they said that they heard the name Maa from someone. "Maa, what about us? What about us?"

I felt so sad, I said I can't take them. So I was sitting inside, I gave them realization. Everybody got realization. When I went out 2000 were sitting outside, still. I said, "Now what to do?" I said, "Tomorrow you come in this open space. Tomorrow morning I will be here."

I went there, the two thousand inside and two thousand outside all were there. It spread like fire there, just like fire. Why here I don't know what's going to happen. We'll have diseases after diseases. What's going to happen to our country. And today I

wanted to warn you, really, because I came here for the first time. First time I came to America, I knew that people are seeking but they were already lost, lost to stupid shows, very stupid shows. I must say that it's very important. I have a very special feeling for San Diego and I think you will all appreciate and understand your responsibility.

Tomorrow, I will explain to you how this Kundalini which is your own power. It has nothing to do with me in a way because you yourself get your own power and that you know about it because you become aware of it. You work it out on your own but you have to be deeper and you must have a deeper movement into it. It's not something frivolous. It's not something that you can do this and do that. You have to go deep into it and if you touch your depth then you will find that you will become such a dynamic person, very dynamic and at the same time very compassionate. I have such a concern, very great concern for America and we have to understand that we are the people who are not very successful because success goes into ego. Not in Russia, [but] here, success goes into the ego of the people. So, the so-called successful, the so-called very rich and all that, I don't have much hopes for them. They will destroy themselves all the time, by their ego or by their wrong doings as they are doing. But those who are sensible, wise, should take it up seriously.

I hope next time when I come I will find more sahaja yogis here than we have now. Surprisingly he told me we have only a hundred sahaja yogis in the whole of America while even in Australia we have in thousands. Just can't understand. Is it that we are going to depend on these entrepreneurs who are trying to befool us or we are going to have our own personality and all our own knowledge, our own capacity? Everyone has to become a guru. You are not to depend on anyone. You have to depend on yourself, on your own knowledge, on your own capacities. You are no less than anybody else. You all have these powers. Only thing is these are to be awakened and to be developed.

I would, of course, like to have some questions from you today. Then tomorrow, I won't be asking questions but I would like to meet you all individually. I did that last time but they are all lost people, again. It's just like a social event. It is not so. This is your identity, that you work for God. You don't work for yourself. This is how you find your identity, not by joining some sort of a cult or joining some sort of a funny, crazy thing. Your identity is that you are responsible for God's work in reality, in understanding.

I would like to have your questions. If you can write them and ask me questions it would be better because I would understand it better if you write it and then give me.

Or they can come and ask one or two questions verbally, also. Alright, come along. You ask the question, because it is difficult....

Sahaja yogi: The question was how can we pursue Sahaja Yoga in development. Are there going to be classes or something that we can follow up on to grow in Sahaja Yoga?

Shri Mataji: Oh, what a nice question. Beautiful. Thank you very much for such a nice question. So very happy to hear such a nice question. We have a center here, we have an ashram here. We have some very good sahaja yogis also, very well equipped, who are anxious to help you. So you have to just get the addresses, you have to telephone them and develop it.

Another, very wise people in this country are Chinese. I was surprised. Not Indians, no no no, not Indians. Indians who have come to America are very different type. I don't know who they are. I always say that if you bring a mango tree from India, it won't even produce an apple, but Chinese are. I am surprised they have kept their wisdom intact. Chinese are very good and if we have a hundred sahaja yogis, out of them at least twenty-five percent are Chinese.

[Sahaja yogi telling about future followup meetings.] This person was speaking to a sahaja yogi about the receptivity of the Russian people. In just a few short months this seeker became a sahaja yogi and he was wondering why the same response was not here.

[Sahaja yogi reads out the question to the audience.]

Shri Mataji: He is asking how is it that Russians are so receptive and we are not. It's a question that we should find out the reality,

discard everything else. In Sanskrit, there is a saying: causing not this, not this, not this. Then you reach the right path. You go on saying, this is not true, this is not true. Because we have paid it, we have to go through it. You see, this is the problem. If you go and see a place, supposing we have paid for the ticket, it may be the worst play but you go through it because you have paid for it. You have paid for all this nonsense so you go through it. When you go through it you get into troubles. That's the problem.

Sahaja yogi: Shri Mataji, this question is: what is shakti path kundalini and how does it work? So many are claiming expertise in Kundalini. How do we determine the real teachers from the false ones?

Shri Mataji: Yeah, yeah. I came here in the year 1972 and I gave lectures everywhere. There was one Dr Chaudhary who was the one who was organizing my programs and he told me, "Mother, you'd better make it a copyright." I laughed at him. I said, "What is the copyright?" He said, "The copyright is that nobody can use your words." And I said, "It's alright, let them use and I am very happy and if they can do it then I will be even happier. Because, after all, it is a very great thing but there is actually no copyright about it. You have to do it. You have to work it out. How can there be a copyright?" So they picked up all these words and built up all these organizations.

There is one gentleman who has also got a Sahaja Yoga and we came to Sahaja Yoga first and now he is making a big money out of it. He is making big money and he came to see me and I told him, "Why are you making big money out of Sahaja Yoga? You can't. How much did you pay me?" So he said, "No, because Americans don't understand money." I said, "It is Americans or you?" And he has really made such a lot of money you have no idea and he is supposed to be teaching Sahaja Yoga only.

So anybody who asks for money, you should know its not Sahaja Yoga, by any chance. It has nothing to do with divinity. It has nothing to do with reality. First thing first, it's a very simple thing. 99.9% of these false people will fall off. You may claim anything but, first of all, what do you get? First question, "What do I get?" Supposing you go to a shop. You have to buy something. You won't pay for nothing, will you? But here you are paying for sickness, you are paying for craziness, for madness, you are paying for all kinds of bondages. This is the ultimate freedom.

Sahaja yogi: How can the search for the higher self be achieved in less than a second when it seems impossible to reach it in a lifetime? What's next after that? What is the point?

Shri Mataji: Yes, you have already spent lives. The time has come now to achieve it in a second. It is true that it is difficult. But maybe there is something about me that I am doing it that fast, isn't it? Like people used to go to any place. When they first came to San Diego, how much they must have struggled to come here, but today you just have to take a plane and you are here. Already there is speed working everywhere. So why not Sahaja Yoga?

Sahaja yogi: This person wants to know what you think of Sai Baba, Shri Mataji.

Shri Mataji: Which one?

Sahaja yogi: Satya Sai Baba.

Shri Mataji: Ah! Horrible. Horrible. You don't go to anyone who gives diamonds, do you? He distributes diamonds. You can go to the shops and get that. How can you be enamored? That shows materialism, materialistic attitude. I can understand some villagers in India go to him because they would say, "Oh, he gives us a diamond." But he doesn't give to villagers. He gives to very rich people who are already well known in India. I know of a politician who was thrown out, absolutely. And the greatest truth that he was one of the greatest followers of this man. If there is somebody who is divine, who is your guru, the divinity must show in your life, in your style, in your methods, in your ways, isn't it? You can be the greatest crook going round having a guru who gives the diamonds. You have to have the diamond but the diamond of your Spirit.

Sahaja yogi: Shri Mataji, this person asked: Is there an absolute, universal Truth or are there only individual truths that lie in harmony with other individual truths?

Shri Mataji: No, it's absolutely a universal Truth. It's absolutely universal and the universal being is your Spirit and is through that you can know the universal Truth. Now in Sahaja Yoga I will tell you how. Supposing there are ten children who are realized souls. We have many realized souls now born to sahaja yogis. Now you tie their eyes up with some sort of a bandage and make them stand in line. Ask them, "What is wrong with this gentleman?" Supposing somebody is sitting there. They will all point out the same finger. Supposing they point out this finger to you. So you ask that person, "Is there something wrong with your throat?" "Yes, how do you know?" Because it is on your central nervous system. Again I say, that you feel it: Central Nervous System. Like you take a dog through a dirty passage or something; he won't mind anything, he won't smell anything. But you take a human being, he won't go.

On our central nervous system, we have developed so many capacities. In the same way, when you become realized, then on your central nervous system a new dimension of awareness comes in where you become collectively conscious. When you become, again, it is not that, "We are all one world. We are one human being." It is not that. It is you become. So you start feeling another person and you can feel yourself also. That's what it has to come to, that it is a universal Truth and the universal Truth is actually universal Love and the universal Love knows all the Truth about you. That's what I am saying, is the all-pervading power and that starts flowing through you. When it starts flowing through you, it gives you the universal Truth. We are all universal beings, to be very frank. God has made different countries, different places, just to create variety. If you see in the nature, one leaf will not agree with another. It's to create variety and the beauty. He has created America, he has made India and all that. If supposing we were all just the same to look at, we would have looked like Barbara Roberts or something like that and not have looked beautiful. There would have been no beauty. So He created. But we are the ones who have created so many worlds. It's our mistake. It's our problem, and that's why one has to know we are all universal beings. Within us is that Spirit which is the universal being. Jewish will be very happy to know that when I went to Russia, twenty-five Germans came to give them realization. Can you believe that? The Germans came to give them realization. The whole thing was so touching. Even the Russians had tears in their eyes to see the Germans who came all the way to give them realization and to look after them. Now, from where does this transformation come in and the German sahaja yogis, they are the most gentle people you could think of. Gentlest of gentle. It's very surprising. You won't call them Germans at all, no more. Han. Now, this is all.

Sahaja yogi: Next question is: From Kundalini we seek enlightenment. Zen, another way of seeking enlightenment is there. Are they linked? Sometimes I think I'm starting to see, then it becomes blurry.

Shri Mataji: Alright. Sorry to see what? "Sometimes I think I'm starting to see, then it becomes blurry." What becomes blurry?

Sahaja yogi: Seeing the Truth.

Shri Mataji: Accha. Kundalini is the one that gives you enlightenment. Zen is the same as Kundalini. Zen has not talked of anything else. Tao is the same. Everything is the same in a different way, but in those days it was not so clearly said, because they did not give realization to people. Even the tree of life that is described in the Bible is the same. Even Mohammad Sahab has described. There is a surah called Yaseen, means yoga sajdah. He has given the words yoga sajdah and in that He has written that your hands will speak when your resurrection will take place. In all these scriptures they have written but the thing is that Zen to understand...

I met a gentleman who was the head of the Zen, who came to India. He got very sick so nobody could cure him so they took me down there. So I asked him, "How are you head of the Zen? You are not even a realized soul."

He said, "Yes it's true."

Then I said, "How are you a Zen head?

He said, "What to do?"

I said, "Why?"

He said, "From the sixth century till the thirteenth century, there were only 26 Kashyapas (means realized souls). After that there have been no realized souls. That's how I am the head because you can't..."

I said, "I'd better give you realization".

He said, "Please do."

Before realization you can understand these people. Then you can start seeing them between the lines. Before that you don't see the subtleties. Then Zen is the same. Zen means "Dhyana." To be in meditation is Zen.

Sahaja yogi: This person asks, "What about Christ, Shri Mataji? What do you have to say about Christ?"

Shri Mataji: Christ, I mean, one has to write a big book about it. Christ is the incarnation of innocence and to know about Him you have to read some other books also because He came on this Earth and they just tortured his life. He lived hardly for four years with people and, at such a young age, He was crucified. What He said, that I am the Son of God, it's a fact. But how will you prove it? How will you prove it? Jews don't believe it. Muslims don't believe it. But now, after coming to Sahaja Yoga, Jews and Muslims all believe it, because you can find out on your vibrations; you can find whether He was the Son of God or not.

Where he resides in us is the most important point, the gate. He is the gate on the Agnya Chakra. I will tell you about that. He is very important. Without Christ, we cannot work it out. He is the gate; through Him you have to pass, but all others are important. All others are important and He has said it, that those who are not against Me are with Me. And He has also said it, if you have read in the second chapter of the second verse of Mathew. He has said it that, "You will be calling me Christ, Christ, I won't recognize," and all these fundamentalists and all these so-called people who talk of Christ, they are the ones He mentioned, "You will be calling me Christ, Christ, I won't recognize you."

They are just money makers, you can see them. There are befooling people. All of them. One and all. Even Catholics, I have seen, the Pope's things, I mean I can't believe it. He was worse than that. They have so many things with them, so many and they are just a money-making proposition. The whole organization sits down, how to make money like any big business organization. That's all. Nothing beyond. Everything is a money-making organization. Somehow, it so happened that I came in contact with people who are very close and you know about so many scandals and things about it. I need not tell you but it is much worse than that. It is much worse. From India, they got hold of some young girls, brought them and with force they made them into these sisters they call them, you can call them the Nuns and they are just cleaning, sweeping, swabbing, washing. One of them escaped and wrote to the Indian Government about it and they had to be rescued, but there are still many lost inside there. Is this the work of God? Has it got something to do with God? I myself was born in a Christian family and I know all their ins and outs very well. This is no Christ. This is no Christianity. They came to our villages with guns in their hands. What's about this America? Thank God Columbus came here, otherwise you'd have not seen me here. We all Indians would have been finished. Not one person would have been left. You'll be surprised, in Argentina and Chile you can't find one aboriginal person. Not one. You might find here but not in Chile or Argentina. All are finished, completely finished and destroyed. Columbus, I don't know by God's grace came here. Otherwise, there would have been no Sahaja Yoga either.

So this is what it is. To understand all these things, to understand what Christ was and what He is, we have to have our realization. Otherwise, because you were born in a Christian religion you are a Christian. What is this? You could be born anywhere, in any religion. Just a chance. Sahaja Yoga is not a chance. It's a happening. It's actualizations, it's not a chance. So I hope you will come tomorrow and I will give you all the realization. Today I don't think it is to be done but tomorrow definitely. You call your friends. Call them, talk to them what I have told. Today I have decided that I will give you realization tomorrow, not today and tomorrow you should come and get your realization and then I would like to meet all of you. It's a very intimate

relationship in the sense that I know your Kundalini and I know you, what you are, what are your problems and that's how I will be looking after you. I hope you will understand this. This is not something that you just go to a cinema show or something. It's much deeper and has the real significance in your life. It's for your benevolence, for your protection, for everything. So may God bless you all. May God bless you.

Tomorrow I would be here much earlier here and I think I will tell you about the Kundalini as well as I will also give you realization. Actually, as it I told you, in Vedas it is written that the Mantra, Yantra and Tantra. These things are to be told after realization. That is the technique, that is the mantras and also the yantra means this instrument, is to be described after realization, not before. Because otherwise, as you said it, there are shaktipath and Kundalini, all these people claiming to be this and that. It's very easy in America to claim anything because people are so simple. I know of two persons who escaped from Indian jails and came here, wore that dress and became great gurus. Really, and I know their names also. And if they see me, if they know that I am here, they will run away. They won't be here nearby anywhere. It's true. So many of them had come from India who had nothing to eat, were just beefless people working there. They just came here as gurus because you see special category people are allowed in America. This is a special category of thugs.

So they come here and nicely settle down and they have really ruined so many people. I know, I feel very ashamed. If I call myself an Indian, I feel very much ashamed the way they have done it. But you should get yourself alright. You should know that. That's a fact. Now I am feeling sorry for that but what can we do? If you get enamored by such stupid people, you should see their lifestyle. You should see their knowledge. You should see the way they are. It is very easy to make out. It is very easy to make them out. Very easy. Use little intelligence and little tricks. I don't have to tell you. You can easily bribe them. They can take bribes from you and can say that tomorrow you will go to heaven. Telling lies is an art in India. I can see from here, such lies. How can they tell? They are not afraid of God? It's an art they have developed in India. Really. I feel so ashamed. A country where people would never tell a lie, they would never lock their houses. They have become so horrid with this 300 Years of slavery. They have become such horrid people there. Don't trust them. I feel sorry but it is so. What can you do? Now, of course, Sahaja Yoga is taking a big stride in India, very much so. I'd never have listened fifteen to sixteen thousand people coming to Sahaja Yoga, no doubt. Now it's alright. I have to first tell them off, you have to give up all these nonsensical ideas of exploiting others.

Alright, thank you very much. May God Bless you all. Hope to see you tomorrow . Now call your friends, telephone them and get them here. I am here only for tomorrow.

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31 May 1990

The Mother God

Public Program

Cafe del Rey Moro Balboa Park, San Diego (United States)

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I bow to all the seekers of Truth.

As you are seekers of Truth whatever one may tell, you should not accept it, to begin with. People can claim anything but that doesn't mean that you must believe into it.

But one must know that truth is what it is; we cannot organize it, we cannot maneuver it, we can not create it: it is, it was and it will be. And I told you yesterday what is the truth and the truth is that you are the Spirit. You are not this body, you are not these conditionings, your ego, your emotions: you are the Spirit. This is one thing.

And then there is a subtle power, living power, power of God's Love, that does all the living work, all the evolutionary work, all the creation and all the comforting and joyous things, which we do not feel, about which people have talked in every scripture. Like in the Bible they say the All Pervading Power of God; or in Koran they call it gudran [Rooh or al-Qudus]. In Sanskrit language it is called as Param Chaitanya. In every religion, in every scripture, which is sensible, it's written about it.

So, the first thing one has to do is to feel that power. Unless and until you can feel that power, you cannot understand any religion nor the people who came as incarnations or as prophets or as saints. And that is the reason why all the saints had to suffer, all the incarnations had to suffer, because the people in general never knew there is a subtle power of God's Love.

