

caught in their web.

Getting Self-realization has become very easy through Sahaja Marg. Everyone can achieve this very easily. Through this method you don't have to do anything like standing on your head, or leaving the society, your home, or your children. No need to do any such thing. This energy is present inside you. It is present in a triangular bone inside your body. I am not saying this but it has been told by several great personalities from the time of creation. I am very surprised that from India people like Machinder Nath, Gorakh Nath, who used to talk about Kundalini, travelled to places like Bolivia, several thousand years back, which is a very difficult place for us to reach. They went to Ukraine and also to some parts of Russia. And after going there they explained to people that this Kundalini Shakti is inside you and all the chakras are present inside your system. And we people who are their progeny do not know anything about Kundalini. The natives of Bolivia know everything about Kundalini but they say that they do not know how to awaken the Kundalini, though they are aware of the existence of Kundalini. I went to Bolivia only once, and many thousands of people got Self-realization instantly. But we people do not have any knowledge of this, and no one tells us about it, nor it is mentioned in any of our books. It is as if we have been completely severed from that great culture and the great knowledge, and we ourselves do not know what kind of peculiar human beings we have become. We are neither Indians nor English. We do not know to which country we belong to. People also do not know the meaning of Kundalini. Just imagine, people do not know what is this Kundalini which has an ocean like knowledge inside it.

Recently a person came here from Mexico, who is an Ambassador. I told him, "Your country is full of spirit science." He said, "Is that so?" I replied, "Yes, I have been to your country and I have noticed this spirit science there." To that he replied that it can be removed by psychology. I said, "Your psychology or psychiatry is like a child science. There is absolutely nothing in it. If you want to know about psychology I will tell you. The spirit science, psychology, psychiatry, everything, is mentioned in depth in our books. And I will explain that to you." This Ambassador is a voracious learner. Whenever I have time I will explain everything to him.

But you people should understand that your country has a treasure of knowledge, and where are you running? What exactly are you doing? According to you, whichever country you think is very advanced and effluent, please go and have a look. I have seen those countries. Do you think they are all happy? If they were really happy why would they come here? Why would they come here in search of joy and happiness? This happiness is something like, you want a house today, then you want a car, then you want this and that. You are never satisfied with what you have. You want this after that, and a third thing next. What is the necessity to run after materialistic things?

There is no end to your needs. There is no contentment. But you get all these things in Sahaja Yoga. In Sahaja Yoga you will be completely content and satisfied. But Sahaja Yoga is based on Indian culture. Foreign culture will not work in Sahaja Yoga. Whoever wants to follow Sahaja Yoga should understand this. Now look at these foreign women who have draped themselves in saris. But that doesn't mean that you should jump up and down like the members of Hare Rama Hare Krishna. If you want to get to the reality then you have to get deeper into it and fit into it, and understand it. There is nothing in this which you cannot do, because you are all born in this great country. It is mentioned in scriptures that to take birth in India, you should have done a thousand years of penance. After doing good deeds for thousands of years, this kind of people are there in front of Me. In our lifetime, we have come across people who have sacrificed their lives for the sake of the country. And now, you people are behaving this way, just for some onions? You should be ashamed of yourselves.

Padmini jumped into the pyre along with 32000 other women. What is the importance of our country? It is our values. And these values will be awakened in you by Sahaj Yoga, because I have noticed that Sahaj has awakened these values in foreigners also. These values are seated inside us, are shining inside us, glowing and beaming like sunshine. All these values inside us and the greatness of this mother element, along with the values. But if we cover these values like the cloud covering the moon, then how can we see these values? Or how will you understand them when they are covered with so many layers? Kabir Das ji has explained very beautifully about Sahaja Yoga, but people don't understand it. For example, he wrote, "Ida, Pingala, Sukhamana Nadi re". But people started asking, "What are Ida and Pingala?" They know about the nervous system, they know about the autonomous nervous system, but they don't know that the autonomous nervous system is Ida, Pingala and Sushumna Nadis. They do not know anything about that. He [Kabir Das] wrote, "Saiyan nikas gaye, mai na ladi." I call my Lucknow people

philanderers because they think the meaning of "sainya" is "Here is some lover, who has left her beloved and she did not cry". I said, "What has Kabir Das got to do with lover? Was he so romantic?" What he meant in that particular line is that "My whole life went by, I became almost dead but still I didn't fight with death." Just imagine how we have converted this into a perverted meaning. For example, "Surati chadhe kamaan"; according to Kabir Das ji, "surati" means "Kundalini", but people in Bihar converted this to tobacco as surati means tobacco in Bihar. Now look at the condition of Bihar.

There were one after the other great people born in Bihar. One among them was Gautama Buddha; Mahavira in a way. I think Guru Nanak also had to do something with Bihar. Many of these kinds of seers were born there, like many lotuses are born in a pond. And people proudly announce that these lotuses were born in our country. But what right have you to say this, because you are still worms from the same place?

If you also want to become a lotus, then come to Sahaja Yoga. It is not difficult to come to Sahaja. It is very easy [sahaj], but it is difficult to establish in Sahaj. People who are used to eating their food the difficult way, cannot adopt any easy method to eat it. In Sahaj you will definitely get your Self-realization, without a doubt. Particularly if you are an Indian, you are sure to get it, irrespective of your being a Hindu or Muslim. But after you attain your spirit, you need to settle in Sahaj. Like, there is a seed, and even if it has germinated, it still has to grow into a tree. That is where we stumble, because the whole atmosphere around us is polluted. We think pollution means air pollution, but no, even impure thoughts can pollute the whole society. The process of this pollution is very bad. From all directions we get bombarded by innumerable thoughts and ideas. Newspaper people play an important role in this. I don't know to which country they belong. They do not look like Indians to me. None of them has any idea about Indian culture.

Many people requested me to conduct a seminar where many press people would be invited. I said, "No, no, no, no, no." I will not talk to press people. It is beyond their capacity to handle this. The only thing which is within their capacity is to make one party fight with the other, day in and day out. They cannot do anything else. They cannot do anything else. People from 30 countries had come here. That is, journalists from 30 countries had visited India. And they wanted to have a meeting with Me. The most surprising thing is that all the people from 30 countries who had come here got their Self-realization. All of them felt the cool breeze from their palms. But people who have a cunning nature, who spread false gossip from one place to another, cannot benefit much from Sahaja Yoga. Sahaja Yoga is neither for cunning people, nor for stupid people. Any person can get Self-realization, provided he desires it from the bottom of his heart. After that his life is transformed. He starts enjoying life. After that many blessings are showered on you, and you realise that God is watching you, and managing each and every movement of yours. He is with you in every place.

Many people say, "We used to go to temple every day and worshipped Shivaji so much, but still Shivaji was not happy with us. We didn't get this or that." This is a common complaint. But Your connection was not established with Shivaji. People say, "We hurt our knees by kneeling before Shivaji daily and going to temple but still we did not attain God, we did not get any blessings, nor were we peaceful." How will you get it? Because you have no connection with God there. I think people have not read the Koran properly. If they read it they would understand that the whole of Sahaja Yoga is described in it. Everything is described about Khiyama, how he came on a white horse and crossed the seven stages. This is nothing but Sahaja Yoga. People who are truthful will write true things only, instead of writing absurd things. But later, to save the people, certain rules were changed, because the natives of Arbasthan did not know much about the culture. Our Indian people know what is right and what is wrong. We know everything.

A boy who went to Cambridge for higher education tells me that these people [British] consider everything to be a challenge. I asked him, "How?" He replied, "People asked me why I am not taking drugs. I said I don't take drugs because it is not in our culture. They said, 'Which culture are you talking about? We all are taking drugs. So you also should take them. This is a challenge for your culture.' I replied, 'I don't want to accept your stupid challenge'." The boy said, "Mother, these people think that consuming liquor is a challenge. Taking drugs is a challenge. Getting AIDS is a challenge for them and maybe going to hell is also a challenge." What else is there to say except that their minds are completely corrupt. If someone thinks all these things are good, then what can be said about them? I tried to talk some sense to the patients with AIDS, but they replied to Me by saying, "We have sacrificed so much". I said, "What have you sacrificed?" They said, "We are great fighters," and so on. I said, "My

namaskar to you. You people keep fighting like this and spoiling your lives. What else can I say? You people are not going to move forward. I can see that very clearly."

So, this is the kind of attitude people have there, that to do anything wrong is a challenge for them. And they think that Indians are useless and cowards. And after this incident of onions, I feel how these people have humiliated us so much. I feel as if we are very cheap and useless. And in Delhi there are several thousand Sahaja yogis, but still I don't understand how such an incident can happen here, as if they have become brainless; like Punjabis say, they have lost their minds. But I did not expect that this would happen so soon. I thought I would do some work outside Delhi for some time. When I came back I find the whole situation so bad here. I don't know what kind of people have mushroomed here. I should accept that this is the "prime era of downfall" [Ghor Kali Yuga]. Otherwise, it is not possible for human beings to change so fast. And In this Kali Yuga a kind of confusion plays tricks with the mind. When this confusion starts tricking the mind, then the discrimination between good and bad is lost. We don't realise what is proper and what is improper. It has been mentioned that Sahaja Yoga has to come in this era of downfall.

In the "Nal Damyanti Vyakhyan", once Nal caught hold of Kali and told her, "I am going to kill you, because you have troubled me a lot, and separated me from my wife. So I am going to kill you." To that Kali replied, "All right. First, you listen to my importance and then you can kill me." Nal said, "What can be your importance, as you are an evil person?" Kali said, "No, I have my own importance, that is, during Kali Yuga, people will become totally confused and exasperated, and at that time, thousands of people who are seeking God and the truth in mountains and caves will be blessed. They will experience their spirit. They will get their Self-realization. So Kali Yuga is very important, without which people cannot seek the truth, or they will not attain or search the truth." When he heard this, Nal let go of Kali and said, "All right, let your Kali Yuga come." Now this downfall [Ghor Kali Yuga] has come, and with that Sahaja Yoga also has come, attracting you and asking you to look towards it, without getting entangled in any other web.

To come to the Sahaja Marg you don't have to give anything, there is no need to sacrifice anything, and you don't have to pay anything. You only have to awaken the Kundalini which is situated inside you. And when it awakens, it sustains itself in the Sahasrar, and pierces and comes out of the fontanelle bone and unites with the All-pervading Power, which is spread all around. It is a very simple thing. Till now you have never been associated with this subtle energy. You have not experienced this subtle energy until now. You have not known it at all. And without knowing this, you are chanting the name of God, going around to all the temples, and doing all kinds of circus. What happens if you go to mosque? No one is becoming wise. Instead, they are fighting among themselves. And what is the use of going to temple where there is nothing but corruption? Is it not very clear that this is wrong, and there is no use in doing this? Instead, something better has to be done. It is so clearly visible in front of your eyes. We should recognise it when it is so clear. This path is not the right one, there is no use in it, and it is useless to follow this path. Unless we achieve our inner self and get to our spirit, we may get lost in the darkness of this life. So it is very essential for you to enlighten your spirit and recognise in that light, what is good and what is bad for you.

When the spirit is enlightened, we develop the power to discriminate between right and the wrong [sat-asat-vivek buddhi], you will do only which is right for you, and you will never do anything which will lead you to self-destruction. Whatever you do will be done with plenty of love and affection. It is very difficult for Me also to speak harshly to you. Today, I had come prepared to tell you very strongly, "Stop being stupid. You have already done enough foolish things."

Now, when you follow Sahaj Marg, you attain plenty of inner peace. Our country is a peace-loving country. This country has never created problems for any country, never looted any other country, nor tried to possess the land of any country. How did we achieve this peace?

We have struggled for thousands of years, but still how did we get this peace? This is because of the greatness of our land. The land on which you all are sitting is the cause for why we all are peace-loving people. If someone tries to attack us, we definitely respond to them, but we never try to be mischievous to anyone. This kind of system is not there in our country. It is there in other countries but not in ours. We don't provoke any country to fight with others, and we don't bomb any country. We don't do such things. We are self-controlled in these matters.

Once the peace inside us is established, our families, which is our small world, also become peaceful, and our children become peaceful. Peace is very essential for our life. Even trees do not grow in places where there is no peace. That place can never advance, and in those places people will destroy themselves by fighting with one another.

The peace which you get from Sahaja Yoga makes you progress. There are many youth in Sahaja Yoga who have achieved great heights. They never even dreamt that they would get this kind of name and fame, prosperity and everything else. They are completely satisfied people. If I try to give them something they say, "Mother, You have already given us so much. Now what are You giving again?" This kind of mental satisfaction is established inside us. Contentment leads to mutual understanding, better relationships and love. Most importantly, Sahaja Yoga is a transaction of love. We get the love of the All-pervading Power around us, and there is nothing greater than love in this world. Everything is secondary to a person who understands the importance of love. He establishes all his values on the basis of love. Love is the kind of water because of which our country will grow like a lively and vivid tree.

If in the past we had the binding of togetherness and love among one another, then which country would have dared to rule over us? Through Sahaja Yoga we can achieve this togetherness, mutual love and affection, and collective consciousness will be established among us. We all will become one. Now, see that people have come here from different countries, who follow different religions, but the togetherness, unity and contentment which are among this people cannot be seen anywhere else. You will be surprised to see their oneness. If you go to some other guru, you will find that the disciples will always be fighting either among themselves or with the guru. But in Sahaja Yoga, when we become Self-realized, then we start understanding that we are drops in the same ocean in which all are united. We face the agitation of the sea, go up, and come down and again go up. This kind of beautiful society is being organised all by itself, and this will definitely happen in our country.

All the wrongdoers, who are claiming the authority of the country, have not done anything for the country, nor they have sacrificed anything. Just like that they are occupying the most responsible seats of the country. It is very essential to have genuine devotion towards our country. Not just because it is our country and we are born here, but also because it is a great country. I cannot describe the greatness of this country, but at some point, if I get time I want to write something about the greatness of this country. To know about this country, you also should have a nature which is related to Sahaja. Only then you can understand how many things have happened in depth in this country, and all that has happened in our history.

It is very essential to have patriotism for our country. If you are not devoted to your country you cannot come into Sahaja Yoga. Towards this country, only you people do not have any devotion, but these people [foreigners] have love for your country, and they have accepted Sahaja Yoga in 75 countries. These people love your country so much that whenever they come here, they bend down and pay their homage to this land.

Now, only these people have to teach you to recognize your own mother and pay respect to her. I can keep talking on this subject, but it is an honour for Me that today you people have come from such far-off places in this cold weather. If all my children are in front of Me, what more do I need? I can only bless you that today, in this place, and at this moment, all of you get your Self-realization. And for that you don't have to do anything. You will receive it wherever you are seated. And you yourself will feel the cool breeze coming out of your hands. This is a very subtle thing, and this is not the time to explain what this breeze is and how it comes, but definitely I will tell you about it some other time.

Because of the impact of the vibrations which are flowing from within us, you can not only correct your physical, mental, and material aspects, but correct others' problems, too. You are so great, but if you want to get stuck in the mud, what can I do? I request you all to be patient for ten more minutes and get your Self-realization. Whatever I spoke to you till now was to make you ready for the Self-realization program. Without this preparation, you cannot get Self-realization, as this is not the work of a coward, or that of a stupid person. So, with proper understanding, accept the fact that you are a spirit, and the only aim of your life is to attain this spirit. You have no other aim.

Now, I just want to tell you that if you are wearing shoes or chappals, please remove them. Like I told you earlier, this land is a holy land where many sages and seers were born, and we have to see what you people can achieve out of this sacred land.

Now, please keep your both hands towards Me. Now, keep your left hand towards Me, and keep your right hand on your fontanelle bone, on top of your head, which was a soft bone in your infancy. And now, keep your right hand towards Me and with your left hand check on top of your head, above the fontanelle bone to see if you are feeling a cool breeze. Some people may get the cool breeze much above the head, while some may get it just above the head. So please move your hand a little up and down to feel the cool breeze. Now, keep the left hand towards Me. And again with your right hand check on top of your head whether you are getting a cool breeze. It is possible that you may be getting a warm breeze also, because you have to forgive everyone. Forgive everyone, because if you don't forgive you will get a warm breeze from your head. And if you don't forgive someone, what are you doing? You are doing nothing except troubling your own self. So, forgive everyone and you will get a cool breeze. Forgive your own self also. Don't think, "I did this thing wrong or that thing wrong." Forgive yourself completely.

Now keep both your hands towards Me. Please put both your hands towards Me. And now whoever felt a cool breeze or a warm breeze from both your hands, please raise both your hands. From this side to that side? May God bless you. My blessings to you all. You have all achieved Self-realization. The seeds are germinated inside you. Now, you have to grow this into a big tree. And if as many trees as you people grow here, then how long can Kali Yuga continue? Satya Yuga [age of wisdom and truth] is coming, but it still has to shine its light. You will be the people who will spread the light of Satya Yuga. I have full faith that you people will promote Sahaja Yoga. Each man can be responsible to give Self-realization to 1000 men, and each woman can give Self-realization to 1000 women. And everyone should try to give realization to every other person and see to it that they all achieve their spirit. My blessings to you all.

At the end of this program we all will sing "Vande Mataram". For that you all need to stand up. Who are we to deny this song, which helped us to fight the war of freedom?

All of you stand up, and now these foreigners will sing this song, and you will be surprised to see how far the glory of our India has reached. Children should come here who will be singing this song.

Sahaji brother: Please pay attention here. Now the seed has germinated, and to improve it and establish your Self-realization and to give you more knowledge about it, we have arranged a follow-up program. So, tomorrow, that is, Saturday the 19th, all the centres in Delhi will have this follow-up program. The addresses of all the centres are on the back of the pamphlet given to you. So whichever centre is near to you, please attend the follow-up program there. All of you are invited. Thank you.

2-nd translation of Shri Mataji's speech:

My greetings to all the seekers of truth.

We all are searching for truth, but where to search for it, what is the right place for it, where that truth is lying, you all should understand first. Thousands of people come to India, and if you ask them, "Why have you come to India?" they answer, "We are here to search for the truth. In our countries there is no truth, but in India the truth lies. So we are here." And in search of this truth thousands of seekers come to India, and have been coming for thousands of years. You must have heard that in history, people from China and many more faraway countries used to come to India. I don't know how, but they all knew that truth is present only in this country. Truth is hidden only in this land. They used to roam the streets and go to the Himalayas, to search for the truth. They made all efforts to find the truth, because people were following different religions, but they knew just by following any religion they would not be able to achieve the truth. Religion is just a path, like what you see on the streets. They are labeled by any name, but we do not get the truth with it. That is why due to this unfulfillment of the truth the seekers used to come over to India. This truth was prevalent in the past and still is prevalent in our country, and to attain this truth is very important.

There is a huge difference in the systems used to search for truth in India and the systems abroad. The method used abroad for finding true knowledge is that if someone says anything there, people start analyzing it, how true it is and what is being said to them. Even what Jesus Christ said is analyzed. With this analysis the truth doesn't come out, but the scorching side comes out.

Now think about the methodology of our country. There is some specialty and purity in this country that so many sages and saints and a considerable number of people have taken birth here for thousands of years, and with the increase of saints, by the 16th century we had seen saints like Guru Nanak and many more who had taken their birth here, and all of them wrote a lot about truth. Many things were explained, but our methodology is such that all that is written by such great souls, we do not analyze what they said. We do not discuss it. We do not want to look at it from a classical angle. They are the people who have attained the Divine. They are placed much higher than others. Whatever they have said, we approve it and walk on the path shown by them. This is the most special methodology of our country, that with devotion and faith we agree that for people who have reached heights in spirituality, whatever they have written is truth and they never lie, and we do not analyze what they have written in books, as we are not experts in that knowledge. We have not attained those heights, we do not have such a great knowledge of our scriptures, and we are not that great. So we follow those scriptures written by these famous saints and sages.

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I noticed in foreign countries as well that there have been many sufis abroad. They have all talked about Sahaja Yoga, but nobody follows sufis there. Their recognition in foreign lands is very negligible. Very few people follow them. They just read their poems and get entertained by them, but do not follow the path shown by the sufis. In every country there have been sufis who said great things about Divinity. Even in England we had a big saint by the name of William Blake, but no one recognizes his work. We did not hear of him even when we were studying in college, but we knew he was there. When we went to London for the first time, we bought his books there. The reason behind this is that people thought William Blake was mad. All the sufis are considered insane. For the foreigners all our saints and sages are also mad.

This kind of egoism that exists abroad is not found in our country. It was not there in the past, I should say. Now we are all turning into westerners. We have no knowledge about our own country. In our school curriculum students don't know much. I asked one student, "Do you know about Ajanta caves?" He asked Me, "Are Ajanta caves in India or abroad?" The rich heritage of our country is so vast, so deep, so irreplaceable that we do not consider it our responsibility to learn about it. I cannot tell you about the rich culture of our country. So many people told Me, especially our western Sahaja Yogis, "Mother, please write a book about the specially deep matters about India." I asked, "What deep matters about India?" They said, "Its culture. Please write a book on Indian culture." I said, "This is a deep sea. What can I give you from this deep sea? I will have to write volumes of scriptures on that."

I will tell you one very funny incident. There was a foreigner lady who was the wife of an ambassador. She came to meet Me. She was wearing a garland around her neck. She said to Me, "I don't understand Indians." I asked, "What happened?" She said, "I went to a flower shop. I saw a very nice garland. So I bought it and wore it. So the girl from whom I purchased the garland started to laugh at me, and on the way everyone who saw me was also laughing at me, just because I was wearing this garland." I thought, now how do I explain this to her? So I said that it is only when someone is felicitating you, that you are given a garland. You cannot felicitate yourself and wear a garland by yourself. This is funny for our culture." Then she told Me, "This has a very deep meaning," to which I agreed. Any Indian would understand that it is not right to put oneself above others, roaming around with a garland around one's neck. This is highly objectionable in India, because this kind of act doesn't have humility.

It is very important to understand who we are and what wrong identifications we have for ourselves. I would say that the mass movement started by Mahatma Gandhi has reversed its direction and cause. When we were with Gandhiji and stayed with him, his ways and his way of talking were such that, though he studied abroad, he still firmly believed in highlighting Indian culture. Without that, this world won't survive. If we have to save the world we should have a very strong example of Indian culture and heritage, from where people learn that this is a kind of life and it is so blissful. They had a discipline of waking up at 4 o'clock in the morning at his ashram. You were supposed to wake up, take your bath and go for morning prayers. When we used to sit for

prayers there were lots of snakes there. Sometimes snakes would slither near you, but it never happened that even a scorpion bit anyone there, let alone the snakes. This was the extent of purity in the environment.

In their prayer sessions people humbly, from all castes and religions, used to sit together and pray, and in the prayer sessions, music was played, including hymns that he wrote. I know how spiritual he was because all the hymns he wrote were about Kundalini power, all of them. He first wrote praises to Shri Ganesha, then praises to Shri Saraswati. Like this, all the songs, devoted to deities established on all the chakras, were written and had to be sung in the same format, chakra-wise, deity-wise. Then from the Bible the Lord's Prayer was sung, and also prayers from the Holy Koran were sung. Even prayers from Buddhism were sung. The prayer meetings also had hymns and prayers from the Jain religion. They recited prayers to each and every deity sitting on each chakra respectively. He knew about the Kundalini and chakras. He knew all about the Divine. He tried to explain to people about this divine knowledge through his hymns. He used to ask Me a lot about spirituality. Although I was very young then, still he used to ask Me about spirituality and what is so special about our culture.

Now it is very important to talk about the culture of our country, because people have now forgotten about Gandhiji. His preaching has been wasted, as his spiritual side is now neglected. In this political life, no one talks about his spirituality. If we Indians won't take spirituality forward, then who else will? Who else will understand it? You can see that people from 75 nationalities have come and are sitting here. They have come from 75 different countries, spirituality has spread to 75 different nations, and they have all attained their Self-realization. They held very strongly to our culture, not English, or American or French culture, for they saw that the cultures of their own countries are taking them to destruction. This is destroying our spirithood. These cultures destroy our morality. If these foreigners have understood, we Indians should now understand. Instead, we discuss such petty issues where there is no morality in that issue. The biggest gift of our culture is that we should be people with high morals. Moral life has certain norms, but in our country everyone leads a free life. You have full freedom, whether you want to lead a moral life or not, because till the end of your life you have complete freedom to choose.

Now you have to understand the meaning of your true Self. To know your Self is the real freedom. "Swa" means your Self, meaning your spirit. To know your spirit is true freedom. Shivaji said about the future, "First know your Self." You have to know your Self first. This is only Sahaja Yoga. Through Sahaja Yoga you understand your own Self, your own subtle system. To know your Self, the easiest path is our Indian culture. You cannot go to the depth of this culture, because you have been thrown out of it. The biggest mistake was that people who were above us, our leaders, did not have any idea about our rich culture. They placed Gandhiji at one corner and asked him to stay away, and all these leaders, whatever they preached was totally against Indian culture.

I am from Chittargarh. You must have heard here Queen Padmini did Jauhar (Rajput women sacrificed themselves in Jawahar Kund, setting fire to it). Padmini did Jauhar (mass suicide to protect chastity) to protect the chastity of women. This is what we believe, that chastity is the greatest power of women. We firmly believe in it in our culture. Any place where respect for and chastity of women is not there, only evil demons and confusing monsters reside.

You can witness this clearly happening in America. Such nasty things are happening in America that I cannot share them with you. Mothers even kill their own children. America is such a filthy place. As you have never been there, it seems rosy, but people in America have no fear at all. No fear of God is left in the people there. I am not sure if they are left with any belief in God's powers. Everything there is all about money. By any method, they just earn money.

One fellow is there in America. So one of his followers asked him, "If I pay you so much, can you kill a lady for me?" He replied, "No, no, I cannot kill anyone. I don't want to kill anyone. Why should I kill anyone?" He said, "For money you kill her, or for the world you kill her." The fellow who proposed to kill said, "I can kill." Another one asked, "Why?" "Because money is involved. Money is the biggest thing. So I can kill." So you can kill your mother also for money. Once a man came here a long ago. He told Me, "Mother, I have killed my own mother." I said, "Really? So tomorrow you can kill Me also." A person who can kill his own mother and has no feelings towards his own mother cannot be an Indian, cannot be an Indian. There is a lot written about mothers. We consider mothers to be holy and powerful, and we worship them. In all the scriptures, the first thing stated is about the mother. Everything starts with the mother. In cultures abroad, there is no importance given to mothers. In a lot of countries

the country is called by the name of the father. Like we say Mother India, many countries call their land male. One such country is Germany. You all know what Germans have done. They are crying and repenting about what they did, but they did it, after all. Indians can never do this, never.

But there is a lot of ignorance in India. I came across a book written about Jaipur. Someone from Jaipur must have written it. I was surprised to see that in the book the author says that regarding the Jauhar that Queen Padmini did in Mewar, it would have been better for her to surrender herself to Khilji (cruel Mughal emperor). She could have been his servant. So this entire war wouldn't have happened. 32000 women were burnt alive because of what she did. Just see where the author's sense goes. Maybe we should have compromised on everything. What was the need to fight the British? You could have compromised with them. If we had compromised with everyone, then so many lives wouldn't have been lost. But what would they achieve just by being alive? Today so many Indians are alive, but what are they doing living like this? What are they going to attain by living like this? Money, money, money. Money has gone into their brains as well, and if we sell our values, we would destroy our entire value system, because of which we are living today, and you should know that the entire world is watching you to see what values you hold today. Anybody can fool you and you fall into their trap. Earlier, the British fooled you. Now again you are being fooled by westerners. People who spread immorality can never be Indians, because without morality you cannot rise. With morals intact you can attain the Divine. If you do not have a moral life you cannot rise to Divinity. You will go to hell. So will your country. In America they have all kinds of freedom. They have to earn money by any means: women may sell their bodies; they open shops to sell liquor; they want to earn money by any means. Today, after earning all that money where do they stand? They are all heavily in debt. The whole country is heavily in debt.

A few of our Indian boys came to America. I asked them, "Why have you come here?" They said, "The jobs are good and highly paid. So we came to America." I asked, "Where has the money gone? Why is everyone here indebted so much? Every child is in debt." I asked them, "Being an Indian, why are you so much in debt? Think about it. You are highly qualified engineers, doctors and chartered accountants, and came to America with huge debts. Can't you go back to India?" They replied, "The lifestyle here has a drawback. Everyone tends to get into debt." Like fools they order everything and they use cards for shopping. Everyone is in debt. No one there has any money. You went there and got huge debts. What did you gain from going there? You haven't learned anything there, and you are greatly in debt. You have exquisite sofas, carpets and so on, but all through borrowing money."

Being in debt is not considered bad at all, and people are becoming heavily indebted. This kind of culture where immorality is so bad is the place where there is no harmony. Disharmony of this kind is such that people want to show something big, but they are hollow inside; only debts. What can we learn from them? They come here to learn. So what will we learn from them? There is nothing to learn from them. I have no hesitation in saying that there is no country like our India and the culture we have in the whole world. There is no such culture. It is very difficult to reach the depth of our culture as we all are so wasted.

People here have demeaned themselves so much that they vote over the issue of onions. The entire world is making a mockery of our country. All My Sahaja yogis who came from abroad brought one packet of onions each with them. You should be ashamed. You should be ashamed of this. People have art to fool others, but to become fools is the quality of Indians. All the foreigners brought huge amounts of onions with them. When I asked why they brought them they said, "In India there is a huge crisis of onions. We heard that people want to change the government over the issue of onions." I said, "Yes, this is true, but now please don't embarrass us on this issue."

Gone are those days when people used to fight for their country. They used to sacrifice everything for their country. I Myself sacrificed a lot. I was even beaten up for My country. Today, all those who claim the country, have ever their grandparents or their parents done anything for the country? Or have they done anything for the country when there was a struggle for freedom? When people fought for freedom, were brutally hurt, lost their homes, were any of them there then? Now they are claiming the country and saying, "This should not happen. That should not happen."

I am surprised that people are fighting on moral grounds. All the people who were right became spoiled because of today's politicians. Snatch money from people, drink alcohol, take to wrong ways and digest people's money. One thing is there: you

should think that if you are a Sahaja yogi then you have to imbibe Indian culture, irrespective of your caste, of your Dharma, or your thought patterns. Otherwise it will not happen. And what is this Sahaj path? You have to understand that we believe in something with full faith, but yet you have not achieved the truth. That is why many corrupt people have come up. Many wrong types of people have come up, done wrong things, messed up a lot of things.

It is said that you should attain your Self-realization. You attain your realization. There is no sense in your religion. What you say makes no sense till you have attained your Self-realization. You cannot attain this with intellect. This is beyond intellect. Even Einstein said so. What more proof do you want? This is absolutely beyond intellect, far ahead of mental knowledge. Even If you believe in the physical body, brain and heart, it is not eternal. The Divine is eternal. It is beyond mind. It is called Paramchaitanya. Einstein has called it the torsion area. He was also a Self-realized soul. People claim it is science. How will you attain torsion area? You cannot attain it. You can only get this after your Self-realization. So first attain your Self-realization.

To sabotage the Divine, many crooked people popped up in India. Many tantrikas have popped up and are fooling innocent people, living luxuriously and giving diamonds. Innocent people are getting trapped in their malicious games. To attain Self-realization through Sahaja Yoga has become very easy and you can attain the Divine very easily. There is no need for you to stand on your heads. You don't have leave your families, you don't have to sacrifice your children. There is no need to do all this. The power is within you. It is residing within you in a triangular bone in your backbone. I am not saying this Myself. It has been described by old sages for centuries. People used to talk about Self-realization a thousand years ago. People like Machinder Nath and Gorakh Nath reached countries like Bolivia at that time. Even today it is not easy to reach Bolivia. They went to Ukraine also, and some parts of Russia, and told people that they have this power within themselves. They gave the knowledge of the chakras. We are their descendants. What do we know? We know nothing. People in Bolivia know all about the subtle system but they did not know how to enlighten the power of Kundalini. We know all the rest. When I went there it was spreading like fire. They got their Self-realization in huge numbers.

Here in India we have no knowledge about our subtle system, nor it is written in our modern books. Nobody shares this knowledge. It is like we are disconnected, disassociated from this great knowledge, and after disassociation from this knowledge, we became mad people of a very different country. We are not westerners or Indians. We turned into something strange. We have no knowledge. People ask me whether Kundalini and Kundli are the same. Nobody has this knowledge. Imagine: this country is the real ocean of knowledge, an ocean full of knowledge.

I met a gentleman who came from Mexico who is the Ambassador in India. I told him, "In your country there is a lot of demonology." He said, "Is there?" I said, "Yes, I went there and saw it Myself." So he asked Me, "Will it go away with psychology?" I told him, "Psychology or psychiatry is a very basic science. It's a very, very basic science that has nothing in it. If you want to know I will tell you more. Demonology, psychology and psychiatry are mentioned in our books. And I will tell you about it." He was very curious to know about this, but only if my schedule permits will I take time to tell him about this.

Will you people please give this a thought, that in your country this true knowledge is in abundance, and where are you running to? What are you people doing? All those countries, which according to you have risen higher and are very progressive, you should visit those countries. I have visited them. Are the people there happy? If they are happy there, why would they come to India? Why would they come to India to search for true happiness? Today you want a small house, then you want a car, then you need something new, and whatever you get you're never happy with that. After one thing, you need a second and then a third thing. What is the need to run after mundane things? There is no solution and no satisfaction, but in Sahaja Yoga you attain all this. In Sahaja Yoga you attain complete solutions and satisfaction. The Sahaj path is based upon Indian culture. Western culture will not work in this system.