As we say there is God the Father, God the Son, there has to be God the Mother.

In every religion, except for Christianity, they openly talked about this primordial Mother. Even the Greeks knew about it, Babylonians knew about it. I was surprised that even in South America there was a big, very big awakening about it and they used to worship the Mother God.

But somehow in Christianity – I think it was Paul, [Saul of Tarsus] who was a Roman to begin with and a tyrannical officer, who even killed a disciple of Christ, Stephen. He is the one who changed the complete picture of Christianity. He never knew Christ, he was epileptic and a very hot tempered man; and even he fought with Matthew, because he could not accept the Immaculate Conception of Christ. A person who is not even realised, who has led such a tyrannical life, why he did come to Christianity? He came to Christianity because he thought it was a very good platform for him to jump onto.

I face that in Sahaja Yoga also. There are people in Sahaja Yoga who come and they just some times think that such a big worldly affair they can handle, so they try to rule and they try to take to power. They don't even feel the vibrations, they don't even feel the All pervading Power, but they think it's a good platform to occupy.

And this Mr Paul was again born as Augustine and he did even much worse for Christianity.

My father was a very learned man, I asked him, I said, "Who is this Paul and how is he there?" So he told me, "I don't understand, he's a stranger". And then I asked why Martin Luther, of all things, did not describe the Mother? He said that "It was true that Matthew Luther was a Realised soul and he wanted to deviate from Catholicism, but he thought that, at that time, to talk about the Mother would not appeal to many people who were Islamic. So to convert them to Christianity would be difficult". It was a little expediency, I think, [that] they did not refer to the Mother.

So they called it the "Holy Ghost". It was a funny thing to call, I tell you, really, and then to call it a "dove". That's also - I can't understand - a symbol. All the time you find a "dove" everywhere. But in so many paintings, I have seen people putting their hands like this [straight forward], who are the disciples of Christ and I see the lights coming out of their heads.

We have photographs, miraculous photographs, but of sahaja yogis, all of them are sitting like you and on their head there is light.

But all these things took such a form, such an organization. Even a person like Kalil Gibran has talked in complete chapter about

Paul, denouncing him completely. Nobody took heat of it. He was an organizer, a power oriented gentleman, wanted to have a big power and his place in the Bible, how does he come in the Bible? I mean, he has nothing to do with the Bible.

And even in the Churches they read what he has said, an epileptic fellow. You'll find out in Sahaja Yoga, that epilepsy is caused by possession, and if the possession is removed, you can cure epilepsy. In Russia we have been able to cure epilepsy of so many people. Of course medicine doesn't have this cure.

I myself studied medicine and I know the limitations of medicine. It deals just with the outwards symptoms of human beings. It's like a tree which is sick, so you try to look after the leaves and give medicines to the leaves, how can you cure the tree?

You have to go to the roots and to go to the roots you have to become a subtler personality. If you can reach the roots, then the whole tree can be nourished.

Now this is the knowledge of the roots, while what we see outside is the knowledge of the tree.

If the tree grows much more in proportion to the root, then you know what can happen and that's what today we are afraid of, that we might be completely destroyed. We are on the brink of some sort of a horrible shock that's going to come to us. It seems there is a tremendous fear in the minds of people here.

Apart from the simple nature of Americans, they are also very much frightened and whatever comes in their way they grab, they try to get hold of it.

This is another problem you are facing. There is nothing to be afraid of, this world is not going to be destroyed. The Creator who has created you is the father of all the fathers and kindest of all the kindest, He cannot allow His creation to be destroyed. So don't believe these money-makers who are telling you that this world is going to be destroyed.

That problem of war is over now thanks to Gorbachov. The other ecological problems also can be solved if you people get your realisation, very, it's a very simple thing to solve the problem.

But if you start getting at everything without thinking, without discrimination, then definitely, definitely America could be destroyed. And if there is any country that will be destroyed first will be America, not from without, from within.

That is why I am so concerned, so concerned that you should take some heed, some attention to this aspect, what is missing in us. Think of your children and think of the progeny and think of your country, where are we going? And then you will realise that you have failed in one point: that you have not turned to your roots, that you have not tried to find out what your roots are.

It is useless to say that this country is only two hundred year old, country may be two hundred year old, but you are not, you are antics, you are born so many times before, in so many countries and you have been seekers. You are seekers and seekers, in ages you have been growing in that seeking; and today you are here to seek. But only thing what you have lost in this seeking is the discrimination and that is why I say, whatever one may say, even if I say something, you need not believe.

Please don't, blind faith is not going to help you to get your realisation. Neither your denying it, you have to have an open mind as I told you, like a scientist, you must see this hypothesis if it [...], if it works; then, please, as honest people you must accept it.

There is no secret in Sahaja Yoga, no secret. My life is not a secret. Nothing is a secret, everybody knows what is happening in Sahaja Yoga.

So, first of all, I have to tell you that you keep your minds open. Then I have to tell you about this machinery that is within us created, because of our evolution.

As you see there, there are seven centres which are placed in the central line and there are two lines on both the sides, left and right. Out of this, the first centre is below the Kundalini which is in the triangular bone, known as sacrum. "Sacrum" means "sacred"; and Greek people, Greek museum people told Me that Greeks considered this bone as a sacred bone. So in this resides this power which we call as Kundalini in Sanskrit language.

Now this Kundalini is coiled and the coil is called as Kundal, that is why is called as Kundalini. Now it is a female, is the power which is female and is the reflection of the Primordial Mother in you, in Sanskrit called Adi Shakti.

Of course, Indians knew about it, thousands of years back, no doubt. No doubt. Fourteen thousand years back they say - I do not know if the English would accept that we were that old or not, but it is said so. People have written about it.

This power rises, six centres it penetrates and the seventh one is at the base of it. Now, the seventh one looks after your excretion; or if you are doctors you will understand that it also looks after the pelvic plexus. So also the sex is looked after by this. So it is clearcut that in your ascent sex plays no part; that is why Christ has said that you have to be like small children to ascend.

Actually, when Kundalini rises your attention is no more on sex. All your excretionary function stop, completely. So, now here, mr Froid, or later on - you can say - Rasputin, or then Rajneesh, all those who talked of sex being in the power of Kundalini are absolutely wrong. And then how is it that Christ has said He... He corrected the Ten Commandments out of that, He said "Thy shall not have adulterous eyes". "Eyes", such a subtle point is it. Why He said that? In America now, when I come here, I mean, I see everybody's eyes like this [Shri Mataji shakes Her hands]. All the time, they don't have steady eyes at all. They are Christians, followers of Christ. And some times surprises, in the beginning you see one gets a cultural shock to see "What is this? What are they looking at? What are they looking at?". It is a joyless pursuit. Everyone knows, but the eyes have become like that, because they have lost their innocence.

But, for your information, innocence is never lost, never lost. Only it gets conditioned or clouded. That's all. But it is never lost. I have seen now in my work that everyone, whether they were English or they were Greeks or they were Americans, anybody who gets their awakenings, gets a steady eye, and an innocent eye. And these eyes could be so powerful that even attention of these eyes, or even a glance of these eyes can transform, can comfort, can redeem. And that is why Christ has said it. But actually the deity of innocence resides there, at the seventh centre, He incarnates as Christ at the six centre here, between the optic chiasma, which is living energy to our eyes.

The essence of Bible can only be understood if you are a realised soul and you can read between the lines. Though I must say that this Mr Paul has tried to destroy a lot of it; whatever he might have tried, there are so many truths still there in the Bible. And we can see them so clearly, we can feel them, we can understand them... I mean, for example, once you are a realised soul, a Hindu might say (because I was born in a Christian family), he would say "Why did you take your birth in a Christian family? Do you believe in Christ?", I said "Of course". So, I will just say, "All right, you ask a question like this [Shri Mataji stretch out Her hands], put hands towards Me and ask a question, call Me Mother «Mother, is, was Christ the son of God?»" and he gets cool breeze on his hand, tremendous cool breeze and he is surprised.

Then we have the first centre, which is (I told you), is of sex, and sex has nothing to do with your ascent. Only the human beings can get the Realization, not animals. They too have sex. But that does not mean that sex there is something wrong, is one of the functions of the body, is an important function. But it has nothing to do with Divine work.

As you go to the bathroom, you have sex. That is all.

So much accent is given, I am surprised, despite that, you have minus population. While in India we never talk of sex; I mean, this word "sex" I could not pronounce, when I came to London first, because we do not say this word, is regarded, it spoils your tongue. To say "sex" also with your tongue was something impure, but then I practiced a little bit. But I was very bashful while saying that.

So, this is, it is not necessary to put such an accent and to have a mental thinking about it, because if you do mentally too much, then you will definitely either you will go to one extreme, become a rapist and things like that, and on the other side you may become impotent. One of the two things will happen.

I mean, in India, we have seldom heard stories of rape and all that, seldom, and we never think of - I am telling not of Westernized Indian, but about villagers - where an eighty-year-old woman, grandmother, writing love letters to an eighteen-year-old grandson. I mean, if you tell somebody they will think I am befooling them, it is impossible.

So whatever were natural barriers are finished by our so-called freedom, which is actually abandonment. But after Sahaja Yoga, I do not have to tell you, anything, you just become righteous, you just become righteous, I do not have to tell you.

Like people who take to drugs, came to Sahaja Yoga (and I must say English are that way, something deep about them also) overnight they give up their drugs, overnight, I did not tell them. I never told them and never even talked about drugs. Alcoholism. There was a doctor who is such an alcoholic, he was out of job he was on [...] and today he is running seven hospitals in London. Overnight. What has happened actually that, supposing you are holding onto a snake and it is darkness, and if I say "There's a snake in your hand", you will say "No, it is not, it is a rope". How can you argue with a person till the snake bites? So you put on the light; with the light, you throw it away yourself, do not have to tell anything, do not have to argue.

So your Spirit is enlightened, your attention is enlightened with the light of the Spirit and you see what is wrong, what is wrong with you, what are you holding onto, and you just give it up; and you become so powerful to give up any habit, it is so easy, so

easy for you to give up, overnight I have seen people have given up all their bad habits, which are really destructive, these are all destructive habits. Whether you like it or not, but they are destructive, let us face it!

But you lose your willpower, using those habits, as a result, you cannot give it up, it is a helpless condition. No use forcing, no use giving lecturing, no use making a [...] out of it, just get your Self, get to your Self and the light of your Self and it will show you how powerful you are, how great you are, what is your glory, what is your identity. And then you are surprised because you are connected with that Divine power, the power starts flowing through you, and you are surprised how your life is changing and how you have become a [...] for God.

Once, as of course coming to America, I was coming by ship and the captain told Me that "We are sending an SOS for a person who has got pneumonia". I said "I go and cure that person", but, you see, I was the wife of the owner so they would not allow Me to go down. So I said: "All right, you have got Realization, you just go and touch that man, that is all". He went down and put his hand on his lungs and told him to stop his breathing trice; his pneumonia was cured. He was so amazed, he came up and he said "How could I do it?", I said: "Because is flowing through you".

Even supposing an ordinary man gets the kingdom and he is asked to sit on the throne and he looks this side, that side whether I should sit or not. In the same way, though you achieve a position, such a high status, you are little frightened to occupy and accept that position. But I have seen people who are not Realized souls, who do not know anything about Divinity, their lives are full of falsehood, they are very bad character people, they become big gurus shamelessly, they claim such big, big things, they have no fear of God, they have no fear of anything. "So what? If I have to go tomorrow to jail doesn't matter, I'll have so much money with me".

But a Sahaja Yogi is very humble, he keeps to himself, he is very contented. And he does not change his outward dress or he does not put on some sort of funny dress, but he is normal just like as you are. He does not do anything abnormal. I think Sahaja Yogis become the most normal people, but you will be surprised, those who have seen them, say "These are angels, these are not human beings, these are angels".

So this transformation takes place as this Kundalini rises in our centres.

So the first centre, according to real where the Kundalini enters is the second one which you see as the yellow one. Now, this is the centre which is responsible for our creativity. I have seen many artists in India, they are extremely anxious to play before Me and once they are playing before Me or twice, they become world famous artists. So many of them will tell you about Me. now so they want to take my photograph and put it there to show to people that I am their guru; I said "I am not your guru, I have not taught you music; only thing is that your Kundalini has risen, I have nothing to do with it. You had your technique with you, only thing because your Kundalini has risen you have become so dynamic and you are expressing yourself without any fear, without any inhibition". A simple thing like that.

But this centre we use too much, especially in the west, when we think too much. And when we think too much, we use the energy of this centre, because this centre is responsible for converting fat cells into grey cells for the use of the brain. So when you think too much, then it gets entangled or it gets busy with this only one function, while it has to do so many functions. Like, it has to look after your liver, it has to look after your pancreas, it has to look after your spleen, it has to look after your intestines and also your kidneys.

So a person who thinks too much, plans too much, who is futuristic. Such a person gets a bad liver; and when you get a bad liver, means an over-actively work: the function of the liver is to absorb the heat (which is a poison within us) and to release it into the bloodstream... becomes impossible! So the heat starts rising, you lungs collapse with the heat you get asthma, if rises higher you might get a massive heart attack, it goes down you get constipation, it can coagulate your kidneys you get kidney troubled you cannot pass urine. Only one liver can bring all these problems to you.

Then the second thing that is affected by over-thinking is pancreas, by which you get diabetes. Now in India in a village, if you go, even in Nepal, they take sugar as much that spoon must stand at right angle, so much sugar they must take, they never get diabetes, never, they do not what diabetes is; because they work the whole day, in the night they sleep on; again the next day get up, work the whole day, they do not think. Same with their wives, they do not think, same they are working in the daytime, they sleep in the night. But, too much spare time that we have, we start thinking. They do not future plan so much, what comes their way, they [...], they organize it and live with it.

So this diabetes is a special disease of the people who are planners, who are futuristic, who think too much and who worry too

much. It is a vicious circle. Once you get diabetes you worry too much, so you get more diabetes.

Then comes the third disease which is much more dangerous and very common in America, comes from the spleen, spleen has also to be looked after by the same centre, which we call as Swadishthan. Now the spleen part, the role of the spleen in our body is very important because it keeps our rhythm. It is for the rhythm of the body, rhythm with the nature.

Now our life is so hectic. Now, it has to produce red blood corpuscles according to a certain rhythm, but we have no rhythm. Any emergency that comes in, it has to produce red blood corpuscles. But say early in the morning we read newspapers, this is the worse curse, I think, for spleen. So you get a shock, I mean so many killed, they will never give good news, never, out of question, because they have to give sensations to you, you see, shocks. So they will give horrible news by which your spleen will start pulsating, giving you more [...]. Then you get in your car without taking your breakfast, breakfast is in your hand, you are eating something, driving because you are getting late. We are time-bound. On the way we find all the road jammed, then we get upset "How are we to reach?". Then we go to the office, we are slightly late and the boss is shouting at you and you are in a mess. All these things build up a tension as we call it, but is nothing but ordinary [...] hectic life of work that gives us.

Actually the life should be such that you start your office at 11 o'clock, better is; and you sit down with your wife, have your food in a rhythmic way. And in the daytime you must have a siesta.

If Americans have a siesta in their daytime, all the tensions will disappear; because in the daytime all the deities sleep, all the deities who are in these centres, they sleep. So even if you can have a siesta, even for half an hour, I tell you the tensions will disappear. On the contrary, the pressure mounts on with the work "This is to be done, that is to be done" you rush... I mean, Americans never used to speak so fast, I tell you; now there is you cannot follow any news, you cannot follow what they speak, I mean it is impossible! Because the words go like a telescope into you, one each other and the whole life is so made that you feel that they are all under some sort of earthquake shock or something. Everyone is running helter-skelter, this that. You go into a shop, you go, if you see, everybody is wearing, like an actress, on the road, anywhere. This is the curse of the modern times, but also the blessing of modern time is Sahaja Yoga. That is why there is. Because all these problems have come up that is why now we have this blessing of Sahaja Yoga also.

So what happens, when this poor spleen, becomes under the [...] and crazy, then any shock from the left side can manifest a very serious disease called as blood cancer. Now this blood cancer has been definitely cured by your Kundalini awakening. I do not cure, because if I say that all the government will arrest Me. So I would say: your Kundalini cures this blood cancer. And there are many who have been cured of blood cancer.

Then the third problem is of high blood pressure, comes from the kidney. The kidney also coagulates. To begin with is in such a small dimension that you do not feel it; but because of that, the pressure rises. Then it stops functioning because it coagulates. This also is absolutely curable through awakening of your Kundalini.

Then the last is the constipation. I mean, I have seen in Switzerland, people eat something that we give to buffalos in India, I mean we cannot think of eating that. They were shocked, I said: "How can you eat these cotton seeds?" He said: "This is very good for roughage". I said "But what this roughage? Tomorrow you will start eating wood or what?!".

Why do you need so much roughage? Because of this problem.

So nothing seems to be normal for people who think too much. And the- another side is where they do not think at all, absolutely lethargic organs also. So there are two types of human beings: one on the right side, one on the left side.

Those who are sitting and crying and weeping about their past: "I had a very nice time and now it's all end, I had very good parents and now I have a horrid husband" Sorts of things goes on and on. At that time they become left sided.

So we have two types of people: one who are thinking at the future and those who are thinking of the past.

Both the side are nourished or looked after by we call the left and right sympathetic nervous system: the left looks after the left side, the right looks after the right side.

But if we, somehow or other, get into the centre, then we do not suffer from anyone of these troubles. Our attention is, say, like this saree, I will show you, like this it moves up [Shri Mataji put Her finger under the saree and pull it up] and it pulls all our tensions in the centre through the Kundalini till it pierces through the seventh centre. And then we are in the centre. Once we come in the centre, we are absolutely there, where we are in moderation, we know how far to go with every [...] and we lead a very peaceful, nice life. We accept the life with great joy, as it is. We do not hanker, we have no greed left, there is no lust left, but we enjoy the sex life we have a sane way, we enjoy all the material things in the best way possible.

For example, now see this is a carpet lying down here, when I watch this is so beautiful; but when I watch this and start thinking about how much must it have cost - of course, if it belongs to Me, it is a headache, because already I will start seeing if there are any spots whether it is insured or not, ad if somebody has spoilt it. But supposing it does not belong to Me (thank God, if that so), then also I will think "How much must it have cost?" I might feel jealous "Oh, I should have one like this, I don't have, what shop the lady must have bought it, I must go and get it!". All these thoughts will be coming into mind, not the beauty of the carpet. But when this Kundalini rises and crosses over this center of Christ, then your thoughts become quiet, you become a personality which we call as in a status of "thoughtless awareness", where you are aware, but no thought. Because we think of the future and we think of the past, but we cannot be the present. But in thoughtless awareness we are in present, there is no thought. And then the all thing that is the beauty, that was created by the creator, the joy that was put into it starts pouring onto you and you start enjoying, just enjoying, not thinking about it, just seeing not [...], no reaction just watching. And the whole of it just pours down.

So this is the state when it comes to, your thinking becomes limited and then your Swadishthana chakra gets settled down. it gets also nourished by Kundalini. And that is how most of your problems are solved because every centre when it goes out of order it creates the so-called human problems.

But Kundalini rising means integrates all of them. Once you are a Realized soul, your mind will not argue with your heart, with your liver, your brain, but in a very integrated manner, you will enjoy everything. You become a witness to a drama, like let's say the drama going on, you watch the drama and you are involved into it, but once the drama is over, then you will say "Oh, I am here, I am just a spectator, I am not in the drama". In the same way, the whole thing becomes like a drama and you are away from it. Your problems are like waves, they rise and fall, but once you are in the boat you can see them clearly and you can solve them. But in case you can swim, you can jump in and save others from drowning.

This is the fourth stage where you have to rise, in that stage we called it as "doubtless awareness", is called as Nirvikalpa samadhi.

They talk of yoga, this thing, Hatha Yoga all that. What is Hatha Yoga? Ashtamga, there is eightfold things, out of which exercises are just the wee wee wee bit and that has to be applied only when the Kundalini rises when there is a problem. But here the way they take this Hatha Yoga is something like a medicine box, the all of that [Shri Mataji move Her hands like miming the swallowing], without paying any attention to our Spirit. Is for the spiritual growth, not for physical.

Because if you see the book of Patanjali, which is so big as that, there is only discussed what I am telling you today and not those things that you stand on your head, walk like this or you jog like that.

These things come up as a craze and we are very vulnerable to all these things. But if you just look back, you will see this is all entrepreneur's stuff, that just try to befool us. Not only the gurus but also the entrepreneurs. They are trying to befool us. They tell us now "You must jog!", because then you must have jogging suite, you must have shoes, you must have jogging this, jogging this and you pay for it.

All the time they are suggesting: "This is the fashion now!" Start a fashion with the tight pants, no, then they develop very [...], now there is loose pants. It is just a way of befooling simple, good people, taking advantage of them and we are slaves. But all these things finish off once you get your Realization, you understand these things very well and you know these crooks and you do not play into their hands. There is no need, there is no need to go on wasting your energy in changing your form, dresses, changing everything morning till evening and making a heap of plastic which cannot be burnt, which cannot be done.

You become really sensible, wise, righteous, beautiful, dynamic, compassionate people, in the real sense of the world. And your priorities become so sensible, that you are amazed that yourself "How have I become like this?".

Then we have artists, we have painters, we have all kinds of people in Sahaja Yoga who have really prospered in their own profession, doctors have prospered in their own profession; but they are extremely humble, compassionate, sensible and they are spirit-oriented, not money-oriented. And then the money flows, do not have to worry about money, once you are spirit-oriented money is at your feet, knowledge is at your feet, everything at your feet; because you are blessed. We have lost the faith in the blessings of God, because we are away from Him. But in His Kingdom, you will be surprised, how it works, it is miraculous, is miraculous: every small, little need is looked after and at every small point you see the hand of the Divine trying to help you. That you see yourself. I told that you'd better write about the miracles of Sahaja Yoga.

When they wrote it, there was so big as that a pile, I said "Forget it! How are we going to publish this?".

And that is what just going to happen. That is what you deserve. After all you are human beings. Those people who tell you: "You are sinners and all that", please know that they must be the greatest sinners ever born; do not believe all them. You are human being, after all, only human beings can make mistakes, you are not Gods. So if you have made some mistakes, why do they want you to feel guilty? If you feel guilty, you spoil this centre here [Shri Mataji indicates left Vishuddhi] and you get horrible problem of angina, or you might get also spondylitis. So many troubles with this guilt [business].

So please remember that you are a human being and you have every right to be united to that Divine power and that is what Sahaja Yoga is. Sa means 'with', ja means 'born' with you is the right to this yoga means the union with the Divine. Yoga does not mean standing on your heads, it does not mean anything.

If any person who talks of yoga and does not give you Realization, do not go near that person. Yesterday I told you, first thing nobody can take money from you. Of course, for this hall they are paid, the Sahaja Yogis have paid, I must say. But we were just now thinking that last four years, they have started paying, otherwise, I used to pay, my husband used to pay for everything. But then they said: "You should not pay for our Salvation, Mother, that is too much". Now they started paying for it.

But not for your Realization, not to Me, but to this hall all right. And everything the accounts, everything should be clearcut. You should see where your money goes, what it happens, what it works out, who is handling the money.

Then you have to see if they give you Realization or not. Realization means, you must feel the cool breeze of the Holy Ghost. Realization means that you should have powers to raise the Kundalini of others. Realization means that you should [...] actualization of the baptism, cool breeze coming out of your head; not any priest put water on your head and say that you are now Christian.

Unless and until these things happen to you, do not accept anyone, even Me. This is what one has to understand: you have to become something; and the time is there, is been announced, this time has to come and the time has come... where are the people? That I should find those people in Russia, I was really surprised, who have never heard about God, have never heard anything of Spirit, they were not supposed to talk about it and there you have thousands! How is it? Thousands! This hall, we had at least ten times bigger than this, was all completely full and the same amount of people were sitting outside. They had never known Me, they had never seen My face, nothing of... only with the photograph: they are so sensitive! Also Italians I must say, Italians have that sensibility. And Greeks. Why not the Americans? You must research it out, you have such a capacity to do research. For everything you do research: for your car, you will do research, for your sofa you will do, for even shoes they said they have researched it and made it comfortable. Then why not research and find out... at least have that scientific attitude and try to solve the problems that you have. You all can do it, I know you are very capable to do it.

Those who become Sahaja Yogis, Americans, are great people; but, first of all, it is impossible to make them stick to one thing. As they change their car, change their houses, change their motorcars, they go on changing also their guru, you see: is like a guru-shopping going on. Actually, you see, I also belong to another kind of society, so-called elite society, and I just keep quiet, I never say a word there, because I am absolutely useless. And what they talk like this "Oh, have you been to this guru, recently, you know there is a lady, she comes [...] and she has those [...] and things like that. So very expensive, but very good. Very expensive. But she can give you little bargain if you bargain with her, she might". Or somebody is for sale. Can you imagine?

God does not know money, does He? We sold Christ. Did we pay anything to Christ? At least Christians should not pay!

Ah, of course, Hindus never payed anything to Rama, Krishna, nothing. Of course, [...] there!

But this one test you must put and then the second one that you have to get something yourself, you must get something and that is your self realisation. Not craziness that on the streets are Hare Rama, Hare Krishna, Hare Rama... what is this? Anybody can do it! In India everybody does that. Wearing such dresses, what is so difficult? Also in the supermarket you get that thing, just out it on your head. It is ridiculous! If you ask any sensible man in India to do that, he says "Am I mad? Why will I do it?".

Also, cut your hair this way or to wear some nonsensical dress, what is so great about it? What is so great? Anybody can do it.

Or some people start jumping and saying all kind of things, and this and that "Now we have got the language, we are speaking some other language". Mad people.

I mean, if you are near God you have to become much more sensible, wise, sane people, is not it? You have seen the saints, you have seen Zen people, you have seen all of them, how sensible they were. Were they mad?

All kinds of craziness is associated with God, I cannot understand that.

Now be wise and discriminating and try to understand: it is through you people only, is going to work out.

I had asked you to ask Me some questions, you know, in this one or two days I am sorry, I cannot tell you everything about Sahaja Yoga. But they will give you books and everything, you can read them, you will understand everything about chakras... they are quite experts, they will all tell you about.

Now, say there are so many lights here, when you come in, I love to just say "All right, put on that switch" and all of them will come up. But if I have to tell you all the history and everything about electricity and then where it is told and how it has come, you will be [...]. Best to have the light first and then we will talk about it. So, if you are hungry, I have done the cooking, I would say, better have it! And then we will discuss it and talk about it and there thousands and thousands of My lectures which you can listen to and you can know a lot and you can all become experts, you can all become big gurus, no doubt about it. You will become your own gurus. I promise: you will become your own gurus. Because you are meant to be that, you do not need any guru, your Spirit is your guru and that will guide you.

It is like you take a television from America and show it to the Indians in a village and say that in this box you can see the films coming from all over the world. They will say "What? you are telling lies, how can this box give us this?". But you put to the mains. In the same way, you are put in the mains and then you will see how fantastic you are. All your fears, all your problems will just dissolve.

But you must penetrate into it, deeper and deeper. Like, we had the three-four people who [...] gave Realization and next day they went and did all kinds of nonsensical things and now they have got AIDS. What can I do? Four-five years back, I gave them Realization nicely, they never settled down. They went to some other gurus and some places and all that and they got AIDS now there and they all suffering from AIDS. Of course, they can be cured, but not in America, how can I cure them? I will be again arrested. This is the problem. So you have to get into it deeply and to understand it and to become masters. You do not have to pay for it, again and again, I am saying. Only thing, you have to give some time. And we have so much time otherwise. These watches are with us because we should save time; but we save time for wasting. We have to save time for our ascent. Not much: 5 minutes in the morning, 10 minutes in the evening is sufficient. And every week, once a week, you have to come to the centre, then you will not give up. After some time, the greatest punishment for Sahaja Yogis is that you have to go out of Sahaja Yoga, it is the greatest punishment. There is no compulsion in Sahaja Yoga: you want to go away, you can go away. But sometimes, we have to ask them to get out, some of them have to get out and they feel very sad about it, but then they correct themselves, purifies themselves, again come back.

But the movement in America is the least, much less than even South America, much much less. So I have to request you now, in San Diego, last time also, first time I came to San Diego; so again, I request you all: that you, because you belong to the city of Gods, so you have to take the responsibility and work it out here.

May God Bless You. Thank you very much.

Now, of course, I would like to have some questions and if they are written down is better. Yes, please, give it to him. And then after this, we will have the session of Realization which will take only ten minutes.

(Voice in the background)

Question: when did you realize your mission [...] always there?

Shri Mataji: always there. I was born with it.

Question:[...] What is the difference between Sahaja Yoga these other practices: [...], TM, Hatha Yoga [...]?

Shri Mataji: TM is the worse, worse of all. You see, in TM, I must tell you, I did not know what they were doing in TM, but the head

of the flying foundation in Scotland, in [...] this fellow was [...] and his wife she is the granddaughter of one Duke, her name is Lynda. And somebody came to tell Me about them that they are suffering from epilepsy and they are in a very bad shape. So, I said, "All right, I would like to see them". I did not know they were doing TM or anything, so they came to Me and I asked them "Who is your guru?". So they said: "We were doing TM and I am teaching TM, I was." And he told me such horrible things about it, he is writing a book now about it. That first of all (he told Me) there are three mantras they used to give and you are told not to tell anybody, see? And these mantras were so funny that if you have told to any Indian, he would really have laughed, because [they were not even] Sanscrit.

The first one was "inga", "inga" means the bite of a scorpion, not in Sanscrit language.

Then the second one is a "pinga" and a "pinga" means when a person gets possessed and goes around, around is a "pinga".

And the third one is a "tinga", which one is that when you show like this to somebody, the thumb [Shri Mataji shows Her left-hand thumb], I do not know how to say, "tinga" to show like this [Shri Mataji shows Her right hand thumb and people laugh].

And everybody was asked to pay three hundred pounds for this so-called mantra.

And this fellow, the guru used to sit on the seventh [...] and the person had to come through six-seven rooms and [...] the great gurus and only four feet five inches for the squinty eyes, sitting there. And the guru would tell this mantra in the ears. Taking three hundreds ounds and the first door.

Then there was another, six thousand pound. They said "Nothing works out, we are doing mad, so all right, no no!".

So the second course, the second course they started, he told Me to go to [...] or something like that. In that they had to go to Switzerland, pay six thousand puonds each and, in a big hall like this, they were all supposed to sit down and jump on cushions and jump on some sort of a form. And they were given for six days the water that boiled some potatos, six days; and the seventh day they were given the rind to eat. And the eighth day, they gave them to eat the potatos. Because they were supposed to become very light. And they all broke their bottoms, because they had to jump very high on that.

But for what? Because, he said, you can fly in the air. But I said "But why do you want to fly like this? Already we have problems of cars and things and if you start flying with them, what will happen? What is the need? You can fly by airplane, why do you want to fly like this?"

Such funny ideas. But then I have found they have become recluses, all these people have become recluses and have become epileptic. Then I called him, his wife and his deputy director (thank God, my husband had gone out on some work for about a month), so they stayed in My house, I cured them. But he became completely bankrupt, his wife was commpletely ruined. They got cured, no doubt. Then he went to South Africa and now he is there, he is writing this book. And when they wanted to fight the case, the TM managed - because it was in Scotland - managed the magistrates, because they have lots of money. Here also I feel, they have told them, newspapers, not to publish anything about us. Everywhere I go, they are there just to stop My work, because after all is there earnings are killed by that.

But the last thing they have started is ayurveda. Ayurveda, you do not need TM for that, anybody can do auyrveda, what is need, what is the need to have an agency of these people?

But it is a fact, and they know that I know all their secrets, so they are so much against Me. Does not matter, all of them are against Me, naturally, but they are not against each other.

Like Christ has said "The house of Satan will not speak against itself".

So this is TM. I am sorry that you have been to TM. Of course, despite that, now we know how to manage even TM, most of it we can manage. [...]

But one thing is definite that you are all seekers, otherwise you would not go to these people. So is My duty that you should get your realisation. I am duty-bound. It is My priviledge, because you are seekers, I have to give you realisation; whatever you might have done, forget it, and forgive them.

What else?

Question: [...]

Shri Mataji: I must say AIDS patients have been cured with Sahaja Yoga, en masse, it is a fact, no doubt. But what we can do in this country I do not know, I do not have idea, because I do not want to get arrested. But in India, alternate medicines are allowed and if people could reach England, we might be able to help them.

Question: [..]

Shri Mataji: I have already told you that when the light comes in you just become so powerful, so confident of yourself that all your bad habits drop out. Of course, just after realisation, say you get your realisation that does not mean you became a great saint. You have to fix yourself properly, in American language: you have to fix your yoga. Unless and until that is done, still you are vulnerable, so you must fix it up.

Question: [..]

Shri Mataji: you get that state, you become that. I told you the Swadishthana, the Swadishthana gets nourished and you do not know from where you get your ideas. Now here it is an architect, if he tells his own experience, what he is doing now and what he was doing before. The ideas start pouring into you. Because they come from the Swadishthana chakra and the Swadishthana gets nourishment.

Question: [..]

Shri Mataji: you see, racism comes from ignorance, complete ignorance, we do not know that God has created all of us just the same. We smile the same way, laugh the same way, cry the same way. Nobody tells that Americans should laugh like this and the Indians should laugh like that. We yawn the same way, we sleep the same way, wake up the same way.

Now we are differently made, God has made us to create beauty. You see, if there is vicitrata (they say in Sanskrit), there is variety then there is beauty, so variety is created. God created only one world, He did not know that we will make so many out of it, we have done it. But once this ignorance goes away, because Spirit is a universal being, then you become a universal being. Like... yesterday only I told you that when I went to Russia, 25 Germans rushed to Russia to give realisation to Russians; and the way they embraced and the way they loved them... I really tell you, I felt so happy and tears started rolling in my eyes. Such joy, imagine the Russian, we have these Germans who are so gentle, they are the gentlest people, you will not call them Germans any more.