Those who want to come into Sahaja Yoga and attain Self-realization should now take a look at these foreigner ladies who are wearing saris. It does not mean that you should jump like Hare Rama people. It is absolutely not required to do that. You have to attain truth, attain reality. You have to go deep into truth. You have to understand the truth. There is nothing you cannot do, because you are born in this holy land of India. It is written by the sages that you have to do good deeds for thousands of years to take birth in India. Just see what kinds of people are born in India today. In My lifetime I have seen people who have sacrificed

their lives for the sake of our country, and now for mundane things like onions. I don't know what to say. This is a matter of absolute shame.

Rani Padmini did Jauhar with 32,000 other ladies. The specialization of our country is our value system, our values which will be enlightened only by Sahaja Yoga, because I have seen the same value system being enlightened in western people. These are values which are already residing within us, shining with us, enlightened within us, shining like the sun within us. All these values are within us. Also the earth element has great importance, but if we cover our own qualities, hide our qualities, how will you see these values within yourself? How will you understand about these values? If there is only one kind of curtain over the value system then I should talk about it.

Saint Kabir has written very beautifully about Sahaja Yoga but people do not understand it. People don't understand about Ida, Pingala, and Sushumna nadis. People do not know what is Ida and what is Pingala. People know about the nervous system and the autonomous nervous system but these are only Ida, Pingala, Sushumna nadis. They know nothing about it. Kabir has written, "Saiyan nikas gaye the maii na lari thi." People who live in Lucknow are very romantic. They think that saiyan means that when her lover left she did not cry. I said, "What does Saint Kabir have to do with all this romance? Was he romantic by any chance? He meant by this: 'The whole of my life went away. I did not fight with death'."

Now think how much we have indulged into illusion, and how much we have changed the real meaning and made it so perverted. He said, "Surati chare Kaman." He mentioned Surati as Kundalini. Now if you see in Bihar tobacco is known as surati. Now you know what the condition of Bihar is. In Bihar so many great people have taken their birth, like Lord Buddha, Lord Mahavira in one form, and also I think I have seen that Shri Guru Gobind Singh was also there. So many saints have been on that land of Bihar, just like many lotuses in the same pond, and people say these lotuses were born in our pond. But you are still like insects in the same pond. What are you saying? You have to become a lotus. If you want to be a lotus, then get into Sahaja Yoga. To establish in Sahaja Yoga is not difficult but to remain established in Sahaj Yoga is difficult. If a person has a habit of eating food in a particular way, he would not change his way of eating. In Sahaja Yoga you will all become divine. You will all get Self-realization, especially if you are an Indian. By all regards, whichever religion you may follow – Hinduism or Muslim, it doesn't matter – after attaining your spirit you have to establish yourself in it, just as a seed sprouts and grows into a tree. We are left behind, because the environment is so bad in all directions. We think that pollution is about air pollution, but the environment is polluted by our thought processes. The thinking process is also very bad. We get bombarded from all directions, especially from newspapers. The people who work for newspapers are unique. I don't know which country they belong to. I don't think they are Indians. There is nothing about the Indian traditions and value system.

A lot of them said, "Mother, we would like to have a seminar of yours in which all our newspaper fraternity will come." I said, "No, it is not required." I don't wish to talk to them. It is not in their capacity to understand. Day and night, they only think about how to make people fight, how to create differences. They don't know anything beyond this.

Very recently, news reporters from 30 countries came here and said, "Mother, we want to have a meeting with you." It was very surprising. All the people from 30 countries got their Self-realization. All of them got their Self-realization and felt coolness on their palms, but the people who are very clever and whose brains function in adverse ways spread rumors to all these clever people that Sahaja Yoga cannot benefit them. Sahaja Yoga is not meant for clever people, nor is it meant for idiots. Only those who have a pure desire for attaining Self-realization will get their Self-realization, and then their lives change. Then you start enjoying life, numerous kinds of blessings come your way, and you know that you are being taken care of by God himself and all your life aspects are taken care of by him. All your movements are taken care of by him, and he will stand by you every time.

People tell Me, "We used to go to temple every single day and pray really hard but even then Shivaji was not happy with us. This did not happen. That did not happen." Everybody complained. I told them that they cannot get their connection with him until they are connected to the Divine. People complained that their knees were hurt while praying in mosque. "We did not get Shivaji or God there. We never got blessings anywhere. Nor did we get any peace." How will you get it if you don't have any connection there? I don't think so. Anybody who has ever read Koran carefully will understand that it describes all about Sahaja Yoga. How they have risen to seven chakras on a white horse is a description of Sahaja Yoga. All those who are truthful will write only about

the truth. Why would they write about things that do not matter?

Later they made many rules of behavior to save people, because the people from Arabia did not have much knowledge of principles. Indians know the value of righteousness and the difference between right and wrong. We all know the difference. There was one boy, who went to study in Cambridge. He told Me something which surprised Me, that people in Cambridge think that everything is a challenge. He said, "People there challenged me to take drugs, and when I refused, saying that this is against my value system, the people from Cambridge said, 'What kind of value system is this? We take drugs. So you should also take them. This is a challenge for you, and a challenge for your value system as well.'" The boy then said, "I don't need challenges." He told Me, "Mother, westerners think that drinking alcohol is also a challenge. For them, taking drugs is a challenge, getting AIDS is also a challenge." What kind of thinking is that? For when going to hell is also a challenge, their brains have become corrupted. What more can I say? If someone says, "It's a good thing," what can you say about that kind of thinking? I tried hard to work on the brains of people suffering from AIDS, but instead they got on My own nerves. They said, "We have made a sacrifice." Just imagine! I asked, "What kind of sacrifice is this?" "That we are great fighters, we are warriors," and so on. With folded hands I told them, "You be a fighter and fight for your life." I also told them, "You cannot go ahead with this kind of attitude." I am very clear about this tendency of foreigners to do wrong things and see it as a challenge. And they think that Indians are fearful and useless.

About this whole episode of price increases for onions, I feel so ashamed what men in this country have done to us, that we have become totally useless. In the city of Delhi we have thousands of Sahaja yogis. Thousands of Sahaja yogis reside in Delhi. Despite that, I don't know how that happened in Delhi. People have lost their brains. In the Punjab they have become insane. I never knew that this would happen so soon. I never expected it. I thought that I should work in foreign countries and then come to India, but by the time I came back the entire Indian community had lost its sanity. I don't know what kind of people are born in India now.

You can say that this is the peak of Kali Yuga. I believe this totally as human beings could not have changed so much in these times of Kali Yuga. The minds of people are captured by misconceptions. Once people start believing in misconceptions you cannot see anything in the light of truth, nor can you differentiate between good and bad, what is right and what is wrong; nor can you differentiate between truth and lies, between what is proper and improper. At the end of this time Sahaja Yoga will be established.

It is written in the old scriptures of Nal Damayanti that Nal got hold of Kali's neck and told him, "I will kill you as you have really troubled me, and because of you I got separated from my wife. So I will kill you." Kali replied, "First listen to my importance, and then you can kill me." To this Nal replied, "Why should I listen to you? You are such a wicked person." Kali then replied, "I have a very great importance. During the times of Kali Yuga people will be very confused. Confusion will overtake the minds of people. They will get frightened, and at the same time thousands of people who are seeking the Divine in the center will be blessed. All the people in search of truth will get the experience of their Spirit. They will get their Self-realization. That is why Kali Yuga is so important. Without it this would have never happened. Without Kali Yuga at its peak, human beings will never come and search for their Spirit." When Kali said this to Nal, Nal let go of him and said, "All right, let your Kali Yuga begin."

So this time of Kali Yuga is directing your attention to your spirit. We should think about where we are going. To walk on the path of Sahaja Yoga you don't have to do anything. You don't have to donate money, you don't have to make sacrifices; nothing like that. You have to awaken the power of Kundalini within you. When the power of Kundalini is awakened it pierces through your head and connects to the divine power spread across the universe. It is very simple that you have never been connected to the power of the Divine, nor have you ever felt the subtle power of the Divine. You have never known the power of the Divine. Without knowing about this divine power, you have been searching for God in temples and doing all kinds of disturbing things. You can see very well what you are doing by going to mosque. What have you got by going there, killing each other? And what are you doing by going to temple, eating away people's money? This is the peak of corruption. Isn't it true that this is all wrong and you're not going to gain anything out of it? You should do something else. You can see clearly with your eyes. Whatever you see clearly with your naked eyes you should believe. This is not the right path. There is no benefit from it. It's of no use. Whatever you want to learn, you attain oneness with your Spirit. Until then I don't know how far we will go ahead in this darkness.

So the first most important thing is to come out of this darkness and get enlightened to what is right and what is wrong. When you get your enlightenment, you get the wisdom to choose between right and wrong. You also establish the power of discretion strongly within yourself to choose what is right for you, and you will never do anything which is self-destructive. Everything you do, you will do with great love and with extreme care.

It is very difficult for Me to use harsh words. Today I came prepared to tell you that you have done enough silly things and it's high time to stop it. Now the first thing you get while walking on the Sahaj path is peace in your heart. Our country is a peace-loving country. We have never looted another country, we have never created problems for another country, we have never tried to capture the land of other countries. Where does this peace come from? For thousands of years we endured so much pain but still we are peaceful. We should know from where this peace-loving quality has come. This is the quality of this Motherland, the quality of the land you are sitting on, that we are peace-loving people. Only if someone attacks us, then we will fight that person. We don't initiate fights. We don't do this. We don't follow this kind of system. It is prevalent in other countries but not in our country. To argue with other countries, make statements, drop bombs, we don't do this. This kind of control is natural for us. Once peace is established within us, then this peace is reflected in our houses. Our children become peaceful. It is very important to be peaceful. If there is no peace even the trees do not grow there. There can be no progress there. Everything finishes in killing each other.

The peace you get in Sahaja Yoga makes you progress. In Sahaja Yoga so many children have grown so much higher that they never believed they could ever reach those heights. They are completely satisfied people. If I try to give them something, they reply, "Mother, you have given us so much already." This kind of a state gets established within, and this kind of problem-solving gets established within relations with loved ones (unclear).

The biggest thing is that Sahaja Yoga is the gift of divine love. The love which God feels for you, you start feeling that love. There is nothing more powerful than loving this world. The one who understands the value of love knows that there is nothing more important in life. If the value system gets established, love is that nourishment which enriches the beautiful tree of our country. Mutual love, mutual friendship, become alive. If we had mutual understanding and unity, no one would have ever ruled over us. To attain mutual love, friendship and understanding we need Sahaja Yoga. We need collective consciousness. We need to establish collective consciousness. Who is the other in this relationship? You all become one being. So many people have come from different countries who follow different religions, but you can see the oneness in them, the contentment they have, the thoughtlessness they have. You will not find it anywhere else. You will be surprised how they have all become so united. If you go to any other guru you will see people fighting among themselves or fighting with the guru. All the time there will be fights.

But once you attain your spirit in Sahaja Yoga, you understand that we are all small drops in the same ocean. We move with the waves within the ocean, the rise and fall, the movement in the ocean. This beautiful pattern is being established in the society by itself and it will very much happen in Indian society as well. All the wrong kinds of people who have entered the system and think very highly of themselves have not sacrificed anything for the country. They have not struggled for the country. They have jumped on the high positions by doing nothing. That is why it is very important to have devotion towards your country, not merely because this is your country and you are born here, but because India is a very, very great country. I cannot describe the greatness of this country. If ever I have some time I would love to write about the greatness of this country. To know and understand the greatness of this country you have to imbibe Sahaja culture. Then you will be able to understand how deep things are in this country. Our history is so rich in many ways. Patriotism is such an important thing. If you do not have patriotism, then you cannot establish in Sahaja Yoga. Not only do you feel devoted towards your country; even the people sitting here from 75 countries also feel dedicated to your country. They feel so devoted to this country that when they touch the Motherland they bow down and kiss this holy land. Now only these people can teach you that you should understand the power of your country and sing praises to it. I start speaking about the greatness of this country, and I will keep on talking about it.

I have come from so far away in the chill of winter. It's a very big thing for a mother to see so many of her children together sitting in front of her. What more can she say? I just want to give you all this blessing that today at this place you get your

Self-realization, And I have told you that you have to do nothing. Right now, sitting at the same place, all of you can explore the River Ganges (Purify). You can all feel the Cool Breeze of the Holy Ghost on your palms. What this breeze is all about is very subtle. Due to the shortage of time today, I will share with you in detail, some day when the time permits, what this is all about. This is the power of the Holy Ghost flowing through us, and you can do lot of things based on this, such as correcting your physical body, and your mental and intellectual wellbeing. You can correct these aspects in other people as well. This is your greatness, and if you still feel like being stuck in the malaise of the world then what can I do about it?

I have a humble request that for next 10 minutes you please be patient and try to attain your Self-realization. Whatever I have said, just understand it. It was about preparing you for your Self-realization. This cannot happen otherwise. This is not an award for cowards and this is not something meant for idiots. So kindly accept this, that you all are a Spirit, and to attain the connection with your Spirit is the only goal of your life. There is no other goal.

Now I request you to kindly remove your shoes, as this holy land of India is being purified by so many old sages and saints. You will find blessings of pure glory from this land. Now please open both your hand towards Me, your left hand towards Me and right hand towards the fontanel bone area. The fontanel bone was the softest bone in your head during childhood. Kindly place your right hand above it. Now put your right hand towards Me and your left hand above the head. Place your hand above your head. Move your hand, and see if you can feel a cool breeze coming out of your head. Some people feel it right above, some feel it a little towards the back of the head, and some people can feel a cool breeze flowing out very high above their heads.

Kindly put your left hand towards Me and your right hand above. Now see if you can feel the cool breeze. It is also possible that you can feel heat coming out of your head. You have to forgive people. Kindly forgive everyone. If you will not forgive you will keep feeling the heat. If you do not forgive what do you do? You are just troubling yourself. So please forgive everyone and you will start feeling the cool breeze. Forgive yourself also. Don't blame yourself that, "I did this, I did that, there are sins I have done." Please do not think. Forgive yourself completely.

Now please put both your hands towards Me. Please put both your hand towards Me. All the people who are feeling coolness or heat on their palms, kindly raise your hands towards the sky. Wow! From the front to the back! My immense blessings to you all. My immense blessings to you all. You have all attained your Self-realization. Your seed has sprouted. Now make sure it gets converted into a tree. What will be more beautiful than this is that all of you become trees from the sprouted seeds here. With this awakening, how long will Kali Yuga stay? Satya Yuga is on its way. Satya Yuga please show its enlightenment. You all are its torches. I have full faith that you will all spread Sahaja Yoga. Each man can enlighten 1000 more men and one woman can enlighten 1,000 more women. You should all give realization to others and help them get realization. I give you all my immense blessings.

At the end of the program we all will sing "Vande Mataram". Kindly stand up. We fought for our freedom with the support of this song. Who are you today to deny singing that song? Kindly stand up. This song will be sung by the foreigners. You will be surprised to see to what heights the greatness of our country has reached. Where is the Vande Mataram? School children, please come forward. They will be singing the song. At 6:30, find the school children. I told them earlier.

Announcement: Dharamshala school students come forward to sing Vande Mataram.

Mother saying in Marathi:

Let them come on this stage. Let the students come on the stage. Children, come here on the stage. Call the students on the stage.

Announcement: Dharamshala school students, come here.

Who will play harmonium with them? Also bring tabla.

Mother to students: Now you all have to stand up.

Announcement by the leader at the back: Kindly pay attention. Just now you got your Self-realization. The seed has just sprouted. Help it grow and stabilize.

For more knowledge on Sahaja Yoga we are holding a follow-up program. So tomorrow, on Saturday 19th at 6:30 pm, we will have follow-up programs in all the centers across Delhi. The pamphlets distributed to you have the centers' addresses on the back. You can go to your nearest center. So kindly tomorrow come to these centers for the follow-up programs. You all are cordially invited. Thank you.

Mother: Align all the young children in the front.

Vande Matram – National Song of India.

"Vande Mataram! Sujalam suphalam, malayajashitalam, hasyashyalam, Mataram!
Vande Mataram, Shubhra jyotsna, Pulakita yaminim, Phulla kusumita Drumadala shobhinim
Suhasinim, Sumadhura bhashinim, Sukhadam, varadam, Mataram!

by singers -"Vande Mataram! Sujalam suphalam, malayajashitalam, hasyashyalam, Mataram!
Vande Mataram, Shubhra jyotsna, Pulakita yaminim, Phulla kusumita Drumadala shobhinim
Suhasinim, Sumadhura bhashinim, Sukhadam, varadam, Mataram!

Saptakotikantha kalakala ninada karale, Dvisaptakoti bhujair dhrita-khara karavale

Abala kena ma eta bale, Bahubala dharinim, namami tarinim, Ripudalavarinim mataram

Tumi vidya, tumi dharma, Tumi hridi, tumi marma,
Tvam hi pranah sharire! Bahute tumi ma Shakti, Hridaye tumi ma bhakti,
Tomarayipratima gari mandire mandire! Tvam hi durga dashapraharana dharini,

Kamala, Kamaladalaviharini, Vani, vidyadayini namami tvam, Namami Kamalam, amalam, atulam,
Sujalam, suphalam, Mataram, Vande Mataram!

Shyamalam, saralam, susmitam, bhushitam, Dharanim, bharanim, Mataram!"

"Mother, I bow to thee!

Rich with thy hurrying streams,

Bright with orchard gleams,

Cool with thy winds of delight,

Dark fields waving Mother of Might,

Mother free.

Glory of moonlight dreams,

Over thy branches and lordly streams,

Clad in thy blossoming trees,

Mother, giver of ease

Laughing low and sweet!

Mother, I kiss thy feet,

Speaker sweet and low!

Mother, to thee I bow.

Who hath said thou art weak in thy lands

When the swords flash out in the seventy million hands

And seventy million voices roar

Thy dreadful name from shore to shore?

With many strengths who art mighty and stored,

To thee, I call mother and lord!

Though who saves, arise and save!

To her, I cry however her foeman drove

Back from plain and sea

And shook herself free.

Thou art wisdom, thou art law,

Thou art heart, our soul, our breath

Though art love divine, the awe

In our hearts that conquers death.

Thine the strength that nerves the arm,

Thine the beauty, thine the charm.

Every image made divine

In our temples is but thine.

Thou art Durga, Lady and Queen.

With her hands that strike and her

Swords of sheen,

Thou art Lakshmi lotus-throned,

And the muse a hundred-toned,

Pure and perfect without peer,

Mother lend thine ear,

Rich with thy hurrying streams,

Bright with thy orchard gleams,

Dark of hue O candid-fair

In thy soul, with jewelled hair

And thy glorious smile divine,

Loveliest of all earthly lands,

Showering wealth from well-stored hands!

Mother, mother mine!

Mother sweet, I bow to thee,

Mother great and free!"

Bolo Adi shakti Mata ji Shri Nirmala Devi ji ki Jai ,Jai,ki Jai

Bolo Adi shakti Mata ji Shri Nirmala Devi ji ki Jai ,Jai,ki Jai

Bolo Adi shakti Mata ji Shri Nirmala Devi ji ki Jai ,Jai,ki Jai

Sound of conch in distance.

1998-1224, Evening Program, Eve of Christmas Puja

View [online](#).

24 December 1998

Evening Program

Ganapatipule (India)

Talk Language: English | Transcript (English) – VERIFIED

Evening Program, Eve of Christmas Puja. Ganapatipule (Maharashtra, India), 24 December 1998.

It is very difficult to describe this inner joy. You can only enjoy it, you can only feel it. It's something so innate to see that so many of you have learnt this difficult music and all of you have been enjoying it.

I went to various places in the West and I felt that, "Why even small little children, boys and girls, take to something which is self-destructive? Why? Why do they take to drugs? Why do they take to all these things which are self-destructive." I mean, you could blame the parents to some extent but on the whole, there was something within them which was troubling them, which was trying to say that, "That's not true. That's not the thing, that's not the thing that you want." And that's what made them go into all kinds of various types of rebellion, I should say, against all the accepted truths or accepted goodness or value system.

And I just thought that, of course, in India the parents are rather strict, I must say 'right', but there's one more thing in India: there's a big outlet for them and I found that outlet was the talent that they had. They had lots of talents, all of them, I felt when I talked to them and this and that. I felt that they have lots of talent but there is no way to express it.

Certain people have been doing some sort of an haphazard expression, I should say. And they could not understand themselves why they were doing it. And this was the main thing that was lacking, I think, in the West that the children had no way of expressing themselves, of expressing their talent. And this talent was making them mad, I think, that was making them absolutely rebellious. It was not their mistake by any chance, it was an energy within

which was bubbling and had no outlet. And whatever outlet they had was not recognized, was not appreciated.

And this made Me feel that if these children are given an outlet, a means of expressing themselves, I am sure they'll take to it. They'll forget all these things, they'll never take to all self-destructive ideas because they were angry with them, I think. And it worked; it worked in the sense that first I wanted Yogi (Mahajan) to start a school for small children. And I was surprised how these children took to another kind of lifestyle, very disciplined style and... they were very different children.

Like in the West I found a child, supposing you take him to the shop, he'll make you mad because he will say, "Buy me this and buy me that and...", not understanding that one cannot afford it. And left to himself, I would say, that he would go on buying the whole of the market.

He was so mad about it. But I thought that there was some sort of a thing that's lacking in him, in satisfaction. On the contrary, in India if you take one boy or a girl to the market, they'll say, "Bas, bas - only one, one will do." Big, very big problem.

I had My own granddaughters, I took them once to Delhi because they had broken their chappals [slippers], you know, and they had only one pair. The parents have else to do, no problem, but one chappal of that was broken, I said, "All right, you come along. Now in Delhi you can get good ones, we'll buy from them." So they came and I bought for them. They said, "Nanny, at any cost we'll not take the second one. We'll just take one."

But I said, "Supposing this breaks. Then what will happen? Then you will come back again to Delhi to buy chappals? Have one spare at least." They wouldn't listen and they ran away into the car. I went there, I said, "What are you doing? Why don't you buy

chappals for yourselves?" "Why do you want to waste your money, Nanny? You can use it for something else."

Now, I was surprised the way they were so satisfied. Of course, they are born realized, no doubt, but also the whole atmosphere. I felt that this atmosphere if the children from the West can get, they will definitely prosper, they'll definitely express themselves and they'll become excellent people. But I didn't know their energy was so much, you see.

After, My brother - your Babamama - I asked him, "Why not start an Academy of music?" And when they came to music, I was surprised. I was really surprised when we had not expected anything from them, within three months, within four months, they picked up such a difficult music style. It's impossible, it's impossible for Indians to do that. They can never do [it] in four, four months time.

Oh wow, I've seen in My own family, there were musicians and My sisters, My brothers, for hours together... Every morning they used to get up at about five o'clock and start their music. Every day rehearse for three, four hours, every day. And I used to think, "Now, when will this end?" I mean, after all, if somebody has to sleep after 5:00, you can't, just can't sleep. But that's a custom in India to get up very early in the morning.

But the way these people are learning it so fast, it is because that urge to express themselves was inside very, very strong, much stronger than Indians. Just imagine! I can tell you very clearly, I have never heard of anybody learning this difficult music in three months and four months. For years together they would not learn.

Same about you people: How you have started appreciating it, I just don't know. I mean, it's a different atmosphere that has started, so full of hope and joy.

You see now, there was one fellow who went to Belgium. He was an Italian, Italian Sahaja Yogi.

He said, "Mother, I was surprised. There was a nice program with the Indians, and the Indian Consulate had arranged, so I went to the program. And they were talking to each other and some of them went out, some of them came in, these Indians. They never understood that it was Pilu rag while they couldn't ... (unclear). Even an ordinary Pilu rag they cannot recognize." I was surprised that this Italian, that he... What he's saying is really, I've seen it.

The Indians when they go for this kind of a very deep type of music, after 15 minutes they start slipping out. Also they told Me that in England they went to a music centre or we can say for the buying of the records or something. So, all the boys who were there, who were Indians, were buying pop music, that music. And they looked at these Sahaja Yogis, they said, "Are you stupid fools? Why are you buying this music, this Indian music? What is there in this Indian music?" They said, "It's better not to talk to you because you are gone cases."

Now, you see because, somehow or other, this is a Sahaj trick idea that your Energy's tuned up to a very subtle and deep understanding of music. Otherwise, it would never have worked like this.

I mean, is the Kundalini, of course, no doubt. But the way she has nourished you to absorb, to understand, to enjoy. This is very subtle music. And it has happened more with the Western people than with the Indians, I'm sorry to say it.

But Indians don't have that much of understanding, nor that much of enjoyment. Westerners may not, may not understand but they enjoy. Indians will, those who are, I mean, a little bit educated in music, will start finding out faults, finding out ragas, "This was not good, that...". No, but not Westerners: Western people are so humble about it.

Isn't it remarkable how is it they have picked up so quickly and have understood? Because they have become subtler. This is the only thing I can say: they have become subtler and their energies are flowing through the subtler level. It's surprising for Babamama, also for Me, for everyone that in three, four months how can you play Malkauns rag? First time I heard, I started wondering, "How can that be?"

And that gives such a hope to save this music. It may be that in India it may be declining, but in the West it's rising. Is the other way round: The Sun rises from the East and sets on the West; here is the other way round now for music and I would request all the Indians to develop that subtle understanding. You see, say if you are a honeybee, only then you can suck in the honey. The flies cannot.

So you have to develop that sensitivity, I would say to Indians, I'm sorry to say that you have to develop that sensitivity within you, which is possible through meditation and through Kundalini awakening and balancing and ultimately getting connected with this all-pervading power of Chaitanya. Because Sound is the second state. First was, of course, they said the Word. But it was silent, came into Sound and if you can understand the subtle of the Sound within you, if you can get one with it, it gives you that joy.

But you will be surprised, I have never studied music, never, all My life. Because, you see, I don't know why but somehow I never studied because I could not have a guru, this is the problem is. I couldn't have a guru. So somehow or other, I never studied music. But what I have is the same as you have now is the subtle enjoyment sense of music. And that's why I said this is divine.

Of course, I also enjoy some pop music, also enjoy western music very much and the Western great composers I enjoy, no doubt. But this music has one speciality - that nothing is written down. There is no composer. The musician is the composer, he is the player and he is the book. It's so individualistic if you see that, but today I was happy to see all of them.

This is the western side of it that so many of them put together were singing, you see, like a choir but not so bad as that. And in the choir, you see, because I have attended many choirs also, it was too systematic, too disciplined; this is not. Here it is complete freedom within themselves. And the whole thing worked out so well, I mean, it's such a good combination of both the things. One side is the music, another side is the collectivity.

So I have never said a word about Baba's University or Academy, but I told him that, "I'm very proud of you." (Applause) He has very lovingly brought up this Academy and has that character of our old guru system which is very important. That keeps the whole place very holy, as you call 'pavana'. And that is working out. He is working very hard. I know Baba is working very hard, and all of you are working very hard to help him. But this Academy will definitely, I'm sure, one day will give that universal knowledge of that subtle thing I am telling you about. (Applause)

I know it is late today and tonight, I should say, but I am used to this more, because, you see, in our - when we were young - My father was so fond of music and musicians that so many times we have slept at about five o'clock in the morning, so, [it] makes no difference to Me. Same I find in you, people, that you are, the way you are enjoying.

So we have great hope of saving our young people who are going astray, people who are frustrated, people who are unhappy because they have no satisfaction; people who are committing suicide in the affluent countries. Also in our country people who are becoming politicians, I think, that's the worst thing that can happen to anyone. Also we have people who are doing all kinds of criminal things, doing all kinds of violence and everything.

All that can be completely covered with the ocean of music. And if it is done by Sahaja Yogis, it would be such a great emancipation for the whole world which is absolutely due and it is going to work out.

So I am thankful to Babamama and to all others who are supporting him in this and I hope you all will enjoy this music on a very subtle level. Because immediately with the mind which reacts, one starts discussing, arguing, condemning also. That's not the way to understand this music, but just to enjoy it. Enjoyment - it hasn't got two sides - is only enjoyment, single, and that should happen to you, all of you.

I am so much, so much overwhelmed really by this beautiful renderings we have had. For example now we had from Aurangabad. I mean, I can't believe that in Aurangabad you could have such beautiful dancing.

This Mr. Aurangzeb (Laughter, Shri Mataji laughs), after whom this name is given - Aurangabad. [Marathi] (Laughter) I don't know why it's called Aurangabad, whatever it is. He was such a horribly fanatic man and every day he used to kill so many Hindus.

And when... Thank God he was a thin man. He was weaved in their thread, Janaeu thread. How many were killed, you know. Imagine what a cruel man he was, and under his name is this Aurangabad. If you have to change any name in this country, it should be Aurangzeb and Aurangabad. (Laughter, applause, Shri Mataji laughs)

And he had no sense of music, he never used to listen to music, you know, but he was extremely honest; that's another point about honesty. And he would not take any money for his survival from the state. He used to stitch topis [hats] and sell them. Can you imagine? If he had not done that and had been little bit loving person, would have been much better.

But from that Aurangabad comes this music and dancing. I was amazed. I thought, "How can it be?" How did they call it Aurangabad, I don't know, but he's the one who hated music. (Shri Mataji laughs) How could these people be born there? And what dancing they showed.

Also you have seen the Kuchipudi from Baba, the Institute was another one. It was just, I hope, now I don't know. These are girls from, absolutely from countries where they have never known all this. And in such a short time to learn such a dance like Kuchipudi, is the most difficult dance, very fast. "My goodness!", I thought that, "What has happened to them?" And you may say, "Mother, this is due to Sahaj", whatever it is, but Sahaj also is to be borne by you people.

Now if you have a very small little candle, how much it can burn? But these are like the ocean of energies and the way they are expressing themselves is remarkable. Of course, I love you very much and it is not out of that love and admiration I am saying this, but it's a fact, is a reality.

I, I had no idea that one day it will go that well and this global movement is going to work out wonders. You must spread also the music along with the vibrations. I am sure it would be good. Really, for definite. (Marathi) (Laughter, Shri Mataji laughs)

And you can't believe, I asked Babamama, "Who is, how is it?" He said, "Only four months time." Everybody four months. (Laughter, Shri Mataji laughs) Very remarkable.

Then we have one from Spain. I saw him playing Spanish, but Spanish rhythm I don't understand much because it goes hectic, you know. (Laughter) It is very fast, sometimes very slow, but it's very rhythmic, but is hectic. Ours is very much, I should say, disciplined. Whatever it is, he also is playing so well.

So there are so many examples to show, that you may be from the Western country. It's better to be from the Western country now for music than from this. I can't understand really, it's a, it's a miracle, but why should this miracle work in the West and not in India I don't understand.

Though I am sure the Indians are enjoying this music, no doubt, because they are all Sahaja Yogis. But you go to any program - any other program where there are very few Sahaja Yogis - you will see that the way they behave, without any respect. The respect that is paid in India to the musicians has to be of a very high level - or any talents - say even art... See also people who make beautiful things from their hands. All these people who are so talented, are to be respected very much because it's a special gift God has given them.

Now in India, we have got a very big problem also. All great artists got into the... I should say, into the influence of the West, and so many of them take scotch whisky. What do you say to that? So many; and their music is finished. You can't even play cricket with scotch whisky, leave alone music. And this Western influence of taking drinks and things like that has ruined our musicians and I don't know what's going to happen.

I was quite worried that how is it going to be retained in this country, but now I have great hopes because if they see the Western people doing so well... You see, for Indians, this goes into their heads that, "How can they do it?" Oh, that goes very much... I mean if they see Western people doing such good music, it's very influential. So, instead of having any Indian artist on the stage, we should really bring foreign. (Laughter) It will have a great effect, I tell you, on Indians. (Marathi) (Laughter)

It was very shameful the way sometimes Indians behave in a classical music programs, very shameful, for anybody. They have no sense, nothing and they go on misbehaving. They come there for social, social affair, I think, that's all.

On this point, we Indians as Sahaja Yogis are to be responsible and to see for yourself how much they have achieved, how much they have understood. Somebody who saw them said, "Mother, now even in Indian music if they go ahead of us, what will happen to us?" (Shri Mataji laughs, laughter) But still, we have very great musicians, as you have Arun Apte before you. (Applause)

I must tell you, we had a program in Pune, that's called Shere, and I was very tired. And so I told Yogi (Mahajan), "What is in the program, next one?" He said, "Some musician has come. He wanted to sing, so he has come." I said, "Which musician?" "I don't know his name..." But you see, Yogi (Mahajan), I think, was that time not so much music-minded. (Laughter) Typical Indian style. "So Mother, You go and sleep."

So I laid down and I heard his voice and I heard him. I said, "Who is this singing?" I came back, I changed My sari, I asked Yogi, "Who is he?" They told Me the name. I said, "He's a great singer! What do you understand? How much are you going to pay him?" He told Me such a meager thing, I said, "Are you mad, Yogi?" (Laughter) Then I went out and I heard his great music.

I've heard his guru also before who was also very great that time, and also Ajid Kadkade and his guru Bandhu, both of them are. But I was surprised that none of the Indians could understand him, what he was singing. And this Maharashtra is known for music, for classical music. But surprisingly, it's not that level now that we had seen.

I am happy to see this resurrection of Indian music through you people. That was one of My greatest desire to get the art, handicrafts and music - all kinds of things which are created through this talent - should prosper. And I am very happy to see that despite it's so late - I don't know what is the time, oh my God (Laughter) - you all are still alert and enjoying. I can't say about other artists who have very much impressed you and impressed Me. So this is a very good chance - Ganapatipule - where we can have a very nice music, beautiful music, so enjoyable.

Thank you very much. (Applause)

1998-1225, Christmas Puja: Become Thoughtlessly Aware

View [online](#).