That is what happens, because basically you are that and you become a universal being and you follow te religion that is innate within you, which makes you a universal being. You do not become nay Christian, Hindu, Muslim: you are a human being and you become a universal human being and you respect all of them, not one.

What is the next problem here? Joblessness? Joblessness, I must tell you that in London so many jobless people there are, but it is difficult to find a sahaja yogi who is jobless there, difficult, they just get jobs... and because they are doing the job of God also.

Question: [..]

Shri Mataji: hopeless? No, it is very hopeful.

Question: [..]

Shri Mataji: you see, if you are making lots of money or either you are making no money, whatsoever, in Sahaja Yoga you make money, all right, but then you do not cling to it, do not hanker after it.

There was a lady here, in San Francisco, she was running a store, and when she got realisation she said that "I used to meticulously remember this I have got, that I have got, this is bought, this is sold and all those things. I have forgot all that. But now I am making a big profit". I said "Then it is all right".

Money also is one of the blessings of God. And Shri Krishna has said "yogakshema vahamyam"; kshema means benevolence in every way. So once you get your yoga, then you get that, not before: yogakshema, first yoga and then the kshema. Kshema is the benevolence. So all kinds of benevolence come.

But your mad-race about money finishes off. But you get money, all right, and there is complete satisfaction our of it.

Question: [.]

Shri Mataji: supported?

Question: yes.

Shri Mataji: in what way?

Question: [.]

Shri Mataji: financially?

Question: yes.

Shri Mataji: I mean, I told you now. That in the beginning I used to pay for everything, no doubt, even now in so many places (for Russia I have to pay myself), for the time being it is all right, my husband is very generous - he is an Indian, so he is thinking he is doing some God's work, by that he will get some good blessings, so he is a sensible man. He does not mind, if I am [...] he does not mind.

And so also now all these things like all and all these people get it and everything is arranged by them, nowadays. But, as I told you that for Realization you cannot pay, you cannot pay Me, you cannot purchase Me, you cannot and you cannot purchase your Self-realization, your ascent.

That is not much, you see, for this hall, how much you need? Do not need much money. That is all.

Either you will pay thousands and thousands of rupees and pounds without asking, and if somebody has to pay even for this hall, they will say how you get this money. Of course for the hall you have to pay, do not expect Me paying for it. I did, I am saying I did pay, but now they feel ashamed that I should pay for the hall, they paid, because they are also concerned and you will also pay, I am sure. You would not like Me to pay for these halls as well as for everything, for your food or for everything: do you expect Me to do that?

Not at all. So, for your salvation we need not to pay, but for your hall, you have to pay, there is no harm. But I do not keep accounts, I do not know how they paid, what... I have no idea, I do not understand accounts at all. So they do it everything and they have to explain to you, I have nothing to do with that. It is a fact, I am telling them, if it is wrong they should tell Me.

Question: [.]

Shri Mataji: it is again a futuristic question. First, let us have the Self, as Buddha has said and also as Mahavira has said because they taught if you talk of God-realisation, people start just thinking they are God. But the difference between the two things is one: that first you get your Self-realization established, means you understand your powers as Self; then you try to understand God. And God-realization is a situation in which you control so many things, automatically, automatically you control, you do not have to bother and just control: you are amazed how even the elements are controlled through your presence.

But the first is to know your Self, establish your Self, know it well, master it and then think of another thing.

Question: what the vibrations are doing and how [...] this session?

Shri Mataji: all right. First, as again I say, first your Self-realization must be established and your Kundalini must be fixed properly and then - you can seat here, there are seats, come along - and then you start feeling the vibrations on your fingertips, first of all. That you will feel now even. They have marked them to show the centres, see: one, two, three, four, five on your fingertips. So you will know which is the centre that is catching. If you know how to correct the centre, then you can correct your centre. In the same way, you can feel the centres of others.

Once you start feeling them properly, you have just to know how to correct these centres, finished, then you are all right. And it hardly takes one month, hardly takes one month.

Question: [.]

Shri Mataji: what is the use of teaching, you have had many. You have had Christ, He has given you the Bible, there are so many we have had. Now, no more teachings, actualization, ask for actualization.

What else?

Question: [.] Yogananada says Kriya Yoga is the quickest technique for Self-realisation.

Shri Mataji: I said?

Question: no, Yogananda.

Shri Mataji: ah, he might have said it, but nobody has got it so far. Now, what is Kriya Yoga? Sahaja Yoga is "a-kriya". "Kriya" means what you call "kriya" in English?

Yogi: action.

Shri Mataji: action. Kriya is action and Sahaja Yoga a-kriya, no action. Now Kriya Yoga is like this (yesterday, I have explained to some people who asked Me) that when your car starts- I mean when it is ignited - then automatically all the machinery starts working, automatically, do not have to move anything, it is all built-in. But Kriya Yoga is this that you do not start the car, do not start the Kundalini, but you start moving the wheels. First, when I came, I was very shocked (now they have stopped all that nonsense because I think there was some sort of [.] on that. They used to cut the tongue, this thread of the tongue; and I saw some Indian doctors with the tongue wagging like that. I said "What has happened?". They could not speak, so they told Me [Shri Mataji mimes writing on Her hand] that "We have cut our threads because we have to push back our tongue and get to the "khechary" condition. Now "khechary" is a simple thing that is described (of course is a part of Sahaja Yoga only) that when the Kundalini rises the centres, first of all allow the Kundalini to rise and then they augment, and then again they relax (the higher ones) and then they augment, because they have to stop the Kundalini from falling down. It is a simple thing like that.

In the same way, when it reaches Vishuddhi chakra, here also, what happens when the Kundalini rises higher there is a big augmentation that takes place and the tongue is pulled inside (which you do not feel normally, you will not feel because Kundalini rises like a jet these days).

So, what they did was to cut the tongue and put it there, but the Kundalini is sitting in the sacrum bone only, what is the use?

So the all Kriya Yoga is like moving your wheels, when the car has not started.

It is very easy to talk of these things because in India books are available, you can read them. I know of people, there was an actors who came to my program and I came in 71 (there are so many people who came to My program) and also dr Chodri told Me "You'd better get it copyright". I said "There is no copyright needed for this kind of a thing, is all right!".

And they are using My words, they are using word Kundalini, they are using Mahayoga, they are using the words like self realisation, everything; but doing nothing about it, just making money.

Sorry, what can I do about it? It is for you to decide, it is the actualization which you should ask.

And what is this Kriya Yoga. I do not know why people are so impressed by his book. Whatever is written there: he went to Himalayas, he met one guru, so what? Anybody can do that, what is so great? What has he written? Why should it interest people? What has he done? Nothing! They have, of course, got a big place where they live, that is all!

But I do not think anybody has got realisation from them, they cannot. First the Kundalini has to be awakened.

Question: [.] Babaji?

Shri Mataji: nothing, I am absolutely against him. This is another hoax. These are all hoax, believe Me, they are all hoax.

Ramana Maharishi was a realised soul, no doubt. Shirdi Sainath was a realised soul. Those who are realised I say yes, those who are not I will definitely say they are not. I have to say that.

This Babaji (Shri Mataji laughs), experience of these funny people (Shri Mataji is massaging Her forehead), it is a long story. This Lahiri Baba, Lahiri, Lahiri Baba the guru of this Yogananda, he is his grandson; he came to Me and he said "I joined this Kriya Yoga and I did all kinds of things, I have never got any realisation or anything. So I was so fed up when I went to this Krishnamurti, I was with him, but then I started speaking like Krishnamurti, just like his voice and everything I started speaking doing all the drama of Krishnamurti and everything and then I got a fright when I saw myself in the mirror, I said «Oh God, I have become like Krishnamurti!» and I am just giving lectures, that's all! So, Mother, I have come to you please, now, give me realisation". You will be surprised, until today I would not been able to do that. This one person I have not been able to do. I do not know what all he has done. I told him what all you have done tell Me. And he was telling Me many things about this Lahiri Baba and his Babaji. "All these things they do to you? Horrible!". So much they have harmed this man, He is the grandson of Lahiri Baba.

Question: What do you think of Guru Nanak [..]

Shri Mataji: Guru Nanak of course, Guru Nanak was the incarnation of the Primordial Master, no doubt about it, no doubt. He talked of unity, He was the incarnation of the Primordial Master who has incarnated many a times as Moses, as Abraham and also as, He has been Mohammad and then Guru Nanak. no doubt about it.

Question: [..]

Shri Mataji: of the?

Yogi: Maitreya.

Shri Mataji: Maitreya? I do not know about they know about Maitreya or not, is all a Buddhist idea of Maitreya. How will you recognize the Maitreya also? How will you recognize the Holy Ghost? If you are still waiting for Maitreya, I think you are [..] mistaken.

Question: [..]

Shri Mataji: what experience?

Question: [..]

Shri Mataji: not at all, that is horrible. Why do you want to go out of your body? Going out of body is achieved through possession. You know there are children killed in their beds, have you heard of such of things here? I do not know, but in Switzerland, children are sleeping in their beds, because their parents do not keep children with them and the children, they die. That is what is happening because of this body business, the spirits come out and, if they go out of the body, then the spirits can take away another spirit also and never return them. It is the worse thing is to become possess like this.

I had three American journalists, long time back they came to see Me; and they told Me that "Mother we want to have a special capacity to know what is happening everywhere without being there. How can we do it?". I said "Who told you that I can do that?". They told Me the name of a journalist, another one, I said "He told you this? I was the one who cured him of this disease and he told you these things that I will make you like that?"

That fellow would disappear from his body and would go somewhere else and hears something else, used to publish in the newspaper which was true, but his wife was so shocked by that, she brought him and he said "Mother, please make me one person, I do not want to have this nonsensical thing." She said one day he will be dead, I said "He will be one day will be lost".

And those three people wanted to be like him I am cured, to get this disease. It is a horrible state one should never never think like that. Why do you want to run from the present? Present is the most beautiful thing, is the most beautiful thing. Present is the reality, past is finished and future does not exist. But if you can be the present, nothing [..] it.

Question: What about vegetarianism?

Shri Mataji: There are no "ism" in Sahaja Yoga, no "ism" at all. See in the Bible is written: "All the creatures have been created for you, for your use" and smaller animals than you, those people who need proteins should eat.

Now for example in Greenland, people cannot have any vegetables at all, are they sinners?

But, I should say, American should take more vegetarianism, is good because they have eaten too much of meat, so give a balance. But there is no [...] rule except that you should eat any animal that he bigger than you, because they have bigger muscular cells and those cells can harm your teeth, can harm your intestine. But smaller animal are to be, if it is needed, must be eaten; if it is not - for Indians must eat meat otherwise already they are such useless people, they are good for nothing, they cannot even hold a gun, [...] revolver. If you people go there with one revolver, the all village will jump into the well, such cowards. So for them it is necessary to eat meat, but they are vegetarians. But not in India, everybody is not now, is better.

But, what I am saying it is a very logical thing and is to be understood what sort of a person you are: if you are a left sided person, then you must eat proteins; but if you are right sided person, then you must take to vegetables and to carbohydrates. Is question of proteins, carbohydrates and fats, is not question of animals and... do you mean to say by saving chickens, I can give them realisation?

And this nonsense of vegetarianism has gone so far, so far now, among Jainis, I do not know if you know... there are many here, because they are money-makers. Jainis, this Jainis have started a funny type of vegetarianism, I think long time back. First of all there was one Neminath (who was one of the Tirthankar, who was the cousin of Shri Krishna), who saw many dead things in his marriage, so he felt that - I mean he felt, sometimes you do feel so many animals are dead and all that, we call it tuparati, so he started vegetarianism. But now the Jains do not allow any insect to die, even the bugs, mosquitos, [...] anything should not be dead... but they will kill human beings, all right, not animals. So ridiculous it is.

Question: Shri Mataji, this person says that they have skin cancer and wants to know how can be cured.

Shri Mataji: Cancer?

Yogi: Skin cancer.

Shri Mataji: Yes it is. It comes from liver. If your liver is cured, you can be, very easily. We have a liver diet which you are to take, you are to get your liver cured, which can be easily cured, worked it out [...]. You see, because you do not have to pay, that is why people do not do it, I have seen it they do not do it seriously. Is like this, if you pay for something then you get bound, that is mentality. Like, yesterday I was telling you that you have paid for a play and the play [...] the worse possible but you think you have paid for it, so go through it. But you do not have to pay in Sahaja Yoga, so people do not take it seriously.

Asthama have been cured, livers have been cured, cancer have been cured... the skin cancer is no problem at all. But whatever they tell you, you have to listen to them and work it out; whithin one month you will find everything will be cured.

There has to be commitment about it, you must be committed to yourself that I am going to get all right. You decide on that point and it will work out. I am going to be a yogi, you will be. But ther should be some commitment.

Question: Shri Mataji, the last question is how do we know if we are in our Spirit and following inner guidance?

Shri Mataji: Is rather confusing.

Question: Shri Mataji, the last question is how do we know if we are in our Spirit and following inner guidance?

Shri Mataji: All right. The question is how are we to know that we are the Spirit, that we become the Spirit. First of all, when we become the Spirit, we start feeling the cool breeze all around us, first thing. Secondly, then we start feeling our centres on our fingertips. Like supposing I get American money, and I have never known what American money is, supposing; then I have to go to the market, find out what is means. In the same way, you start using your hands - as I told you the captain of the ship - and you will feel the vibrations of another person, you ask that person. Now supposing you feel here some heat [Shri Mataji indicates Her

right hand forefinger] or some sort of burning, you ask him "There is something wrong with your throat?". "How do you know?" he will say.

You can feel the cancer, you can feel everything on your fingertips, you can diagnose. So you have to use your hands. That is how you will know.

But then you start curing yourself and you start getting, feeling better. Then, when you become the master of this art, you start curing others. Not only physically, mentally, emotionally, every way. You feel such a balance, such joy and such peace within yourself. It is not talking about peace, because I know, I have been with such people who have foundation of peace and some people have got Nobel Prizing Peace and so hot tempered, that you cannot sit near them for five minutes they emit horrible heat like a heater. I really tell you, horrible and they have got Nobel Prizes in peace. I mean, I do not know how people have given them for peace, at least they could have given for violence, but not for peace. But there is. So you really feel peaceful within yourself.

Now you will not believe, I am 67 years of age ad if you see my itinerary you will [...] the way I travel; all the year I am practically travelling, but I am in peace with myself. They said: "How do you manage?". I said "Why? I am there when I am traveling I know I am there, so what it there to think about, just I am there, that's all!". So you think I am traveling, I said I do not think that way, I am just sitting there, I am not traveling, is the airplane that is traveling.

And that is how you are just at peace with yourself, you are at peace with everybody else and, I mean, it is another personnalite that evolves out of you. So that is how you know you are that.

I mean, first of all, people do not even believe that the cool breeze is coming to your fingertips, they think there must be the window, air conditioner, some people go home closing all the doors and start seeing. It is true, then they realize.

So you have to spend it and experiment with it and then you definitely start believing in it, that you are the Spirit. And then you understand your powers, all right? You can raise the Kundalini of a person, you can! And you will be amazed that how you can do it.

At the beginning of Sahaja Yoga, we were about twelve people and they would not put their hands, "This is not, how can we? We don't have anything", they were very diffident about it. So one day there was a lecture arranged in a place where I had to go in Nasik, I had to go by car and luckily the car failed and, in India, if your car fails you are [...], there is nothing else that you can do. And these people thought that one other has passed, Mother has not come and now all these people are going to beat us, so they started giving them Realization: they were amazed they had the power! They had the power. And that is how they discovered.

So you have to be bold about it. You are that, I assure you. Only thing, you must claim what you are.

I think you will finish with the thing, now let's have the Realization, that will take about ten minutes and will be a good idea to know yourself.

If you want to go out for about 5 minutes you can go out, then you can start, if you think we can give 5 minutes to you, just to move out a little bit. And then come back.

[After the break, the Realisation starts]

1990-0603, How to get the connection with the Divine power

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3 June 1990

How To Get The Connection With The Divine Power

Public Program

Miami (United States)

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At the very outset, we have to know what we are seeking. We are seeking the truth. But what is the truth? The truth is that we are not this body, we are not these emotions, this intellect, this ego, these conditionings, but we are the Spirit, the Pure Spirit. This is one truth about ourselves.

The second one is that we are, can you hear Me there, can you hear, can't? All right? We are. Now better? Connection has to be there. [Shri Matji laughs].

There is a subtle power which is described as the all-pervading Power of God's love, as Paramachaitanya, as Udrang, as, so many other words have been used for this power, which does all the living work. Like we see the flowers so beautiful as they are but we take them for granted. We don't see how they have come from a little seed, how they are blossoming in these different colors. All this living work we take for granted. We have also taken our evolution for granted and everything that autonomous nervous system does we have taken for granted, it's a good thing in a way because it's too much of a worry and botheration if you start thinking why of everything. But there is a power, which does all these things.

Now when I'm talking to you, you are not to believe Me blind folded, it's not for blind people. But, like scientists you must have an open mind to see for yourself whatever I'm saying is for the time being, it can be like a hypothesis before you. And then you can see for yourself whatever I'm saying is true or not.