25 December 1998

Become Thoughtlessly Aware

Christmas Puja

Ganapatipule (India)

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

Christmas Puja. Ganapatipule (Maharashtra, India), 25 December 1998.

First, I'll speak in English and then in Hindi.

Today, long time back, Christ was born. You all know the story of His birth. And of all the sufferings He had to go through. He's the One who has given us a model of a Sahaja Yoga, for He didn't live for Himself, in no way. But He lived for others, working out the Agnya chakra. You may be divine, you may be very powerful, but this world is so cruel that they don't understand spirituality. They don't understand the spiritual greatness. Not only that, but there are many factors which attack spirituality. They have always done it. Every saint has suffered a lot. But I think Christ has suffered the most.

As you know, He was endowed with all the powers of Shri Ganesh, as He is the reincarnation of Shri Ganesha. The first of them was His innocence. He was the eternal child we should say. That He couldn't understand the cruelties and the hypocrisy of this stupid world. Still, if you understand what can you do about it? But with great courage He took birth in the country where people had no idea of spirituality. I have read a book about Him saying that He came to Kashmir where He met one of My forefathers - Shalivahana. It's very interesting because it's all in Sanskrit and the writer perhaps did not know Sanskrit, so he has given everything in Sanskrit language, which is not very congenial, I'm sure, to the Western people. Thank God he didn't know Sanskrit, otherwise it would have been very dangerous. It's written in that that he asked Christ, "Why have You come to India?" So He said, "This is My country, that's why I've come here, where people respect spirituality."

But I live among people who do not understand spirituality at all." His conversation with him was very, very interesting. Because Shalivahana said that "There is more reason that You should go back to Your country and teach them Nirmala Tattwam." That's the principle of purification. Went back, after three and a half years, He was crucified. I personally think the big difference between the Western execution and Indian is that it's - in the West, killing is a very great profession. With the slightest pretext they kill people. Anybody who is a saint was killed or they called him a madcap. It's the best way to avoid spirituality. While in India, if a saint says anything, then he is not challenged - never. But they believe in it. Because he is a saint, he is a much higher personality than we are.

Though there were very nasty people around and they tortured them. But as a whole the public, the people, respected them. If there are false gurus, normally they don't stay in this country because they know they'll be found out. Also they are so money-oriented that they go to America or to some foreign countries and settle down there to make money. This is one of the signs one should see. This may be one of the reasons why Christ was born in a very, very ordinary family. He had no proper bed to sleep as a child also. It's all described, where He slept, how His mother and father lived in a place where there were cows and calves. It was to show that spirituality doesn't need any luxury, doesn't need any pomp and show. It is a power within.

It is a glow and the light within which shows, automatically. You don't have to do anything to show it off. Such a person doesn't have any sense of money and other things as possessions. He was bothered about people who were suffering physically, even the lepers, and He tried to cure them, He tried to help so many people who were sick physically, because at that time, there were no hospitals, no doctors. So His attention was drawn to people who were suffering physically. Also mentally He tried to prepare them. There are so many beautiful sermons on the mount. In a way that time, people were not so materialistic, so they listened to Him - you can't say how many understood Him. It's very important that if you are not a realized soul, then it's difficult to

understand spirituality. The one who is talking about spirituality and the one who is listening to it, both of them have to have minimum of realization.

So from His beautiful life that I've seen, we have to learn that unless and until we are realized soul, we will be torturing the spirit of Christ. We have seen it's happening, all those who talk of Christ. He has said it very clearly, "You'll be calling Me, 'Christ, Christ,' I won't recognize you." Very clearly He has said it. I don't know why they didn't remove it from the Bible. It means those who will talk and preach and dress up to show off that they are spiritual in the name of Christ, He will not recognize them. It's as simple as that. And this time now when it's the Last Judgment, He is going to judge the whole world on the basis of spirituality, which means vibrations. His judgment has already started. I've seen it. You can see in so many countries things are just disappearing.

All their ego, all their aggressiveness, all their cruelties are being challenged. And those who did wrong in the war also are taken to task. So in the history also, those who have done wrong to any community, to any people, they all will be taken to task. They had no business to be aggressive on people and to torture them. This is what is Shri Ganesha's principle acting through Sahaja Yoga. Christ didn't say that, but He did say, "There will be Last Judgment." On one side He was very kind and compassionate, on the other side He was really Shri Ganesha, because He took a hunter to hit the people who were selling things in the temple. You cannot have business in the name of religion. What a big thing it is to understand. But the Christians didn't follow that, they did not. I don't know where have they gone.

As we have Mahatma Gandhi who talked of spirituality and nothing else, adhyatma all the time. But his successors who came put him somewhere with his spirituality and started a new world, new ideas and a new style of life. Those who are supposed to be His followers are now wanting to have many pubs, and also all kinds of things, can you imagine? This Congress was started by Mahatma Gandhi, and the Congress wallahs are doing all this. Where are they going to lead? The beauty of this country is, the treasure of this country is spirituality. Instead of taking to spirituality, where are they going? They may not be Christians, but they respect Christ, they respect Bible. I must tell you, is a fact, people don't know. They are not Christians means in the sense they are not baptized, but they respect because they understand that there was so much of spirituality about Christ.

He was the personification of spirituality. That's the beauty of Indians: if somebody is a Hindu or a Muslim, makes no difference. There were many Muslims who were saints and Sufis in India, they are all respected by everyone whether they are Muslims or Hindus. So for Christ, nobody has any objection at all. On the contrary, you saw yesterday how they were all happy about it because they are realized souls. But even if they are not, in this country Christ is very much respected. They can't understand, how can they scrutinize the life of Christ? How can they judge Him? And how can they make vulgar films about Him? This they can't bear it, because the respect that they have for spirituality exists very much more than it exists outside.

Because in the name of Christ people have done such a lot of wrong, such a lot of killing has been done. All kinds of wrong things have been accepted. With all this, one doesn't understand how they have judged Christ. For example, what I know in England, I saw, I was shocked that if somebody dies, they drink. If somebody is born, they drink. Drinking is the only way they have relationships. "How can you drink?" I asked them. They said, "Why? Christ created wine." I said, "When?" "In a wedding."

I said, "In a wedding? That was not wine, that was just the juice of the grapes that they grew there." We call it drakshas in our language. How can that be wine? It has to be first fermented, it has to be rotten, how can that be? So this is biggest dharma - to drink. But in India we know, though nobody has said anything against drinking, but we know drinking is a sinful thing. You see it everyday, everybody knows that if you drink you become absolutely out of your mind. There's nothing to be said on a religious platform, but everybody knows that what is drinking is. Not that people abroad don't know, they also know.

But somehow it has become a fashion. Even in our country it has now been introduced, I don't know how after Independence, people have started drinking. Every party they drink, also in the name of Christ on Christmas day. It's such a insult to His beautiful holy life. So, when They came on this earth, perhaps all Their powers of holiness were destroyed. The very good thing about Indians is that at least they respect, they respect a holy place. That is something good about them. And they know what is holiness is. Now of course they are becoming very modern and Americanized. But still, they know what is wrong, what should not be done.

With Sahaja Yoga now I am very happy to say that the foreign Sahaja Yogis also have become very beautiful. I'm surprised, because in their culture there is no spirituality. But I don't know how they left all that nonsense and have come out like lotuses, beautifully, with such beautiful fragrance of spirituality. This is something - a miracle. Everybody says, "Mother, we can't believe it, how could have happened ? How did You manage this?" I would say it's the blessing of Christ. They saw how people are working out in the name of Christ in a very degraded manner, and they developed a kind of a awareness that definitely something wrong with this, this is not Christ. This is not His holy life they are depicting. It's something else. And that is how I think in the West there's a greater urge, greater ascending force.

Yesterday somebody came and told Me, "Mother, there is no collective meditation." I was very happy to hear that. What is most important is meditation in Sahaja Yoga, no doubt about it. But the foreigners do meditation much more than Indians do, very surprising. And foreign men and women are very highly equipped I must say, as far as spirituality is concerned. Especially Russians, I was surprised that in America, they told Me, "Mother, these Americans are not Sahaja Yogis." I said, "Why?" "They don't have that respect for You, they don't meditate. Those who do not meditate are not Sahaja Yogis." I said. "I agree." And they make all of them, all the Americans to meditate. I don't know why in these Eastern Bloc people, Bulgarians and Russians and all these Romanians, how they have taken to Sahaja Yoga so much. Of course, they had the curse of communism on them.

Maybe that they felt that they have missed something in life, and they went deep down into themselves, and that is how they have achieved it. But I have to tell Indians that they have to meditate. Indians have one or two very bad qualities, and that is one of them is groupism. For example, if they're Brahmins, they'll sit together; if they are Kayasthas, they'll sit together; if they are Bhaniyas, they'll sit together. If that is not so, then by another name they'll group together. This is the worst curse of My country, because once you start grouping together you can never see the good of others and you can never see the bad of yourself. This grouping together can bring lot of problems in this country. At the time of Christ they had very different type of people. Either they were interested in spirituality, or they were not. Now we have people here who are interested in spirituality, but still they - one leg is in the water.

Where the age old problems still exist. And this is the ruin of our country. We cannot combine together, we cannot be friends with each other. Of course not in Sahaja Yoga, I must say, it has been solved very well. But if you see even at the time of Christ, He had problems with His disciples. Especially something happened with Peter. And He is the one who says a Satan will meet you. Because I think people fall into the group of satanic forces. And He said that He removed the satanic devils from many people and put them in the pigs. It's true.

There is a satanic force which is working very strongly. The more we develop security of spirituality, the more they will develop. The satanic force is in a different form in the West and a different form in the East. But I would like to tell for them to be careful how to find out the satanic forces in the West. You may not be affected by that because you are realized souls, but you'll have to fight it. You will have to fight it, for example racism. Racism is still very powerful there, very, very powerful. And you have to fight racism through marrying people who belong to other races. But still I find difficult to marry a black person to a white person - is an impossible situation. If I try that I don't know what happens.

Once we had such a marriage, I must tell you. And a white lady, French lady, was married to a black man. Instead of the French lady dominating, this black man dominated. So I was quite surprised, you know, how could that be? So, the reason was, I think he was taking the revenge maybe, the respite. So first of all, tremendous love and affection has to grow between the people. This color is so skin deep. It has nothing to do with the love inside, nothing. It's so skin deep. Thank God in our country, you can have a wife who will be very dark, husband will be very fair or the vice-versa.

But they never look at that from that angle. I don't think that exists in this country. But we have another kind, you see, just is a typical human problem is that he discriminates. Through ego, which I must say, Christ has tried to fight your ego. He was born in a very humble family and He was not a white-skinned man, no. In your language He was brown, but in Indian language He was black. But, when it comes to spirituality, you just see the enlightened one. You don't see what color they have of the skin. It's very,

very superficial. But this is one of the enemies of the Western life, I think, which must be conquered Materialism is another one.

But the worst of all which is against Christ is immorality. Immorality is so much accepted in the West. All kinds of immoral behavior is accepted. Like, they say that all these immoral people say, vote for somebody, he becomes a president of America. Then it's all right, doesn't matter, all kinds of immorality is allowed. But that is absolutely against Christ, absolutely. People don't understand that immorality will lead them to a kingdom which I don't know what to call because it's even worse than animal kingdom. And they are so immoral, they listen to people like Freud, as if they have no brains, they have no spirit, to take note of such a man. Only after Sahaja Yoga, model of Christ's life you can have. Whatever is past is over and finished.

Today now you are realized souls and morality is your strength. Forget about the past, and I'm sure you can get many more people under the banner of Sahaja Yoga if you lead a very, very moral life. At the same time, another very bad enemy we have is our anger. So they are very proud, they will say, "I'll now get angry. You know, I'm very angry." They are not ashamed about it and they go on saying that "I'm very angry," as if it's not wrong to say, "I'm very angry." Now they say, "I hate you." I mean, imagine any Indian language, if they use this word it would be meaning "I'm committing sin." So all this aggressiveness comes from anger. If somebody has to be angry, he should be angry with himself. Best is, to get rid of anger, you can pull your hair, you can bite yourself, you can use your pillow to hit yourself. That may be the best way of taking out your anger.

But see for what are you angry? Sometimes it's absolutely useless. Sometimes it has no meaning. Sometimes it's absolutely maddening, stupid. But as long as you stop saying, "I'm very angry," that's it. That's the time you should know you are falling down completely. So Christ didn't talk of all the subtle things, I have been talking to you, because that was left to Me. Without realization, how can you talk about subtler things? You cannot. Last time I told you about the vibrations, what is it, what does it stand for and how you get the subtle energy which we call as tanmatra, of our light - tejas, of water - jala, and prithvi, agni.

But, I didn't tell you of one very special one which is, in English language you call it ether. But ether is the energy which is managed by another tanmatra, we call it akash. It's specially today, because it's Christ who has sacrificed His life to open our Agnya Chakra, that we have reached that state of akash. Without Him it would not have been possible. We can have general communication. Like we can talk to people, we can say things, we can also use our fingers to express ourselves, our hands to communicate. But, to communicate vibrations, you have to have vibrations. Otherwise you cannot feel another person. But if you are at the Agnya level, means you are mental, absolutely mental, then your vibrations also are dwindling, in the sense you don't know what really they are saying. You can't judge your vibrations, because these vibrations are mental.

They'll say, "Mother, we asked the vibrations." I said, "Really?" If you don't have any vibrations, how can you ask the vibrations? It's very common thing. "We ask the vibration; we found from the vibrations." It's not possible because you are just mental. Now what Christ has done is to put you away from the mental level. That is the most difficult. While I'm surprised, those who follow Christianity have the worst mental position. They are mentally absolutely there, like, I don't know what to call, like the fog of Delhi that you can't cross. That's what was broken was Christ. How much we should be obliged to Him, that He removed the greatest hurdle in the human ascent, and that one was to break this Agnya, this mental being within us.

We read like mad, we listen to people like mad, we like those who give us feed for our mental being. They're so mental, so argumentative, think no end of their intelligence, that you have to just say, "All right, namaskar." You can't fight their mental attitude. That's why Christ is to be worshipped by people who are so very mental. And this mental nonsense has given such a sense of superiority to people. "Oh, whatever we do, what's wrong? What's wrong?" They cannot correct themselves because unless and until you cross this limit of mental being, you cannot see yourself. You cannot introspect. You cannot see yourself. You'll see others, "These Sahaja Yogis are like this, Sahaja Yoga is like that," all kinds of things. But you can't see yourself, because the whole thing is mental.

This mental attitude should be completely curbed through the help of our Lord Jesus Christ. But He's also mental, in your brains Christ is also mental, now what to do? The One who broke the mental attitude is also a mental - you have made Him into mental, like a statue of stone. So, firstly we have to tell ourselves, "Now don't think, don't think, don't think, don't think." Four times, and then you can rise above. And this is very important. In meditation you have to go beyond the mind. And thanks to Christ that He's

sitting at the Agnya to finish off this nonsense of mental being. I think people should stop reading also perhaps, maybe. Even My lecture becomes mental, what to do? I mean everything goes into their head becomes mental, somehow.

And then they ask Me questions, "Mother, did You say it this way, what did You -" I said, "I said it to make you thoughtless. Just to stun you, I didn't say this to sit down and analyze and do, no, no. I said this that you become absolutely shocked and stunned." So the best thing for all of you is to become thoughtless. That's the blessing of Christ, that's what He worked it out for you. And I am sure, if you work it out that don't pay attention to others. Don't react, just don't react. Everything they will see, they'll react. What is the need? What is the use? What are you going to do with that reaction?

This reaction creates nothing but ripples of thoughts in your mind, I've told you hundreds of times. And now you have to become absolutely thoughtless after this puja. If that happens, I think we have achieved a lot. That's the biggest blessing that Christ has given you, which you should really enjoy. Then only this Akash Tattwa in you will work. And how it works? Through your attention, it works with Me as you know. With My attention I work out many things. How? Just My attention has become thoughtless, just thoughtless.

It goes wherever it goes, it works. But if you put your attention for thought all the time for thinking, then it doesn't do the work that it has supposed to do. Attention works marvelously if you are thoughtless, otherwise it doesn't. So it has to rise from your own self. Then from others to the higher level of humanity, where you are in communication with the sky, with, we can call it as the tanmatra, or the essential, or the essence of ether. With ether you can have television, you can have telephone. It's a miracle otherwise. But with this tanmatra, sitting down here you can do the job. It works, just attention works. I know that.

You also know very well. You don't have to ask Me to put the attention, you just put the attention and it will work out. It's a very important thing that you have got. I think that is the first thing - once you have, no problem. But we start manifesting from the earth element. Then from the agni element, then from the jala element, and then we come to tejas, where the face starts shining. But lastly we get this thoughtless awareness by which our attention is absolutely free to do some special work. But if you are all the time thinking, then poor this attention is so busy, you know, so very busy. You don't have to ask Me then, "Mother, please pay attention." You can pay attention, and you can work it out.

In this attention, you don't feel what you've got, what you are standing, what you are wearing, what others are doing - no, nothing. You are one with yourself. And it's a life full of humor. So much humor. So much of joy. So much of happiness that you don't care for anything that normally people care for. So, as it is now Sahaja Yoga has worked in so many countries. I'm so very proud of you, very proud. And now it is also going to African countries, is a very great satisfaction for Me. And you all can do it; you all can work it out.

Only thing, become thoughtlessly aware, as the blessing of Christ. If it works, you will be absolutely enjoying yourself. So may God bless you.

[Hindi to English]

The fact is that this English language has been imposed on us for the past three hundred years. I have never studied the English language. Never! Even in school there was a small book, and in the Medical College, no one taught English as a language. My father used to say, "It is such an easy language and there are so few words in it, that there is no need to study it." And he admitted us into a Marathi medium school. And he used to advise us, "Learn Marathi and Sanskrit language". So I did not study Sanskrit language and as for Hindi, I never ever studied Hindi language.

No question about that! Didn't learn in school or in college Didn't learn hindi language anywhere! But there is one good quality in Me, which I must tell you about, that whenever I speak in Hindi, I can speak only in Hindi; and when I speak Marathi I can speak only in Marathi language, and when I speak in English, I can speak only English. It is very difficult for Me to translate from one to the other. That is why I cannot mix them up. Each of these three languages is different from the others. Now no one will believe that I have not studied Hindi language. But because of My interest in reading, interest in reading good Hindi books, I learnt the

Hindi language. But in the beginning My Hindi speaking had a lot of words and influence from Sanskrit. Because Maharastrians speak like that only.

They don't know day-to-day Hindi language. When they speak Hindi more than half of the words will be Sanskrit and the rest will be Marathi. You understand? This is the condition. What I have understood from all this is, that even language comes as a gift of God. Like you have a gift in music and arts, in the same way, aptitude for languages is also a blessing. And by that, one can master many languages. But the Hindi speaking people cannot learn any other language. The reason for this is - for example the English people also, they cannot learn any other language. And even if they learn it, they will not be fluent.

The reason is that everyone can speak English, so there is no interest for them in learning any other language. Now the Hindi speaking people have this problem that they just cannot speak any other language. I will never insist that you must learn Marathi, because Marathi language is very complicated. It's very difficult. Only Maharashtrians can understand it. And it has so much merriment and so many jokes. There is nothing indecent in that language. There is not even a bit of filth or indecency in it. It is such a profound and expressive language that for Sahaja Yoga there is no other language that is more appropriate than Marathi. Because only in Marathi a description of Kundalini was written.

Whatever has been written by saints and sages, has been written in Marathi language. And if you learn Marathi, you can learn any other language. There is no doubt in this. But Maharashtrians will not learn any other language. They are very obstinate. I asked someone, "Just read this Hindi book". He read a little bit, and put it down. I asked him: "Why?" and he said, "It is full of rubbish! Only nonsense is written, I don't want to read it!" Because Marathi is such a clean language with such pure thoughts, that after reading... After reading Gita, you cannot read wayside books of dirt and filth. You will not understand them!

So if some of you start learning Marathi, it will be a good thing. But it is a very difficult language to master. There are a lot of synonyms in Marathi language. The reason I am telling you this today is that even after coming to Maharashtra I have to speak in Hindi, because you do not understand Marathi. In Pune I speak in Marathi only. But in Mumbai I have to speak in Hindi. So those who like to learn languages, should learn Marathi. It is a language to learn. And it is such a wonderful language that our Namdeva who was a saint, a very big, a very great saint, was called by Guru Nanak and told to learn Punjabi language and write his poetry in Punjabi. And Namdevji wrote such a thick book, in Punjabi language. I too was able to speak in Punjabi when I lived in Punjab.

If you can learn Marathi, then, except Tamil language, you can learn any other language. Maybe you will be able to learn a few Tamil words. It's such a situation, that in this country there are fourteen official languages - we have, you will be surprised, fourteen official languages in this country. So I will say this that if you learn Marathi, you will manage to learn at least 8-9 of these fourteen languages. Now one more thing which is wonderful! The Bible has been translated, directly from Hebrew language directly in purity, in Marathi language. In this area, there was a lady called Rama Devi, very intelligent and noble. All the writings in the Bible, she made a translation of them - of all the Bible writings - and she did it in Marathi language. In that she has used Marathi names, like for John she has used the name Yohan, and for Matthews she has used Matthai. So the Bible that I have read was in Marathi, and that is why, many times there is confusion. She has written everything very clearly and distinctly and she has written it in all its purity.

And she has written in it that when Christ went to a wedding He transformed water into the juice of grapes. This is a fundamental point that she has written in Marathi. The second amazing thing is that about the childhood of Christ and about boyhood of Christ I have not read any poem in English language. I don't know, have you ever heard a poetry piece about the description of Christ's childhood? I have never heard one. But in Marathi we have many. Now, just yesterday they sang beautifully, "Baal vadana tava baghuni Krista". After seeing your small child's face - after seeing your face, your child like face - "Baal Vadana" - all my fears run away. So all this part is missing in the Western languages. I think that the childhood themes are not there.

We have about Krishna, about Rama, when they were children, how they used to walk, how they used to talk, how they used to put their finger in the mouth. Every little, little thing is described so beautifully about children. And that is how I think, Indians cannot think of killing their children at all. I mean it's an impossible situation. Even in Hindi language, in Marathi language, we

have such beautiful descriptions of these incarnations as children. Then the third thing, which is surprising, is that all their romance is before the marriage. After marriage there is no romance left! Third thing is that there is no romance described after marriage. All before marriage. It is the other way around in Indian languages: all the romance comes when you are married -- very sweet, sweet things.

I was surprised - I asked somebody to find out one English book where they have described the romance of the married couple. None! Finished! All the romance is over. Once you are married it is finished. Then what do you do? You quarrel, you fight, you go to the courts, take a divorce. That description is not there. And this is the significant thing that on us (Indians) there is a very big blessing of our Indian culture, very big! Please, remove that.

Someone can come and remove it. So I have read the translation of the Bible in Marathi. And whatever is written there, has great depth. I feel that English language has changed its essential nature. And even with regard to Christ, His sacred identity and spiritual significance has been preserved in the Marathi Bible. This is not there in the Hindi translation, nor is it there in the English version. The third thing is that the Maharashtrians have high self esteem. In Rajasthan also, the people from Mewar are very self esteemed. They would not learn anything from the British. If the English tried to teach them they would say, "Leave it."

No need. We have seen many like you". But in the North of India I have seen that they are greatly impressed by the English. Wearing good suits, wearing ties, boots, commanding and ordering others. It's not so in Maharashtra. To get a Maharashtrian wear a suit is the most difficult thing! They wear dhotis. Even educated people wear only dhotis. You can see that Tilak, who was such a great leader in the country, or we had Ranade (great leader) or Agarkar(great leader), all of them - no one wore suits and boots. No one used to wear tie or anything.

Of course, if they are in government jobs, that is a different matter. But here, even to be employed in a government job was considered below ones' dignity and status. In Maharashtra, you must be knowing, that many times it has been written, it has been written many times, "Why don't you take a government job?". And they would mention three-four names of government officials as an example that they were doing well. But there is no honor and glory in a government job. Not at all! My father used to say that working for someone was inferior. Better to have your own profession. And a government job is the lowest form of employment. It destroys a person's character.

And I've seen this is very true. Now, if someone gets into the IAS (Indian Administrative Service), then finished. His value goes up in the marriage market - 30 lakhs, 35 lakhs. An IAS Officer in North India is considered a big man. Here it's not so. But here, if a man is educated, if he is a scholar, then he is appreciated; and most of all if he is spiritually sound. This is a very great difference. And that is why in the early days in Delhi, I used to wonder what will these people understand? But it is most amazing, that in Delhi, Sahaja Yoga has spread so wide; in Lucknow also. I just cannot believe!

With whose blessings has it happened? These people were so badly servile to the British. What has happened to them now? How did they get transformed? I feel that where Shri Rama and Shri Krishna, made their divine abodes, there reside their blessings. There is no other explanation. Especially Lucknow, which was a place of indulgence – eat, drink and have fun - they were all indulgent and carefree... I always hesitated as I did not know what to talk to such people. All their relationships, discussions, I just couldn't understand. I was coming from Maharashtra and just couldn't understand their way of life.

Making fun of daughter-in-law or making fun of sister-in-law, it never made sense to me! And now I perceive there the blessings of Shri Rama and Shri Krishna, the poetry of Kabir, the blessings of Nanak Sahib. Oh! These people of Punjab - I studied in Punjab, and I felt that in the brains of these people of Punjab, Sahaja Yoga will never enter! And now I was amazed! I am very amazed! So much bhakti and so much bliss and joy. How did they attain this? There were no big public programs there, nor did anyone give big lectures. How did all this happen?

Now in Maharashtra I really worked hard Oh my God! So many villages and hamlets I visited and worked very hard. But in Maharashtra it did not spread so much. The quality I found in North India it is not in Maharashtra. It is really surprising. I thought, all My efforts in Maharashtra will go in vain. On the contrary they got after Me! So, I discovered one thing, that there are a lot of

false gurus there! So many gurus! Everyone has a personal guru; each home has a guru; It was overrun with gurus!

Even in the Panchaang (astrological calendar) even there, every guru's name, date of birth, place etc. is recorded! Oh My God - all completely useless people. Of course there were a few genuine gurus also but very few. Very few. The others, such useless gurus, are either interested in money or interested in women! This large land of Maharashtra, such a sacred land, has been blessed by the different aspects of the Devi Mahalakshmi, Mahasaraswati, Mahakali and Adi Shakti - all of them have place in this Maharashtra. And the eight Vinayakas and Mahavinayaka, are all sitting here. One thing is that these people are not immoral, they have no dirty thoughts, but they have no capability to understand what is dharma, They don't have the capacity. They only know going to the temples, ringing the bells and running after gurus for salvation.

They are too much ritualistic people. There is no other problem of immorality with them. But they are so steeped in ritualism that they are not able to come out of all these habits. I have given you the analysis of the situation, this way. The foreigners from whom I had no expectations whatsoever - I used to feel what kind of people are these, they have no understanding of anything - and they have reached such heights. And the people of the North whom I never thought that they would come to Sahaja Yoga... I used to call Dilli(Delhi) as Billi(cat). My marriage took place in Delhi. My father also lived in Delhi. I had no hopes from North India.

But, it is a very surprising thing that today in Delhi and further North of Delhi, in Punjab, in U.P., all over, in Rajasthan, Sahaja Yoga has spread. But Maharashtra it is a misfortune. And because of it, your coming here is very important. Because of your chaitanya, a lot of awakening can take place here and people can feel it. By your coming here, your attention also comes to this place, and by that, in Maharashtra all the false gurus settled here - there are lots of them still... In Maharashtra there is a saying "Ucchal Bangdi Karle". I cannot tell you the translation of this. The job of picking and throwing them out can be achieved only through your Chaitanya. Especially today, when you are worshiping the pure personality of Christ, His purest life, you are offering respect to Him, I would definitely say that, that all these so many false gurus settled here - which Christ, if He was here, He would have whipped them with a hunter - all such false gurus would be compelled to pick up their wares and run away! And after running away, I don't know where they will go.

They have made a lot of money, and befooled many people. But there is also a kind of narrow-mindedness, a kind of foolishness in people here. Any guru comes they will prostrate at his feet. There are a lot of "feet touching" devotees here! So this is one thing inside us: the capacity to get befooled! I don't know from where it has come. Whoever comes and teaches anything, its our heritage: "Gurudev has come!". It is due to this blind following that the spiritual culture of Maharashtra has been destroyed. And I would say that, today when you are worshipping the life of Christ, His simplicity, His purity, the weapon of His innocence, the power of Shri Ganesha, will definitely destroy these people, and in Maharashtra the spiritual awakening will take place as well. Here also the people will achieve that spiritual treasure and Param Tattwa (Divine essence) which existed in so many saints here.

There was no saint who did not mention about Kundalini. All the saints here talked about Kundalini. Saints, one greater than the other lived in this land. I think about those saints in this country, who have worked so hard here, and tried to awaken spirituality. Here, even I could not succeed. But I congratulate you for coming here. Your coming here will definitely put sense into these people. They will realise that they are just running after false gurus. I am telling you all this because many people suggested that, "Mother, instead of Ganapatiphule, You should have your program in our place". But I said "No!"

You come here!" Because it is your duty that you bring about awakening within everybody. Spiritual awakening in Maharashtra is imperative. So it is necessary for you to come here. And that too, here (Ganapatipule) - the place of Shri Jesus Christ - we honor it by our coming. He is very important here. I tell you., He will take the whip to whip all these false gurus and finish them off. But you must know that today we are here to worship and awaken His supreme divinity. And with His power, Maharashtra will become purified and holy. They do a lot of worshipping of Ganesha, they worship Ganesha a lot.

But who is Shri Ganesha, what does He stand for - all this they do not know. I don't understand this. They are so entangled in this mess; and to release them it is necessary for you to come here. To come every year, and worship and celebrate the birthday of

Christ is a great undertaking. My unending blessings to all of you.

1998-1231, New Year's eve Puja: Indian Culture

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31 December 1998

Indian Culture

New Year Puja

Kalwa (India)

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

New Year's eve Puja (English part). Kalwa (India), 31 December 1998.

Firstly I will speak in English language as we have many Sahaja Yogis from abroad. They have asked me to talk about Indian culture today because Bombay is the place where Indian culture is disappearing, that's what they say. But I don't think so, because the roots are so deep that we cannot give up that culture so fast.

Now as it is for the people who are coming from other countries, they have to realize that this country had no religion as such, because there was not one book, they didn't follow one person, they didn't have any organizations as we have for other religions, we never had a higher priesthood or all those appointed people, it was all done very spontaneously. The whole thing worked out very spontaneously.

But behind all that was, as I told you before, the attitude of Indians or our style was, not to challenge or to question what these great saints have given us. Because we accepted their status as saints, as higher personalities in a way - in a sense they were higher than us. So we didn't want to challenge them, and whatever they said we accepted. As a result that became sort of, you can call it, a way of conduct or way of life.

But as a religion we had nothing, except that later on the caste system developed. Before that there was no caste system because non-Brahmins wrote about Shri Rama or wrote about Shri Krishna. It's very surprising how we accepted all that, never challenged whether it was written by a Brahmin or not.

Brahmin was that who knew about Brahma principle, the principle of all-pervading Divine Love. Everybody was not a Brahmin, but later on they made it like this, whosoever is born in a Brahmin family was a Brahmin, whosoever was born in another caste belonged to that. But because of the father's inheritance, you can say inherited, they also had the profession that they were following. So according to the professions, the religions, or you can say the castes were established; no religion, but caste.

And that is how we had different, different caste systems in India according to the professions. It is very interesting. Recently, I discovered there is a caste called Ghadani, among Marathas, which you may not be knowing. They only believe in the art. They do music, or they have paintings, they make statues, they make temples; that's a caste, that's a profession. And they marry among themselves because it is easier to marry in the same profession and to have the same ideas and styles about life and the profession especially. Now later on, apart from being a profession, it started becoming a very consolidated nonsense. And then they used, I mean I think, it is the British who used it very much to separate us from one to another.

Now the schedule caste and all that was not also like a religious thing. We have got saints like Chokha Mela and all that, who were also greatly respected and regarded. Also Ekanath, Namdev, they all tried to be one with all the castes, and especially the schedule caste. So this saintliness was regarded as a another caste you can say, which did not believe in any caste whatsoever. They had no caste, they were a caste-less people without any religion, without any caste.

So the ultimate aim of every caste was to get to Self Realization. So they enter into the clan, you can call it, into the system of saints. And all the saints, whether Muslims, or Hindus or Jains or anything, they all were put together as saints, as you can say

they were Sufis. Sufis from the Muslim heritage they came. Then we had also among Jains, Tirthankaras and all that. The main point was that they were the people who believed in the ethical life, ethics, believed in the higher life, spiritual life and lived like that.

Now as you are all Sahaja Yogis, you have lost your religion, lost your caste, you have lost your heritage. You are Sahaja Yogis. Yogis, means you are the people who are believing into the ethical side of life. In this country all this was used and was exploited also, for politics, for all kinds of segregation of people. And that has really gone into such rigid ideas about every one, every caste, that first thing they used to ask, not now, before, 'What is your caste?' Now that's over, they don't ask, at least thank God, that much sense is there, that they don't ask for the caste, but they used to ask religion and caste formerly when we were entering into any examination or any kind of competition.

Now gradually it's vanishing, but the politicians wants to use caste as a method of working out the opposition and the majority part of it. This democracy I don't think is very helpful to us because in democracy anybody can start an organization, can say that, "We belong to this caste and that caste." And when the constitution was made also in this country, it's very surprising, Ambedkar was one of them who wanted that there should be a privilege for the schedule caste for forty years. My father was there. He said, 'No, you can have only two types, ones who have and those who don't have.' And that kind of thing if you have: those who have and don't have, it would make such a difference. Then in other countries they have the same type, so that the needs of the people who haven't got the minimum necessities for a good life will be helped instead of creating a caste.