In all the scriptures there's one common thing described, whether they have talked of the forms or the formless: that we have to seek the eternal and whatever is transitory is to be used with full understanding in its balance, and that's why we are lost where we have lost our balances. So the best thing is to get the connection with this Divine power, which gives us all the nourishment, all the care and all the knowledge that we have never known before, and for this you can't pay, you can't force it, you cannot compel anybody, you have to be absolutely free to get it, because after all this is the ultimate freedom you have. You have freedom because you become such a dynamic, compassionate, wonderful personality that you just become a transformed, special, glorious person.

Supposing we have to take a little box of television to a village or some place where people have never seen it. Then they might say, "What is this, why have you brought this here?" But when you put it to the mains, you will realize that they are quite surprised, that this is such a dynamic thing. In the same way we have no idea about ourselves, we are not aware as to what we are. Human awareness takes you to all kinds of problems and you do not know what is the solution of these problems are.

Sometimes people ask Me, "Mother why God has created us? If He has created, what's the use of this kind of a life that He has given us?"

This is just a transition period, just to transition. When this evolution has to achieve its end and when it achieves its end you are as promised in the kingdom of God, and that's what has to happen. It's not just talk, talk, talk. It has to work out. The experience has to be there, and the experience of Realization is described very clearly in some of the scriptures and which says that you have to feel the cool breeze of the Holy Ghost. In the Sanskrit language, Adi Shankaracharya has described as Salilam Salilam

meaning cool breeze, cool breeze. Now this cool breeze is not chilling breeze nor is this a hot breeze but a kind of a cool soothing effects that you feel all around yourself which you have never felt before. You have never felt the existence of this all-pervading Power. But it is there, and one has to seriously think about it. It's nothing frivolous as I was also born in a Christian family so Sunday morning get ready, go to Church and meet few people, "Hello, hello," come back after the sermon, it's not like that. It's also not like going to a temple just pay a few rupees here, there and give something to the Deities and come back home. It is something that you become, becoming is the point.

So, as many people have asked Me that people have come from India and they have looted so many people here and have deceived them. I feel ashamed about it of course. It was a wrong thing to do but also mistake lies little bit with you people, that you should have seen to it. When you are paying for anything in the market you see what you are buying, so before seeing it you just jumped into the thing.

First of all you must see what sort of a disciple they have. Those who say, "We are doing something," you should find out what are the kind of people that are following. Because they are some cinema actors and cinema actresses, it doesn't mean that they are sane or they are wise people. What have they got, is the point. What powers have they got? As self realized people what powers they have got and what transformation they have gone through. What is the new awareness they have got?

I must say I was surprised at Russians who have never known the name of God, they were not supposed to know anything about God, Christ or anyone. No conditioning of any religion whatsoever, but you'll be amazed in My first meeting only there were two thousand in the hall and two thousand waiting outside, the whole of Leningrad was there. I was amazed at them, surprised. Look at these people. They have never known of God or anything and how am I to talk to them about God and I did talk and you will be surprised that Moscow was even worse. We had to arrange a big, huge, open place for them and it was impossible to control these people because they were so many. And now the government has taken over and they have publicized Sahaja Yoga on the television. Every where you go they know Me very well and they know about Sahaja Yoga. Just imagine these people, who have been all the time cursed by communism as they say, had no freedom of choice, nothing, but they are not materialistic people, they're not materialistic, because the matter whatever was available was available, whatever was not available was not available. Like on the ship you see, if something is available on the ship, it's there, otherwise it is not. So they have no problems and no solutions, that's why. If they are no solutions, how can there be problems? So they had to deal with whatever was available. And, this is the reason why they are very, very, centrally placed people.

While I find in Americans, I must say, are extremely simple hearted people, extremely simple. And they cannot think how people can tell lies. I must say Indians are quite capable of telling lies, you see, it is not that they cannot tell lies.

Many people ask Me, "Mother, how could he tell such lies?"

Why not? They are experts we have in India who can tell lies because they're very intelligent people. They can tell lies the way they like, they'll never know also that they're telling lie. So now these lies, whatever they have told you, whatever they claim, you just believed because you are simple people. You never even doubted them, and you thought it's best to go to these people and they will deliver the goods. Not at all. As, we have to judge what we are buying, in the same way we have to see, how can you pay for God? How much did you pay to Christ? Christians, we're Christians aren't we? How much did we pay for Christ? Then, why should we pay to anyone for God?

Now this payment business, as Gregoire has told you is really, one pays something then he thinks that, "Oh I paid for it, let's go through it."

But going through the hell and that's how the people are so much harmed. I have seen people harmed to such an extent that they have got epilepsies, and things and all kinds of diseases they have got. But this power is your own, within yourself. I don't have to do anything much about it. Like this candle is now ready. Now if I'm an enlightened candle, I can enlighten it, that's all. Once you get enlightenment, you can enlighten another person. But you have to be serious about it. It's not just guru shopping, "Oh this guru is very good, ah, though little expensive, very good guru."

Not that kind of a thing. It is something, you must respect yourself and you must respect your personality, you must have self-esteem that you are not just a human being, you are the Spirit. You are the Pure Spirit and you can transform the whole world. While Americans are so sensitive, so collective in a way because they feel for everyone, and they try to do their level best and try to help everyone. But where they have failed is that, they, lack, that discretion as to find out, what is good and what is bad and that is because they are extremely simple people. You tell them any high stories, they just believe it. It is sometimes, I'm really surprised, when they describe their gurus, I said, "How did you believe in such a stupid guru? How could you believe?"

"But Mother, you know, he told us."

Like there's, I'll tell you about TM, the other day they asked Me the question about TM. Now the TM, any Indian will find out that this is all stupid. But for you people it was something so great because you've to pass through seven rooms going to the other place where the fellow sitting on the, some sort of a seventh heaven and saying he's a guru and this and that and self, you see, self certificate, given to, "I'm the Guru."

They might be just coming from jail and wearing some sort of a funny dress, "Come here." Most of them, I tell you, there's no credibility about them. Now, these people when they came to Me they had epilepsy, they had all kinds of problems, I said, "What is this going on?"

They said, one of them who had become bankrupt because of that, somebody had sold his house and all that. So he said, "We had to pay for our mantras."

Now what are the mantras? There are three mantras that they told in the beginning. Now if I'll tell you, you'll be surprised. The first one was 'Inga' means, in a colloquial way, 'Inga' means the bite of a scorpion. Second was the 'Pinga' means when you start getting possessed, you go round and round, that's 'Pinga'. The third one is the 'Tinga', there look at the Indians, means showing the finger like this [SHRI MATAJI SHOWS HER THUMB]. And for that each one of them paid three hundred pounds, for this kind of a nonsense. This is not even Sanskrit, it has nothing to do, it's not mantra. In the Vedas is written that after Realization, after Realization, you have to know the mantra, tantra and yantra.

Mantra means, what mantras to be said to raise the Kundalini, I mean to open your centers. Tantra means the mechanism, the mechanics or you can say the technique and Yantra means the mechanism. But this is after Realization. Even Shri Krishna has said, Yoga Kshema Vahamyaham, that you first get your yoga, means get united with that Divine Power, that is yoga, that is your right, that is spontaneous, Sahaj means spontaneous, it's a living process and then I will look after you, not before. Even Christ has said so many times, you are to be born again. Then we certify ourselves, we are born again. This is a certificate of a human being which has no meaning with the Divine. You have to become something. Unless and until you become something, just you cannot live with false certificates. And that's what has happened to all our religions and [THINGS?].

All the religions have deviated from its roots, and the main thing was that you must have your Realization, you must have your Spirit. Once you become the Spirit then you understand the religion. Why should Christ talk of taking the birth again? Why Buddha said that you have to be a Buddha means Bodha. Bodha means you must feel it on your central nervous system. Veda, Vid also means the same thing. Why did they all say it again and again that you are to be born again, even in Sanskrit language, a person who is a realized soul is called as a dveejaha means born twice. And a bird is also called as dveejaha, meaning the one that is born again, first as an egg and then as a bird.

So clearly it is given. But even then, Indians are very ritualistic, extremely ritualistic, blind folded, they do ritualism, but still I would say that they wouldn't yield to such stupid things like Inga, Pinga, Tinga, you see because they had a tradition about these things. But these people have lynched you and have taken away such a lot of money from you and you have not been able to think about it, that why are we paying these stupid people? What have they given us? What have they given to anyone? And this is what is to be questioned first of all. What are we asking? What are we seeking? What is the truth? It's a very simple thing.

Within us, as Gregoire has said, in the bone, which is the triangular bone called as sacrum is placed this power, which is called as Asas in Koran. In Koran, there's a Sura called Yaaseen meaning, they say that Yoga Sajada is the name of that one, in which Mohammed Saheb has clearly described, at the time of resurrection your hands will speak. Now if Mohammed Saheb was the last man, why did he talk of resurrection? Why did he talk of the future? Why did he say your hands will speak? And that is what happens to you, that when this Kundalini which is in the sacrum bone, now also sacrum word comes from the word sacred. It means that the Greeks knew about it, that it's a sacred bone. And then it rises, pierces through six centers, pierces through your fontanel bone area, what we call as the soft bone on your head and actualization of your baptism takes place. Actualization. It is not just saying, oh no, now you are baptized, and you have got your baptism. There's no baptism in that because it has to be done by the living power that is within you. And then the transformation starts because these six centers represent your inner being, which supplies all your physical, mental, emotional and spiritual energy and which nourishes you and looks after you. Unless and until this happens, whatever we might have done so far is absolutely of no value.

Some people say, "Mother, I was praying to God, praying to God and I didn't get anything." Without the connection as I said just now, the connection has to be done. Without the connection, what are we telling God? He doesn't know anything. We are lying on one said and He is on another side. We are calling for him and how will He know what we are talking to him.

So this connection has to be established and now the time has come. The difference between the Yoga that Patanjali talked of, of course Patanjali didn't talk of the so called Hatha Yoga that we practice, is only physical side of it, not at all. It's an ashtanga as there are eight, eight parts of it. Only the first part is Yama Niyama and that, a very wee part is the exercise and that exercise we have to do when the Kundalini starts rising.

Supposing there's some physical problem and it stops, then you have to just do that particular thing. It's a very scientific thing. So what we do is to take all the medicines from the medicine box, right from the beginning to the end. But the most of the book, deals with your spiritual side where he says, "First you become thoughtlessly aware," thoughtlessly aware, called as Nirvichar Samadhi. Where, your thoughts, which are coming from the future and the past and you are not in the present at all. So these thoughts are like this [SHRI MATAJI MAKES A WAVE LIKE FORMATION WITH HER FINGER] and we are dancing on the cusp of it. So these thoughts become thin and there's a space in between established. And when you stay in that space, you're in present. And when you are in present, your spiritual growth starts. This is the first Nirvichar Samadhi, which you achieve in no time. And then the second one is called as Nirvikalpa Samadhi. In which it's called ... you can say in English is doubtless awareness. Where you become so powerful, you can do so many things with your hands only, with your attention, with your eyes.

As Christ has said, "Thou shalt not have adulterous eyes." I would like to know, how many Christians have that kind of eyes. Very few. Either there is lust or there is greed. We don't have those eyes that Christ has asked for. What is the reason? The reason is still the Kundalini has to pass through the Agnya Chakra, where resides Christ who gives that power to our eyes that they're so innocent that even a glance of those eyes can solve problems.

So now, when we are in the water, we are frightened and we think we'll be drowned by the waves. But supposing you're in the boat, then you can enjoy. But supposing you learn how to swim, then you can jump inside and save many others. In the same way our problems are that we are watching our problems when we are in the water, then we get into the boat, then we see our problems better. But then we become so powerful that we can save others. And this is what has to happen that one candle can enlighten thousands and thousands can enlighten another.

So the difference between Patanjali Yoga was he used to try it on one or two persons. We can say that on the tree of life there were very few people who could have got Realization. But today I find, it's a blossom time, blossom time. And so many people are seeking. This news that people are seeking, there's a demand for spiritual life must have reached those crooked people. And they must have come here with all preparation how to befool you. I'm sure they must have studied you very well, thoroughly, in what point to press and how to get all their things through and they might have been responsible.

But I must tell you that Sahaja Yoga is working in forty nations. And the least it is working in America, it's a sad thing. While all other type of falsehood is going on here. All other type of falsehood is going on here. Not only of Indians but also Americans and other people. They're all practicing all kinds of falsehood. But one simple test you must put, that is you cannot pay for God. Ninety nine point nine percent of these, all of them will have to go back or have to disappear in the jails. You cannot pay for God. If you can put that much test, I tell you, you can solve your problems much better.

Now I am in a, in a way, I'm very much concerned about Americans. I, first time I came to any country, that was America, first time. And I talked to people about it, but they could not understand Me. They said, "We can't understand anything without money." Even the BBC in England, you see they came and told Me that an Anglo Saxon brain cannot understand anything without money. You have to pay money for everything.

I said, "What is this Anglo Saxon brain, is it made by God or somebody else? How is it that you understand that everything has to be through money? Through money it has to be paid for."

And that is how you see I have seen the countries where we have had the experience that we have been paying and paying and paying, we cannot understand something for which you cannot pay.

When we became from amoeba to human beings, logically we should know, how much did we pay? To whom did we pay? When we sow a seed in the Mother Earth, how much do we pay to the Mother Earth? The seed has a built-in quality and the Mother Earth has the built-in quality. But, the understanding of it has come to us because we have seen it happening. In the same way, in Sahaja Yoga you have to be seriously watching your own growth. And you'll be amazed how transformation takes place. There are so many miracles of Sahaja Yoga that I don't want to tell you just now because you see this ... I asked them to write about miracles, it's such a pile of miracles have come out. Because after all whatever we have not known is a miracle for us. But for that first you have to enter into the kingdom of God, without that you cannot understand. And it would be something like telling you about all this light, electricity, everything, explaining to you everything about the history of electricity, how it has come, from the source it is coming, you'll have a headache. It's better I tell you, you put on the switch first of all. So in the same way, first you have your enlightenment. And after the enlightenment, I will tell you everything about it and it will be much easier for you to understand.

Before anything, I would like you to ask Me some questions if you have any because it's very important that you should ask Me questions because later on when we have this session of Realization, I would say that people, the mind starts saying that, 'Oh you should have asked this, you should have asked this.' So it's better clear out your minds first of all. If you have any questions, please ask. And I'd be very happy to answer them because as I told you this is for your freedom.

Man: ...God and Spirit.. Is God reflected within us? How can man be one with God?

Shri Mataji: Just a minute, just a minute, just a minute. Ah Gregoire! Somebody has to come here. [SHRI MATAJI DRINKS SOME WATER]. What is it? Just. [SPEAKS IN HINDI]. God and Spirit [SPEAKS IN HINDI AND SMILES]. Is correct. That's correct. Very correct. God Almighty is reflected in your heart as Spirit. But without this connection you cannot feel that Spirit. Because I have not talked about the Spirit that's why you must be thinking, but at the very outset, I said "You have to be the Spirit, first thing." And, secondly I have also said that you have to feel this all-pervading Power. So, this connection when it is established, then only you start feeling your Spirit. And, the Spirit manifests through you. Is correct, what you said is absolutely correct. God is within you.

Man: So how do we go about experiencing this?

Shri Mataji: That's what we are going to do, but if that is the point then I'm very happy, because you are a real seeker, I must say.

Lady: Is Sahaja Yoga related to Kriya Yoga?

Shri Mataji: Not at all. It's just the opposite of it.

Lady: If you're not ready to awaken the Kundalini, it can become dangerous.

Shri Mataji: Ah, you see, both the questions is it's Akriya Yoga. It is spontaneous. There's no kriya. This is the great mistake these people believed that we have to do something about it. It has ruined so many people first time when I came, I must tell you. I met some of the doctors from Bombay who had cut their tongue, this, what you can call the thread under their tongue, and they were wagging their tongues just like dogs, they couldn't speak, they were doing this so-called Kriya Yoga. And I couldn't understand, they couldn't talk, so they wrote it down, that in this one, why we have cut it, to do the khechari. Now khechari is a thing that means that when the Kundalini rises you see She, the system starts working. Like your car is ignited you start your car, the whole system starts working automatically, you don't have to do anything about it. So the system starts and the center starts opening, so one center will open out supposing and then when the Kundalini passes through it augments, it sort of constricts itself so that it can stop the Kundalini from falling down. Now, this is called as bhand, but when it goes to this center, also what happens that when it rises above this center then the tongue is little bit pulled inside, but you will not feel anything at all. It's all happening inside, like your car how smooth it is as your modern cars are extremely smooth, your modern Kundalini is also very smooth, doesn't trouble you at all [SHRI MATAJI LAUGHS] it's like a jet it rises, really it's very surprising. Now, so, this is what happens to you when the Kundalini rises, but when you have not started the awakening, imagine if you have not started the car and you are moving the wheels or you are moving the steering then you're going to spoil it completely. It's a spontaneous thing, it's a living process, it is not that you can do much about it, it's a living process. So this is the Kriya Yoga is against, against reality.

Lady: Is it dangerous to awaken?