Now there's one fellow called Mandal who created a great problem in our country. He as a student had a car of his own, used to live very lavishly, and he was fighting for some people who were supposed to be downtrodden. And so many bad things have been done because of his report that he gave. Now if he had made that kind of a proper, sensible, ethical division in this country, things would have been much better.

But now because of this problem of creating artificial caste, this country is suffering a lot and the castes of the gurus, the castes, we can say, of the Sufis, other castes of the saints is very much polluted and we had many people in our country who started becoming gurus and this and that.

But the main thing is the ethics, which was the culture of this country, was the ethics of dharma. Without that they thought human beings were worse than animals. Ethics was very important to every caste, to every person. Even when I was young we had the same thing. But now it has become such a mixture and such a problem, that unless and until Sahaja Yoga really spreads in a real way I don't think we can improve the condition of this country.

Now the essence of it is that once your attention is only towards ethics and Aadhyatama (MEANS spirituality -ed), then you start discovering all the inner deeper meanings of your life. You work it out in a different way. In a very different way you work it out. If it is material gain, then one can become like America. If it is some sort of a very low level hankerings, then also you cannot be an Indian.

The principles of Indian life were embedded in spirituality, in morality. An immoral person was regarded as a very low level person. Such a person could not get married, he had no place in the society, he had no place even in the homes, their own homes. That such a restriction on people, just to see that the society is kept clean, and such a person was thrown out of the society.

Anybody who even drank wine or anything, was regarded as a person who is not dharmic, he is adharmic. Can you believe it? Drinking was regarded as adharmic. I think very few people must have seen drunkards, only on the streets.

When I went to Russia they asked Me, "What do you say for 'cheers'?" The Russians say 'cheerio', they don't say 'cheers'. I said, "What? Cheers for what?" For drinking. When you are on the table, what do you say? I said, "We never drink on the dinner table, that's not done in India. At least, I don't know if somebody does it, but it is a very, very western style of life that openly you sit down at the dinner table before your children and start drinking, and say 'cheers'. Cheers for what? For becoming unconscious?

For becoming stupid? For getting into troubles?

But it became like a practice there. Whether somebody dies in the family, they will drink, can you imagine! If somebody is born in the family they will drink. So this culture, the whole culture was so bad, even among the worst in this country they wouldn't do that. Secretly some people used to drink, and they would go on the street. Then the Islamic influence came. And surprisingly when it is prohibited, absolutely prohibited, in the Islam, to drink, they all started drinking as a reaction, but only those Nawabs and all that. And because of them, because they were in authority, others also took to drink.

But still, it is not yet a custom to drink, to celebrate something. I mean supposing, even in the church they give drinks and they make also some sort of a Benedictine, in the church organization. Imagine! This is such a perversion of religion. In India also, in the temples and all that they started all kinds of nonsensical things, no doubt. But Indian philosophy is such that it gives you complete freedom and you can do what you like. But not in the name of religion, you can't do it, not in the name of God, not in the temple. And if they do it, people will throw them away, they bring a court case, do this do that and, I mean, just remove it completely. So it is kept pure.

We had a horrible incidence of horrible things people were doing, adharmic, but all that had to be cancelled completely. Why? Because the people wouldn't have it. People wouldn't like it. I was told that at Ganapatipule they are secretly offering some sort of a beer. But if the government comes to know about it, it will be banned. I mean, whatever is pure must be kept pure.

Christ, also, He took one hunter in his hand and started hitting people who were selling things in the temple. So the purity of that church or the purity of that religious place have to be kept. So the first thing I think was purity.

Here now I have seen, the other day, there was a boy, was for marriage, and it's very surprising, they were all very well off, very rich, everything was there. But they found out that he had a girlfriend before. And the brother of the girlfriend tried to stab him. Finished. Now for him to get married is an impossibility in this country. He might get somebody from abroad, I don't know what they will do. But if he had a girlfriend like that, openly, he is finished.

So the restrictions came from the society, a society which was built up on ethics. And all these ethical values are penetrating up to the lowest level, up to everywhere. But unfortunately, unfortunately now the other cultures are coming and people think we are rather rigid, very rigid people. We should really relax a little bit and take to other things. But I have to tell you that if you go out of the line of ethics, in any direction, the only saving is Sahaja Yoga to come back to normalcy, there is no other way out.

And once you come to Sahaja Yoga you cannot deviate from the path of dharma. If you try to do that you go out of Sahaja Yoga. It is as simple as that. It is not that, 'All right, doesn't matter, Mother should forgive.' and these things. I forgive, all right, I forgive, because you have got some still human weaknesses left in you, I forgive.

But in Sahaja Yoga you cannot. Sahaja Yoga has to maintain its purity. If you allow all such people to enter into Sahaja Yoga, then there will be no purity of Sahaja Yoga and then everybody will start doing this or that just to say that, 'After all, you see, we are also Sahaja Yogis, they are also Sahaja Yogis, if they have done it, why not we?'

What is very surprising to Me is the western people who have taken to Sahaja Yoga are scrupulously following Sahaja Yoga. Scrupulously. I am not such a strict Guru, as you know. But they understand one thing, that this is for our betterment, this is for our growth, this is a very, very important part of our lives, that is ethics. That has to be there. And once they understand it, I tell you, I am surprised how these western people who have seen their parents drinking, and also other people doing all kinds of things, even their friends and all that, they just give up, completely. I am very proud of them.

For us Indians, it is natural, because we are brought up that way. All the time we have seen people being corrected and, I mean of course drinking and all that was of course not out of question but even if somebody looks at a girl, you know, the father would say, 'I will pierce through your eyes!' And that's why the eyes remain steady, and I don't know how but we don't do all that. Normally. I mean if somebody has been abroad and all that and thinks that they are very free people and why not we can do,

that's a very different thing. But normally we don't, we don't believe in that.

Of course in India we do have some elite societies, so called; they are the people who believe in all kinds of elite behavior. I don't know what is that supposed to be. Maybe some of them have started some nonsense, especially in Bombay. Now it is spreading out also to Poona. And in Poona there are girls who are behaving funny. I mean I can't believe it. They drink, they smoke, they would become call-girls. All this has happened because they don't know what is their idea about life. Or maybe it's an actress or something they follow, but what is the life of that actress?

Unethical behavior, when you compromise with your value system, ultimately, where do you end? It's showing results. We have AIDS, we have so many diseases coming from this kind of irrelevant, unethical life. It is happening everywhere to suggest that we should take to very normal life, to very good family life of obedience and understanding. But because you are very free in the West it is difficult for you to accept, but once they come to Sahaja Yoga I am really surprised, I am really surprised, how they have accepted Sahaja Yoga so beautifully.

They had the freedom, complete freedom to do what they liked. In India we don't have such freedom for children. They can go wherever they like, they can do whatever they like, the teacher cannot correct them. Because of that freedom that they had, there's one thing good that has happened. So many are lost, all right, but those who are saved are rare people.

Because of that growth of freedom within them I think they learn our Indian music in five months, four months. No Indians can do it because they are restricted all the time, they are controlled all the time, they are kept on the path of religion. So ultimately the freedom that some of you had and enjoyed has given you a special personality. That you pick up very difficult things without any effort. Now whether you should have that freedom or not is your own lookout. But too much restrictions on children, I think, is not a good thing.

Now in music, I know, Ravi Shankar when he was young, his guru had broken a tanpura on his head because he put a wrong note. Can you imagine? They used to beat them, tie them upside down, put them in the well, I mean all kinds of things they did and the disciples listened to all that discipline. Can you imagine? But I think that curbed their capacity to absorb something difficult. This is one of the reasons why I see this has happened, that people have picked up this difficult music in four months, three months, it's a miracle we think. Why not this happens with Indians? You put them to anything, they pick it up so fast. With Sahaja Yoga, born with Sahaja Yoga, those who are, should be given full freedom I think. Such children should be given full freedom for they will not do anything wrong. And you will see they will pick up things very fast.

Not that westerners are more intelligent or alert, but the way they are given freedom, their growth, their personality. Sometimes they are like a vagabond, I think. Sometimes just like a tomboy. Sometimes to me they look like very vulgar, but once with that wealth of freedom they come to reality, they shine. So I would request also Indians, not to suppress their children too much. We enjoy the children very much in India, no doubt, but we suppress also them, very much. 'Why are you standing? Why don't you sit down?' And children don't mind because it is accepted, this pattern is accepted in India.

So too much restriction on children also curbs their personality, this is what I have discovered. But the western people go through such hell first of all, develop such problems to begin with and ultimately what happens is this, that they can be discarded as bad, bad, bad people. But if they come as good, good, good they are marvelous. All the freedom they have enjoyed before is showing results, otherwise how can this miracle happen to western people. There is no justification.

Now the problem is to give freedom or not. We have a proper sense now, after Realization, that a child is a born realized. In the beginning he won't understand, he won't understand. But gradually such a child will show results, maximum capacity to absorb and to express.

So today I am telling you about this freedom, which is the freedom of the Spirit. We should have understanding of such children who have that spirituality in them. They have dharma in them. And we should not try to constrict them or to trouble them. Let them do what they like. They'll never do anything wrong because they are born realized.

So I am talking about the future Indians. Some of them I have seen, eight year old children, six year old children, they are geniuses, I tell you. They sing as if we feel that these old musicians are reborn or what. It is very surprising how they show their talent. There was a programme I saw on the television of children below eight years and a three year old girl singing just like Hirabai Badodekar. I was amazed. They are born realized but also they have the talents from their past life. They have got it from the past life.

So we should not try to control and check our children too much, that's a part of our Sahaja culture. It doesn't fit into Indian culture, I must say, but it should fit into Sahaja culture, to understand the value of our children who are realized souls. I enjoy their company, they speak so sweetly of all the things, of all the persons, and they describe about everyone so sweetly. Just allow them the freedom to talk and they'll tell you all kinds of things.

Now I have praised you a lot I think. The outsiders we can call them, non-Indians, and it is a fact, the way they have taken to Sahaja Yoga is remarkable. But the way they are taking to this Indian music and to Indian art I can't believe it, really I can't believe it. I can't understand it.

So you have freedom, but now use this freedom for expression of whatever you have achieved in Sahaja Yoga. Because you are already grown up with your freedom and if you do not utilize that personality full of freedom in expressing Sahaja Yoga in your own languages, you won't help your people. You have to help them because your percentage is very low, your quality is high. But in your own country your percentage is low. So you have to go all out to get them into Sahaja Yoga and to let them know what they can achieve and what they are. You are duty bound, I think.

Transcript of 1998-12-31 New Year Puja Talk, Kalwa, India (Hindi/Marathi) video

[Marathi to English translation]

Here, small children have too much of freedom, too much because as per the law they can't do anything to the children. If a teacher shouts at a child, then they can remove the teacher from the job. This kind of freedom they have there. And the children are in vain ("") there, I agree to this. They behave the way they want, they do what they want. And there is no one to stop them, no one to tell them. One day I was going by a train, I was in the first class and there were around 25-30 children who came in my compartment. And in their hands they carried knives ("") and blades. I thought are they going to kill me. They said, 'we are not going to do anything to you as you are sitting quietly.' I asked, 'what do you do?' They said that 'we tear the cushions (in the train) and see what is there in it.' I said, 'there will be only cotton in it, what else.' They said, 'no-no, you let it be. We want to see.' They started tearing all of it, cutting it. I don't understand what type of children they are. At the train station, I was scared, I called the station master. Then when he came, (we came to know) that these children were going to very good schools and there were some 3-4 under age children in the group who were beat (by the station master) black and blue. When they were asked, why you did this, they said that, 'we were seeing what is there in the chairs?' I did not like them beating (the children), why to beat? Now what happened has happened. They said 'Don't talk (to us) like this.' I said, am talking the right thing. The children were beaten and they were all crying. They were all small-small kids, their age may have been around 7-8 years. And these 4-5 people came and started beating. Then they asked, 'in your India, do children behave this way?' I said 'they will never behave this way, no chance.' Children going to good schools will never do anything like this. They will be silent. Even when someone comes homes, they will be told to sit silently and not talk. If they go to anybody's house they should not ask anything. So the children, if they are given anything, they will look up in a way asking, whether to take it or not? The question they have is if we take it, will we get beating back home or what? The mother or the father will say yes, then only they will take it.

And when the children are turned around, then it feels nice, you feel good when you behave well with the children. But then we are too much ("") knocking down. We always go on dictating children, sit here, sit there, have you done this, have you done in the morning, I think we are too much throaty ("") of them is what I feel. Because now when I see their children (referring to the foreigners) when they first came to our school, the school is in the jungles, again the school is at height (above the sea

level), where they will fall, will slip ("'), or what they will do, is what we are worried. Slowly-slowly they understood, it came in their mind, now such small children, what houses they build, what paintings they do, our children can never do it. Means the competence (' ') that they have in them I think is killed within us. The competence should not be killed, we should get the righteousness, we should get the innocence. Not only that, but there should be respect for elders within them. But respect achieved by beating is of what use? Now these people (referring to the foreigners), they are not kids, all are big, when they came to our academy, within three months – four months, they were able to play the 'malkauns' raag. I said to myself, 'Oh my God'. For our people to play the 'malkauns' raag our people have austerity ("') for ten-ten years and still no one achieves the state of a Guru even by force. They open up by that force ("') somehow to become a big musician, their only health is good. In that after in numerous beatings, the disciples are ready. This Ravi Shankar (famous Indian music composer) has taken so much beatings from his Guru.

Not only him, I have heard about others as well, they have got a hammering and in the end what after constant abrade ("') for 10 years, 12 years, 14 years, they learn music. But how did these people (Shri Mataji is referring to the foreigners) learn it in 3 to 4 months? These people don't know anything about us, our music, culture. And how did these people learn, they have learnt the tune ("'), they learnt everything (about music). Then a thought came to my head that we have (pamper) our kids a lot, they have become very gentle like feather ("'). Kids are not treated with love, always why are you behaving like this, why you are sitting here, sitting there, like this, like that, it goes on. I have never done this to my children. But I can see others doing this. And giving children every now and then (' ') something else by which their self-esteem diminishes.

Things like this is too much in our place, due to this the children will learn, will read a lot, but they will not learn the art or the creativity in it. Appearance of Shrikala (' ') is less, but more stress should be on establishing the righteousness. If it comes in a free mind then it is special. What is the point of chanting 'Ram Ram' forcefully? It should come in a free mind. But after coming to Sahaja yoga, you should understand this much that your kids who are born realised, those who are realised by birth itself, then you should keep their respect. Sages, saints are coming to your house. You should respect them, listen to them, what they say should be heard. If you listen to what they say, you will be surprised. They have an amazing brain, amazing understanding, that even we can't manage they can manage. My, my granddaughter, grandson, they are all realised, so they have that much understanding that my saree was put in the ground by our maid, then she went and bit the maid. The maid said, 'Mad, why did you bite me?' My granddaughter replied, 'Whose saree is this, do you know? You are putting it on the floor, tomorrow I will put you on the floor.' The maid got a fright, she said 'Ok I will take care of your saree.' So what they are, so their behaviour, their fondness, or what they are showing in their lives, we should be seeing it, we should appreciate it. And we should see what these children are talking, in that we will not lose our greatness ("'). For us our mother and father are great, and even more are the grandfather and grandmother. Maybe one time even the grandfather and grandmother will agree but not the mother and father. So this is what, here we have to reduce the discipline ("') on them. There is no need for that. But from that they are realised people. They are born realised and many of them now are getting their realisation. Then we should see their behaviour, we should see their thoughts, we should talk to them, even if we talk to such children you will feel tremendous joy, they tell so much entertaining stories. and if you give them a slap, and ask them to shut up, you should not do such things. But the thing that came to my mind is that these children who go to the school in foreign countries, there the teachers are not even allowed to keep a stick. If the teacher says anything, she will be legally sent to jail.

But what has come from that freedom is this. If they are born realised then should we not be respecting them. You became Sahaja Yogis afterwards, they are born seers (' '). You have to keep their respect and in that respect you should not make fun of them, but you should really give them respect. Means, I know very well that they will stand up to these children. But even if there are fully enlightened and realised children, if you handle them ("') this way, by this the children will become useless. You should keep their respect, you should understand them. They should be educated about Sahaja Yoga completely from the heart. If this comes within us, even our children will not be less than anyone and our country will prosper in every way. Means what we call as spirituality that spirituality is there in abundance in our country but in that, which people feel about spirituality is that everyone should go and chant 'Hari Hari', become inactive ("'), don't do any work, become useless, it is not like that. After all the power is transmitted, you will become people with quality. The result of that power will happen and you will become attached ("') to it, this happens directly. But I feel special about your children because I can see the future of this country, these dutiful ("') children got birth through your womb, they are quite great people. They are great saints and sages. They have taken birth from you because you are realised people. But even if you don't understand that, then such great

sages and saints will be wasted (''). Hence beating children, giving them punishment, shouting at them, getting angry at them, should be completely stopped by Sahaja Yogis. Till date I have not mentioned this, but today I only thought about it that I should explain this to all of you. And the powers that they have within you should further awaken it. Not only this, by awakening it for such children, they should be made to sit in such a place where there complete progress will take place. The complete lines of their lives will change and they will understand that they are something special. What will happen due to this is that the enlightenment becomes coral (''). They should not become people whose character is killed because these children are born for this (Sahaja Yoga) only. In what all work they will prosper cannot be said. They will correct the entire state of our country. This is a big blessing of Sahaja Yoga for our country. This is happening at your door, at your homes, where such great sages and saints have taken birth. You have heard so much description of those sages and saints, they are in reality present in front of you, how are you not able to recognise them? You should recognise them and after you have recognised them if you keep their prestige completely, then those children will take you to great heights. You will be surprised that India's good luck is in this. In Sahaja Yoga many things are taken care, your illness is cured, your obstacles are cured, you get good children, those who could not conceive, get children. But what after that?

We have to remember our country always that we have for this country given birth to these children, not for us. And to get this executed ("") whatever qualities they need to have should be completely blossomed (""). We should keep this thought in our mind. These children will never do anything which is wrong because they are saints and sages. But scope should be given ('') to them, this is what I feel myself. Today everyone asked me to speak on culture, let your great heavy culture be. But culture has to have some meaning. Children should be completely obedient (""). They should not move from here to there at all, to do all this the mother and father need to also be very wise. Let these children behave the way they want. Appreciate them, understand them, you will come to know that these children have abundant qualities, you do not have to tell them anything. One or two of them may go astray, I don't say that will not happen, but mostly they won't. Then I am saying that, I can't see it, shouting at children and other things, I can't see it and I don't like it. I don't do it at all, I have never done it. Make them understand, if there is something explain it to them, the children will understand. If someone has done something wrong, you should make them understand. But just to show off that we have control ("") over the children, we shouldn't do that. When the empire of these children will come then we will know how much great this country is. So there is nothing wrong in giving them complete scope (""). Today I thought what will happen if I go on talking about culture, what is in the scripture remains in the scripture ('') (means it is not put to practice). But to get the true interest (""), we should understand what is required to our lives. So much restricted, so much force, then you say that they don't listen, to listen to you who are you? Are you a sage or a saint? Tis is so wrong, I am telling you this is wrong because by law there is not restrictions on us. These foreigners have (restriction by law), they can't do anything. If they touch the children they go to the past (''). According to them, in their empire, children are the property of the country, they are the wealth (of the country), not yours. You have to recognise the children, if they are born realised, of they have those qualities, instead of encouraging ("") it if you try to suppress it, they will run away from you. If they don't run away, they will do wrong things and even if that doesn't happen, they will be wasted. You have got lotuses in your hand and if you drain it (''), then what to say. Now it is the New Year. In the New Year you should decide that we will not put any kind of restrictions on our children. 19.18 secs (Youtube)

[Transcript of Talk in English]

Today is a New Year day. So I am telling them they have to decide now Indians that these children are born realised you should not put any sort of pressure on them. Of your culture, I don't add. The culture of love is the culture of Sahaja Yoga. Of course Indian culture is very deep rooted, very beautiful, everything but the, I think the, to the thieves of this great culture, you have to give that some nourishment, some water of love. Unless and until you use that they will not grow. So that is how we can take and give something nice from each other. I will be very happy to see that all those children who are born realised grow to be the saints of this country and the same with the western people. They should also respect their children, love, give all the freedom that is needed for their growth instead of cutting all the time. If you go on cutting the trees, they will never grow and they are on the natural grounds of Sahaja Yoga. So this culture, Indian culture which is very great, I must say, but there is one thing that is missing in it is the water of love. Even the Gurus you see, oh my God ('baap re baap'), I have heard about them that the way these used to treat their disciples, I said let these Gurus go to right, who cares. And those who would not trouble will be satisfied if you

give them some money. With money they are satisfied, but they would not hit you, they wouldn't do anything. There are only two types of Gurus. One who would take money, exploit; the others who would cheat them just like, I don't know what. Sahaja Yoga is in the centre. It is in the centre. It is the one that keeps everybody flowered properly and to understand the value of their family, value of their freedom. If that happens, you should also respect that for younger generation which is coming up. May God Bless you. 22.49 secs (Youtube)

[Hindi to English translation]

Now there is no need to talk in Hindi because you all are Englishmen and know English. And the second things is that for the Maharashtrians I have surely, because I have lost the habit of speaking in Marathi, so I thought that I should speak a little in Marathi. Hindi speaking people, they all know English language, it is not needed to explain to them. The thing that I have told, needs to be understood properly that when we forcibly groom our children, we don't consider that as persecution. If all these children have come to your homes as sages and saints then you should be respecting them, taking care of them, you should be loving them which will give them growth. You should give them freedom. They can't do anything wrong as they are saints and sages. But the way you look at them is different. You at all times your, in Marathi is called monarchy ("), this is a new word that I have learnt now or else (you can call it) Hitler-shai, you can add all the shai's. In this thing, I think there will not be anyone who is more than me in this matter. I don't like it at all if anything is told to children, I don't like it. If there is an issue, then make them understand. Now these children have to flourish ("), tomorrow they are the citizens of this country and these children will only enchant (") you. These people's children were also given the freedom, then with that freedom I am seeing today that how much extrovert (") they have become. Some have also become waste. You have the support of the culture, now on that support you should take care of the children. You can explain to them what our state is. So many things can be completed in a straight, simple manner. About our country, about the great people of our country, no one knows anything. No one knows at all that with how much sacrifice we have received our freedom. We should tell this to these children. In the house we should keep the photos of great people, great leaders. What all struggles happened, that we need explain to them. In the schools this should be explained, a similar environment should be there. Now we can see that the children know all the cinema actors and actresses but our people who had sacrificed so much, they tried so much and gave the freedom to our country, they don't know anything about these people. This is a very big opposition here in our place. So instead of shouting at the children on wasteful matters, make them understand and explain to them that the country in which they are born, you are its heritage ("). What all has been done for you, so much sacrifices have been done, in that way. Then the patriotism towards the country will build within them and the citizens here of tomorrow will be patriots. They are Sahaja Yogis, it is easier for them to be brought into patriotism, it is very easy. My blessings to all of you.

1999-0213, Shivaratri Evening Program and Talk on NGO

View [online](#).

13 February 1999

Evening Program

New Delhi (India)

Talk Language: English | Transcript (English) – Draft

Talk on NGO, Delhi (India), 13 February 1999.

We have started one NGO for destitute women and children; plus, we'll be having a hospital here. As you know, we have one in... good hospital in Belapur, near Vashi in New Bombay. And this hospital will be in Noida. [Applause]

Today, you'll be happy to know that we have now got the land in Noida and we are going to start our work there. You... whatever you want to contribute for NGO, you are allowed to contribute and we have a very good team of people who want to work it out. This is something... I thought that we must have, also, our attention for people who are in great trouble around us.

So, this NGO will work for women who are left by their husbands, by their family - who has nobody to look after - and also their children. Still I have not made the whole plans. But before starting Sahaja Yoga, I used to do lots of things like that. So I have quite a lot of experience. Our attention should be, really, towards people who are in trouble. Now - as we are now enriched with divine power - we should look after those who really deserve our attention. You'll be very happy to know about women who are destitutes recommended by Sahaja Yogis, will be a better idea. And, it can be worked out very well. So far, we haven't got any application of women who want to have protection. Also, we are going to teach them different arts and crafts and things so that, within two years they will be able to stand on their legs and they won't be, anymore, beggars on the street. So it's a...[Applause] Firstly, we'll make them Sahaja Yogis. Then we'll work it out. And I am sure you'll like the idea of having one NGO here.

Then the second one will be starting in Bombay... near Bombay - Vaitarna. That I had planned before - about fifteen years back - but they wouldn't give us permission. Now it has been finalized - we have got the permission. So I want to start an organization [Applause] there to educate boys and girls... but mostly first boys, we are trying. Those boys who have failed in the eighth class and ninth class to learn some vocational things like... small, small things... we don't have good electricians, good plumbers... all kinds of things like that. So, they will also stand on their legs because after failing in the ninth class or eighth class, they have nothing to do - they are absolutely in trouble. This I started fifteen years back. Now Mr. Amartya Sen [a person of Indian origin who won the Nobel prize for economics] has written it now. His... this thing about how to make them... I mean not so... still not in such good details. But he has written and he's got now a Nobel Prize - imagine - for that book. Which I did fifteen years back but the government was so bad, it wouldn't give me permission. Luckily now, with this BJP government, I have been able to get the permission and we are going to do it in a very big way and there are many people who are coming forward to help Me in that venture.

So now Sahaja Yoga is spreading outward to give sustenance and help to people who require real help from people. This is a new movement of Sahaja Yoga and I hope it will be successful.

Thank you. [Applause]

1999-0214, Mahashivaratri Puja

View [online](#).

14 February 1999

Mahashivaratri Puja

New Delhi (India)

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

1999-02-14 Mahashivaratri Puja Talk Hindi English, New Delhi, India,

[English translation from Hindi]

First, I'll speak in Hindi language and then in English language.

Today we have assembled here to worship Shri Maha Deva, Shri Shiva Shankar. In the name of Shankarji, many organizations have come up in this world. Because of Adi Shankaracharya's emphasis, worshipping ShivJi became very popular among people. And in South India, two types of sects came up: one which were called Shaivites, and the others were called Vaishnavites. Now Shaivites are the worshippers of Lord Shiva, and the Vaishnavites worship Lord Vishnu. In our country we are experts in creating divisions. We divide the Deities as well; and when we try to integrate them, then things become even worse. For example, a new thing has come up, called Ayyappa. It is a very wrong thing. And in that it is shown, that when Lord Vishnu assumed the form of "Mohini", then she got a child from Lord Shiva.

How is it even possible? Such wrong ideas are created and widespread in our country, and then different beliefs groups are formed based on these ideas. When Indians find some or other reason to fight, they become very happy. If they have nothing to fight over, then, they create something from their own imaginations. Actually these two aspects are connected with each other as sun is with sun light, word with its meaning, moon with the moonlight. Meaning that the "Sopan Marga" which is there, which we call as Sushumna nadi, which is the central path, it is the path of Lord Vishnu. And through this path we attain the Shiva tattwa. So the destination is Shiva tattwa, Shri Shiva, and the path is made by Lord Vishnu. To create this path Shri Vishnu and Shri Adishakti have done a lot of hardwork. Lord Shiva had no role in it.

He sits comfortably in his seat, not bothering about who is coming or who is not coming. So, to attain this Shiva tattwa, we should go through this Vishnu path (Sushumna nadi) and for that, we have to first correct the chakras within us. When the centers are corrected, our Vishnu path opens up. And along with that, we gradually start ascending. I have told you about all these centers, many a times. But there is a chakra in the heart also, which we call 'Left Heart'. This is not a heart chakra in essence, in a way, heart is the reflection, the reflection of Shri Mahadeva. The abode of Shiva is above everything, beyond the mind, beyond the thoughts. To attain this kind of tattwa, first and foremost we should pay attention and see how pure our heart is. Inside our heart, we nurture a lot of dirt.

For example, we feel jealous of someone. feeling jealous like somebody has been evil to you. Even if they might have harmed you also, troubled you there is no use becoming jealous of them. If your heart is clean then the mirror within you, in which the God Almighty's reflection is going to fall, will remain clear. But if you have jealousy within, then the mirror will not remain clean and the reflection of God will also not be perfect. To have enmity towards anyone and to have anger or ill feelings in the heart towards anyone, is very wrong. That is why Christ said that: "Forgive everyone". To forgive is extremely important. And before and after Christ many saints have said the same thing, that forgive everybody. The moment you forgive, immediately Lord Shiva, takes the situation in His hands.

The subtlest power of all is that of Shri Mahadev. And He, then completely punishes that person, totally punishes him. This is the responsibility of Lord Mahadev, not yours. Therefore to be jealous of anyone is very bad. But I find that there is lot of jealousy even in Sahaja Yoga. Sahaja Yogis are jealous of one another. If one person is made trustee, the other one is not, then he

becomes jealous. This trusteeship and all has no meaning, you all know it is a myth. Your Mother has created all this drama and has spread a web of maya. Even then the mind of the people gets disturbed; One person's mind gets disturbed and for the other the heart gets disturbed!

I do not understand what should I do! Such a big work is happening in so many countries, so I can communicate with any one person only, right? However, things are getting sorted out slowly, but still you will be surprised that even now there is lot of discussion about who is the leader and who is what? Second thing, there is a so-called "blessing" for us, Indians, that jealousy arises in money matters. Even in Sahaja Yoga there is jealousy on money matters. Someone has got more money and some less. Even while doing Sahaja Yoga work people see how much money one gets, and who gives how much money? If a person's heart gets involved with money he becomes useless for Sahaja Yoga. Because his heart gets covered with materialism. If any kind of materialism has affected you, then it is very difficult for you to ascend.

This is the speciality of our country. I have not seen it so much in foreign countries. But here it is prominent. I think, in Russia and Eastern Block countries there is very little of wealth, but they are not bothered at all. They don't think about money at all. But their heart is so pure, so very pure. And only with the pure heart, devotion (bhakti) is possible. We all, before doing prayers, wash our feet and take bath. But if we bathe our heart and ask God that whatever negativities are there within us, to please remove them and purify us, then it will be much better. Third thing, that is within us, are the six enemies (shadripu).

Shri Krishna has emphasised that krodha (anger) is the worst thing. Everything emanates from anger. A person shows anger initially, then he gets into delusion. Then he thinks: "Why did I say all that, I should not have said it", and so on. But he goes out of self-control, when he gets angry. In the fit of anger he loses control over himself. He goes out of self-control and he spits out words, which are meaningless. The dirt he has been accumulating since long in his heart, comes out of his mouth. We have to beware of this krodha. "Why does this anger come?"

we should pay attention to this, that why do we get angry. There are some who are angry with a particular person, there are some who are angry with the society. Like this, people get angry in different ways. Why does this anger come to us? "Why do we get angry?" - we should think that. Many people have told Me that, "Mother, if someone speaks against You, we get very angry". I feel like laughing at this. If anybody talks against Me, then I really feel like laughing. Because it doesn't make any sense.

What is there to talk against Me? I am just sharing my love, even then if they speak against Me, then what can be done? But some people have a crooked mind, so we should only pity them. One should think that such people are big fools. When a person is full of anger, then our attitude towards him, should be very polite. This attitude may also cool down his anger. In our country there are different kinds of angry people. There are institutions for that who spread with their anger: "Hit this person, hit that person", "Beat up this person, beat up that person". And this is also becoming an issue at the social level. This is a very terrifying situation.

To beat and thrash people, and for that purpose to form an army or prepare some weapons to beat and hurt people is very terrifying. However, for protection, a person is equipped with these weapons, it is not a big deal. However, if he is a devotee of the God Almighty, he doesn't require these weapons. This kind of a person is always protected. If Shri Mahadev resides within a person, who can dare to touch such a person, who can destroy him? Whatever you do, however you trouble him, still that person cannot be destroyed. But those who trouble them, will get destroyed themselves. When you will trust this completely, that whoever is troubling you, will get destroyed, then your heart will become totally pure and clean. This work can happen only in a pure heart, because Shri Shiva exists within us, as reflection, and only the mirror which is clean deserves to have His reflection. Shiva Ji's anger will happen only once, or rather people say that He gets angry only once.

But I have seen him getting angry many a times, because it is His right. He has a right to be angry. If anyone works against Shri Adi Shakti, then Shiv Ji has very long hands. Without listening to anyone, He finishes such a person. Because he knows that Shri Adi Shakti will not do anything Herself. She is not going to punish anyone at all, and She will forgive everyone. So, His hands are so long, then there is no limit, and when those hands start lashing, then nobody can stop them. Who dares to say anything to Him? He has got His own maryadas, which you can neither change nor go beyond. You should understand that in your individual

life, in Sahaja Yoga, you have to follow Lord Shiva.

Because, if you don't follow Him, firstly, You will get heart problems. First thing, is that you will get heart disease. It works out in two ways. Firstly with excessive anger the heart catches, and secondly, after the anger if a person repents, then he gets the disease called "angina". This is how both the things are useless. But one cannot quit anger, just by saying. This is something like alcohol. It becomes a habit to get angry. He starts relishing it, his face gets puffed up, he gets extremely angry and no one can control him. So, I thought that if you sit before the mirror and get angry on yourself, rebuke yourself with few angry words and by sitting in front of the mirror if you say: "There cannot be a greater fool than me", then perhaps you may get rid of your anger.

I am saying: "It might be possible", because at times, these problems are so intricate, that it is very difficult to solve them. Further, it has been observed that the more we focus our attention on something and the more we react to it... Someone says something and we react instantly to it - this custom is more in the foreign countries. For example there is a carpet - immediately they will comment, "I don't like it!", "I like it!". Who are you to say all this? Nowadays it's a fashion to say: "I like it", "I don't like it". As if every person is a renowned master, who goes on saying: I like it', I don't like it'. This should not be said. Saying this is the indication of your Agnya caught up.

What do you think of yourself that you are saying: "I like it, I don't like it"? You do not have a right to like or dislike any of the things. Supposing, some poor man gives you with affection, some very beautiful flowers, and you say: "Sir, I don't like this flowers", you are unable to understand the hidden emotions behind this act because Shiva tattwa is absent in you. Even if it is a very small thing, which has been given to you by a poor person, you don't recognise the feeling attached to the emotion, and how lovingly he has brought that for you. For that in India the example of Sudama has been shown, that how he arrived with roasted rice to meet Shri Krishna and how Shri Krishna honoured Him. Anything given with the feeling of love is like a piece of glass on which when paras (mercury) is applied it becomes a shining mirror. Similarly, if you have feelings of love for someone, a very beautiful and good feeling, but you have no money, then even if you gift that person a very small thing, then that person should think: "Aha! What an excellent thing it is". This feeling of love gives a subtle sight to the person, which can be called as artistic, artistic qualities emanates from it. When art is visible from it, you start thinking how artistic that thing is.

This art is the art of love, is the art of love. By this art you can clearly see how much love is in that person, how affectionate he is, how loving he is, what a gentleman he is, what a good person he is. When you start seeing these qualities in others, then you will look within yourself, and will start thinking: "How am I?" "Do I have that much love?", "Do I have this gentleman's qualities"? "Do I have all this goodness within me, or am I rendering lip service only? And thus misleading the people". Actually we are misleading ourselves only. When we are doing wrong things, living a wrong lifestyle, when our lives are completely filled with wrong conceptions, then we cannot make anyone happy and definitely we cannot be happy as well. So from the point of view of "swartha", "swartha" - this word is very beautiful - it means "to know thy Self" (swa ka arth). "Swa" means the Spirit - you must know the meaning of it. To know the meaning of it people worship Shri Shiva.

But I have seen that the worshipers of Shiva are very hot tempered, full of anger, very miserly and what not. No one is as generous as Shri Shiva, no one is as loving as Shri Shiva. He is the source of love; the love which is flowing all around is the leela of His Holy feet. It is due to Him this work is happening, that people are fully immersed in the ocean of love in Sahaja Yoga. After coming to Sahaja Yoga, when you attain the state, the state which should be called as Jiva Atma, then your attention, your attention gets engrossed in the Lotus Feet of Shiv Ji. And as soon as it gets engrossed in Shri Shiva's Lotus Feet, what happens within you, is that whatever qualities of the five elements are there, they also become very subtle. I have already told you about the four elements, but the fifth one, which is called 'ether' in English, I didn't tell you about. Here it is called "akash". Akash tattwa is that, when a seeker attains the subtle state, then he attains the subtlety of the ether element. That "akash" which drives the ether, that akash which... is self-driven.

If a person has any problem or any trouble, then through this omnipresent akash tattwa, which is everywhere, instantly the effect of your attention reaches where it is required. It is an amazing thing, but it happens and it happened also. People may call it miracle, but it is not. In Sahaja Yoga if your Shiva tattwa is awakened, then all the subtle, the subtlest of the subtle emotions and state get awakened within you. Therefore it is necessary for us to purify our heart first. Previously I have talked to you about

three enemies. Now, the fourth enemy present within us is "madha". "Madha" means ego. When this ego affects the women, they start walking like men. Then they cannot walk like women because of the pride - "I am something very special" kind of feeling.

Supposing a girl either comes from a very rich family, or she is very beautiful, or very well educated, whatever is the reason, if she gets ego by anything, then she starts walking like a man. And when a man is affected by ego, he starts walking like a woman. Meaning such a man makes himself up, for hours sits before the mirror, combs his hair, does this, that does all kinds of feminine actions. To dress up is the job of the women. While walking also he doesn't walk straight, he walks in a peculiar style. From behind, if you see him, you will feel as if a lady is walking in a male dress. So, when a man gets intoxicated with this ego (madha), then he is completely lost in his own world. In his ego, he starts swaying like an elephant. All his actions become different. Whether they talk or don't talk, the way they sit - in every action it is evident that they have some kind of ego within them.

It is difficult to understand the cause of their ego, what makes them think that they are special. All these things are petty things. They have no meaning at all. In Sahaja Yoga they have no meaning at all. And so that is why to believe in these kind of things, that "we are something special", then you just end up to be worse than ordinary. You do not remain extraordinary, you become worse than ordinary. It means that it's not wise to have any imagination about yourself, that "I am very rich" or "I am something great". Now even the poor people suffer from ego. Even the dalits have become egoistical, it's beyond understanding. People talk as if they are something very great.

What are you as an individual? A devotee of God Almighty. You are Sahaja Yogis, who believe in God. To think about yourself that you are something great, is to go away from the state of joy (anand), because the power of Shiva gives the state of joy to the seeker. To get absorbed in the state of joy, people worship Lord Shiva. But I have seen that most of the Shiva bhaktas are quite grumpy people - no one can talk to them. What is the use? They worship Shri Shiva who is verily Natraj, from whom emanate all forms of art, who is extremely joyful, who is the embodiment of "anand". In front of Him, how could these people be called His bhaktas? They hang such a big linga around their neck, which could give them a heart attack.

What is the need for that? You can yourself become the "linga swarupa". Without becoming that, they claim: "We are Shiva bhaktas", and start fighting after worshipping Shri Shiva. And they have different marks. Shiva bhaktas will put mark across the forehead, and Vishnu bhaktas will put the mark along the forehead. Oh! What does this mean? Vertical application means that you are ascending - alright! You are ascending and once you reach that state you should become peaceful. The mark should be applied both ways, or not be applied at all.

It should have some meaning, that those who are trying to achieve Shri Shiva, should go through the central path ("Sopan marg"). While passing through this path, you have to leave behind all the negativities. Before criticizing others, learn to criticize yourself. Say it to yourself: "I am like this, I am like that". When you start criticizing yourself, then you will see that all the bhoots will run away. Because we have gathered all these negativities, by our continuous thought process, by our Agnya. By the excessive use of Agnya, we start accumulating negative forces, everything transforms into a mental projection and such a person becomes troublesome and creates misery. And that misery makes him also miserable. By giving unhappiness to others, you can never be happy. It will have its impact on you even if you are a stone.

It will have its impact and the impact is such that the person becomes unhappy. As far as a Mother is concerned, She always thinks of your welfare. She thinks what makes you happy, what gives you contentment, what gives you peace of mind. what can give you love and what makes you become a saintly person in this world. This is the method of the Mother, but this is not Shri Shiva's method. He tolerates upto a certain limit and then deals so severely that I get terrified that what is going to happen to that person. Where shall he reach? What is he going to do? Shri Shiva doesn't think that. It is not in His nature to think that: "Even if he is very bad and evil, I will forgive him!".

Yes, if the person is worthy of His forgiveness, then He forgives. And those who meditate upon Him and do lot of penance, He blesses them with boons. But that person who, basically, does not want to correct himself, Lord Shiva sets him right. It is a fact. That's why we should be scared of Him as He is called "Bhayankar" (Terrifying). When He gets angry then He does not forgive anyone. But His worst anger comes during the doomsday, what we call: "the night when the whole creation will be finished". At

that time, He will destroy everything with his anger. That time, as I have told you, is the Last Judgement. During this time which path you take to, where you go, whatever you do, all these things are completely stored within you.

Every small detail about you is recorded and accordingly you are sent either to Heaven or to Hell. It is Lord Shiva who sends people to Hell, not Me. I have nothing to do with the Hell (Naraka). But Lord Shiva has. He will pull you by your legs and throw you in the Hell. Then you cannot say that "I am the worshipper of the Mother, and I am the follower of Mother, then why is this happening to me?". I am not instrumental in that. Once someone calls Me Mother, then I can not think ill of him. But, If I am the maryada for Shri Shiva then He is my maryada (limit) too. But, in this regard since we both are totally opposite in nature, you have to be very careful.

And the eleven Rudras present in Christ are also the manifestation of Shri Shiva. The emotions of the Rudras are the form of Lord Shiva, that is why, you have to be very careful. Regarding this I have to warn you, because even in Sahaja Yoga some people come to earn money, some talk ill of others, some do wrong things, some do injustice. Such persons are sieved out of the stream. But as soon as they are out, they get into the orbit of Lord Shiva. Then I get the news that they have gone bankrupt, this happened, that happened. I say: "Now don't tell Me this". They themselves came out of His protection, then who could save them? So, you should try to seek your protection in Lord Shiva. Of course, you are protected by Mother, but you should seek also Lord Shiva's protection.

For that, I told you about the five elements. The subtlety of these five elements should be attained by you. And to achieve that state you should meditate regularly. Those who meditate, look totally different and those who do not meditate also look different in another way, no doubt about it. Now those who meditate but they are not willing to do it, whose attention is not there in meditation, those who do not have understanding or discretion for meditation, and they have a kind of laziness towards it, then that meditation is not fruitful, one does not get any benefit from it. Meditation should be such that each and every cell of your body gets filled with joy and bliss showers over you. Lord Shiva's first and most important blessing is that He gives you joy, He fills your being with happiness. Even only by chanting His name, a person should become joyous. But instead people always behave in an opposite way. I feel surprised that nothing is as expected, that the people whom we think to be Shiva bhaktas (devotees), how could they be such dry personalities?

Not possible at all. There is one more reason for it. Those who are always busy working, too busy, they become right sided. When they become too much right sided, they get devoid of Lord Shiva. They move away from Lord Shiva; and then Shri Shiva shows His power. Now you know that Shri Saraswati is the sister of Lord Shiva. The worshippers of Shri Saraswati, I mean the people who read and write, who gather knowledge, and apart from that, who are interested in art, who are genuine art lovers, this kind of people who worship Shri Saraswati, pay homage to Her, they should know first of all that She is Shri Shiva's sister and you know that sister's relationship is very powerful. If you try to deceit His sister, adopt any bad qualities or talk ill of Her - for example, many people write impure literature or bad books, many people have knowledge, but they distort it - this kind of people cannot escape the wrath of Shri Shiva. Because His sister is very important. And to deceive Her is the greatest sin.

In His view, it is a very big sin. And regarding Shri Adi Shakti His protocols are equally rigid, there is no doubt about that. Please check this mike. It is falling off. And now, Sahaja Yogis, first of all have to pay attention towards themselves. I do not mean that they should sit before the mirror for hours. Not at all. Sitting before the mirror all the time, is also considered a disease. I mean to say that you should have attention towards your Self, look at yourself and see: "What are the problems within me"? "What wrong things am I doing?".

In our Indian culture, the straight path, which has been suggested, should be taken. In this time a new era has come, in which people think they can live as they want, but it is not so. Being in India, you have to be in total harmony with the Indian culture. Your life style should remain connected to Indian culture, because in our culture, Shiva tattwa is given great importance. Most important of all is Shiva tattwa. And Shiva tattwa only has created our "maryadas". The moment you cross these maryadas, you are finished. All these maryadas which are in our culture are because of the grace of Lord Shiva. Whatever has been told to us so far: "Don't do this, don't do that", everything big and small, these maryadas (boundaries) have been laid by Lord Shiva. He is so much concerned about His maryadas that the moment you step over these boundaries, you get affected.

Now, in the name of Shiva tattwa, people have created so many wrong ideas. Like many people think that taking "bhaang" (an intoxicating drink) can awaken Shiva tattwa. Many others who consume liquor think that drinking alcohol submerges you in Shiva tattwa! Many wrong ideas of this type have been created by people, that this kind of acts are all right for Shri Shiva, because He has done that. Shri Shiva drank poison also. Would you also drink poison? He drank poison to make the whole world free from it. That is why He used to eat "dhatura" (jimsonweed), because "dhatura" contains poison. Similarly you might have heard that Sai Nath used plenty of tobacco. He used to fill it in a pipe and inhale the smoke.

The reason was that most people in Maharashtra are tobacco addicts. A minister also will consume tobacco and his servant will also consume it. And the minister will ask a servant: "Give me tobacco if you have". To this great extent there people are used to tobacco although tobacco is not grown here, in Maharashtra. But somehow they are crazy for tobacco. To such great extent people consume tobacco in Maharashtra. To free people of this addiction Sainath thought: "Why don't I consume all the tobacco?". That is why He used to inhale tobacco. But people started saying: "Sainath is smoking, so we also can do". Because of these kind of people, He used to consume tobacco so that the tobacco addiction of these people will come to an end.

Now, whatever you call it, tobacco is tobacco, and there is no connection between Lord Shiva and tobacco but definitely He wanted to destroy it from the whole world. Now supposing we take the example of Goddess and the job of the Goddess is to eat all the bhoots, so would you also eat bhoots? Also the job of the Goddess is to absorb whatever diseases you have. So, would you dare to do that? This is not your job. Similarly, whatever the saints and sages have done, you neither have the power to do it right now, nor it is your job. Your job is to cleanse yourself, to correct yourself and first attain that state. Then all the other matters will be alright. But if you don't reach that state, it is useless. For you, doing all these rituals is a waste.

There are many things, which can be justified wrongly. But if we have to go in the right direction, walk on the right path, then first of all we have to purify our hearts. All these habits that we are addicted to, these habits also altogether affect our heart. So in the olden times, it so happened, that all the disciples who came, were made to sleep in jungles. They used to live in jungles among the snakes, scorpions spiders and all other animals, so that they do not get addicted to a luxurious life. At the most they could sleep in huts, which were covered with cow dung. They used to live a very simple life and wear minimal clothes, so that children do not become crazy about clothes. "We want to wear these cloths, those shoes, we want this food" - Sahaja Yogis should not say all this. You know that your Mother can live anywhere, can sleep anywhere, can eat any food. So Indians have a craze for taste within - all the people here are very fond of eating.

Sahaja Yogis also invite each other for having food together. Ladies particularly have to say, wherever I go, "Mother, come to our house to have some food". My food habits are very different. I cannot eat in a hotel, I cannot eat anywhere. Even in my own house I eat without salt and sugar. I am not bothered about taste since childhood. I eat whatever is available. But Indian tongues are very fond of spicy and tangy tastes. Whether they are from U.P., from Punjab or from South, in the matter of eating, Indians are great experts. And women befool the men by serving them good food.

"My husband is fond of this food, my husband is fond of that food" What to do? Women will be slaves to their husbands and try to please them. If they keep talking about food day and night, then they are not Sahaja Yogis. And when I was there in Milan, during the program of Guru puja, I Myself cooked the food. What to do? For four years I Myself cooked there, because no one else prepared tasty food. People would say: "Mother, it tastes just like plastic". In particular, the Indians. All the Indians who come there for Puja, have to meet Me, as if they have special right over Me. Also they are very critical about the food, that the food served here is not good.

Now one more new thing has begun among Indians, that they want attached bathrooms. Their bathrooms, if you go to their houses and see, how their parents lived there... Now, they want attached bathroom, that too western style. I am mentioning this today, because I am tired of it. In Ganapatipule, I provided western bathrooms separately for them. At first I provided Indian toilets, thinking that Indians will like Indian style. And I provided foreign people with western style. But then Indians said: "We also need western bathrooms". Now what is this? I said: "Now a strike is going to start here". I said: "Take tumblers and go to

jungle, that is what you deserve".

For years together they have been going like this, but now they have become great sahabs and want attached bathrooms. Poor western people, poor foreigners who came from abroad said: "Mother, we prefer Indian style, because they are very clean. So give us Indian bathrooms only". Then I changed the arrangement and Indians were very happy that they got attached bathrooms. You should be ashamed of it. Sahaja Yogis should be ashamed talking about such things. Your forefathers used to go to jungle with tumblers so why do you have this new craze? Do you have some disease or any other problem? They put Me in great trouble. But somehow it struck Me that: "Okay, you take this and you take that".

This kind of giving excuses and doing such things, is something only Indians do. You will be surprised, people who come to Cabella, all of them stay with one another, though they are very rich people, they have cars and everything, still they would sleep in the pendal. But Indians will have a special place for themselves, they will stay in hotels and roam around in cars. They do not have, even to a small extent, any kind of sacrificing attitude. They have not learnt how to sacrifice. The way we became so modern nowadays, it's beyond My understanding. Now, there are no servants in foreigners' houses. So, they have no attached bath, they have only one bathroom, because they only have to clean it. You all have servants, so you can afford even ten bathrooms. But all these things are taking you away from your own powers.

Your attention is going in useless things. Frittering away of the attention in absurdities, all this will make you a very ordinary human being. Among women, it is fashion nowadays to go to beauty parlours. Their face remains the same. They will spend money there, do this here and do that there. In Pune, the wife of brahmins will wear sleeveless dresses, use goggles and roam around in a moped. I don't understand it. In Pune, which is punya-pattanam (land of good deeds). Is this the way to do good deeds? We are adopting to western style in such a way, without thinking where is Shiva tattwa in this?

Look at Shri Shiva, He sits comfortably with minimal clothes. In His marriage procession also He sat upon Nandi and went. Why Nandi? Because Nandi is His disciple. Whatever He says, Nandi will nod his head. He can tell Nandi anything, that's why he is His dearest disciple. Now, He sat upon Nandi and arrived at His wedding venue. So, Parvati Ji had no objection, but Her brother, Shri Vishnu got a little worried: "Why is the bridegroom coming in this manner?". I do not mean that you become this kind of a groom, I don't mean that, but still, to overdo things and spending unnecessarily is of no use. Be sensible.

Wisdom is your ornament. To accept everything, whatever is there, is alright. Food - alright. Now, if they go to someone's house for food, they will keep criticizing the host. May not be in front of them but back home they'll say: "What kind of food was that?". If the host cooked good, then they demand same food in their house. The whole day attention is on taste of the tongue - it is too much in India, beyond the limit. This kind attention should be reduced. The foreign yogis eat Indian food. I've never heard any complaint.

Although, you can never eat their western food. But the way you have coated yourself with these things, will not let you get into the deeper joy. To achieve the joy of Lord Shiva, it is said that you have to renounce everything. First renounce the world, go to Himalayas and stand on one leg. Wear minimal clothes. Take a dip in the river and then meditate in wet clothes. They used to torture the body in every possible way. Even these days gurus beat their disciples. They trouble them a lot. They don't give Realisation so easily, no way.

After going through lot of troubles, then the disciples get Realization, but their Realization establishes in them, strongly. Instead, you all have got Realization easily but your past things are still lingering in your brain. These problems are still with you. Now what to do with them? They need to be shaken off. All these things which we have accumulated need to be pushed away, totally finished. And for that there is no need to make a show, renounce the world or leave the home and family. Any kind of "Dravida Pranayama" (breathing technique) is not required. But one thing is a must, your temptation of the taste should be reduced, should be reduced gradually. You should become oblivious of taste.

It is very important. Oblivion to the taste is a great quality. People get enraged if they do not get food of their choice. They throw away their plates, beat their servants and what not? If you can conquer your tongue, then many sweet shops may close down, in

My opinion. However, I mean to say that the body should not be given much importance. If the body needs comfort, like you want to sleep on a bed and can't sleep on the ground, then for ten days sleep on the ground. How can you not sleep like that? You should not give up until you have enslaved your body. Your attention should go away from your comfort.

There are many people who cannot travel by bus, because they can only go by car. Then they ask for a car from here, there, sit in this car, sit in that car... But none of them will think: "Come, let me travel by bus today and see what happens?" And earlier there were no buses also, so people used to walk. When we were in school, we used to walk five miles daily, though we had car and everything. Such parents we had. But we ourselves were very fond of walking barefoot, without shoes, carrying slippers in our hand. Because of the vibrations it was good to walk on the earth. You should also start walking without shoes and slippers sometimes. It is very important and very beneficial.

Mother Earth will get vibrations and you will also feel nice. In everything, we have become excessively comfort loving people. We have become just like the few Nawabs of earlier days. And what did we get? We can get nothing from that. We will waste our whole lives by being enslaved to these things. We have to reduce this slavery, and establish within us the essence (tattwa) of Param Shiva. And for that it is essential that everything else becomes unimportant. Today wear this, tomorrow wear that, and that will match with this dress and so on. Whatever is available accept it.

Whatever comes your way wear that. It is not a problem, you will not get in any trouble because of that. On the contrary you will be happy that you are a contented person: "Whatever I got, I accepted with content". Nowadays in our Nagpur, I don't know if the situation is same here as well, the price of the gas cylinder has gone up by Rs. 16. Then the photos of protesting women came in the newspaper, all well dressed, with heavy make-up. I said that their powder itself must be worth Rs. 15. These people think: "If others are going for strike, then we are also joining". What for?

Because the price increased by Rs. 15. Can't you see that your salary has also increased? Earlier, supposing, we were paying Rs. 20-25 to our servants, today we pay Rs. 2500. He also complains, though he gets clothes and other things also. Salaries have increased so much, then would the prices not increase? Where the salaries increase, prices also go up. It is told that in Lanka (tr.n.

fom Ramayana) there were gold bricks, as currency. Now, one person went to get gold bricks. He found that, after working for one day he received two gold bricks. After that he went to a barber shop for shave. He asked the barber: "What are the charges?" "Two bricks". As the income, so the expenses. It is a matter of discretion. What is the point in grumbling over the price rise, this and that? They all do this even to Me. How much has your salary increased?

Very, very much! Then? Then why to keep crying about the inflation? When the salary increases, price increase is bound to happen. Your salary increases and prices remain the same, how is it possible? It's a very simple thing, if we learn this, then socially also we could achieve Shiva tattwa. Now, Gandhiji was an amazing person. I was in his ashram with him. I was not bothered at all, but others used to cry. Because his principle was, that all the people had to clean everybody's bathroom, the guests' bathroom and everyone's.

And there was no sweeper at all. Wash your own clothes, wash your own plates. And the meal consisted of boiled food with mustard oil on top of it. Now, tell Me how many Indians can eat that type of food? People used to stay there for 2-3 days and then run away. This was the situation. Now, you people also should learn to less bother about the taste. Now, as far as oblivion to taste is concerned, I don't know how I can do it, but you can try to eat only boiled food for a few days. No mother would say such a thing to her children. But what can I do?

It is damaging your Shiva tattwa. If all of your attention is on eating and drinking, then your Shiva tattwa will disappear and all the efforts will go to waste. So, to get involved too much in eating, is not good. In olden days, people used to fast for a day or two. Something or the other they used to sacrifice from their side. But nowadays it is very difficult to say, that if you become contented, become satisfied, then it is not necessary for you, absolutely not required, to talk all the time about eating and drinking and invite others for supper. Then, in India we have caste system. Kayasth are separate, Hindu brahmins are separate

and others are separate, even now. Now what happens, is that all the kayashth Sahaja Yogis form one group, brahmin Sahaja Yogis form another group. Now you all have become Sahaja Yogis, then why are you still worried about all this brahminism?

Then kayasth will invite other kayasts for a meal. And brahmins will invite other brahmins for a meal. If you have to do this kind of stupidity, then why did you come to Sahaja Yoga? There is no caste and creed in Sahaja Yoga. When you cannot drop this fundamentally wrong thing, then what else can you drop? Did Shiv Ji bother about caste and creed? Even someone with a blind eye, someone with broken leg, someone with broken hands, all kind of deformed people accompanied Him in His marriage procession. So when Shiva tattwa is like this it is wrong for you to be critical and say: "I am very particular that the food should be like this". And then separate food for kayasth, separate for brahmins, separate for other casts and separate for rajputs, separate for everyone: "Now, we want only that food". I have never understood, till now I could not understand, if there is more pleasure in eating different foods, then why do these people ask only for a particular type of food.

What is the reason? For bengalies, bengali food, for madrasis, madrasi food. Once I asked in our Airforce, I mean in the Airlines: "Why there is no good standard food?". They said: "Mother, tell us what is India's standard food?". This is very true. If you prepare some food, they will say: "This is Madrasi food". Madrasi will say: "This is Bihari food", this and that and that. So, that's why you should eat all types of food. Because everything starts from here itself. This Vaikhari, your speech, in your speech as well, there should be sweetness, there should be madhurya.

In the smiles also, it feels sometimes, as if Ravana is emerging out of the mouth. Then what can be said about the way they talk? And when they talk, it feels as if Chandika is talking. Women particularly create this fuss. Even men do it. Various weird things have come up lately. Where is Shiva tattwa in this? Lord Shiva is the ocean of love. He bestows boons even on rakshasas. Shri Shiva who has bestowed boons even on rakshasas - if we have to awaken His tattwa within us, then how could we get entangled in petty matters like these?

How can we do this? Tell me. The way we criticize each other, some say "He is superior", some say "He is inferior", it is not like Lord Shiva. The streams of love are flowing within Lord Shiva. And while flowing in these streams of love – you should not say such baseless things. There is no use of it. Mutual love, mutual understanding and the company of each other should be enjoyed. Now definitely, Sahaja Yogis do not fight with each other, I have seen that. And when they meet each other, they meet with love. But still, even now very petty matters, which are very personal, like eating, drinking, moving around and other daily activities, need to be corrected.

If we correct them it will be wonderful. Your attention will go towards your heart, and will not remain in these things, will not remain in these matters. This disease is more in foreign countries. That's why many entrepreneurs are popping up and they manufacture various kinds of things. And those who wear such things start thinking very high of themselves. Particularly in Italy this is quite popular. But you should not get caught in all these things. You should lead a simple life. In our country, people who lead a simple life have attained great heights. Others cannot achieve this.

In the olden days when Gandhiji asked everyone to wear khadi cloth, everyone obeyed and wore khadi. He made such a rule and set everybody right. But now you have to set yourself right. Because you yourself are the light of the Spirit, you yourself have come under the protection of Shri Shiva. You have to correct yourself on your own. You don't need to correct others, but just correct yourself and feel blessed that you are a Self Realized person. How many were there earlier? Only a few of them and people used to kill them as well. Today you are in thousands, so start doing this. Sweetness in your talk, not superficially but from the heart.

Whatever you say from your heart, never hurts anyone. So you talk from your heart, with children, with elderly people, following the "maryadas" of good conduct. When you make yourself happy, you will make others happy as well. But, if the blessing of Shri Shiva is missing within you, which makes you content, nothing else can make you content. So pay attention to yourself and see: "Am I content or not? Do I have satisfaction or not? Do I get angry with others over small, small things or do I find faults with them? Then definitely there is something wrong with me". And only after seeing these faults, you can get cleansed. Until you see something, how can you clean it?

This cleansing is much needed. And only by this cleansing, you can have the "darshan" of God Almighty within yourself. And all the people can have His "darshan" as well. Wish you have infinite blessings.

[Shri Mataji speaks in English]

It's a very long lecture I have given in Hindi language; and because there are very few, also, Sahaja Yogis from abroad. What I was telling them was that about the Principle of Shiva is in your heart, and that reflection is not on a chakra, but on a... like a mirror. Now, whatever is visible of you is this mirror. In this mirror, what reflection you have? Do you have a reflection, which is clear, clean? Have you cleaned your heart, have you cleaned your mirror that is reflecting? That is what one has to see.

Now, what I told them at length was this, that how there are six enemies we have got. And all these six enemies, one after another, try to corrupt us. Out of that, I have told them about five, The sixth one doesn't exist much in India, which we call as lust, it's much less. But, for foreign countries one has to know that it is one of the major things that they have in the West, because they think lustful life, is the only life worth living. Beyond that, is Shiva. And that's why we have to understand, that we have to understand that in our heart, the reflection of Shiva is only possible, in complete form when we have cleaned our heart. To have malice for others, to have lust for others, to have anger for others, to have envy for others, all these reactions within us act, and our heart becomes like a stone, it cannot reflect.

So, if you have to reflect the quality of Shiva, which is very important today, in this Kali Yuga. very -there are very few people who are really reflecting the image of Shiva in their own character. So, it is important to watch yourself and see for yourself, what's wrong with you? Where am I ? Where is my attention going? Where am I going? What am I doing? If you go on judging yourself and not others. Also, in... one of the Western things is that, they have a right to criticize others, everybody, " I like it, I don't like it". Who are you? Why do you say such a thing? Somebody had made a beautiful, say, arrangement for you; you sit in his house and nicely say, "I don't like it" to hurt that person. After all, who are you? What do you think of yourself? Who are you to judge?

For Sahaja Yoga,Yogis, it's prohibited to say, "I like" and "I don't like." It's prohibited. Look at Shiva. He likes everything. What He wears? Also snakes. He likes all kinds of animals. Every type of thing that we think is not good, ugly, for Him they are not. For example, in His wedding He took with Him, in His "Barat", people who were all infirm. Some people had one leg; some people had limbs broken down, Some had only one eye. All such people He carried with them. To Him, these people were very dear and He looked after them, because He is the source of joy. He is the One who gives us joy. And the One that makes us joyous. The real joy is only possible if, in your heart, His reflection is there.

But if your heart is full of all things, that once I have described, it becomes a dirty, very, very dirty mirror. Very surprising, I told them also, compared to Indians, Westerners are not so particular, Western Sahaja Yogis are not so particular about their comfort. Though they come from a very materialistic surrounding, they are not so much bothered. They can live anywhere, they can be happy anywhere. That's a very good stage they have reached and that's what's the Indians must try to follow and don't pay attention to nonsensical things. It is not necessary to waste your energy on nonsensical thing. Then only you can have a real bhakti for your Self, for your Atma and that is what needed today, that your Spirit should shine in your character, in your behaviour and in your personality. If that happens, then you have achieved what Sahaja Yoga wanted to do for you. It's important today, very important.

If you read the newspapers, you can't read it. And what you need is to change; the transformation; as we in Hindi call it 'pariwartan', of human beings into Selfhood, into Self-awareness, into the Spirit. This has to be done, and the time has come; this evolutionary process has started. There are so many of them who have got it.

Now the old saints and people who were gurus, real gurus, they used to really test the disciples by making them stand on their heads for years together, sometimes put them in the water, do all kinds of things. They used to beat them and they were very harsh, testing all of them. And then only, one of them used to get Realization. Now, what I thought of – its takes too much time,

to cleanse them, to put them into all kinds of dresses, this that, send them to Himalayas or to Gobi Desert. I thought it will take too much time. I said why not first enlighten them? Give them the light. In that light, they can see their problems and they will themselves correct themselves. They will be their own guru, and it was successful. It was good. Now you can see for yourself what you are doing, what is your problem, what makes you so much different from others and what will elevate you.

Because Sadashiva's place is above the head, above your thoughts, above your mind, above your emotions. It's here, and you have to cross this limit. Only when you do not react to things, and also to you nothing is important than Shiva, then only it will work out. So, in some things Indians have to learn, and in some things you foreigners have to learn.

So many things you have done, I must thank you very much. People used to think that I cannot do anything. You have given up drinking, you have given up all kinds of bad habits, you are no more womanizers, your attention is so clean, so many things you have done, which is really praise-worthy. But still, you must learn that still, there are certain things lingering, which must be cleared out and must be absolutely finished. You don't have very much politics but sometimes there is also politics, group forming is there. All this has to go away.

Because for Shiva, what is this? The whole universe is at His feet. To Him to have a one group here and a one group there, all that doesn't matter. To Him, it doesn't come into his head, you see. For a person like a very big ocean, it touches many shores. But in itself it is a big ocean, In the same way is Shiva principle, and you all should develop that principle of Shiva. And then see the joy. the joy of this great ocean of love.

May God bless you.

1999-0220, Awakening Of Kundalini Is Not A Ritual

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Awakening Of Kundalini Is Not A Ritual

Public Program

Shivaji Park, Mumbai (India)

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

[Translation from Hindi, Marathi]

My Greetings to seekers of Truth. We don't give any importance or attention to truth, what is the reason for that? Why we don't like Truth and implement it. It's not that only this, this World has become like that one eye is on wrong or false things. For that, I can say that this is the time of severe (grievous) Kaliyuga. Very bad Kaliyuga, I have seen unique people in my time, but today I see very Vikskipt (Assimilated) people, very spoiled people. Happily, they are spoiled one, no Body has forced them. Today the condition of the Country is because the human being is falling in their morality.

For that Sadhu and Saints have done so much hard work in our Country, said so much and explained.

Especially Indians are specialized in whatever Sadhu and Saints said they believe in it. They don't ask any questions, in foreign it's not like that, they start to use logic (Argument) and ask them.

Indians have the specialty that whatever Sadhu and saints have said they would accept it without any dispute and follow it from small talk to big talk they will listen and accept it. Because of this specialty today we have walked on the right path. But now what happened in this Bad Kaliyuga that human thinks that there is nothing like the truth. False is only everything. A Peron who is following false only grows higher, he only gets all the help from everywhere. This kind of false belief we have because of Kali's domination is very strong on us, in this way we don't know that Kali's Domination Is taking us towards the destruction. Not only in our country but other countries also has more influence (domination) of Kali, people behave like fools? Indians are simple and easy people, because of that, they can accept any foolishness. Now I have seen a small thing like Onions became very expensive, but why onions became expensive, for that change of Government onions will not become inexpensive. This thing we have to think that we have been so stupid, that anybody can fool us because This Kali's influence is more on us and why it is on us because in our country Rule of Morality, Righteousness, and Spirituality is there,

I was surprised in China, they were telling me your country is very rich in Spirituality, but we did not see it, where it's gone? in their country, no one goes, in another country why anyone will go? To search this wealth why they only come to your country. Where is this wealth, why this wealth of Spirituality is missing? It doesn't have any relations with any religion. All religion has talked about Spirituality. After that scholars have come, Mullah has come, they have destroyed this that is a different thing, but Spirituality is the main message or root of all religions. It's prestigious and this Spirituality was more in this country, very much more, but I don't understand why people have not attracted (Come) towards it.