Shri Mataji: Ha, now it's not at all dangerous, how can it be? It's your Mother, it's your Mother. When you were born your mother took all the care that you are not hurt, she took all the pains upon herself, she suffered. So, the same way the Kundalini is your Mother, your individual Mother. And She has recorded everything about you. Like a tape recorder you can say [SHRI MATAJI LAUGHS] She is coiled up and She knows everything about you and She's so smoothly rises, you'll be surprised how smoothly it does, of course sometimes you do get little heat because there's heat in the body and your this thing opens out, the heat comes out but it doesn't matter, it's nothing, nothing dangerous, nothing dangerous at all. But those people talk of danger have no authority to do it. Supposing somebody wants you to put your hands in the plugs and you say that electricity is dangerous means this fellow doesn't know anything he's a rustic fellow has never seen electricity. They have no authority. That's why they are talking like this and deviating people from getting their Realization. But, it is a very modern thing, you'll be surprised this is only last fifty years people have been talking like that. Some Germans went to India they must have met some horrible people there and they have written all these things. Then others started writing, others started doing this.. But in the olden books you read about this one Markandeya they say he lived in the year fourteen thousand years back then there were so many like you can say Shankaracharya was there, Gyanadeva was there, Nanaka was there, Kabira, nobody said so. Only this is a modern idea to frighten people that they shouldn't get their Realization. It's just a modern idea.

Man: [Asks a question about Satya Sai Baba - Inaudible]

Shri Mataji: Satya Sai Baba... Now listen now. Satya Sai Baba is trying to give diamonds. And, deviate you from reality. What is there in a diamond? For God it's not even the dust of His feet, you see. And only people who go to Satya Sai Baba have suffered. I have seen so many of them suffering from heart suffering from this, suffering from that. Can't you see it yourself? Written large on his face. You can see it. If you are an Indian I'll tell you who he is, he is Maheshasura born again. Looks like a mahesha [SHRI MATAJI SPEAKS IN HINDI]. How can you believe and Indians you know they think they'll get diamonds.. nobody get diamonds. Only the politicians who can give him money. He gives diamonds to people who are very rich people. And his disciples are so crooked, so corrupt. How can it be? If you have any guru how can you be corrupt? What you're asking for, you're asking for your Self Realization. That's what you're asking. Keep on to this thing. We want our Self Realization. We want to have a higher awareness. And what is the higher awareness? Is collective consciousness. Which is described by Jung. Collective

consciousness is the consciousness by which you can feel others on your fingertips and you can feel yourself within. This is what you have to expect. Even the Islam said the same thing. But, you see Islam people are not paying attention to it. Nor Christians are paying attention to it, nor Hindus are paying attention, imagine a person like Satya Sai Baba should become worshippable I can't understand. Which saint or which great incarnation has done such things. Nobody.

Lady: How do You feel about asking for money for spirituality?

Shri Mataji: Is correct, you see that's a very correct question you asked Me, that how do I travel because most of time My husband pays but now these people are feeling ashamed of themselves that how he should pay for your salvation so they pay to the airfare not to Me, all right? To the [SHRI MATAJI CHUCKLES] what you call the travel agents, not to Me, for this hall they have collected little money and they are paying for it. But, you would not like Me to pay for your food, for your chairs, for everything. That's not expected. See if I have to travel they should pay, it's in all self-esteem and in self-respect, but I did it for years together first when I came to America I came on My own, My husband paid for everything. Luckily he has money so and he thinks this is a good work so he pays for quite a lot of things, but that's a different thing, that's very different, that's very little that they have to pay, that's different and it's all our accounts are known. I don't know what they do, how they collect money, where they spend it, I don't see, I'm very bad at accounts [SHRI MATAJI CHUCKLES] I just don't understand, but what I'm saying that sometimes if they want to pay for My travel it's correct, because I think they must have self-respect, My husband shouldn't pay for My travel, for this hall, for their food, for everything, is it proper? It's not proper. So, if you go to one extreme that you give thousand of pounds to somebody, because he gives you a funny mantra, and here people ask Me who pays for the hall, I mean they must pay, don't you think so, in self-respect you all must pay.

Man: Is there a relationship between Kundalini and sexuality?

Shri Mataji: Not at all. Not at all. Zero. See now here I'll show you, it's a very good question, because I must clear this out, you see the Kundalini, Kundalini is above the seventh chakra. And the seventh chakra is the one that looks after all our excretion what you call in the medical terminology the pelvic plexus which looks after the sex also. Now this is below the Kundalini. It's not above the Kundalini, it pierces through only six center, the seventh center is the center of innocence and that's why the center is placed there because the innocence is like a lotus above the pond of excretion and this center just stops it's all excretory functions at the time when the Kundalini rises. And a person becomes innocent that's why Christ has said that you have to be like small children to enter into the kingdom of God. You see and this is a very wrong idea taken from Freud and I think Freud is the one who has ruined you people completely, [AUDIENCE LAUGHS] absolutely he's responsible for AIDS, he's responsible for all kinds of nonsensical people have done and even in Austria when I said he was absolutely a half baked fellow they all clapped with happiness [AUDIENCE GIGGLES].

But let Me finish this question little bit madam, I'll tell you that doesn't mean that you have to become ascetics or you should not marry, you have to marry, you have to have good families, you have to lead a very sane married life, and that's what it is Sahaja Yoga has got beautiful families with beautiful children and I'm happy I was told that since I've been here people have been taking to family life and understanding the beauty of family life I'm very happy about you. Yes, now madam?

Lady: Am I correct that what you're saying is that God and man are one and you are just trying to reconnect us with God, and for that one cannot pay, or be nonsensical, they just have to have a clear and open mind..

Shri Mataji: Yeah, that's it. That's it.

Lady: That's all?

Shri Mataji: That's it's. She's understood Me very well I must say. That's it. That's it. Just what you need an open mind and another thing you need a little bit because I think we save time to waste it so we have to save time little bit to pay attention to our ascent. Little bit, not much, little bit time we must give and we must develop ourselves, first just the sprouting of the seed takes place then we have to fix it up properly and that takes hardly a month and you can become all of you can become great gurus.

He's a big guru but look at his dress and all that you can't believe [SHRI MATAJI AND PEOPLE LAUGH WHILE SHRI MATAJI DRINKS A GLASS OF WATER]. He knows everything about Kundalini, but you can't make it out from him you see we are normal people, very normal.

Man: How can we practice this system?

Shri Mataji: Yes. Now there are no exercises madam nothing it just spontaneously happens to you and you get it there. Little bit of course I'll tell you how to raise it again and again today only but then we have to a very nice center here and we have very good Sahaj Yogis and you're welcome to come there and they will teach you each and everything I don't know when, they are having follow-on?

Yogini: Saturday

Shri Mataji: Where? You come here and tell them exactly. We have that is it? [LOOKS LIKE SHRI MATAJI IS REFERRING TO THE MICROPHONE]. Good, good. But you all must take collective interest into it. This is for your progeny, this is for your benevolence. You see it cures people, I will tell you about that what good things it does. Now tell them the thing.

Yogi: Tomorrow evening at 7pm we'll have a second program at the Holiday Inn at State Road 7 at Commercial. Shri Mataji will be there from 7-9. Very punctually.

Shri Mataji: Actually, I, had... there was only one program, I said no, one program doesn't work out in America, we must have two and so I've cancelled My going and I'll be there for you all and I'll tell you all about it all the details that I will tell you tomorrow, plus I would say that you inform your friends and your relations and those people who want to benefit, now you'll be amazed that your Kundalini awakening itself cures you. I should say that it has cured AIDS also in Australia, here I don't want to put My hand to anything curing because the doctors will be at Me, but you see the Kundalini itself, it's your own power cures you. I don't cure you, you cure by your own powers. I don't know what is the law about it that if you cure yourself I don't know if you'll be arrested or not but it has cured cancer, it has cured so many psychosomatic troubles, so many of them, that now there are two doctors in India in Delhi University who have got their M.D. And now in Russia, in Moscow they invited eight hundred doctors first the Minister of Health talked to Me directly and they invited eight hundred doctors from all over the world. They came and seriously listened to Me, I talked to them because I know medicine so I talked to them about parasympathetic nervous system and all that and they were quite amazed at it, and what they said that now we just want Realization and all of them got it and there were two noble prize winners there. So the amount of good it does, just see, what a power lying behind you and why not to get it? Why not to use it for our benevolence? And then we can't blame God for anything. If we have not got our connections with Him how can we blame Him for that?

Man: When the Kundalini rises we are born again, so should one say Halleluiah again it or be quiet?

Shri Mataji: What happens? With the Christians? [AUDIENCE LAUGHS].

Man: She is asking what happens when the Kundalini rises?

Shri Mataji: You see, you see nothing happens outwardly, you don't dance or you jump that anybody can do, you see, what is so great about it? If anybody starts jumping or dancing or going round and round, it's anybody can do it's just a show what it is really happens when the Kundalini rises you start feeling the cool breeze coming out of your head, first of all, and you feel extremely peaceful and thoughtless, and your hands, you start feeling the cool breeze, after this you start using them and then you realize what you have got. For example, I was traveling once by first time when I came to America it was I came by ship and the captain got his Self Realization and on the ship it was that one of the gentleman had entered into the freezer, freezer room or something like that and he got pneumonia so he was sending an S.O.S. and he wouldn't allow Me to go down, so I said all right you go, now you have got the Realization, you just put your hands on his lungs and ask him to stop his breath for three times and the fellow got all right, he couldn't believe it. He said, "How could it be?"

I said now you have become that, believe it, you have become that, it's like a seed becoming a flower but it doesn't believe it has fragrance, it's like that. In the beginning it's impossible for some people to believe that they have become. Now supposing somebody is an ordinary person or a beggar or anything and he comes to know that he's hit the jack pot, he can't believe it. In the same way, people don't believe, see even if he sits on the throne of a king he will still be thinking, 'Oh God, where am I sitting? Is it all right or not?' But when you start using it then you definitely know it is so, not only that but the way you change, the transformation takes place, how quite you become, how peaceful you become, your temper goes away, your irritation goes away and your blood pressures come down, your health improves, so many things happen that you're amazed 'what has happened to me?' Yes, madam? Now. Now there's a lady there putting up her head.

Man: I want to know what qualifies someone to be a guru? And, what makes you do the work you do?

Shri Mataji: What is she asking I didn't follow?

Yogi: She is asking what makes somebody a guru and why are you doing what you are doing?

Shri Mataji: Oh, because I love it. [AUDIENCE GIGGLES] It's so beautiful to see people getting their Realization. You will also do the same once you get it, it's so beautiful. The most beautiful thing is to give Realization to someone and so joyous because if you are selfish, if you are low type of a person then you feel funny about yourself, but if you are benevolent you feel so happy about the whole thing, you enjoy your benevolence, you enjoy your virtues. Just start enjoying and that's only possible after Realization, then you just do it, I know why am I doing it, what should I do otherwise? I mean what I'm saying that supposing somebody else can do this I would like to retire Myself but it's difficult to get someone like that. I'm sorry to say. Can you do it madam for My sake? You can't that's the point. I've been trying for, now I'm sixty-seven years of age. I wish somebody could take My place but doesn't work that way. But in any case when you get your Realization at least try to give Realization to some people and you can do it, not difficult. But not at My level, that's the point is, once you come to My level, I'll be very happy to retire. [AUDIENCE LAUGHS]

Question:

Shri Mataji: Yeah, I'll tell you now what is the problem is, now if you see it clearly [SHRI MATAJI POINTS TO THE CHAKRA CHART] there are three lines you see them, okay? These are the three channels we have of autonomous nervous system. The two channels the one is the left and another is the right and the central one is the parasympathetic nervous system and these two are left and right sympathetic nervous system so before Realization whatever we do we can only go to the left or to the right with our effort, for example, now supposing, you want to increase the rate of your heart, you have to run, if you run rate will increase, but you cannot decrease, automatically it happens through the parasympathetic nervous system, so whatever you try like this any this psychotherapy, this therapy, that therapy, you are putting in your effort, isn't it? But here you get connected with that power which soothes you down, which looks after you, which works it out by itself, and if you really know how to keep your connection all right you don't have to worry. So this is.. you don't have to retain a doctor, you don't have to go to a psychiatrist, nothing of the kind, automatically you are looked after, because now you are connected, but before this you have to put in an effort, this is effortless.

Man: What is the qualification of a guru? What should a guru be?

Shri Mataji: See, it was asked to Guru Nanaka and he said, "Sahib mili hain so hi sat guru." Meaning: the one who makes you meet the Divine is the only one who is the SatGuru. Who is the Guru. Otherwise all the rest are useless. Then he has categorized them as agurus, kugurus, he has categorized them, but the one who is a SatGuru, the one who is the real Guru is the one who makes you meet God. Makes you meet this Divine power.

Man: What is the role of thought in the process of Self Realization?

Shri Mataji: I've already told you that when we think, we think of the future and the past, but at this moment is the thing that's reality is, the present is the reality, so what happens because of our special type of a brain that we have a prismatic, every time we react to this, to that, to that and all the time we are reacting and especially in America I find there are so many choices that you go on choosing between one to another to another to another this is maddening, we are all the time thinking, thinking, thinking we cannot stop it, but after Realization you are at peace, if you want you can think, if you don't want you need not think. Like an [SHRI MATAJI LAUGHS], I must tell you, a Swiss doctor told Me: "Mother you cut my throat do what you like, but stop this thinking I'm fed up [SHRI MATAJI LAUGHS AGAIN]." Yes, madam? Is there a gentleman ... all right, I can't see?

Man: What are the ways and means to raise the Kundalini and what are the symptoms?

Shri Mataji: The first one is I'll do it now, so you will see it's nothing so special, but the second one is that when you get your Realization first thing that happens to you that you become thoughtlessly aware to begin with when it crosses over Agnya chakra and when it pierces through this one you can feel the cool breeze coming out of your head, you can feel the cool breeze around yourself. Now all these fingers are shown there you can see. They denote your centers. Only you have to understand the decoding of it, now supposing you take ten children who are realized souls and you tie their eyes and ask them: "What's the matter with this gentleman?" Immediately they will all raise the same finger, supposing they raise this finger and you ask that person: "Are you suffering from bronchitis?" They'll say: "Yes, how do you know?" So, all these centers are decoded and once they are decoded if you know the decoding, if you know how to decode it, then it's so easy, very easy you find out. So this is the only thing we have to know about the decoding part of it, what is the center we are catching, what is the center others are catching? Now if you know how to correct the centers, you are all right. And the others are all right. It's very simple it's either left side or right side. Only two problems, basically.

Man: What method can you use for a lay person? It's very difficult to develop this sensitivity.

Shri Mataji: You see but that's what it is in the Kali Yuga, in these modern times only, when we are surrounding by all these things, we get into confusions and illusions and this kind of a subhranth stithi as they call it in Sanskrit language, is very important because in that only we have started seeking. Can you imagine Christ had only twelve disciples, only twelve, so how many were there seekers, and all these great gurus, how many disciples they had who were realized souls, very few. So, today is a special time, is already described, if you are an Indian you'll know from Naladamayanti. The Nala once got hold of this Kali and he said, "I must kill you because you have tortured me, you have separated me from my wife and you are the one who create all this confusion."

So he said, "All right you can do it but you must know my importance my mahatmyam."

He said, "What is your importance?"

He said, "At the time when I'll be ruling" means modern times "at that time those people who are seeking the truth in the valleys and on the Himalayas will find it while they'll be householders and they'll find it."

It's already described in Indian if you have read also the Nadigranth is described that this was going to happen, everything in details has been described. If you have read William Blake you will find he has described it, Lewis has described, so many people have described these times and have called it as Aquarius Time because this Kundalini is inside the triangular bone which is the Aquarius, is known as the Aquarius, I mean they are talking about it, but instead of beating the bush you see, we should really get to it. Get to it. Is there anyone else left, oh, there's one. There, please, please.

Man: Is Sahaja Yoga your own philosophy, did it exist before you?

Shri Mataji: It's an ancient thing, it's described in all the scriptures. It's not today's. Sahaja Yoga is not today's thing. Only the

difference between the old Sahaja Yoga and this Sahaja Yoga is this that I've worked out a method in which en masse Realization can be. First thing. Secondly, without cleansing you, without making you work it out I thought of raising the Kundalini somehow. Once the Kundalini breaks through you get a light and in that light you start seeing yourself then you correct yourself, I don't have to tell you. Like supposing now you are holding on to a snake, all right? And it's all darkness if I tell you it's a snake you may say no it's not a snake, it's not a snake at all, it's a rope. What's the use of arguing? The more I argue the more you'll hold on to it till it bites you, so the best thing is to put little light there so you see, so this is the difference only we can say that somehow or other now the Kundalini just rises and gives you a power by which you become your own guru, your own master and you correct yourself. Overnight I've seen people have given up drugs, overnight, thousands, over night people have given up alcoholism, overnight people have been cured, overnight, so it's something tremendous and this tremendous power must be harnessed, must be used which is there lying within you. No amount of answering questions it is going to do, it has to work out. [SHRI MATAJI LAUGHS] It has nothing to do with the answering of questions or My lectures, it's something which has to work out. All right all the questions are over or is there something lingering?

Man: Do we have to change our lifestyle in Sahaja Yoga?