In name of Spirituality, people have gone to America to make money. So many people who can make others fool in the name of spirituality in India. But how many are truly looking to accept spirituality? Now we have to think about why we required spirituality. First, I want to tell you that it's originated in this country, the roots are here. Spirituality has flourished here in a real way. Other countries also have this like Islam, and you can tell it's in Christianity religion too. All religions have it, but originally in our country, people know about spirituality, it's not anywhere else, and we are like unimpeded and beggars that we don't know that we are so rich in spirituality. We can do a lot on that basis that we have to think about it.

First of all, understand that the ascent of this Country will happen only through Spirituality. After that, all countries will have a spirituality that is the prediction. When they follow spirituality how they will grow. Now so far whatever we have known that to

fool people in spirituality that is the first act, because of that we became ritualists. That's why we are doing something else. But in Spirituality we must know that this wealth (Mammon) of India, that's why this wealth has come from a special culture (Civilization).and this Culture is established in us for thousand years. I have not seen this kind of culture in another country. Here people are very well cultured and in small things (matters) culture is shown. It's easy to say in English I hate you, can we say this sentence in any other language, because it's a big sin to hate someone, so we can't say we are committing big sin. In this Country feeling of Sin and Saintly are very deep and it has been there. Now we have not completely wake up yet and Useless people are expanded (Spread) in this country. And Socialist, what condition of Socialist in Russia has happened, go and see that they are teaching you new things (talks), how they got into bad condition, do you want to have a bad condition here? Did these Socialists paid attention to Spirituality, and did they understand it.

Only socialist, by saying socialist, you can't improve the Society. To Improve the Society there is only one way. To improve the condition of India there is only one way and that is to stand up in Spirituality.

In Maharashtra Spirituality's importance is not less. Whatever I am going to reveal to you that is India's Culture is Exclusive, that doesn't mean that we are limited or small. This culture looks like Big Ocean (Mahasagar). Somebody said Mother, you write a book about Indian Culture. Did I say Oh God, is this easy? It is a Huge Ocean (Very Big Ocean). Such as big Texts (Granth, Books) and so many things have been written, and nobody knows about it.

Recently Ambassador of Mexico came to me, he was saying in Mexico Bhoot Badha (Black magic) is there.so many are suffering, Mother please show me some solutions. I told him I have written a book on it. In our country very clearly written on all things, it's written with so well and it's been told, but nobody is going towards that. Today the English language is given by British people, told me to speak in English. Here at least don't tell me to speak English. The English language is a language? In this language call it as Spirit. Now Spirit means Soul, Spirit means Ghost, Spirit means Wine, now tell in this language who can explain?

This Deep talk, for that, requires very Deep People. You Indians are deep people. Increase your depth then you will understand who you are. The time when you understand who you are, then you will know you are very great and your country is also very great, here so many (Thousands) saints were born.

Prophet Mohammad said that 1 Lac 24 thousand Nabi (Good People) was born. Where were they, were they born in Arbasthan? They have explained Spirituality in detail with great understanding. That is within us there is a Power called Kundalini. That must be awakened and with that awakening self-realization takes place. When Self Realization happens then the light of Spirit guides us every moment of our life. That means we understand that saying lie (wrong) is ok, No Objection. Rob someone, no objection, takes someone's money, no objection. This is ok till you are not connected with the ultimate power of God's Love. When you get connected with that power you don't know where it will take you. So much will you know, here most of the people who are sitting will give you the proof. Even after having all we have not viewed these. There we have not put our attention. With Great Karmas, you have born in India. Just like that, you don't become Indian.

When I go to foreign, the first thing people will think that I am Indian. And from here Cheaters (False People) have gone there they are earning on this basis that we are Indian. We must awaken our culture with us and understand that in our Country a beautiful arrangement is there. We don't talk about one religion, one Special group, It's a collective thing. And that is within us residing the Kundalini, with her awakening you will get Self Realization. This Self Realization gives the light of Spirit and it's taken care of you. You don't have to think about others Good or Bad. If someone troubles you, then somebody is there to troubles him. You don't have anything to do with them. They will be taken care of. Now if I tell that Shri Shiva will take care of them then Muslims will come to hit me with a stick, Christians will say how you can say that. If I tell that Macceshwarshiv is in Macca, then they will get upset on me. It's a reality that Macceshwarshiv is in Mecca. Ask them why they are worshipping this stone, why they are moving around this stone then will not have an answer because it's a place of Shri Shiva. And Shri Shiva and Prophet Mohammad are not different. Prophet Mohammad is also one incarnation of Primordial Guru. That I can say that he is an Incarnation whether you believe or not, if you want to know completely about it then when you get self-realization then through your fingers you will come to know what Chakras are catching. Fingers don't require any machine, nothing. Prophet Mohammad

has said when Resurrection Time (Quiamah) will come, that means you will get blessed and you will transform. When Resurrection time will come your hands will speak and give you the proof against your belief. But Muslims went in another direction and Hindu went in different directions, Christians went in other directions. For what these people can do, they only talked about Spirituality after this time of Resurrection and Transformation. And in the Hindu religion, everybody said that this time will come but I don't know why we have forgotten this and going where. We don't think about it and unnecessarily we are fighting. There is no need to fight, first to know what your religion is. King Shivaji has said that save self-religion (Swadharma). This Swadharma means the religion of Spirit. He said clearly If you want to know Swadharma because he was self-realized. You will be astonished if you see his every quality of life. How he was a great Human being. Same way Ramdas Swami was his Guru. Somebody told him in the Sixteenth Century there was more conversation about Kundalini. Brother, how long it will take for Kundalini Awakening. He said "Immediately", But Person should be receiver and Giver too. Now, these people are moving with Khomache, and give them self-realization, so can I give them. For that, it has to be deep. Don't know where that depth has gone (missed) in them. And when the depth is there then it's not difficult to experience the Spirit. This is the great Importance of Kali Yuga.

At that time there was a story. Damyanti's husband named Nal met Kali, He said I will destroy you because you have separated me from my wife, then Kali told him to see brother you can destroy me but first you understand my importance. He said let me know what importance it is? That time when you will rule people will be in Illusion, they will have a misunderstanding. What you can do about it. Then He said See I will have that kind of kingdom and illusion will be there. But in that time monks and saints who are roaming in Girikandaro (Mountains) and people who will be staying in the home, the majority of them who will be in search of God, the search of truth, they will obtain the truth and they will get Self Realization. And this will happen only in Kali Yuga because they will fear Illusion and for that, they will search for Truth. When He explained this to Nal, he became quite and said alright let Kali Yuga starts. Now the Kali Yuga started and now what should I say about Kali Yuga. I have not heard in my childhood. People started coming in this time and then you will know how far it's very important to save our Country. To raise the greatness of this country is our Duty. No one from outside will come and do it. We have to do it and how we can do it. A very simple and easy method is to awaken the Kundalini of people.

In Maharashtra, in the 16th century, so many saints have talked about Kundalini awakening.

I want to tell that Saint Gyandeva told in the 12th Century. And Adi Shankaracharya has told in the 6th Century and 14 thousand years back Markandeya told about it. These People have said that, is it all gone waste.

Today our activities (Nature) are such, for that because of that nature, the human being must think in their brain that they have gone to some wrong path, Because of that wrong Path they are suffering.

Now the poor are there and poverty is also there, and they are crying, but why poverty is there. Because here people are Greedy. Greed, they are taking money where ever you go. I went to Pune, they told me, Mother, they are taking money, just tell and they are asking for money, I asked they are not eating food, they are taking only money. Whoever we see taking money. By taking money, in the end, they will go to Jail. Destroy others, Kills some one's kid. They don't care about it. Only Money, Money. But this is not a Laxmi Principle. Laxmi Principle is different, by this principle most people rise higher (Uddhar). To awaken that principle, it's necessary to Awaken Kundalini. When Kundalini awakens automatically Laxmi Principle will be seen. For the most important thing is a person becomes satisfied in that with 2 things or 4 things what does it make a difference. The meaning of Satisfied is not that you become Hermit (Sanyasi) and go to the forest. You have to stay at home. In case if Hermit (Sanyasi) comes then people will tell him to go and change your clothes. They will say we have only these clothes given by our guru; we don't have other clothes than how can we change. So there is no need to pretend that you are Sanyasi or monk (Sadh Baba).

There is no need to sing or play music in a Crazy way. As you know on road no need to play Music or Sing. You have to achieve it completely through your consciousness. When you are conscious completely, you can get it through your conscious mind, Through this experience you become more flourished. Through this experience, it proves that it's like just a talk, it's not like that, you have to achieve the experience and in that, you have to keep moving forward. Thousand people get experience but very few people get into it.

Surprisingly, Maharashtra is a Holy land, it has a temple of Goddess everywhere and worships them. There are so many places built of Muslim peer (Sufi or Spiritual guide), but people from here they don't understand that why were they born in this Holy land. What is special about us, why did we come to this Holy land and what we have to do here, I really feel surprised that I have worked so hard in Maharashtra, I have moved round in Maharashtra, went here and there, for Years lived in forests and small villages, Done all kinds of work, but it's very Sad that still, people follow Rituals (karmakand). In those rituals they will get up at 4 am, after the bath, they will chant (Shlokas) very loudly, they say something.

Keep on doing any Rituals. They don't understand that the awakening of Kundalini is not any kind of Ritual.

People with Blind faith, they will say we will give you money, awaken our kundalini. I told them, Brother This Kundalini doesn't understand money, if you insult her this way then she will not rise. They don't have enough sense (understanding) there is no other thing. They don't understand what is Kundalini? Kundalini's meaning is that within your dormant energy and when she awakens, she passes through the six centers including Brahmarandhra and gets united with all-pervading power (Brahma Shakti) and you feel this Brahamashakti is moving within you. It's the time of Quiamah (Resurrection). It's a very Sahaj (Easy) thing, means it's born with you and this is your birthright and you achieve that, but you are untouched, you don't have time. You don't have any reason, we are very happy people, when you get any sickness then you will run to come, when any problem comes then you will run to come but when you are healthy (Swastha), Swastha means steady in self. Swa means Spirit (Atma) and Steady in that. I have explained to you so many times that you have to get into Sahaja yoga. You must achieve it, it's your specialty. And the specialty of Maharashtra, you are Maharashtra, how you are from Maharashtra, think why you are called Maharashtra.

Today I have visited so many cities and so many countries, people composed so many poetries for you (Maharashtra). After coming here they dropped in their ascent. Did Mother was telling this, are they Maharashtrians? Means after having a great wealth of spirituality, like in small pond so many lotuses bloomed like those high-quality people (realized souls) have taken birth here, but people from here are still like ants and small bugs. I am mother, I must tell you this that behind Great work of ours, you will be surprised to know that People from Russia, Austria, different countries, from America they are very active in Sahaj Work (working Hard). They are not Indians. All are foreigners. But now we become foreigners.

In Mumbai city, People from different places in the world have come and settled down here. Instead, to spread the wealth of Spirituality from here to the whole world, don't know what they are doing? Making money, (Mother is repeating this for 3 times). What would you do with this money? Today who is asking those big people who have lots of money (Rich People) who know about them? But if one Sahajayogi is there then the whole world will run behind him because he is a knowledgeable person. He knows the art of Kundalini Awakening, he might be Hindu or Muslim, or Christian or Sikh. Whoever he is but he knows how to awaken the Kundalini. I am surprised that foreigners have come, one boy was there and I have arranged his marriage with one girl, I have not seen this girl, He came to me and told Mother, This girl doesn't have good vibrations, you meet this girl one time. I told ok, One British person is telling me this thing and no one has paid attention to this. When I saw that girl, I told her truth, her Vibrations are not good, then came to know what her problem was?

I have seen everything, but if one English person (Britisher) teach you Spirituality that we don't want that situation. They have taught us Politics, have given us a hard time, but now if they come to teach us Spirituality? That's why I am telling you that you keep your vision (attention) towards you and look at yourself.

They asked me to talk in Marathi because Marathi People are very conscious. And asked me to speak in Marathi.

In Maharashtra, saints have worked so hard for what the outcome from you is just seen.

Gyandeva (saint from Maharashtra) did not have slippers on his feet, His feet burnt. Now, why are you taking out his procession and moving around? With his procession, 15, 20 Beggars will also go, whatever village they go they will eat there on his name. In Hindi it's called Lanat (very Bad) He died (Gyandeva) till the age of 23 years behaved very bad with him (Tortured him). At the age

of 23, he has taken Sanyasa (Renunciation of life) means he has taken Samadhi (the highest state of Meditation means United with Divine) this is our problem. Most of the saints have been tortured, Tukaram, Namdev they suffered. It did not come in our brain that they were all saints, and now we are learning their Poems in school. Today's poems are not good at all, doesn't have any meaning, I think it's stolen from someone.

These saints took birth here, just keep this in mind, and move towards Spirituality.

In the morning what will happen of just hitting the bell (Ghanta in Marathi). Getting up at 4 am, take bath in Hot water, then go for God Puja. Why you are doing puja of God. First, you do Puja of yours. Why you are facing a bad time, where this mad behavior comes from, think about it. I am telling this is Serious Kaliyuga. But after Kaliyuga, Satyayuga is coming. Why not receive benefits of Satyayuga, why don't you get into Satyayuga?

The Marathi language is very fantastic, no other language is like Marathi, there are so many different and great words are there and it's difficult to translate. I am so proud of this language, so many poets were there of this language. Instead of reading Kadam Bari Kal (Book), reading dirty books.

Everyone's mind is in dirty things. In ancient times we used to call Foreigners, Malecha (means those who have a desire for dirty things). Now that word Malecha has to use here since everyone is having a desire for dirty things. What happened to all of you, don't understand anything? You are Born in Maharashtra. Marathi Language, and brought a bad name to that language. What a Language (In a good way). How to describe that, it's a very proudly language. Read Poem of Keshav Suta, I don't think anybody reads it when we were in school, we were reading Keshav suta. And reading Thobada Poem. Now that all is gone. Dirty Poems are good (In a bad way), Need romantic poem, what kind of foolishness? Maharashtrian's should not encourage this kind of foolishness.

You have sat on Holy land of spirituality which is the land of Maharashtra. Kundalini of the whole universe is in Maharashtra. You will not believe that what I am saying is not wrong. What are you doing after sitting here? You have taken birth in this Special Country to guide the whole world, now other people are better than you. Nobody has time in Maharashtra, they come to meet me. They don't do the voting, what kind of Patriotism? At least you do vote, No Mother I have not given a vote, we are Neutral. Why Neutral?

You have taken birth in this country; we have seen good days of this Country. Thousands of people have given their lives, suffered a lot, they have sacrificed everything. My Father, I know he has given everything, My Mother, she has given all her Jewelry.

They have sacrificed everything for the country, and today see what it is? Nowadays people are saying don't sing Vande Mataram (National song of India). Wanted to tell them that after singing Vande Mataram made British people go away, that much respect we must give for our country, now you are saying don't say Vande Mataram, whoever is saying that, have they gone to jail? Just think what they have done for this country, what sacrifices they have done, did they sacrifice intelligence, sacrifice morality? Did they sacrifice anything? Who are they to tell not to sing Vande Mataram? Whatever you say I will tell them to say Vande Mataram at this place. We have only ruined the prestige of our country. We have not kept our self-respect, keep this in mind, so these things happened because of our foolishness.

What you have sacrificed? Did you fight any war? When Britisher was here, you were only listening to them (never stood against them) and now you are talking nonsense that's what I can say. If you are intelligent on these things, then you should be respected. If someone will tell British person that you don't sing your patriotic song, then he will slap you. Are there different laws? Every country has one law. If you are Hindu, Christian, Muslim, or whoever everyone got different laws that are because of Mr. Jawaharlal Nehru. He supported the British; I don't see him as an Indian. He has put all these in our brain, why are you accepting all that. Your country has great value, accept that. English people did not have any idea about our country and culture of our country. Because of Gandhi, we understood that. Now you become aware that means you become fundamentalist it's not like that but whatever is there we must implement it or not? This is your light that you have to follow it or hold it. Hold your status

or prestige.

Instead of respecting your status, if you give importance to other's status then how it will be. We must understand that who we are, and what is our true form, we are not any ordinary people that we bow down to anyone. It's a specialty of Maharashtrian, that they will listen to anyone they are famous for that.

People like Tilak, Savarkar, and Ranade were there, now we don't find people like them. Anyone you ask, they will say they take a bribe, what is that? Is this Maharashtrian's behavior, that's why I request you that first become Indian, at least do that?

When foreigners Sahaja yogi come to India they wear Indian clothes, they get married here, girls they put a bindi on their forehead, wear Mangalsutra (Necklace for married women) they become completely Maharashtrian. It's very surprising in Pune that ladies, cut their hair very short, wear black sunglasses, wear sleeveless clothes, sit on moppet and go, on top of it wears skirts, are these ladies of Pune? I have gone to Pune, people say its land of Good deeds, that's why I went to Pune. There was one demon was behind me, even Rajneesh (False Guru) is there and so many are his disciples, which means they (Rajneesh's disciples) need the dirty things then what I can do?

Other countries will do well, but I don't know when good things will happen in Maharashtra, that I don't understand. Now Mr. Yogi told me that so many Maharashtrians are coming to Sahaja yoga and working hard, more than 10 percent of people came compare to Delhi, this is the condition of Mumbai (Bombay).

Previously I used to refer Delhi as a Cat (Phrase Delhi and Billi) but now see how Delhi is so much forward (got awareness). Where Maharashtrians are? You are Maharashtrians, you live in Maharashtra, the culture of Maharashtra is in your body just awaken that, leave all mundane things, first take your Self Realization. You will easily get your self-Realization, but you have to grow into it. If seed of Self-Realization sprouted, then you must grow into it. You don't have to show your ego, means how would we go to Sahaj Center, there are only ordinary people come, that means what, we are big (rich) people, is it like that, that's why you can't go to the center.

Do you all going to the temple or not? Then why you can't go to the center. They think that they are big people, we go by car, they will come by bus, where all these things came from that I don't understand. In the previous time it was not like this that's what I am telling. I am older than everyone, I have not seen this kind of thing.

First, leave the ego, be humble and wherever centers are there, go to the center. Since we are not taking money how would we have palaces? Whatever place it's going there and meditate, and progress through meditation. You are big people but by going there you will not lose anything. The greatest richness is of Spirit, to know the Spirit and feel it that is the greatest wealth. That you have to achieve that wealth. If you have not achieved that wealth, then what is the use of taking birth in Maharashtra? Why did I live in Mumbai that I am not understanding? Telling you, again and again, leave all ego. Shri Mataji is saying some phrase in Marathi which means "O God let me be simple(small) to live like ant-eating tiny pieces to live, Oh God, make me as humble as possible that is take my ego away.

No doubt Airawaat (Heavenly elephant of Lord Indra) is great and gracious but still, he gets beaten up by the mahout (person who rides and controls elephant). Just Like, Airawaat who is called a gem (being one of the 14 gems churned from ocean) gets beaten by Ankusha (a sharp tool used to control elephant)

What is Control? Control means you feel proud. Sahaja yoga is very amazing, you will be surprised, and so many miracles have happened what should I tell you? I don't have to say anything. You come and see you will be surprised how miracles are happening. This is the power of God Almighty, so you will know how it all happens, you will understand this. But first, you come inside, nothing will happen if you don't come inside and you will not receive the blessings. That's why today I must tell everyone who came here that one person must tell about Sahaja yoga to at least 100 people. Then only you will receive the blessings, otherwise, I don't think that Mumbai will progress and have a reformation. There is only illusion here, but through Sahaja yoga, all your problems will be solved that's what Mr. Yogi said that's right. Nothing is wrong in that, so many problems are here, some

attraction is there in Mumbai, false people, thieves from different parts of the world came here, and they don't have any fear. They know how to come out of it, keep in mind that first you get protected through Sahaja yoga. No one can touch you. So far in Sahaja Yoga, no one got any kind of problem. Only one boy got the problem that also he used to tell me every time that Mother I want to die. I asked him why? He said my mom is very cruel, I want to die, and I want another mom. I told him, I am your mother. Then only he got killed in the bomb blast by Dawood (International terrorist), other Sahaja yogis did not suffer, that much protection you get. This is the big protection you received by God Almighty. Secondly creation of arts, you are an artist, you have so many arts in Maharashtra, also a very special type of art is there, and you develop an understanding of art, that increases your creativity. Your attention comes on creativity completely and whatever work you do it becomes an artistic, your behavior, your attitude improves, that is your outside thing but from inside you become peaceful. Peaceful means you feel the witness state. That's what Shri Krishna said that you become Witness, you see everything is witness state. That means you become thoughtless and don't react to anything. But you see things in a thoughtless state. All drama happens in witness state and from that, you understand the real meaning. You understand where you have done wrong and how to correct that because you get connected with Divine. These things most of the people normally won't understand, I accept that but there is a reason I did not put any machine, this is only my love of spirit, this love is my help and this love is unconditional, nothing has to say only through this love everything gets organized. This joy of love means amazing joy and that is called Nirananda (endless joy). That joy is a very selective joy that has two sides. Only joy means one experience that experience comes all the time then you become very fearless means you don't have to take insurance. You don't require anything. Now he said I got an award, why and what award I did not ask that give me an award or do something. Why I got this, I don't understand, what awards I received, Mr. Yogi has written about it, you don't require all this. You only are in that joy and happiness. When you receive this happiness then you will not go to other mundane things. Thirdly you find the way of truth. That truth means to love and love means God. Way of truth means you see what is the truth and what is false.

Discretion means through that you understand the truth and you must go on the path of truth. In ancient times there was no problem of what truth is and what is not the truth, now that has started that what is right and what is wrong. Do this or do that. Then through experiencing your spirit, you understand that very well, that what to do and what not to do, and if you surrender completely then you will not have any problem. Everything gets solved, means you will be surprised to know that, and how you have come out of the big crowd without having any problem. Now come out of all troubles sit on Mountain and feel the joy but (just experience the happiness) out of that save the people who are drowning. First with the thought of drowning in the water you get scared. That cloud of thoughts makes you more scared, and you don't understand what to do, but if you have sat in the boat then you can see the waves which are coming, if you know the swimming then you will jump and save so many people but that is the work of Sahaja Yoga that has to be done. That is the solution of the young generation for our country's fortune. If you don't help, then others can do it, but you will drown that's why as a mother I am telling you that. Mother wanted to give all her powers to her children, they should get everything. Whatever is there that is for her children, I don't want anything, that's the temperament of Mother. That is why I am requesting you go deeper into Sahaja yoga and bring others also in Sahaja yoga. Whatever problems, fights, arguments will be over. You become balanced physically, mentally, emotionally, that is very true, but how it happens, you will cure your people and then you feel so joyful, don't have to leave anything. You don't have to hold anything, that situation you receive it. All my blessings to you all. Keep your complete love in Sahaja yoga. Don't see any faults in others meaning go to a program, meet one person, he was telling this and that, have you gone to see him or gone to see yourself?

Christ has said "Know thyself" do Christian try to do know thyself, they don't. They try to change religion.

What they will achieve by changing religion. Mother is giving an example like donkey becomes fox and fox becomes a donkey. It's all the same. Changing religion will not help, go beyond that. Christ has said that I will send someone. Prophet Mohammad also said I will send someone. If they are the last ones, then why did they say like this? With this intellectual, you will make everyone quiet. But your wisdom must be there. If there is no wisdom and if they should get light of their spirit. With that light of spirit, you will understand that it was missing so far. My blessings are with you all. At last, we will sing Vande Mataram and everyone must stand up, because my father was a big patriot, and he was a lawyer in High court. He took the Flag in his hand and climb on top of the High court, at that time Police who were English they started shooting. He got shot in his head, with his head bleeding he went up to hoist the flag. And when he was done with hoisting, he came down. He told us you all only sing Vande

Mataram, then nothing will happen to me. And today we will sing Vande Mataram, and we all will stand up. This Vande Mataram is like worshipping our Motherland. And people who are not going to sing they are foolish people and they live here; they eat here and say no to Mother when they denied singing Vande Mataram.

Organizers are telling that Shri Mataji gives Self Realization to everyone. But I need one promise. After taking self-realization in Sahaja yoga most of them are sitting means not working to spread to others. I know that there will be no benefits to that. The next step is to grow into it. That is in the collective, today Sahaja yoga is collective.

It's not difficult to give self-realization. I am hoping that you will spread the light of your spirit in your life. That is difficult but since they asked me then I will give it to you. Self-Realization is your thing, it's your power it's all yours. One enlightened candle enlightens other candles. That way this work is happening. But promise me by heart that we will increase the light of our spirit, and will awaken in the collective consciousness, that is very important. Because of collective consciousness, there will be no collective fights or quarreling, nothing will be there. Now in 70 countries, someone says in 80 Countries Sahaja yoga is going on. People are coming. In Delhi Program I have not seen people fighting or attacking each other. I have seen them making fun. That kind of situation comes. If today Cabinet of ministers become like that. All fight gets over here and in the center as well. But it's difficult for them as they are ministers, God saves them. But if they get self-realization then all fights will be over. It's very easy. You have sat on Motherland of India you will get your Realization very soon in no time.

Shri Mataji is giving Realization and saying.

Now keep your both hands in front of me. Close your eyes. If you have shoes in your feet, remove them. She is pointing on the limbic area and says keep your right hand on top of the head. You will feel some warm there. No problem. We call it in Sanskrit Talu and medical terminology call as Fontanel bone. First, you keep your left hand in front of me and right hand keep above the head

In your childhood part of the soft bone over there don't touch your head but little above the head keep rotating hand and see whether from your head some cool or hot breeze is coming. Now keep the right hand in front of me and check with the left hand that cool or hot breeze is coming or not. Now the hot breeze is coming if you have not forgiven yourself and others.

Mother is saying in Marathi. That you get hot breeze because you have not forgiven yourself and others.so say I forgive everyone. Then you will get a cool breeze.

Now Mother is saying in Hindi. Keeping left hand towards her and bend down head and check with the right hand, from fontanel bone cool or hot breeze is coming or not. Still, if you feel hot breeze say in your heart that I forgive everyone. Now keep both hands in front of me. This is the work of collective consciousness and it's for sure that this started with Sahaja yoga. Keep both hands in front of me. Whoever felt cool or hot breeze they should raise their both hands (Mother is saying put on the light then we can see) very good all got their realization. Intellectuals also got their realization that's amazing! Now respect it and move forward in this and bring others also in this. Make them progress then your joy will increase. Many Blessing to all. This is the gift of the motherland of India. When I have to give realization in England my hands were paining a lot. You see how easy it was its all big favor or land of India, we have to return that favor. Endless Blessings!

1999-0318, Gudi Padwa Puja

View [online](#).

18 March 1999

Gudi Padwa Puja

Noida (India)

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

Gudi Padwa puja, Noida, India, 18 March 1999

Translation from Hindi:

Today is the Day of Gudi Padwa [The New Year's Day of the Shalivahana shak]. And it is celebrated in Maharashtra mostly, but now in other places too. It is said that it is a very auspicious day. Whatever work is done on that day it is fruitful. But whatever is the reason is as per worldly beliefs.

The other thing is that, in the dynasty of Shalivahana, there was one person: Babruvahan. He defeated the king Vikramaditya. After that, he started this new calendar called 'Shalivahana Shak'. According to this calendar, today is the first day [of the year]. Its importance is major in Maharashtra. To represent the Shalivahanas, they take a Kumbha [and a stick] on which they put a shawl – he was Shalivahana. The Kumbha represents the Kundalini. They tie a shawl [to the stick] and keep a Kumbha on top of it. The meaning is that the Kumbha also represents spirituality. Spirituality is represented by the Kumbha.

The Shalivahanas used to call themselves the seven vehicles. They had a lot of faith in Kundalini. Later, they started giving a shawl to the Devi. They were worshipers of the Devi so they called themselves the Shalivahanas. That is how the name got changed.

The Shalivahanas who were there, came from Mewar. They were the rulers of Mewar from the Sisodia Dynasty. Their son, of Sisodia dynasty, for some reason, had a disagreement with his uncle. So, he ran away [from Mewar] and went to Maharashtra and then to Chennai.

This is how it happened and this is the history of the Shalivahanas. Even I belong to the Shalivahana dynasty. Thousands of years back they had gone to Maharashtra. We are also descendants of the Shalivahan dynasty so our name became 'Salve' from Shalv [or Salva].

The person Shalv, who had fought against Bhishma, you must have heard about Shalv. With Bhishma it was Shalv. He helped later the Pandavas. Bhishma had cursed him: he had made a cage around him. Because of the cage he could not come out. So, he cursed Bhishma that, "You too will be trapped in a cage". That happened to Bhishma in the end.

He is also of a great dynasty, but thousands of years old dynasty. It was revived later. There was a sage there who had a dream of Shivaji, who said, "Make Bappa Rawal the king of this place". From there the revival of Shalivahan dynasty took place. I don't know how from 'Shalv' it became 'Shalivahan'. The queen Padmini was also of the same dynasty.

People of the city of Meerut went there to find out, the people were so true to their word, righteous, worshippers of the Devi. They say that, "You cannot even find such type of people there". They were very different people.

Everything of theirs was destroyed as they did not compromise. But Jaipur people compromised – first with the Muslims then with the English. So there, there was prosperity. One should not judge people based on prosperity but based on character.

Today, this day was started by these Shalivahanas, by Babruvahan. So, it was made slightly earlier to Christ during the time of Vikramaditya. Even now people of Maharashtra believe a lot in it.

Here [in the North], it is the 'Vikram Samvat' [Vikram calendar]. In Maharashtra, it is the Shalivahana Shak. Even we, probably because I am from Maharashtra, we follow the Shalivahan calendar. According to it, today is a significant day and whatever you desire will be fulfilled.

Many blessings to all.

1999-0320, Evening Program

View [online](#).

20 March 1999

Birthday Felicitations

New Delhi (India)

Talk Language: English | Transcript (English) – Draft

Evening Program, India, 1999-03-20

[4:06:27:03]

Shri Mataji: You have seen this last part of the dance which was a - when [UNCLEAR Urdu] went to, he went to see the women of [UNCLEAR] gopis who were all completely engrossed about Shri Krishna. So he said that you should take to yoga, you should take to [UNCLEAR gana] to knowledge and which is a very dry idea, I think, very dry idea. And they said 'No we don't have to do your...we are already one with Him. We are in His body and His in our body. We are absolutely one so there is no need for us to take, take to yoga'. Now our Sahaja yog[a] is tied that we are all in love with each other, we just love each other and this is what is in this last in which she showed - said very well. I must say it is a very subtle point she brought it out and that is what we have to know that Sahaja yog[a] is nothing but is love. Love amongst ourselves, absolutely pure love. As they say in Sanskrit [UNCLEAR Nirwaj], you don't expect anything you just love and this love is the one which is real yoga.

May God bless you.

1999-0320, Birthday Felicitations compilation 19 20 21 of March

View [online](#).

20 March 1999

Birthday Felicitations

New Delhi (India)

Talk Language: English | Transcript (English) – Draft

Evening Program Birthday Puja

All this being said on My birthday, really embarrasses Me, because it's all being already scheduled, it was all timed out. It had to happen this way. And the time has come now that this whole world has to take to global understanding.

Human beings, I was surprised, are how anxious in those difficult times to get to the truth; because very difficult to carry on with the truth, when there's untruth all along. And the way people get after you when you talk of truth, is also a very hazardous task to fight them those who are just always going to cruelties, to untruth, to aggressiveness. These are all self destructive elements. Also we have other self destructive elements within us, like drinking, smoking, we can say also other things, like drug taking. But people do it. Just they do it. Not that they don't know, but they just do it because of the influence of the time. And that is what is the Kali Yuga, where we destroy ourselves and try to destroy others, and have a kind of a funny temptation for this not only that, also we enjoy all these. All this cruelty, all this aggression we enjoy.

,Now when do we say that the Kali Yuga is over, we should know something about Kali Yuga. Kali was one of the deities, who was supposed to bring in Kali Yuga, and all the problems of Kali Yuga. Firstly it creates illusions, "bhranti". It creates illusions. People will not understand who is a real person, who is an unreal person. So we have many false gurus as you know. We have many false propagandists. We have many people who talk big but there's nothing in them. This is one type of a "bhranti" that Kali Yuga creates.

Once, it so happened, that Nala and Damayanti too were in love with each other. They were husband and wife. And Damayanti was separated from Nala, by this horrible thing called 'Kali'. This Kali fellow has been doing this kind of work, used to create problems in the minds of people, disturbing families, disturbing nations, disturbing all the good wishes and the good feelings among human beings. So once this gentleman, one we call Kali was caught up, by Nala, Nala, the one who hated him. And Nala said that, "Why don't you allow me to kill you? You should be killed because you are such a horrible person, you create such bhranti, you create such problems for people. He said, "If you want to kill me, you can kill me but first listen to my importance, to my mahatmya. "What is your mahatmaya? What is your importance?" He said, "My importance is, that when I'll come on this earth, when I'll rule on this earth, I know there will be bhranti, there will be chaos, there will be problems, but people will be so much fed up with that, that they will seek the truth. And those people today who are going to the hills and dales to find out the truth, will be there as ordinary human beings, as householders. And they will find the truth, definitely they'll find the truth". It has been already predicted by Kali himself.

So, as you see, lots of chaos is there, lots of problems are there, and when you see people you can't understand, how such people who are educated, intelligent, supposed to be at the helm of affairs, can go about with wrong ideas, with wrong things. The problem is this Kali Yuga. This creates this funny situation, in our lives. Firstly, it creates a situation where a person starts thinking, he's very insecure and he must take to some way, of protecting himself. And then where he goes to, is the place where he will be destroyed, before he knows even that he'll be destroyed.

The second point is that we have a great sense of jealousy. That sense of jealousy is even more heightened by this Kali Yuga. We feel jealous for everything, which it shows our inferiority complex, or I don't know what it is? But we start feeling jealous and out of jealousy we start hating people without any rhyme and reason. So many countries have this problem. It's at the top, politicians, they indulge into this kind of a hatred for other people, without understanding what is the achievement of the other person is,

how he has achieved, and "Why should I be jealous?" Then we have, another thing is apart from that is, which is the worst thing as Krishna has said, is the temper. Hot tempered people, you see, cannot see the truth, because at the slightest provocation they become hot-tempered and start hitting others and beating others or saying horrible things which should not be said.

,Now, this is another criteria for every Sahaja Yogi to know, how far he is out of this sense of "krodha", is the anger. To be angry it shows that you have no peace within and that you get angry for just to attack another person, which is not necessary. Even keeping quiet you can be very much effective. There's a story about Chinese people that in China there was a fight going on between some people, and they said, "Let's have the cocks fight for us". So they had a cock fight. So one fellow took a cock to a Zen fellow and he said that "What, what should I do, if this cock has to fight?" And he said that, "Very simple, you teach the cock to be absolutely quiet." He said, "I can't do that." He said, "All right, give me the cock." And he taught the cock how to be quiet, whatever is happening, whosoever is attacking him. When he went into the arena, many cocks started attacking him, and he was just standing quietly, watching at everyone. This settled the thing because everybody ran away and they thought he is such a powerful thing, he's not saying anything. So not attacking not reacting that we achieve anything.

Actually, reaction is a very great enemy of human beings, that we react to everything. We should not react, we should just become silent. And then this power, which I tell you about, is the power of Paramchaitanya, acts. If you want to react, all right. It says, "Go ahead". But if you leave it and you just become quiet, silent, it acts. It acts so well. It can act sitting down here, it can act somewhere else. It is such a tremendous power. It is such an effective power. It is such an understanding, knowledgeable power, and above all it loves, it loves you. So, when this power comes into existence in a way, I would say it has been always existing, but when effective, in the Krita Yuga it is effective, by that you'll be amazed how things happen. Everybody tells Me, "Mother this miracle has taken place, that miracle has taken place. " So, I know it's not miracle. It is Paramchaitanya, which is doing all the work, all the beautiful things, which is trying to help you and trying to suggest its love.

You see, it is something we can't see something we cannot conceive with this mind. But it is beyond the mind that it works. I was surprised in Russia specially, I had to face the scientists. Then the scientists were so, so much equipped, so much deep and they understood so well, even in a place, you can call it a place of great learning, one of the oldest universities, St. Petersburg University. There also I don't know, what made they gave Me the highest reward. For what? I didn't know. But they said, "You are even higher than science." So this they called as cognitive science. They gave a name as cognitive science. "So Mother Your whole knowledge is of cognitive science." Only thing is, if I tell you something then you can verify it. The scientists can verify it. Everybody can find it out if it so or not. But if you put this test to all these false gurus, you will see that they, they don't have any scientific basis. They have no way of giving you any explanation, as to why this is happening and what is happening? I had to face all of them all over the world. And I was surprised they recognized Me. And they said, "Mother this is cognitive science" and like that, they gave Me, everywhere they gave Me awards and things like that. I never knew what is cognitive science is. But this is the knowledge that you get beyond your mind. With your mind you get is your biased, maybe full of jealousy, maybe full of anger. But beyond the mind even you get this knowledge that is absolute. Nobody can challenge it, absolute knowledge.

For example, I'll tell you one thing and if you see this model from the right-side to the left-side, there it will look like a 'swastika'. I made a model for them, to show them. And if you see it from the left side on the right side it will be 'AUM' written down. And if you see from down upward, it is a cross, that means, Shri Ganesha, who is on Mooladhara, incarnates as Christ. So, they made a picture, they made a model, the scientists, and they found out that what I said is true and this model really can be shown. I mean one of them is like this, that whatever you know, whatever you say, should be verified by even scientists.

,I do not discard science. Science is amoral, whatever you may say. But once they come to Sahaja Yoga, these scientists, they just get transformed. But scientists, in other countries, I don't know about our country, in other countries have reached such a state, such a state, that they want to know what is beyond. All of them come to India, why? Why don't they go to Japan? Why don't they go to China, why don't they go to America? To find the truth they come to India. So in India this cognitive science existed long time back, of which we are not aware. Like I must say, Indians suddenly became very westernized, after independence somehow, all Gandhiji's ideas, and everything was put on the shelves. So, we, we didn't know what was so great in our country. Such a great "sampada", such a great power existed in this country and they knew so many things, so many things about, some things that science do not know. Now it is for science to find out, whatever they have said it's true or not. I have

seen this, it's very simple, if you really know the truth and you tell a scientist he'll get after it and he'll work it out. It's not one example, there can be hundreds I can give you, where I've told them something. They said, "All right". "You verify, you find out, by your scientific methods." And they found it, they found it. There's so many ways of finding it out, you have in science.

But they don't know what to find. They are just going on in this one, that one. They are going to the moon, they are going to this thing. That's not the way. First, you find out what you have to find and then see if it is there or not. I was surprised in the West, though we call them very much sort of advanced and all these things, but as far as spirituality is concerned they are nowhere. Their cognitive science faculty is very poor compared to us. But our also is zero because we have all become westernised now. All our ideas are westernised and we take all the knowledge from outside. And even those who want to do something about Indian culture and all that, they are so small, they are so incapable of telling them what it is. It has nothing to do with a fundamentalist idea, nothing of the kind. But it is a fact, it's the truth. it's the reality, which they don't know themselves. They just want to proclaim, the Bhartiya Sanskriti, Indian culture, but there is nothing like that. Because unless and until you are a Realized soul and you have reached that state, till then you do not know anything about the mysteries of Paramchaitanya. So, for every Indian it is very important to take to Sahaja Yoga. Also, for all the people all over the world.

Everywhere, as she told you about Russia, the condition is very bad, but still I must say the Sahaja Yogis are very much happy there. The way, when I was there once there was this coup was on, and everybody was worried and we saw lots of tankers passing, this thing and all. So, I asked these Russian Sahaja Yogis, they are more than I think one lakh, much more than one lakh, I don't know how many they are. So I asked them, "Aren't you worried, what is happening in your country?" He said, "Mother we are not". I said, "Why?" "Because we are in the kingdom of God, why should we worry about Russia?" You see, this also is a temperament that changes. and a person doesn't tell lies, but he really feels that way and that's how he gets rid of all these nonsensical ideas of religion, cast, nation, this, that. It separates human beings from human beings. But artificially you cannot join them. Many people start talking, "No, no, we should not have all these different things, we should have one." You can't, you can't have. Because temperamentally human beings are not made like that.

You see, we had a little discussion there in Italy, with other religious groups, and they said, "We, we don't want one religion, one global religion, we don't want." I said, "Why? Because you want to fight, that's why? Why you don't want one religion? One religion is that you are a human being, and you are a wonderful human being, and that you can be one with the Divine. This is your religion which is promised and has to work out. And, but they wouldn't accept. But the people are changing. They are transforming themselves so fast that I am surprised in a country like Turkey, we have two thousands Sahaja Yogis. And they are converting so many. So all these funny ideas that, all these priests, mulaahs and all those have created, are going down. And what is coming up? Even we have lots of these people in India, panditas, and shastras and this and that, they don't know anything I would say, because unless and until they feel the Paramchaitanya, their all talking is baseless.

So, all these problems which are created by fighting, by aggressiveness, showing off or whatever you may call, can be corrected with Sahaja Yoga because your attention goes beyond the mind. You go beyond the mind. This Agnya chakra opens and you go beyond the mind and then you are one with this divine power. Once you are one with the divine power, how it works for you in small, small ways. I mean you all have experience, you are all Sahaja Yogis so I need not tell you, but everyone can tell so many examples, by which he knows that it's the Paramchaitanya which has worked it. So, first and foremost thing of every seeker of truth who is a real person, is to first get Self-realization. That is the essence of spirituality, all over the world, even if you read Bible, if you read Koran. Nobody has read them that's the best part of it. And they are trying to say things which are very shameful. which are not there and they are fighting for that. With all these things they have helped us very much to show, that the essence of all these religions is one and out of that will one day people will take to Self-realization. Once they take to Self-realization, then they have to grow. Once they have grown into it, they can see.

All of you know, you are all Sahaja Yogis sitting here, you know how much you have gained and how much you have achieved. So, to give Me the credit, I don't know, it's not really true, because, we had great saints in some countries, great saints in this country, in every country, you know we had sufis in so many countries. They all have tried to say, that take your Self-realization. "Know thy Self." They all have said the same thing, "Know thy Self". But nobody is doing that, that's a different point. But actually all those who were Realized souls, whether they were from a Muslim religion or a Hindu religion or a Christian religion, any

religion in any country if they were Realized souls, they said the same. Because truth is the same. They said the same thing, "First know thy Self" and then you will know the truth. So, this is the essence of our life that we have to know ourselves. Once we know ourselves, you are beyond everything, because what happens that you become like an ocean becomes in this, like a drop becomes in the ocean. How it disappears... In the same thing it will happen. And once it happens, you'll be surprised, that you are really one with everyone. Who is the other? You are one with everyone, that's how we find in Sahaja Yoga. It's a, many people say, it's a big charisma it's big this thing. Nothing of the kind. You have your own Kundalini, you have own possibility, of becoming Self-realized.

Now, that is the blessing of Kali Yuga. In the Kali Yuga, this was going to happen and that's what it is happening. That's why thousands of you are getting Realization. Before, only one would get from one person, and those gurus were also very strict, you know, they would not give it to some ordinary person. They used to take them to task and judge them first. And then they would give Realization. But in Sahaja Yoga we don't do anything. You just have to get into Sahaja Yoga, that's all. Now, as it is, I'm surprised that how intellectuals and this and that try to find faults, without knowing that they don't know anything. They have to become Self-Realized people. Then, whatever they will do, that will be, definitely very constructive, very helpful, and peace giving, and harmony giving to the whole society.

But first of all it has to be within you. If it is not within you, how can you give it to others. I've been watching how Sahaja Yoga has grown from one person to all these, so many of them. And we have so many others, in other countries also. This all has shown that the time has come for the whole world to change. And this transformation is the most important thing, what we should aim at. Forget about everything. Forget about politics, economics, this, that, but get transformation. Once you are transformed, you know how to do the right thing, how to do the things that will help you and the society. All these you already have seen in your life, and whatever is happened, is none of My only effort but there have been so many who have been doing this. Only if you can say anything is Me, is that I found out a way by which en masse Realization can be given. Many people can get it. Because any discovery, supposing there's electricity and if it cannot be used en masse, it is useless. So that's the only thing I've been able to achieve in My life, that en masse Realization can be given. And that has happen, as you know very well. It's very simple. And once one person gets Realization, he can go and give Realization to others.

Now first, they were telling Me, "Mother, we are in seventy countries working". Now they are telling Me, "We are in eighty countries". How? Somebody went there and he did in that country, he went there, he did in other country. So, just imagine how simple it has become. How simple it is for Me. At this age I can't go to seventy, eighty countries, but it has passed there, it has gone there. It has given the blessings of the Divine. So, while you are here, you should know here only we had Nizzamuddin Aulia. Now Nizzamuddin was here and here we had Damdam Sahib. All these were great saints. And they talked of love, they talked of understanding, but talk becomes talk for them because the others who are listening, have no understanding about. So we are recipients of their blessings, their beauties and their greatness, is only when we are Sahaja Yogis, or we are Realized souls.

So, I bless you all with whole My heart and with whole My soul and I have been trying to work out in a way, that I was surprised, in America, it is spreading so fast, otherwise all the false gurus have been to America. But now it is something great that is happening, suddenly, so, I told them I'll come and stay in America, for about two months at least, for their satisfaction. Now, staying anywhere is not so important. What is important is that people should understand, they should humble down and they should know, "No, we still we have to know the truth". If once this humility comes in, it will work out. It will work out in any person, anyone, whatever may be the cast, religion, race, makes no difference.

So, may God bless you again and again, and I bless you from My heart.

Thank you very much for this felicitation.

Thank you.

1999-0321, Birthday Puja: We all should be together, whatever may be the differences

View [online](#).

21 March 1999

We All Should Be Together, Whatever May Be The Differences

Birthday Puja

New Delhi (India)

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

Birthday puja (Hindi). New Delhi (India), 21 March 1999.

Hindi Part (for subtitles)

(Translation from Hindi)

After seeing this love, my heart is filled. And I am thinking that love is such a big power by which so many people are attracted and become happy. This is such a surprising thing. In this Kali Yuga, no one would have seen this greatness of love. I think that after seeing this, all of you should learn to increase your love. And this thing is very easy. And you can do it in this way – by meditating morning and evening, then the bad thoughts in your mind which cause jealousy and anger and you get hurt by small things, all such thoughts will end. And after that what's left, it's Nirmal prem. With this love you can give the whole world a new life.

(English starts here)

I have told them in Hindi language that love, you can see one person's love manifested in so many eyes here. And when I saw the enthusiasm also My heart got filled with great love, greater love.

So one can see how powerful is this love. All kinds of bad feelings, negative thinking and also self-destructive elements can be corrected and controlled very simply in Sahaja Yoga, if you with sincere heart meditate morning and evening, twice. That time you shouldn't see your watches of course, but enjoy, enjoy your meditation. That will give you such a strength to love others, to forgive others; instead of you feeling bad for small, small things, you feeling irritated because you think your self-respect is challenged, or else sometimes we become aggressive towards some people, very aggressive, for no fault of theirs.

Best thing is to see the vibrations of another person. If the vibrations are bad, no use fighting, it will create more confusions. A person who has very bad vibrations, you can't fight with that person, you cannot control that person. Or a person who is too much of self-importance, you should not try to pacify him or sort of try to negotiate with him, or also sometimes people try to pamper his vanity. By doing that you are spoiling him more. So the best thing is to show your love in very sweet and different manner.

I'll give you an example which I've given many a times, that I went to see this Gagangarh Maharaj who was living on a very high mountain, and there was no way of going by car or anything, and I had to walk.

So everybody said, "Mother, why should You go there after all?"

I said, "You see the vibrations. Good vibrations coming, alright? That's why I'm going."

But he had told many people about Me, and he said that, "Adi Shakti is born in Bombay, why do you come to me?" So they told us.

So I said, "I must see this man," and that's how I went to his place to meet him.

Now, he's supposed to control the rain. He could control the rain. So he was sitting there on a stone and he was moving his head with great agitation when I reached there. And it was raining so heavily that I went up to his place when I was completely drenched. So I went inside the cave where he used to live, and he came back with great anger towards the rain.

So he said, "Mother, why did You not allow me to control the rain?"

I said, "I didn't do that."

"No, You did; because I can always control the rain, and You were coming all the way with my invitation, and this rain should not have misbehaved."

I said, "No, no, he didn't misbehave." So what happened, he was quite in a temper, you know. I said, "You settle down, I'll tell you what has happened. See, you have bought a sari for Me and you are a sanyasi, and I won't take a sari from a sanyasi, so the rain has made it convenient. Now it's all drenched so I'll have to take your sari."

Immediately, you see, he felt terrible love for Me, started crying and he fell at My feet. And then he said, "Mother, now I know what is the greatness of love, how it takes you away from mundane things and dry behaviour, and takes you to a place where you can enjoy the showers of love."

This is one of the stories I am telling you. But the main thing behind the whole episode is this, that you should try your love, your tricks of pure love, pure love, and it works. And you must learn, gradually you will learn how to try. You should not give up. Some people are very difficult, I agree – very, very difficult. But at least try with people who are not so difficult. And you'll be amazed that you'll have a good company and lots of friends and friendship, as we have here now in Sahaja Yoga.

First time when I came to Delhi I got such a fright of this place, because there were very few Sahaja yogis and they brought – I don't know why they wanted to do My puja, might be Bombay people must have told them, something – and they brought kum-kum and everything in a plastic little, little bottles – oh, my! I really shrunk, you know, with their ignorance. I said, "Now what to do? What will happen?" But today, see, same Delhi which has become so great and so beautiful, and so enthusiastic. I saw them with their flags and I didn't know there's such a procession of flags will be here, though we had once or twice I think, in Cabella. But how they were enjoying each other! It's really remarkable.

If you can enjoy love, you won't enjoy anything else but love for other people, and not for yourself. On the contrary you will see that your body, your mind, your thoughts, everything are directed towards creating love for others, and not for yourself. The whole attitude changes. Like in the darkness you can't see anything, but even there's a small light, it spreads all over. Nobody tells the light that, "You have to spread the light all over," but it does. In the same way you all are enlightened people, you are all enlightened with love; and the light of this love spreads automatically, spontaneously, sahaj.

I was also very much enamoured the way our Yuva Shakti was dancing and enjoying. I think it's a very great blessing, because these days our young children, our young people are getting astray. They are not so badly off as in other countries, but quite a big trend is going on to spoil them and to make them a, what you'd call a very Westernized, spoiled personality. But now I saw so many of these dancing together, forgetting their caste, creed, everything, and enjoying each other's company.

This is something has to happen in this country and in every country; that we should all feel oneness and enjoy the oneness with each other. If we do not enjoy we are like a drop outside the ocean, which can be dried any time. But if you are a part and a parcel of that ocean, then what happens is that every movement of the ocean you carry with you, and you are part and parcel of that ocean absolutely, because you do not have separate identity.

All these things that make a separate identity in our society or in our culture or in our behaviour, in personal lives, all should be

completely curbed down. And this will settle many problems, from family life to national life, to international life. So we should curb down all such feelings of separated-ness, that we should have a separate house, separate state, separate nation.

Gradually all nations will become one, I am sure of that; because great times are coming, and so many people at the helm of affairs will take to Sahaja Yoga. Once they take to Sahaja Yog, then things will be very much different. Today it is not with them, Sahaja Yoga is not with them. They have no knowledge of our great movement of love, so they want to have separate of everything. They don't know tomorrow they will be scorched away with the heat around, or maybe with the rain they'll be washed away, or maybe that the Mother Earth might absorb them.

So we all should be together, whatever may be the differences. In different families we are born – after all, all cannot be born in one family. But now you belong to Sahaja Yoga family, and this Sahaja Yoga family is one. It doesn't believe in having separate existence or separate speciality. We are all one with each other, and we don't care what sort of differences are outside.

I was really very much touched, because now the new year is coming with a new challenge for all of us which we have to accept, that Kali Yuga is over and we have to establish the Satya Yuga; for which all of you from every country should have thinking, how you can do it in your country and in other countries. What are the problems in another country? Put your attention outside, not inside this way that you should say that I need this, I need that, I need that. We should know what other people need: what is their need, what the people in our society, in our nation, in our world require? Better write them down: what do they require? It's better, it will work; might be, it might be corrected. It's very important for Sahaja yogis to sit down and write down what the world needs, and what is to be done.

It will be a nice idea for all of you to really aspire for that kind of homogeneous society that we have here today. And we'll be one day, you will be surprised that we will be the ones who will guide and lead the rest of the people with our love, attention and care.

So it's very important time, and at this time we should all think on those lines.

Thank you very much. May God bless you.

1999-0330, Evening Program, Eve of Shri Hanumana Puja

View [online](#).

30 March 1999

Evening Program

Pune (India)

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

Evening Program, Eve of Shri Hanumana Puja – Pune (India), Tuesday March 30th 1999

[Talk before performance]

This is a great desire of My father being fulfilled, that he wanted to start a music academy for all the foreigners especially. Because it seems that our knowledge of classical music is very deep and is of a global nature and so we got lots of students from all over the world who are studying music. Most surprising was the way they picked up our classical music. For example, somebody starts singing Malkauns Raag within three months who doesn't know even the Sa Re Ga Ma of Indian music... [Shri Mataji laughs] It's such a remarkable thing.

Then there's another one who plays sarod... I'm really surprised in three months how could they do so much and I have been trying to analyse what sort of personalities they have that they grow so fast - even in tabla, harmonium - in every way, how they have become so competent in such a short time. Is really remarkable. [sentence in Hindi]

[0:1:15 – 1:09:23 Performance of several raags and bhajans by students of The Late PK Salve Academy of Fine Arts & Music, Nagpur]

[1:09:24 – 1:16:17 Shri Mataji speaks in Hindi apart from one line in English to the students at 1:15:54: 'I thank you all on their behalf.]

[Talk at end of Vocal Recital by Meena Patharpekar]

I think you give her a standing ovation. [audience applauds and Shri Mataji speaks a few sentences in Hindi to the singer]

She is... I don't know how to praise her, but she's one of the greatest musicians of our country. You have heard Abdul Karim Khan's records and all that, and they are of the same Gharana, called as Kirana Gharana. And not only that, but she has excelled everyone. I have heard her Jog. [name of raag] I cannot forget that. She's a great, great singer and I wish her a great life and long life and all the blessings that are possible.

1999-0331, Shri Hanumana Puja

View [online](#).

31 March 1999

Hanumana Puja

Pune (India)

Talk Language: Hindi | Translation (Hindi to English) - Draft Shri Hanuman puja. Pune [India], 31 March 1999.

Today we are celebrating Jayanti [birth anniversary] of Hanumanji. What should we say about Hanumanji? He was so powerful and wise. He was equally devoted and dedicated. Generally such a powerful person becomes right-sided. He considers himself so dignified that he doesn't give any importance to anyone in his comparison. But Hanumanji is a special deity. A special deity full of qualities that, as much strong He was, as much powerful He was, as much was His devotion. An embodiment of balanced strength, He had as much power as He had devotion. How did He maintain this balance? And was steady in it is worth understanding in Sahaja Yoga. When we are enlightened and in Sahaja Yoga, we get many powers simultaneously: we get balance, we love others. With love and with the help of the power of love, we get busy in our work and go on doing our work. In this way, Shri Hanumanji was very powerful. He had Divine powers; He had Navadha [special] powers, which are called Garima Laghuma. He could become as big as He wanted to be or as minute as He wanted to be and as small as an atom. All these powers He got through His devotion. It means that devotion and power are both the same. He who has power and doesn't have devotion, becomes a rakshasa. [demon] And he who has devotion but doesn't have power, becomes mad. Between both these, he who is in the central path attains this state, which you may call power, or devotion. Each part of His body is made of that. Because of His, this special feature, today we worship Bajrangbali in our motherland, as well as in foreign countries. I am so surprised that the young boys, children of foreign countries, when they draw any picture, first of all they draw Hanumanji's picture. Next, His special quality was that He was half man and half monkey. Means, it was a perfect combination of animal and human being.

So within us, whatever we have lost in our evolution in that, the element of love and attachment that was what He took with Him. For example, you see that guru's enamoured path is believed in which, of guru's, which creatures are considered as attendants. That is why they consider dogs. A dog has that quality that like a guru's disciple is fully dedicated and has no other master except his guru and has no other thought. Every time, he sacrifices his life for his master. In the same way, it should be understood that a creature who has been brought up in evolution, when he comes in contact with a human being, what he learns is full devotion. It means devotion is innately born within us. The seed of devotion is beforehand completely sown within us. When we were not in this state, not in the human state, the emergence of devotion was more at that time. Devotion set its roots deeply in us. Take an example of any animal. You get a little love from him, give him a little love, a little fondness for him, he gets so close to you, gives his regard to you and in this way, loves you. You must have heard about a horse too that, when a horse's rider falls down or is about to die, he remains loyal to him. In the same way it is said about elephants. The elephant's determination too is terrific. They never put their master to any trouble and if a lion or any other animal attacks their master, the elephant will better die while going on fighting, but he will not allow his master to be touched. This relation of a master and superior and high-quality animals, this relation is established within us beforehand. And along with this relationship, we get that power as well. For example, I told you that the elephant will die while going on fighting in the battlefield. The elephant gets this power of fighting too because of his love and devotion.

We say that Sahaj Yoga is the work of love and divine love is true. But while doing this work, that power is also inherent in it. We may or may not know it, we may or may not have any knowledge of that, but that also is inherent in it, and that is divine power. Man's bowing down before anyone, to respect anyone, to consider anyone great, all these are the indications of that. But when he respects his master, then within him there is importance to his master, but along with that is his power as well. So, devotion and power are not two different things. They are just one and the same. We will say that if there is power in the right hand there is devotion in the left hand.

This fusion of power and devotion has been described beautifully in Shri Hanumanji. On the one hand He went to burn Ravana's

Lanka and there only, He prostrated before Sitaji. And when Sitaji said, 'No, you are My son I will not come at the behest of My son. My husband will have to come and will have to destroy this man. When He will destroy him [Ravana], then I will go with Him.' Hanumanji said, 'That is okay.' He could have picked Her up like that only. He had such powers. But He said, 'If Mother is saying so, it is okay.' And after that, such a great war broke out. There was a need for that.

Now there were special qualities of Shri Ram. Extremely powerful, and His aim would never go astray. You must have heard what He did in Sita Swayamvar. But the same Shri Ram, when it was the case of Ravana, He didn't give up. He killed him. Tulsidasji has given a beautiful description of this scene. Then Shri Ram was repeatedly hitting the arrows at Ravana's ten heads. The heads would fall down one by one but get back again, fall down and get back again. Then Lakshman said, 'What are You doing? Shoot one arrow in his heart. The moment You will hit an arrow in his heart, instantly he will die. Otherwise, how can he die? He cannot die. The arrow should hit his heart.' There is a beautiful description of Shri Ram there. He was a shy person, very shy. Shri Ram, even though He was so powerful, so intense, even though He was such a noble person, He said, 'You see, the problem is that in Ravana's heart resides My Sita. So, I won't hit him in his heart. But when his head will cut off repeatedly, his attention will surely shift towards his head. At that time I will kill him with an arrow.' Otherwise for Him, it would be said that he would kill a person just with one arrow. But now you see how delicate the matter is. Simply, it is a husband's love towards his wife. Even though being an ocean of power, what an amount of love He had.

There are many instances of Hanumanji in which Hanumanji proved that He is ocean of love and at the same time, he who is evil-minded, he who bothers others, he who destroys others, he doesn't hesitate in any way to kill him. As all this fact is about Hanuman's devotion, the same is worth noticing about His power of strength. He knew that Ravana was afraid only of fire. So, He went to Lanka and set it on fire. This was His power that He put Lanka on fire. And in that fire, He didn't kill anyone, He did not burn anyone. Ravana also did not get burnt; nobody got burnt but he got scared. People got scared, as to what crime Ravana is doing. People had given full consent about the type of deeds Ravana was doing. They would say, 'He is Ravana. It is his will. Whatever he wants to do, let him do. Who are we to question him? Ravana is after all Ravana.' But it is worth noticing that when Lanka was on fire, when Lanka was completely combusted, people understood that it was a dangerous situation because Lanka was put on fire and we too could be burnt. The quality of fire is that it goes upwards, doesn't come downwards. Everybody was watching upwards, that it was burning. Whole of Lanka was combusted but nobody got burnt. He did so to frighten them, to make them understand that Ravana is committing a great sin.

How much understanding and how much balanced was Bajrangbali should be noted. The same we come across in history. All those who were very powerful had immense love. If you observe an example – there is an example of Shivaji Maharaj. He was as powerful as He was well behaved: very disciplined and very well balanced. When you get this balance, then you are a Sahaja Yogi. If you get the power, it doesn't mean that you in your love and your dealings you somehow give up. But you are powerful and its beauty is that those who are Schedule caste, poor and unhappy, those who are victims, those who are facing disaster, are secured. And those who are troubling them, those who are destroying, those who are bothering, have created problems for people. To such people there is no need to do anything. You can set them right only with the help of bandhans. The powers that you have received inside your being it should be used for this very purpose so that the evil will be destroyed. But in your power there is no sword or mace in your hand like Hanumanji. Mace is not outwardly but it is inside. You watch your experiences that he who bothers or disturbs, he is attacked by a mace; you may or may not pick a mace in your hand. In this way you yourself are safe, by default your safety is guaranteed but along with that, your other Sahaja Yogis too are safe.

Now in this, Shri Bajrangbali has a great role to play. You don't know that He is standing in front of you as well as at your back. His nature is just like children: too pure and too simple. But such wisdom and all types of virtues He knows. It means that along with His power, He has a lot of absolute discretion: very wise. The wisdom of the present time is useless but the wisdom that will scrutinise and understand everything with love, a special form of that wisdom was Shri Ganesha and is Shri Hanumana. The speciality of both of them is that Hanumanji is very strong, very quick deity and Shri Ganesha is very cool. But both are great destructors in times of need. For Sahaja Yogis there is no need of destruction. There is no need to destroy anyone. You just think that both of them are with you at every moment. Whenever anyone bothers you in reality, your protectors are standing with you. Many times, you must be noticing that ministers or anyone visits a place, security escorts them. Sahaja Yogis' security always escorts them. The other security with them is that of Ganas. Now their work is too diversified: miscellaneous and little job work

also. And these only give a message about you to Shri Ganesha, who is Ganapati, about what is going on? What wrong is going on and where? From where you are being attacked and from where you are troubled? You may not even be knowing. Somebody may like to attack you in an unknown form, even then both these deities are standing with you, and when Ganapati tells this, Shri Hanuman gets ready. Sahaja Yogis need not be afraid of anything. No need to be afraid of anything.

Right now I am going to tell you a story. It is so amazing. You must have heard that America exploded a lot of bombs everywhere, thinking that terrorists have made some arrangements. The story I am going to tell you is about a place in Africa. Here were some Sahaja Yogis and a bomb exploded there. Because of that bomb explosion, all the people died and Sahaja Yogis remained unhurt. They were so surprised. Even the dust did not touch them. They had never come to Cabella. They had never thought that they would ever come to Cabella. But when it took place, they came to Cabella. And after coming said, 'Mother, we don't know who saved us, who protected us, but all Sahaja Yogis were saved and the rest of the people died.' Now it is an incident, it is true. And its reason is this, that you have now recognised God. You have enlightened your soul in Sahaja Marga. With this new transformation, you have become a great devotee and a powerful human being. Now it is not at all possible for anyone to touch you. I can give you hundreds of such examples that when you get your realisation in Sahaja, nobody can touch you.

Previously also there were saints. All of them were tortured, victimised: everything happened. But in spite of being victimised or tortured, they didn't give up and not only this, they were always protected. And they would talk about such things which would make people very angry. They would think: what are they talking against kings, against emperors and against everybody. They would talk about such things which would scare people but because of Hanumanji's powers, nobody could touch them. Nobody hit them. There is a nice story about Khwaja Nizzamudin Saheb. That his king told him to bow down before him... [unclear] He didn't bow down. He said, 'No, I am not going to bow down before you. Who are you?' He was very angry. He said that, 'If within three days you do not come and bow down before me, I will get your neck cut off.' He said, 'Okay, get it cut off. I won't because you are not a great saint that I will bow down before you.' Then he came and raised a great commotion that after three days, this man's neck is to be cut off. The day his neck was going to be cut off, that night only, this king's neck got cut off, nobody knows how. If this would not have been in history, those who were great saints, those who were great followers of dharma, would have been no more. Because rakshasas' ways are so powerful and violent and are so comprehensive that they would have surely put an end to them. But behind them is God. And on one side of God is Hanuman and on another side Ganesha. He has made of these two powers together. He is a protector, He takes care.

There is a story of Rana Pratap of Mewar that, when he went to fight a war, his soldiers thought that he was going to be defeated. So, they told him 'You return back because we want that your life should be saved for the sake of Mewar.' He didn't listen. He said, 'All of you better go back. I will stay put like this because the Ganas are standing with me.' He too was a Sahaja Yogi. 'If you want to go, you go. I will stay here like this, only because the Ganas are with me.' Just understand that you have every type of protection in your front and back. But just on getting this protection, what should a man have? What should a Sahaja Yogi have? A very serious and determined person and not afraid of anyone. He doesn't run away from anyone. He sticks at that place and those who are evil persons in front of him, he doesn't need to do anything. That period is over. Now you just stand at a place and the other person will run away. He won't come to know what happened. Sahaja Yogis write and send about many such experiences that happened like this and that. Otherwise, in the presence of these foreigners it is not so easy to spread Sahaja Yoga. And since Sahaja Yoga has started spreading among Muslims too, you can understand that, that this divine Power – which is the power of love – how much strength it has within it and how many tasks can be done with the help of it.

But it doesn't mean that you make any harassment in the name of Hanumanji. It doesn't at all mean that. For example nowadays, there are such [organisations] which take the name of Hanumanji, take the name of Ganeshji or of Mahadevji and make such organisations. There is no need of making any organisation. You yourself are an organisation. Neither anybody can touch you, nor anyone can destroy you. First, it is a matter of understanding one's own self, which has been said in all scriptures that Atmasakhshatkar means to know oneself. What does it mean to know oneself? To know means to know who is in front of you and who is behind you. Who is your protector? And the love and affection you have for people and those who always think how to please others. For example [unclear] that, I will make the whole world happy. I will fill everyone's heart with joy. This thought that comes in your mind you should understand that there is nobody who can harm you. Have courage! Nobody will destroy you.

And for that you don't have to do anything. For that you don't need to keep any sword, no need to have a mace. They are already there. They have already come well-prepared and they are settled in you. You don't need to make yourself strong. You are already so.