Shri Mataji: No, not the lifestyle, you see when you do what is needed for you, what is what is good for you , nobody has to change dresses or anything it's nothing outside, but supposing you see now if I tell somebody now don't wear such tight dresses, nobody would listen, because they will wear varicose veins and this all had happened. Then now they're wearing very, very loose ones. Now in England there was a fashion came up when people were having holey pants with the holes. Imagine, I mean it's such a cold country to have holes in it, I mean, it's stupidity isn't it? But nobody will listen and also these people came with punks and this and that, and if you talk to them they'll say: "What's wrong?" So, best thing is to raise their Kundalini then they themselves understand what's wrong with them. Nothing has to be changed as such outside, but you yourself take to things which are sensible, which are wise, which are good for you, you yourself take to it, I don't have to tell you anything about it.

Yogi: Would You like to guide us into meditation now?

Shri Mataji: Yes, yes, why not? [THE CROWD STARTS CLAPPING]. They were telling Me a trick for Americans, I must tell you. They said: "First day don't give Realization, then they will come next day." I said, it's not so, after all you are wise people, because you have to develop it that's the point is.

Yogi: There was a question..

Shri Mataji: What, what is it, don't fight. [SHRI MATAJI IS REFERRING TO THE LADY ASKING THE QUESTION]. There's no need to fight.

Lady: Something very strange.. want an answer.

Shri Mataji: What is?

Lady: What about vegetarianism? And, if you believe that by eating meat, war can ever be at peace, how can we achieve our spiritual breakthrough?

Shri Mataji: All right, you become vegetarian. All right? So it's all right for you to become vegetarian and receive that all right? Any 'ism' is against Sahaj Yoga, any 'ism' is against, 'ism' is a mental idea, it's not the truth, it's not reality, you have to face the reality as it is with your mental projections you do not do not conform to something. First of all find out what is right and what is wrong through your Spirit, in the light of the Spirit you find out and then you decide. It is no use before hand just to decide this is the thing and that is the thing. You see this kind of nonsensical ideas people had so many to such an extent that in India we have Jainism in which they do not even kill the bugs or the mosquitoes or anything and they don't want to go in the W.C.'s but they go onto some hills and the Mayor of Bombay came to ask Me: "What should we do about it?" Because they say that in our religion we cannot even kill these things which are being excreted out, so now we have to save them, imagine, we have to save human

beings. Are we going to give Realizations to chickens or what? You have to be sensible enough first of all to ask for your spiritual ascent and then decide, don't decide before hand, it's like the snake story I told you just now. So this is what it is, we have vegetarians in India so what. Have they all gone to God? There are so many who will tell you that they are the cruelest people. we are Marwaris are all vegetarians, what do you think about them? They have no humanity of any kind, no humanity. We have to be kind to human beings first of all. First of all we have to be kind to our fellow men. She is a vegetarian and how much she shouts, can you imagine? For a vegetarian she is shouting so much what's the use of being vegetarian, you have to be a mild person at least when you are shouting. [AUDIENCE STARTS CLAPPING].

Yogi: There will be a chance to ask Shri Mataji questions..but I'm sorry about it.. I forgot...

Shri Mataji: No, no, no it's all right, it's nice because then you see for yourself certain aspects which you have not dealt with because you see certain ideas we have got within ourselves, everything we have thought about reality, about God, about vegetarianism or this or that and every sort of a thing, some people think if you leave your houses and you become ascetic, some people think if you wear a kind of a dress and all that, But first of all I say you get your Realization, you have the light and then decide for yourself, it's your decision, your understanding, your growth, you have to open your eyes to it, unless and until you have opened your eyes how can you accept any theory? Then every theory, everybody thinks you see if you have to ask the Jews about the Christians they'll tell you they are the worst of all, the Jews are the only chosen ones if you ask the Christians they'll tell you they are the only chosen ones, if you ask the Muslims, they are the only chosen ones, but I feel all of them are going towards hell. [AUDIENCE LAUGHS]. Because the way they are fighting [SHRI MATAJI LAUGHS] the way they are quarrelling, the way they are killing, how can they be people who are religious in the name of God, in the name of religion, can you imagine. That's no religion at all which fights because they've not jumped onto the new awareness of collective consciousness where you know that we are part and parcel of the whole you know it, it's not the knowledge by your brain, but in your being you can feel that you are part and parcel of the whole. Unless and until that happens you'll go on fighting on somethings, thinking yourself to be the best and here they're all moving towards what? The complete exodus that side and also if, I don't know if there is so much space in hell for them or not. They might have to hang in the limbo. [SHRI MATAJI AND AUDIENCE LAUGHS] Yes, yes.

Man: You mentioned about a hell and heaven. Is there hell and heaven?

Shri Mataji: Of course, of course, there is, I must say, yeah, of course but forget about it, just now I'm talking about the heavens so forget about the hell part. All right.

Lady: Do you believe in reincarnation, because you say that some people in India won't even kill bugs because they believe it's reincarnation?

Shri Mataji: What is she [AS..dei]?

Yogi: Do you believe in reincarnation?

Shri Mataji: I? You see actually to be very frank you know I've become very clever. You see Christ talked, said, that He was the Son of God and I tell you He was, but you crucified Him, so I'm very clever. I'll not talk about Myself. First you have your Self Realization because I don't want to get crucified by any chance so you all first get your Realization and understand Me that is the best way.

Yogi: All right, I'm sorry.. I feel that a lot of your questions will get answered after your SelfRealization, if you have any other questions please write them and you can give them to Patrick who is the coordinator of Sahaja Yoga in Florida and tomorrow Shri Mataji can answer them. And perhaps now the question part is finished and maybe Shri Mataji now can grant us the meditation. This is very great news. [AUDIENCE CLAPS]

Shri Mataji: Of course for this question I have to say just this much that if I'm doing this I must be something, isn't it? Otherwise, how can I do it? So there must be something about it, but it is better you find out yourself, it's better you find out yourself about it,

because whatever you want to find out if you just get your Realization you have to just put your hands like this and ask a question, say you ask a question: "Is there God?" Immediately you start getting the vibrations and you ask about some horrible fellow: "Is he good?" You'll get heat, burning sometimes even blisters. This Satya Sai Baba you get blisters sometimes. They don't talk against each other, all of them are seen as Christ has said: "The house of Satan will not speak against itself." It's like that. All right so let us now have Realization. It's done, Gregiore? It's all right, so the questionnaire is over. Let's see. I'm very happy you people are so anxious to get your Realization and that you will definitely work it out further.

[SHRI MATAJI GIVES REALIZATION]

We have to remember that there are two conditions for Realization. The first condition is that, you have to know that you are a human being and you are not Gods and if you have done any mistakes there's no need to be guilty about it. So you don't have to be guilty at all for anything whatsoever, because if you feel guilty this center catches here [SHRI MATAJI PUTS HER HAND ON HER LEFT VISHUDDHI] it's a very bad thing. It catches here by this center you get diseases like angina also you might get a disease like spondylitis, so many diseases you get, so please for [SHORT PAUSE] your sake you have to say that "I am not guilty at all," believe Me you are not guilty, it's your only mental conception, you'll find out that you are not guilty, very soon you'll find out, you're not guilty for whatever you have done, after all this Divine Power is the ocean of forgiveness. And what little mistakes you commit [SHORT PAUSE] it can dissolve it so please first of all this is a very big condition that "I'm not guilty at all."

You see the English language is such that every minute you go on saying: "Sorry, sorry, sorry." And that's how you build up your guilt, there's nothing to be guilty about. This is a very crucial thing that you should all say: "I'm not guilty at all" within yourself. This is one condition. I assure you you are not, so you have to believe Me there.

The second point is that you have to forgive everyone, in general. Not remembering everyone in particular, "I must forgive that, I must forgive that." In general you have to forgive everyone. Now you might say that it's difficult to forgive, I mean, might say, so many people say so, but whether you forgive or you don't forgive logically what do you do? You don't do anything. On the contrary you play into the hands of wrong people who want to torture you, who want to trouble you. Who have been anxious to make you miserable, they are very happy, while you are suffering here by not forgiving, so why play into their hands. So please forgive everyone, you have to forgive everyone, this is very important also because if you don't forgive then this center which is [SHRI MATAJI MAKES A CROSS SHAPE WITH HER HANDS SHOWING HOW THE AGYNA CHAKRA IS CONSTRICTED] in the optic chiasma is a very constricted one, doesn't open and it's a very difficult thing for Me to raise your Kundalini, so please forgive everyone.

At the very outset, I've told you these are the two conditions we have, first of all we must know we are human beings, and we are going to enter into the Kingdom of God, we should be very pleasantly placed towards ourselves, and we should know, we should have our self-esteem, we have to have it, this is your right to have it, this is what Sahaj Yoga is, the right to enter into the Kingdom of God, you all have it, and you must have it, so have all self-confidence within you that you all are going to get it.

There should be no diffidence, there should be no problem about it, "I've done this, I've done that," even I've told you that they were drug addicts, alcoholics people, all of them got Realization over night. So, you have done no mistakes, nothing of the kind and just know that you have to be the Spirit, which you are, that's the truth about.

So these are the two conditions you have to fulfill and secondly, we'll have to take out our shoes, because this Mother Earth helps us, She takes lot of our problems upon Herself, so we'll have to take out our shoes, you can have your socks if you have.

And, put both the feet away from each other because as I told you there are two powers left and right side. So both of them have to be apart from each other. [SPEAKS IN HINDI] Now he will show you [SPEAKS IN HINDI]. He will show you, because, of course, there is nothing to do done. But we have to nourish our centers, very simple things these are which you can use later on I told you that you can use this later on also, and, the left hand suggests the power of desire, and the Kundalini is the power of pure desire.

The pure desire whether you know or not is that to be one with the Divine Power to be the Spirit is our pure desire. But, our desire

power is represented on the left hand side and our power of action is represented on our right hand, which I will explain to you tomorrow in all details, but today just if you listen to Me, put your left hand on your lap just like this, just like this, sit very comfortably but you need not, I mean you should not be too much bending or pushing back, but ordinarily as we sit straight you should sit down like that. Put your left hand towards Me, and the right hand on your heart. Because with the right hand we will be working only on the left hand side. And the left hand will be all the time on our lap suggesting that you want your Self Realization.

Now, this right hand is on the heart because in the heart resides the Spirit, so first, most important thing is that we have to nourish our Spirit. So, the second thing is we put our hand on the left hand side of our stomach of our abdomen on the left hand side in the upper portion and press it hard, now this is the center of our mastery, what we call that all the gurus, all the great prophets have made this one for us, we have to enlighten this center which we call is the center of our mastery [SPEAKS IN HINDI].

Now, you have to take down your right hand, now in the lower portion of your abdomen on the left hand side, now this is the center of pure knowledge, now the pure knowledge is the knowledge that you get on your central nervous system, which manifests on your central nervous system, so this is a very important center also that your being should get this pure knowledge which manifests on your central nervous system so you become empowered to raise the Kundalini of others, to give Realizations to others and to know yourself what's wrong with you and to know about others and to be able to correct all these mistakes. Now you have to again raise your hand in the upper part of your abdomen on the left hand side. Then you have to raise your right hand again on your heart, now here is again as you know is your Spirit.

But now you have to raise your hand in the corner of your left corner of your shoulder and your neck and turn your head to your right, take back your hand as much as you can, this is the center as I told you catches very much when you feel guilty and today I find it's catching very much here in the congregation, so now please, please, please, don't feel guilty, this is the center is very important, put your head to your right, absolutely at right angle

Then now you have to put your right hand on top of your forehead across and put down your head on top and press it hard. [LONG PAUSE] This is the center for forgiving others, now you take back this right hand on the back side of your head and push back your head as much as possible, now this is for your satisfaction, not for counting your mistakes or anything, but for your satisfaction, you have to ask for forgiveness from this Divine Power.

Now you have to stretch your hand, fully, and put the center of your palm exactly on the fontanel bone area which was a soft bone in your childhood, exactly there as you call this talavum or taloo. Put it there now, now put down your head as much as you can, push back your fingers, push back your fingers as much as you can, now you press it, press your scalp nicely and move your scalp slowly, clockwise seven times. Scalp, not the hand so much as the scalp, be careful in moving, put down your head please, put down your head. [LONG PAUSE]

Now that's all we have to do, but now we have to close our eyes, you can take out your spectacles, we have to close our eyes, and now put both the feet on the ground little separate from each other. Now, we start the process, put the left hand towards Me on your lap. Please close your eyes, don't open your eyes till I tell you, please don't open your eyes till I tell you, now raise your right hand on the heart. And, as you know here resides the Spirit, you have to ask Me a very important fundamental question three times, you may call Me Shri Mataji or you can call Me Mother, whatever you like. "Mother, am I the Spirit?" Ask this question three times, in your heart, not loudly, ask all the questions in your heart, "Mother am I the Spirit?"

If you are the Spirit you become your master, so now please take down your hand on the upper portion of your abdomen on the left hand side and press it hard with your fingers, and now here ask a question again three times: "Mother, am I my own master?" [LONG PAUSE]

Now take down your right hand in the lower portion of your abdomen, on the left hand side, this is the center of pure knowledge, and I respect your freedom I cannot force this pure knowledge on you, you have to ask for it. So, please ask six times because this center has got six petals. Please ask six times, "Mother, please give me pure knowledge." [LONG PAUSE] As soon as you

start asking for pure knowledge the Kundalini starts moving upward. And at this time, we have to help Her by nourishing our centers, higher centers.

So now raise your right hand in the upper portion of your abdomen and press it hard. Now, you have to nourish it with self-confidence, so here with full self-confidence you have to say: "Mother, I am my own master." This is a wonderful thing to say because by this if you have been to wrong masters, it absolutely cures so please say ten times, "Mother I am my own master." [LONG PAUSE] The Divine Power is the power of all the knowledge and all the source of all the intelligence and of joy. It is also the source of all the benevolence, compassion, and the blessings, but above all it is the ocean of forgiveness so as I told you what mistakes can you commit which cannot be dissolved by the power of this forgiveness, so now, first of all you have to forgive yourself, that's very important because of this chakra catching in you it's very difficult to raise the Kundalini, now you put your right hand on your heart and here you have to say with full confidence in your self, twelve times, twelve times, "Mother I am the Spirit." Please say it twelve times. [LONG PAUSE]

Again and again I have to say that please don't feel guilty you have to be very pleasantly placed towards yourself, because you don't know yourself, because of ignorance you feel guilty please remember that if you feel guilty it is a sin against yourself, please forgive yourself, there's nothing to be guilty about. Now raise your right hand in the corner of your neck and your head, and turn your head to your right, now here with full confidence you have to say sixteen times, "Mother, I'm not guilty at all," please say it sixteen times, "Mother I am not guilty at all." [LONG PAUSE]

I have already told you that you have to forgive others in general not in particular. This is very, very important, that you have to forgive and if you don't forgive you play into wrong hands, you create problems, you have headaches, not only that but the Kundalini doesn't move, so please forgive everyone. Now put your hand on top your forehead across and bend your head as much as possible and now here you have to say with full confidence, "Mother, I forgive everyone," now don't think about the people whom you have to forgive, "Mother, I forgive everyone," not how many times, but from your heart you have to say, please say it from your heart, "Mother, I forgive everyone," it's very important. Unless and until you say it from your heart, it won't work out. Now take back your hand on the back side of your head and push back your head as far as possible, now here again without feeling guilty, without condemning yourself, without thinking what mistakes you have committed for your own satisfaction you have to say from your heart, not how many times, "Oh Divine Power, please forgive, forgive me if I have said or done something knowingly, or unknowingly. Oh, Divine Power, please forgive me if I have done anything knowingly or unknowingly that was wrong, please forgive me." [LONG PAUSE]

Now stretch your palm fully, put the center of your palm on top of the fontanel bone area and press it down. Press down, bend your head properly, push back your fingers, unless and until you push back your fingers you cannot press it, here again, I cannot cross over your freedom, you have to ask for Self Realization in your own freedom and your own glory, so please say seven times, "Mother, please give me Self Realization," and move your hand with the fingers pushed back, with a big pressure on your scalp, move your scalp seven times, saying, "Mother please give me my Self Realization," bend your head please, bend your head then you can do it better, this is a very important thing that you have to ask for it. [SHRI MATAJI BLOWS SEVEN TIMES IN THE MICROPHONE].

Don't put your hand very ... on top of the head but close to it, just see. Now see for yourself if there's a cool breeze coming out of your head, if it is not coming out please forgive even if it is hot please forgive it should become cool, just forgive everyone, that's the biggest solution, the biggest weapon. Now don't put it very close, you have to keep it little, bend your head, then you can do it better. Please bend your head and see for yourself, see, just see for yourself. Bend your head and keep away from your head, not just on top then you cannot feel it, now, yeah, now please raise your both the hands, towards the sky and push back you head, and ask a question, "Mother is this the cool breeze of the Holy Ghost?" "Mother, is this the all-pervading Power of God, Mother is this the Paramachaitanya?" Ask anyone of these questions three times, in your heart.

Now take down your hands please. Now those who have felt the cool breeze or heat out of their head or on their fingertips or in their hands, please raise both your hands, higher. [SPEAKS IN HINDI]. May God bless you, may God bless you! All of you have got it. May God bless you. [SPEAKS IN HINDI]. Please again raise your hands. [SPEAKS IN HINDI]. Please raise your hands, those

who have felt the cool breeze, higher, higher. You didn't feel madam, sure, you did, yes, yes, it's there, all right, so may God bless you. All of you have felt practically, one or two haven't felt, doesn't matter, so may God bless you all. Tomorrow I am going to come here and we are going to fix it for nicely, then also you must call your friends everyone, you'll feel very nice, now you'll sleep well and enjoy.

1990-0604, Swadishthana chakra and what happens when you think too much?

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4 June 1990

Swadishthana Chakra And What Happens When You Think Too Much?

Public Program

Miami (United States)

Talk Language: English | Transcript (English) – Draft

1990-06-04 Public Program 2 in Miami

[Introduction by Gregoire - Shri Mataji is an incarnation]

Gregoire:

So, Shri Mataji, I don't quite know what I did today, or this evening. And I don't quite know whether they know what I did, but basically, I asked them to put their hands toward your picture and to ask, and we all asked aloud three times: Shri Mataji is this the wind of the Holy Spirit?

And then, most of them, I just asked those who feel the vibration, or those who feel the wind, please raise your hands. Some people are here for the first time. But most of the people who are here raised their hand and felt the vibration. Then I talked a little bit because I didn't want them to become too scared or serious. Then I asked another question, or I asked them to ask another question. I asked them Shri Mataji are you manifesting the Holy Spirit?

And then we asked this question three times. And, again, most of them felt the vibration. And a gentleman told me that he felt a cold wind. And then I did something that probably I shouldn't have done, but, I told them that, the following thing, I told them that it's very difficult to recognize a living incarnation, or someone who is divine in the present. It's easy to do it once they are gone and dead.

So, incarnations were never recognized. But, now we have a new instrument of perception. We have a new way of knowing. And this is the wind of the Holy Ghost. And on the basis of this, I submit to you that Shri Mataji is the incarnation of the Holy Spirit. But you don't need to believe it.

Because, this is not a religion of belief, it's a religion of experience. Now I saw a lot of puzzled faces. But I felt that it was due to them as honest seekers. What I believe and what I have experienced to be true on the basis of fifteen years of exposure to the awesome miracles that you have been manifesting in the five continents.

So, Shri Mataji, I please ask you to forgive me for this because one never feels quite entitled to say the things of the kind. One never feels a worthy carrier for this kind of statement. On the other hand, perhaps the time has come for people to face what is happening. And I hope that I have not totally embarrassed you.

And if I have done anything wrong, I please ask you to forgive me.

Thank you Shri Mataji.

[Transcription of audio "Shri Mataji - I am what I am!, Agnya, Christ, Paul, Swadishthana, Joy"]

I bow to all the seekers of truth. Whatever Gregoire has done it, He must have thought that it should not be delayed anymore. But, I would request you not to believe anything like that blindfolded. You must experience it. You must find out for yourself. Because

truth, if it is not accepted at a particular level, it might challenge your ego. It might not be so much easy to perceive also. Yesterday the question was asked and that might be the reason he had to say it out. And many a times people ask such questions. Now in the modern times, it is predicted already, in various Indian scriptures, and abroad, especially by a great man called Bhrigumuni, who lived, I think, about fourteen thousand years back, who is the originator of all the signs of astrology. He has written a book called Nadi Granth. And in that it is described, everything. About the modern times as well as about me, my birthdate, and everything. But, you will be surprised, I never told them this. Never.

I think the first news came from a big saint in India, who said about it. Who had never met me before. And also, then a lady who got very badly possessed. Started talking like a learned Brahmin, in Sanskrit language, she was an ordinary woman, and she started telling about me. Of course, I was quite embarrassed, I didn't know what to do. But it is not important what I am, because whatever I am, that I am. There is nothing great about it. But it is great that you people become something higher. That you achieve something. Me having something is just innate within me. As we have our eyes and our nose, we are not proud of it. In the same way, what you achieve in this life is the most important thing. Because so far, realization has been an individual happening. An individual gets realization. And nobody believed, that is why the saints had to suffer everywhere. In India they had to suffer, everywhere. Even a person like William Blake, who was a great soul, no doubt, in America, in England, he too had to suffer. People called him a madman, you see? They never thought he was normal. As you know Kahlil Gibran, another person, every one of them, even in China, everywhere the saints had to suffer because they were alone.

Nobody to support them as such or to say that, yes, this is the truth. Also they lived for a very short time, like Christ was given only four years to talk about himself. And four years is no time, actually, you will be surprised that I was in London. I was working out seven hippies for four years. They are all very well educated, Oxford and Cambridge University, professors and all that. But nothing could work out. For seven years I was not sure that they have settled down. But at least it took four years for me to give them realization. So, you can imagine how difficult it is to start the foundation of..., and, but, there is one thing about the English, I must say, they are serious people. And if they find the truth, I mean, all these seven people are today the foundation stones of Sahaja Yoga, I should say, in the West. They went all out to find out about kundalini, it's' working, everything. But the other way around is Russia. I don't know what books they have read, or how, they just recognize me, all of them, one and all. Everybody knows me in Russia. You will see, you will be amazed at the miracle that I went there and they give you a visa, separate paper, but my visa was handled by so many people that when I went there, I found that the paper was missing. There was no visa for me.

So, at the entrance, because I have a diplomatic passport, he looked at me and he just smiled. I said I have no visa I am sorry. He just smiled at me and I don't know what he did with the computer and he made a visa for me there. That is not possible in any country even in India. It is not possible. But it happened. And it was, he did it on my passport so that I should not lose it. Such things happen, then you start wondering why some people are so sensitive. Like in Italy also in Italy, I would say. Italy it has been very different. But, you see when you should not claim anything there is no need to claim. Of course, when God feels like telling you because he must have felt that he must tell now the Americans they are drifting out. There is nothing to be claimed, you see yourself will find out. Your self would have found out but he thinks that it should not be in his case it was quite delayed so he doesn't want you to be delayed like that. And he wanted to sort of must have been so it is alright whatever it is now the cat is out of the bag as they say now. So now we have to know about ourselves. That is the best way. What is the use of knowing about me. First better know about ourselves, what we are inside ourselves. Did you talk to them about this or not?

Gregoire: Yes, Shri Mataji, I did

Shri Mataji: What did you say?

Gregoire: I exposed, very briefly that the seven chakras respond to seven qualities within us and when the kundalini enlightens those chakras those qualities start manifesting. But, I didn't elaborate very much on it.

Shri Mataji: Alright. Now as you see there are also three channels. As you know that, doctors talk about autonomous nervous system. But if you ask them, what is auto, they cannot tell you what is auto. It is a name given, if you say automobile it means

there is a driver sitting there, isn't it? It does not move by itself. Now this autonomous nervous system is represented here. Here now by three channels. First the left side sympathetic and the right side sympathetic and the central one is the parasympathetic. As I told you yesterday whenever we put in any effort we can move only to the left or to the right. That is on the sympathetic. But we have no control over parasympathetic until you get your realization. That means if you want to run fast, you can increase the beat of your heart, but, automatically it comes down to normal. And that happening is done through parasympathetic. So far doctors believe in to it, that that is so, they know that. But these centres which are within us are on the inside the spinal cord and cannot be seen with your naked eyes but they manifest outside as plexuses on the physical side. So the plexuses work out our physical side but we also have a mental side. So the left side is the side which we can say is for our emotions, is for our past, is for our conditionings.

The right side is for our action, is for our future. And the central path is for our ascent. All these centres that he has talked to you about have been developed within us during our evolutionary process, step by step. So, Christ came on this centre, it is the Agnya chakra, as we say he is the gate, we have to pass through him. The Christians may shout do anything but they don't know anything about Christ. Now this centre is between the optic chiasma where the kundalini has to pass through. That is why I was saying you must forgive because it is his command. As you know, in his Lord's Prayer, he has asked to forgive everyone. So it passes through that optic chiasma and if you see...can somebody come and show? Both the sides we have ego and superego. Now the ego is when we do some action and we think we have done this. The fumes of that feeling go and form our ego like this. And they cross over. And when we are conditioned, then the fumes of conditionings also pass over and go to the right side so they cross over. This crossing point is very important. On this crossing point is placed the deity of Christ. So his message is of resurrection.

12:04

That when you pass through this centre and when Christ is awakened these two institutions are sucked in. That is why we say he died for our sins. He died for our sins. He suffered for our sins. Because once he is awakened these two institutions are sucked in. And this area, fontanelle bone area, opens out, they cover first of all the limbic area, which opens out like this, and then the kundalini penetrates them. When he has suffered for us once and for all why should the Christians suffer? But this is the theory they use, you must suffer. Actually, Christians don't suffer if I have seen that. What they make others suffer only. The way the Christianity spread in these countries you know. Even in India they came with a gun in their hands, you know. They killed so many people and tortured them, and people had to be converted. So, the idea of forgiveness is not there at all with them, nor do they understand one thing that his message is not the cross. His message is his resurrection. If you go to the Sistine Chapel of the Vatican, I must say Michelangelo has seen his form because he puts up a huge big Christ. A huge big Vitabodara with a big stomach like that. Standing there throwing people this side and that side very strong.

14:00

And down on the table I don't know who has put there, a very miserable creature called Christ just bones hanging there. I think this must be sadist. To think like that Christ was just bones. Do you think any one of these people who claim to be Christians can carry that cross? I mean they have no feelings about it. If you see that you start crying. Why are they showing Christ like that? So, when this chakra opens out, we have to know that all of our karmas about which Krishna has talked, Brahma has talked are sucked. He sucks the karmas. Of course, we have those deities also within yourself at different points of our evolution no doubt. Christ has said, that those who are not against me are with me. Now who are those? He said it very clearly. Now you gave him only four years the poor thing to talk about anything. How can he talk of things which are so important and subtle? That might be the reason that God must have hurried you up. He doesn't tell you lies I must tell you that. I have to confess it is so. Now when he has, still despite everything, you must say, Christianity has written lots of truths about Christ somehow. Though Mr. Paul, who came in after, I don't know how he is there. He is the one who ruined Christianity completely. Because he was not, he never met Christ.

15:57

He was epileptic and he had killed a disciple of Christ called Simon. Such a cruel mind becomes author in the Bible. When I saw first the Bible, I asked my father who is this Paul he said I don't know he is a stranger. And ah, we call it a squatter. And then he again incarnated as Augustine and changed Christianity completely. And they don't want to talk about mother at all. The one they talk about is the father and the son, and what about the mother? That is the Holy Ghost. They don't want to talk about mother. I asked my father I said at least Martin Luther should have talked about the mother, why didn't he talk? He said that time the problem was from the Muslims and Muslims would have not accepted this theory that it was the mother of Christ who was so important. So, he had to sort of avoid. It was just a time it was so. But I find even today there is a big struggle going on if a woman can have an ordination or not, as if the women are something from the streets or something hopeless, or... We have our mothers as women, our sisters are women, our wives are women, daughters are women. It is such an out of date and primitive idea I tell you. Indians never had this idea, I tell you, you will be surprised. They always call the women as a shakti, the power, and the housewife the most important thing. And this has actually cursed Christians I think because they lack that womanly quality in them of real affection and kindness and joy.

18:05

If you meet a Nun for one day you will be mad for the whole rest of your life. She doesn't smile, she doesn't talk sweetly to you, she is so methodical like a machine. How can she represent God? And this is about all of them. Because I told you I have been there and I know that, all of those things very well. So, for us to know, that to follow Christ, is to first of all we have to have our self-realization. We are to be born again, actually, not artificially, taking a certificate. Born again, and what are you doing? Collecting money. There is another organization, oh we are Christians, we this, that, what are we doing? Collecting money. Everybody seems to be in the business. I mean this is something I cannot understand, that everything has become a business in the name of God. And people have become so much tuned with that idea, so much one with that idea that you have to pay, that they cannot understand somebody who says you cannot pay for God. For your living process, they cannot understand. They don't want to accept such a person. So here there are these centres within. A simple question is why people get sick. Because when these centres go into trouble, into imbalances, people get sick. I'll just talk to you about one centre.

20:00

Would be better about if I tell you about one centre that is called Swadishthana. That is the centre that comes out of the Nabhi chakra, or the navel centre. And it is responsible for giving us energy when we think, looking after our liver, our pancreas, our spleen, our kidneys, and part of intestine. When we think too much, we use the grey cells of our brain. When we are futuristic, we think too much. What replaces these grey cells is this centre, which transforms the fat into the grey cells and looks after us. So, what happens when you think too much? What happens to you is that your too much thinking takes away most of the energy of this centre which has to look after your liver. So, your liver suffers. When your liver suffers you get a very overactive liver which starts losing its grip in the way the function of the liver is to eliminate the heat of the body which is the poison for us. So, this heat of the body is to be released in the bloodstream. But, because the liver fails, the heat starts moving upward and downward. This is the reason why a disease like asthma is caused.

22:00

Due to the heat, because the lungs, which are sponge-like, they become smaller and smaller with the heat. Now one of the doctors who has got M.D. in India has studied also on asthma. One of the subjects he has handled is asthma. So, asthma is curable, in Sahaja Yoga it is curable because you stop this heat rising. When this heat moves towards the heart, then it also affects the heart, and people get massive heart attacks due to this. So, there are two types of heart attacks. One comes from overactivity and one comes from inactivity where people get heart attacks like angina. But the overactivity one is the one that is caused by the heat of the liver in the body. A person starts thinning down, he doesn't feel like eating any food, and also sometimes he gets migraine. Early in the morning when he gets up, he feels giddy, feels like vomiting, he cannot stand travelling. All these things are due to this liver, which has been neglected by this centre, Swadishthana. Then, another work of this centre is to look after the pancreas which is responsible for dissolving your sugar for the use of the body. But because that is neglected,

you get diabetes. Now in India, in the village, if you go, they take sugar where you have to put the spoon at right angles, otherwise they say it is no tea, it's no tea. So much sugar they take, they never get any diseases, no diabetes, nothing of the kind. Because they work the whole day, sleep in the night, early in the morning again they go for a walk.

24:00

This is for the people who are sedentary and people who think too much, you get diabetes, especially the planners. Most of the politicians get it, most of the politicians and bureaucrats. They get this disease, diabetes. Then the worst thing is the spleen. Now spleen is the speedometer within us. As you know there is a biorhythm, there is a rhythm, and this spleen keeps the rhythm, with a natural rhythm. But we are the way we are made in these modern times. We lead a very hectic life. In the morning we get up... now the function of the spleen is to produce red blood corpuscles when there is an emergency. So, when we get up in the morning, first we read the newspaper. That is the greatest shocking thing. And they will always put shocking things, they will never put good things there, will they? Because they think there must be, there should be sensation for people because we have become so dull now, that we need real sensations even to wake up in the morning time. So then what happens is that morning shock of the newspaper followed by another shock that we have to go now, hurry up we are late now, do this, do that, hurry up. And then we get into the car without the breakfast, take the breakfast in hand and eating like that. And the poor spleen is working out. Then you come across a big jam, finished. Then you start cursing the jam, and the boss, and everyone. By the time you reach the office the boss is shouting at you.

26:00

So, the whole rhythm of life is so funny. Then the whole day, today she told me there are some stores open until nine o'clock. I mean they must be dead by nine. There is no siesta at all. In the biorhythm you must have a siesta. So in the morning they start at nine, end up at nine, what else, you will have blood pressure, you will have everything. But the worst of all, with this kind of a thing, what you develop is the blood cancer. You are vulnerable then, to the blood cancer, if you are a hectic person. Now of course I must say Sahaja yoga has cured many blood cancer patients. We have authentically proved it. But, unless and until you are realized, unless and until you get your energy passing through that, and nourishing that centre, you cannot get that balance that we need. Then another problem is with this heat you get constipated. Constipation creates all kinds of problems. And such a person also can have the effect on the kidneys and so the kidneys coagulate just like the heart, just like the lungs, and they get kidney trouble. That is also curable. You don't have to go for dialysis. The other day I was watching one film about dialysis I said oh God if this lady had come to Sahaja yoga she would not have died. It can all be cured. It can be done. But for that, first of all, you must get your realization. You must know yourself what our vibrations are, how to use them. And you all can become expert doctors without even going to the medical colleges. This is only about one centre I have told you. On your fingertips as you see you can feel all the centres.

28:01

And if you know how to cure, then you can cure yourself and cure others also. This is only on the physical level. But also for all psychosomatic diseases where the psyche plays the part, Sahaja yoga is the one because it doesn't deal with left side right side, it deals with the whole body, with all the chakras. So you start feeling the balance and also so many mad people have been cured with Sahaja yoga. Because that is also nothing, it is too much movement to the left. Now these gurus also ruin you completely because they put spirits on you. And you can never be alright, your health cannot be alright if you go to gurus. First thing as a mother I would say at least you have retained a guru, you have paid him, at least your health should be alright. Minimum of minimum, at least I should see some shine on your face but if you are so dilapidated. And then they say no, no, our guru says you know you have to suffer. Then why do you want to have a guru for that. You can suffer otherwise also. Or they will say our karmas are such. Then why is there a guru? Throw away such a guru, useless fellow, good for nothing. He can't even look after your health. He doesn't know anything. He is just giving you mantras, he just says you worship me, I am this, I am that, saying this and that, but what did you get out of that is the point. You must find out what you got out of it. Just going to a guru, going to everyone, touching his feet, why should you do that. I don't want you to touch my feet at all.