There is a Chinese story, very interesting. In their country, cock fights are organised. When the cock fight was on, it so happened that somehow a king felt that he should go to a saint. Let the cocks learn from the saint, how to fight with the world, because this saint does not fight with anyone nor anyone touches him. People run away from him and salute him, so what is so special about him that he is living in this wicked world like this? The saint told him, 'Okay, leave the cock here.' So, he went back, leaving one cock with him. He took back that cock after one month and put him where the cock fight was going on. There were a lot of cocks. He put him in such a courtyard. But this great cock kept standing. Now all the cocks were fighting among themselves. One after the other they left. Only this one cock kept standing. Everybody started getting scared of him and he is not reacting at all. Is he somewhat special? And at the end that one cock was saved who kept standing gracefully. So when we are doing the Puja of Hanumanji here today we must think that Hanumanji has settled in reality within us. He is on our right side. That means He is working on our Pingala Nadi. He works on our Pingala Nadi and creates enthusiasm in us and that creates warmth in our body. But His path is such that along with warmth, you feel devotion within you. So, the warmth that comes, the enthusiasm it creates, that works inside us on our right side and when we do not absorb the balanced power of Hanumanji, we get a lot of diseases.

For example the liver problem, asthma and when its heat goes downwards, Hanumanji controls this heat. But when the heat doesn't get controlled, such diseases attack which are incurable. It can cause blood cancer and there can be intestinal trouble which means all the troubles all over the world are caused just by the breakdown of the liver, and the liver gets spoiled because we do not follow Hanumanji. There is no need to get angry. But getting angry and start hitting, beating this and that person to create panic, this is not Hanumanji's power. There is no question of getting angry. There is no question of getting angry about anyone. There is no need at all, if you respect Hanumanji. He is not angry with anyone but a human being gets angry over everything. He gets ego. Hanumanji didn't have ego at all. A right-sided person is very egoistic. A human being has so much ego! I become restless when I see what they were egotistical. That ego doesn't have any meaning. What does 'I' mean? Even an ordinary human being becomes egoistical. And many kings and emperors also are not egoistical. Its reason is that inside their being there is such a conditioning that they do not recognise Hanumanji. As soon as you recognise Hanumanji, you recognise Shri Ram. Now tell Me, if you are right-sided, you should not get asthma because Shri Ram is settled, according to Sahaja Yoga, in our right heart. Because you do not recognise Hanumanji, your behaviour and your balance is not like His; that is why you get asthma as well.

Shivji's place is in your heart, there also is the same fuss and you can get a heart attack or you can have some other diseases. After coming to Sahaja Yoga you should understand that Hanumanji is an ideal in front of you. Ganeshji is already there. He is the incarnation of innocence; just like small children, very innocent but very wise. And a perfect balance of Hanumanji's happiness full of love and along with that, experience divine Power. Keeping this in mind, a Sahaja Yogi's character or life should be such that he should be balanced. Even when you are angry, just observe silence. I feel I never get angry. Or maybe I get angry, but I am not aware of it and the problem gets solved without getting angry. Yes, I may say, 'What are you doing?' Not much beyond this. People abuse and use all bad words, but when it crosses its limits and when this habit of getting angry crosses its limits and man [unclear], he is sitting angrily, sitting there in a very angry mood. He is showing his anger.

When people are like that, a serious problem arises; they get a serious disease called Alzheimer. Alzheimer is caused by anger. That anger which we get unnecessarily. Now try to understand; your son has been slapped by somebody and you get angry. Nothing is gained by getting angry. On the contrary, you should think if it is the mistake of our son, or we are spoiling that boy unnecessarily under the cover of our love? He will never have a balance in this way. Alzheimer is a very serious disease. A person gets mad, doesn't even die, nor allows anyone to die, abuses, goes on shouting. He gets so much caught up in his left side, in his brain, that his personality becomes very strange. Its treatment is in Sahaja Yoga but it is very difficult, because they go on abusing. If they will abuse the person who will go to set them right, who will accept it? If anyone is a doctor, if he is abused, he will say: let him go to hell. What have I to do with him? This is what happens with them, they don't want to. 'Mother, we won't set them right: let them go. Whichever way they want to live, let them live.'

Now the next greatest enemies of Hanumanji are drunkards. Those who drink are put to flames like Lanka. Say, you see those who drink, nobody will talk to them nor do anything else. He will collect ten more drunkards and drink. And now when all of them are drinking they don't have anything to eat nor to drink at their homes. They are drinking just like mad people. Those who respect Hanumanji can't drink; can't drink because on the one hand, you respect Him and on the other hand do the opposite; that is not possible. Nowadays I find that drinking is on the rise. And I am so surprised. There was a senior officer, once we went to his house, because both of them were friends of My husband, and both husband and wife would drink. It was very cold. They told Me, 'Stay here for the night.' I said, 'Okay, we will stay.' In the whole house, there was just one blanket. I said, 'Oh My God, just one blanket in the home of such a senior officer.' I said, 'It doesn't matter to Me, I will sleep.' Now they were worried, how to manage for My husband in one blanket. I said, 'Don't worry. I will set it right.' They had such a great problem about themselves and their daughter but they were not willing to agree that their daughter had any problem. As soon as they drink, they will start saying: Our daughter is best of all, don't say anything. That girl was in complete devastation, because they were under the influence of intoxication. When intoxicated they were not... are not in senses. That girl was completely devastated. At last she came to Me just now, crying. She has been totally devastated. So it is like this, that intoxication on account of drinking increases intoxication all the more and in that, the most intoxicating thing is that a man is devoid of love. He doesn't love anyone. That is why everyone, in every religion, prohibited drinking.

But for example, as is the case with the Christian religion, everybody manages somehow. They say it is so in Hindu dharam, in Christians and in Mohammedans too. So they said that when Christ had gone to attend a marriage, in that marriage liquor was made. Absolutely false! That is why we drink. I was surprised in England that if anyone dies, they drink; if anyone dies, even then they drink. If anyone is born, even then they drink. What does it mean, I can't understand. The habit that they have got used to and drink has become like culture. They have to write books about drinks: which should be drunk, when, not this, that and which type of glass should be used. Now the condition of these drunkards that I have seen, I think they are half human beings and half absolutely mad. They are mad! But it is getting sanctified there. It is topmost in France. It became the culture of France. We don't have to learn anything from them. Now what they talk about drinks; Christ, when He went there that time, that place, I have read this in Hebrew that the people used to drink the juice of draksha, means they used to take grape juice. So He put His hand in water and made juice of grapes out of water. Does that juice ever become a drink without rotting and softening? Can a drink ever be made in two minutes in Sahaj? Till you do not rot the drink a lot and the more it is rotten, the more it is costlier. If it has been rotten for the past fifty years, it is all the more better. And if it is a hundred years old, it is rare. These notions about drinks were created by drunkards: the drunkard writers and the drunkard tellers. With the lectures of the drunkards, I don't know how many people become fools. But I have not seen any effigy erected of any drunkard in any country.

So all these people are not only against Shri Hanuman, but they attack Him. Then He also shows His power, causing such heat in his stomach. It then causes cancer and all the diseases. Drink more and more! This drinking and serving drinks to others is the custom of drinking that has started. I am scared of this. [Manage] Hanumanji. I don't know what He will do. What disaster He may cause is unpredictable. I am afraid that one day, He may put all the drunkards in the sea, because He has mercy, devotion and everything, but those who are against Him, He is not for them. For example Shri Ganesha, if anyone has a bad character, if anyone acts badly, is attacked on his Mooladhara Chakra. But His case is different. When He sees that he is playing with his own consciousness by drinking – consciousness is lost – then He chases him. There will be conflict, quarrels and fights in homes and you see there will be fights on roads if you [unclear] two drunkards will be hitting each other and then it spreads all the more. So Sahaja Yogis should not visit any drunkard's house: that is an unholy place, nor should keep any association with any drunkard. This is also fatal for Sahaja Yogis, because on one hand you respect Hanumanji and on the other hand join drunkards. Especially in Poona/ Pune, I don't know how many types of Hanumanjis have come here; people living in Poona/ Pune should be very alert. Once a Hanumanji group had come and requested Me to deliver a lecture. I said, 'I won't come,' They asked, 'Why Mother?' I told them that, 'After having a drink, you sing silly movie songs. Do you know who is this Maruti? When He will strangle throats of all of you, then only you will come to know.' I have heard about Ganapati programs that they don't allow anyone to drink. They drive away those who drink. Just think, see their courage. In front of Hanumanji, they do all this business in front of Hanumanji. What a courage. And this, by doing everything, people think that they get money. Those who deal in it and those who drink are its customers. Everybody somehow absolutely useless, bankrupt, don't have a single penny. We will say, what is there

so much in drinking because it is Shri Hanumanji's case. What is the reason you are going against Hanumanji? His power flows through your right side. Use that in balance, instead of upsetting your liver, spoil this and spoil that. He will definitely get upset. That means it is Hanumanji's job in subtle.

People don't understand this in reality. In reality it is such that if you say something against drinking, people will run to kill you. If you don't drink, they will say you are a fool that you don't drink. Oh, behind him is standing such great Hanumanji. If you attack him even once you will be no more, you will lose your life. I think that if people start striking beforehand..... How do people talk such nonsense? They will repeat the same thing again and again. They are almost absolutely mad; they are all together, have a party and they are all mad. It may be marriage or marriage procession, everywhere it is prevalent. Now the person who works one, who thinks of the future, one who is thoughtful but is devoid of love towards everyone has no feeling of love, he is also in trouble. Because the devotee of Rama there is no whereabouts of Hanumanji. If you are a great worker, you are a well-to-do person, a nice person, but you don't have love for anyone, it won't work. You have to love everyone and that is why Christ has said, 'Forgive everyone.' Who are you not to forgive? You yourself are not Hanumanji. Yes, Hanumanji is with you and He is an ideal for you that, He on the basis of His devotion has attained this high position. Wherever there is heat, people's brains get upset and the bond of love gets disrupted. Everybody should salute such Hanuman devotee, Shri Bajrangbali, and should understand that whatever powers we have got from Sahaja Yoga we should keep in balance.

Love is such a thing that you can win over great personalities with the bond of love. I go on doing the same because I have to face strange people. Now handle them with such a trick of love that they will be okay. Once I went somewhere. There was a famous but very short-tempered saint; all of them are very short-tempered. Then I climbed up and went there. He was shaking his neck in anger, because he was egoistical that he could control rain. And as I climbed up and reached, I was drenched completely wet in rain. Now, he was sitting in great anger. I sat in his cave. He came and sat. He was very angry. I asked, 'What happened, even if I got wet?' He said, 'You did not stop the rain to take away my ego. Because I can stop it, I had this ego.' 'There is nothing like that,' I said, 'you are a saint and you have purchased a sari for Me. I cannot take anything from a saint, and you cannot give Me anything. Then I thought it is better to get wet and I will have to accept it.' Because of that, tears came out of his eyes and he fell down at My feet. I said, 'What should I have done? I had to just get wet. Otherwise I too would not have accepted it.' I said that, 'It is better to get a little wet then I will have to accept it.' Then he said, 'Is it so?' I said, 'You have purchased a peach-coloured sari for Me and nauvar, [nine yards] this you have done a good thing because My petticoat too has got wet, so I can wear this nauvar.' He was very happy.

So, love is such a thing that it brings down to earth even great people fuming with anger. There are so many earlier examples of it. When they say, 'Basu' [sit down], the whole night will pass like that. And even now everyday it happens so. Talk with love. How does it matter? If you love others, their good qualities will transmit to you and if you hate someone, their bad qualities will transmit to you. It is all give and take. This person is like this, that person is like that: whosoever you see is not right. It is a custom with so many people. It is their culture that, if someone comes to his home, stays, has his meals and fun and everything is over. As soon as he leaves, comments follow that he is such a bad man. Next came and sat down – especially among women it is too much prevalent. He comes and sits. 'You are very nice, very nice and now you can go: 'Yes he is like that! Oh!' This outward love won't work. If you shower artificial love, does he not understand? You have got the power to love by heart as you are a Sahaja Yogi. And when you will imbibe this, when the tree of love will bloom by itself, you will give joy to others and you too will enjoy its fragrance. Except the ocean of love, you will not like anything.

So, what you have to learn from Bajrangbali is His devotion and that power which He has given to you that, nobody can touch you if your devotion is pure. Nobody can touch you. There are thousands of such examples in Sahaja Yoga. People call these miracles but I say that it is Shri Hanumanji's blessing. So, now I give My blessings and love to all of you. First love yourself and then others. It doesn't mean: 'My son, my this...' no, no, no. It means selfless love. Love that expects no return, which has no relation, is limitless. Such a power of love has come to you, use it. Lots of blessings. Anant Aashirvad. [limitless blessings]

May God bless you.

1999-0401, Star TV Interview

View [online](#).

1 April 1999

Interview

Ataköy Marina Hotel, Istanbul (Turkey)

Talk Language: English | Transcript (English) – Draft

Star TV Interview, Istanbul, Turkey, 01.04.1999

[Note: One Yogini did a live translation into English, but the questions are different from the original questions of the journalist in Turkish language. So, in the subtitles, only the original Turkish questions are translated. Some of the Turkish questions are not heard in the video, just the English translations can be heard.]

Correspondent: They are picked from a garden, not bought from the florist.

Yogini [pointing to the bouquet offered to Shri Mataji]: They are from garden Mother! They are from garden. Collected for You.

Shri Mataji: Thank you, very kind of you. What's the name? What's the name of these flowers?

Sahaja Yogini: She is asking what the name of the flower is?

Correspondent: I don't know

Shri Mataji: Thank you very much, thank you. Thank you very much, thank you. Please sit down.

Correspondent: Here, the atmosphere here is talismanic as feeling like inside a lantern, for maybe this is psychologic or the natural ambiance of the environment.

Sahaja Yogini (translates): He feels himself different here, different atmosphere maybe because of the mystic looking, he feels very relaxed and comfortable, very.

Shri Mataji: Very good, absolutely good idea.

Sahaja Yogini. This is a very good thing that you feel this!

Correspondent: I wonder where Madame is coming from either the depths of Indian Ocean or pinnacles of Himalayas.

Sahaja Yogini: He is wondering whether if You are coming from the bottom of the Indian Ocean, or are You coming from the top of the Himalayas.

Shri Mataji: I am from the centre of India, just on the Tropic of Cancer. You see, tropic of cancer. Mecca is also on the Tropic of Cancer. That's the only [sounds like 'thing']

Sahaja Yogini: Tropic of Cancer?

Shri Mataji: Yes, Cancer, what do you call - about 23 and a half degrees is called as the [Tropic of Cancer].

Sahaja Yogini: Turkish of cancer

Shri Mataji: What do you call and about that, at came down

Correspondent: In fact, I intend to make a compliment. As She is very deep and a person in heights, I would like to compliment as how deep She is, how developed her inner being and how She is sitting ever highest peaks. I intended to make a compliment.

Sahaja Yogini: Actually, it came from his heart! He wanted to make an esprit. He said you are coming from depth, the depth is coming from inside of you. He says like this.

Shri Mataji: That's true. India has a very deep culture, very deep spiritual culture. As you had Sufis here, we had many saints in our country.

Correspondent: What is the content of sorrow and patience? Indeed, how sorrow and patience is described in this context?

Sahaja Yogini translating: What is the state of suffering in the daily life? What is the meaning in life of suffering?

Shri Mataji: It comes out of ignorance. Because of ignorance and you are so much involved in the worldly life, you see, that's why you feel the suffering. But if you can rise above that, you don't feel the sufferings at all.

Sahaja Yogini: After these modern times, with the technology, people are getting more and more far from inside and from God and they are not connected.

Shri Mataji: They feel the suffering sometimes. They feel the suffering of these modern times much more.

Correspondent: There are coincidences in life important coincidences, are these coincidences in fact messages for human beings?

Sahaja Yogini: There are coincidences in life. Are these coincidences giving a message to the people?

Shri Mataji: Of course, of course. They are messages. They are messages for us, to guide.

Sahaja Yogini: Do You mean when people get these messages, then they can progress towards God, to be closer and closer if they get the messages right?

Shri Mataji: Especially if they get the desire – the desire to know why all these problems, desire to know the truth, you see. When that starts coming up, then you take to the path of seeking.

Sahaja Yogini translating: God is always inside us, but the distance between God and us depends on what we do in our life. Is that right?

Shri Mataji: Because you cannot feel your Spirit, that's why. If you can feel your Self, if you know your Self, then you are absolutely close to God Almighty.

Correspondent: Then in reality, worshipping is when a person set forth from his/her house, is his/her conducts towards human beings, attitude towards life, when arriving at home praying with open palms in fact the whole daily life is worshipping to the God. Is it not?

Sahaja Yogini: In this case, praising to God means the way how we live our life, how we do the things... And even before go to bed, we open our hands and pray before we go to sleep. And to pray is the real praising of God.

Shri Mataji: It's true, but your heart must be clean. If your heart is not clean and if you are just praying to God, God knows everything.

Correspondent: We have to know that God knows. We must know that God knows. Human beings must feel that they are all the time under Gods governance

Sahaja Yogini: We should know [that] God knows everything is inside us.

Shri Mataji: Yes, He knows everything about us and He loves us. God loves us very much, He guides us. But if we do not want to listen to Him and want to listen to our own whims, then He says, "All right. Go ahead."

Correspondent: Does Madame like to watch movies?

Sahaja Yogini: Do You like to watch movies?

Shri Mataji: Do you like to?

Sahaja Yogini: Do You like to watch movies, films?

Shri Mataji: Sometimes, yes I do, if there is a good one.

Sahaja Yogini: If there is beautiful films.

Correspondent: For instance, did she watch the "Titanic" movie?

Yogini translating: Did You see the movie 'Titanic'?

Shri Mataji: I did. I did.

Correspondent: I would like to tell about a coincidence by the way, it was a film but a film that reflect the reality. As you know Titanic sank and there were two lovers. At that time, Rose was on the raft on ocean.

Sahaja Yogini: From the movie Titanic, he was very impressed for one part when the Titanic was under the water, they were just holding some wooden sticks and so on, but it was very cold in the night while he was in the water and girl was sitting on it and in the morning time boy was frozen and then, until that time they couldn't make other people hear that they need help. At the end, just at last moment, just from the near, at that moment they could hear that she was alive, there is just one person who is alive. Is this a blessing from God?

Shri Mataji: Everything is a blessing from God and see the way He pay attention to things which are not important, then you suffer.

Correspondent: Did you commit a sin ever?

Sahaja Yogini: Do you have sins?

Shri Mataji: What?

Sahaja Yogini: Have you ever made sins?

Shri Mataji: (just looks at them)

Sahaja Yogi: Sin, have you ever sinned?

Shri Mataji: I can't, very difficult!

Sahaja Yogini: Not possible for me. I can't.

Correspondent: I apologise asking a question like this, but all of us are beings created by God. Sometimes it may happen that we commit sins. Audience may wonder, that's why I ask.

Sahaja Yogini: He says he is sorry to ask such a question to you but because all of us are created by God, we can make mistakes. That's why he asked you if you ever made mistake.

Shri Mataji: I have not. I mean, from the worldly point of view, maybe. But from God's point of view, not.

Correspondent: How She evaluates football? Is there any team that She supports in any country?

Sahaja Yogini: For example, football. Are you interested in football? Is there any team which you are supporting?

Shri Mataji: (Laughing) I never support any team, anywhere, because if you support, You cannot enjoy. You can keep a balance. When both parties are different things, I can never take??.

Correspondent: I heard a sentence in a song, a singer said so, there is Armenian, Greek, Muslim, Christian but the rain falling above us, wets all of us.

Sahaja Yogini: He heard a saying which he likes very much. There are Armenians, Turks and Christians, all the kinds but the rain always falls on all of them equally.

Shri Mataji: They are always equal. This is all man-made differences. God has not made that. Because the thing that works out is your Realization, is the Kundalini, it's in all of you.

Correspondent: We are all one for God but with our attitudes I am little away from God or I am a little closer to you or I am far away. We determine our proximity to God in fact. God is in equal distance to all of us.

Sahaja Yogini: God has created us equally. Only we are making the difference between God and us, personally.

Shri Mataji: That's right. In a garden, you have all kinds of flowers but they grow out of the same Mother Earth, you see. So, there is no difference at all but in their own variety. To create a variety, the beauty of variety, there are different flowers.

Sahaja Yogini: Some black, some pink, some of them pink, black, red, different, different colors, the humans.

Shri Mataji: Yes, it is what it is, We are all like that also. There is no difference of each. They are all flowers, in the same way, we are only human beings, there is no difference.

Correspondent: Sorry, Does the humans are establishing tomorrow with the actions of today?

Sahaja Yogini: Are people preparing their future according to what they have done today?

Shri Mataji: They are. They are looking for, lots of people are looking for truth or looking for reality, no doubt.

Sahaja Yogini: What ever we do in this life, it also effects our children and whole society.

Shri Mataji: Also society.

Correspondent : Which kind of music Madame listens to? Now I am hearing a tune, this is probably Indian Music.

Sahaja Yogini: What kind of music you like? Now we are listening. This must be Indian music.

Shri Mataji: Every kind, I like Mozart, I like Vivaldi, I like every kind of music. Music is more beautiful, you see. There are different kinds, that's all. I don't like crazy loud ones. That breaks my ear.

Sahaja Yogini: Actually he said, the music should enter from ears to the heart, some of the music are just remaining in the ears.

Shri Mataji: No, no.

Sahaja Yogini: Not going to heart.

Shri Mataji: It blasts your heart

Sahaja Yogini: Sorry?

Shri Mataji: Blast, blast your heart

Correspondent: What is your message for the human beings?

Sahaja Yogini: What is your message for the human beings?

Shri Mataji: My message is that all of you have within yourself a power, in the triangular bone known as sacrum,' which is responsible for your further evolution. And this gives you a new awareness within you when it is awakened, you get collectively conscious. This is like a connection you have (pointing out the mike the correspondent has) you see, you have to be connected with Divine Power of love which is 'Ruh'.

Sahaja Yogini: Can we say for your Sahaja Yoga, it is the answer and the meaning of everything?

Shri Mataji: Of course, of course. That is the solution. Because all problems are because of human beings who are ignorant. Once you become one with the Divine, all problems are solved.

Correspondent: Does Madame likes Turkish dishes, except those ones or does She likes these ones? What kind of food does She eats?

Sahaja Yogini: He would like to ask what do you like to eat in Turkey? Normally, he says all the foreigners they like to eat döner, sish kebab.

Shri Mataji: I like all kind of Turkish food. I think it is the best in the whole world.

Sahaja Yogini: He says, it is no to up us to obtain the timing when, how everything should happen. There is a power who does

everything. In his life, until he was 45, everything was very difficult, struggling on the ground he says. After when he was 45, he said something must change and he says in his new life, this moment, the moment when he meets You, is the most special moment. This is a blessing from God and that's why he is thanking to you.

Shri Mataji: Thank you very much. Thank you very much to hear something like that. To me also, this is a great pleasure to meet you (looking at the yogini) because he is a very sensitive person.

Yogini (to the correspondent): Sit comfortably. Are you comfortable?

Shri Mataji: When you feel the cool breeze

Sahaja Yogini: Admit when you feel the cool breeze in your hands?

Correspondent: Cool breeze?

Sahaja Yogini: Breeze of the Spirit. This is the breeze of the Spirit.

Correspondent: Breeze of Spirit?

Sahaja Yogini : Yes, Spirit.

Shri Mataji: You can feel it at top of your head at the same time.

Sahaja Yogini : Divine power. You can feel it at top of your head at the same time.

Correspondent: I feel very strongly.

Sahaja Yogini : He feels very strongly.

Shri Mataji: This is the all-pervading power of Divine Love.

Sahaja Yogini: Other people's Kundalini also can be awaken.

Correspondent: Was that fast?

Shri Mataji: This is the triangular bone (showing him on the Sahaj booklet)

Sahaja Yogini : Look that this triangular bone what She points out.

Shri Mataji: It raises through these six centers.

Sahaja Yogini : It is rising piercing through six centers.

Shri Mataji: Ultimately, it pierces this sixth center and then you felt it.

Sahaja Yogini: And after the sixth center, it gets out on top of our head. That's why we feel the the cool breeze.

Correspondent: I got it.

Shri Mataji: You can have this and you can feel it.

Correspondent: Will you sign this?

Shri Mataji: All right.

Sahaja Yogini : It writes " With my love and blessings. Mataji Nirmala Devi."

Correspondent: I will carry on my heart.

Sahaja Yogini: I will keep it on my heart.

Cameraman: (filming the book with a cover on which there is a picture of Ataturk, founder of Turkish Republic)

Sahaja Yogini: Atatürk. Atatürk is regarded an enlightened Spirit.

Shri Mataji: Atatürk was a Realized soul.

Sahaja Yogini: ... Afraid.

Shri Mataji: Afraid of what?

Sahaja Yogini: Of a person

Sahaja Yogini: He is asking if the cameraman can also get his Realization.

Shri Mataji: His Self-realization.

(Unaudible)

Sahaja Yogini: Yes.

Shri Mataji: Yes, why not. He is carrying something heavy on his shoulder. Can he keep it down for a while?

Sahaja Yogini: Carrying a very heavy thing. He can leave it here.

Shri Mataji: (showing Her picture) When this picture is taken we were in a boat. That is the day, 5th May.

Sahaja Yogini: This is a picture that was taken on 5 th of May.

Shri Mataji: They were all sitting here.

Sahaja Yogini: This photograph was taken while so many people is sitting around my photograph.

Shri Mataji: That was the day, once happened, 5th May.

Sahaja Yogini: This one is on 5th of May, when She opens the Sahasrara [mistake from the Yogini].

Shri Mataji: It was in India.

Sahaja Yogini: Was shoot in India.

Shri Mataji: This happened much later.

Sahaja Yogini: But the date of this shooting was ?

Shri Mataji: We were here and we were going by boat and at the same time this took place.

Sahaja Yogini: This Picture was shoot later, but on 5 th of May

Sahaja Yogini: 5th May.

Shri Mataji: Yes, fifth of May but much later, ten years later.

Sahaja Yogini: 5th of May. 10 years later same day. A picture taken the day when she opens the Sahasrara.

Correspondent: Lots of people around them are not visible in the picture.

Sahaja Yogini: There are a lot of people sitting around but

Shri Mataji: You can't see them. They have all disappeared on the sides.

Sahaja Yogini: Yes, lots of people around but they are not visible in the picture.

Shri Mataji: This is the last photograph but there are others which show people first, and gradually they disappear.

Sahaja Yogini: This is the last one shoted. People can be seen in the one taken few second before just one or two prior. As it goes at the end people can not be seen.

Shri Mataji: This is another one with my sari, standing in the sea and this light appeared in the heart. On the heart.

Sahaja Yogini: Here Shri Mataji stands near the see and there is light on Her heart.

Correspondent: Yes.

Shri Mataji: There are thousands of photographs, thousands of them.

Sahaja Yogini: Thousand of this type of pictures exists.

Shri Mataji: My whole face was covered with the light.

Sahaja Yogini: Here,

Shri Mataji: Very strong light but the flowers are all right there, nothing happens to them.

1999-0418, Akshaya Tritiya Puja

View [online](#).

18 April 1999

Akshaya Tritiya Puja

Mumbai (India)

Talk Language: English | Transcript (English) – VERIFIED 18 April 1999, Puja Talk: Akshaya Tritiya, Mumbai, India

Today is a special day, called as Akshaya Tritiya. Akshaya means something that cannot be destroyed, cannot be changed, that cannot be challenged, and that is the third day of the moon which is tritiya.

It is regarded as the best day to decide, to decide to do something or to have some sort of a determination. This determination is such which will never change, which will never [unclear/differ.] which will not have problems. That's what it means; today is the day, it's very important, that we should decide as to something which is very, very firm, which will never be faded.

It's a very important day and that's why the Indian people, when they want to take up something, some sort of a challenge, some sort of a precedent, then they decide on this day that: I will do this. And this decision will be absolutely indestructible, will never be challenged. It's a very good day because we have sometimes so many problems, and we want to overcome them.

At that time, when sometimes our weaknesses, sometimes our tendencies try to – after all, we are human beings, so they try to neutralise, or sometimes try to take us away from reality. But once on that day you decide for something good – to do something, to accept something – that should be absolutely, firmly adhered to. It's a very good day that we should really stick on. So for Sahaja Yogis, what have we to decide? That is to be seen today what we can decide to do.

Now there are many, we should say, many reactions, permutations on our way, as Sahaj Yogis also, because you have now become one with the all-pervading Power of divine love. And when you have become that, you are the person who is just one with that great Power of God, then you have to decide firstly, that you will always remain connected with that Power, always; that is the supreme Power, that is the Power that [unclear/controls everything], and that is the Power of love.

So, we have to decide that whatever we do, whatever we are trying to achieve, whatever we are trying to make in life begins through love, that gives this determination and this faith should be with you. Through love only we can do, not through hatred, not through violence, not through anger.

Many people believe that it's not possible, but I personally feel that this Power is the most powerful thing and it is such a, such a energy that it acts. It has computer of its own, I should say; it works so beautifully. If you desire for anything, if you ask for anything, you see if it's a pure desire, it works. So we have to depend on this Power of all-pervading Power of divine love. And with this love what do we get? We get a kind of an assurance all the time. Now many people tell Me: this miracle took place, that miracle took place, this happened, this has worked. So many people tell Me.

But the main thing behind all of this is this Power that is working it out. It works all the time and it is so competent, it is so fast that, we don't have to worry about anything. But one thing should be that our desire should be pure. Now what is the pure desire in this, this desire of God Almighty? He has created this universe, He created this world, He created us with the desire to create a beautiful vision of His own. What is His vision is that we should always, all of us, be very happy.

The other day I told in My lecture, as you have heard, that every human being has a Kundalini – that's the Mother that you have – and everybody's Kundalini acts the same way, behaves the same way. So to believe that we are different people is wrong; we are all one. But those who believe we are different can be violent, can be very aggressive: can be very destructive also. But with this Power, you can overcome and let them understand that it's all wrong. We are all one people created by God, we are all in the same pattern, with the same Kundalini, which acts the same way.

Now, if you realise that we are all one and if you understand that we are guided by one Power, you will be amazed how peaceful you will be. All the things are happening in this world just as a drama, and you should see it as a drama, the whole thing, and you will be amazed how your desires and your visions will be fulfilled. Very clearly you will see that and you will be really so much surprised at the whole happening, at the whole becoming, the whole... just appearing before you.

Suddenly you will find everything works out the way you like. This is the day, which is very important I think for everyone, which is promised that, this day or yesterday and whenever you decide that, I will have the use of this divine Power for all the purposes that Almighty desires, will just work. It will work in such a beautiful manner that you will be amazed how these things happen suddenly.

The other day I met a lady and she told Me of lots of miracles that have happened; how she was ill, how she could not get work, how the burglars came in her house and ran away. Apart from that, how her little girl, her child [unclear] and all kinds of things she told Me. So I listened to her, because [unclear] so many things there are. But then I asked her, 'What do you think of this, first of all, that you have so many miracles compared to other Sahaja Yogis. What is so special?' She said, 'Mother, I don't know how. But I have got a lot of shraddha.'

Shraddha is devotion, devotion without question, is that inner growth within yourself where you become so much dedicated, you enjoy your dedication and enjoy yourself also, the way you are dedicated. This dedication has worked out and this dedication has brought to her all these beautiful experiences in life, and I really thought that must be the reason – shraddha. She said, 'Only the shraddha that, I can say that I have.' And I find out some Sahaja Yogis, they don't have so much shraddha. But some have so much of inner shraddhas that they have told Me that: 'Miracle has lost its meaning, it has lost its existence: is just for us, has become a natural.' So, this shraddha has to be seen that it grows within you.

Now you cannot make it grow like you make things and all that. That's not artificial, it's real. It's a real thing which is inborn within you, within us, like a little plant it grows. It grows and grows and grows by itself, through the living process. In the same way this also grows. But what do you do with it? How to make it grow is with your love. You have to respect yourself, you have to love yourself and you have to understand that this body is meant for God's work and once you start looking after your body and looking after yourself in a way that is divine, then it is shraddha, grows just like a plant can grow. But it is a living process and what water you have to give within is that of love.

So to love yourself doesn't mean to be selfish. It by no means it means to be something very special. To love yourself is first of all that you should not allow many of these things to touch you. One of them is ego. If ego is there then you don't love yourself; you love your ego which can be dangerous, which can be [unclear/polluted] and which can be just very aggressive. While if you love yourself, then you don't have ego. You just laugh at yourself sometimes, how it behaves, [unclear] in the company of ego, and you try to just get out of this.

I have seen many people in Sahaja Yoga, once they are in Sahaja Yoga, they say, 'Mother if we do like this, will our ego grow?' I said, 'No, it won't.' Don't have these feelings that, if your ego will grow. But you should know one thing for definite that, when ego comes, you'll behave in a manner which will take away your vibrations, which will take away whatever you have now. And you know it is so good that you can also judge yourself through your vibrations. On your fingertips you will know what you are catching and you are not ashamed to accept that. I have seen many people coming and telling Me, 'Mother, you know my ego is catching, will You take it out? I am too much of egotistical.' You see, anybody who says that can see himself, can see that; it is very clear that he can see himself that this was their ego working.

There are, as they say, there are six enemies you have and all these six enemies can drop out without any difficulty once you start loving yourself. If you are in love with anything, you wouldn't accept anything wrong, anything... this feeling or that, or some other bad thing; you would like to keep it clean. So when you love yourself, you try to keep yourself clean. Clean means absolutely saaf, which is sufi, that they call: Sufi is saaf. So you become clean, you become nirmal. And that's what is you have to do if you

really love yourself and care for yourself.

So on this day you have to decide that, first of all for yourself, you have to ask that you should be clean, you should be absolutely devoid of all the six enemies. Then for others, you have to think of their well-being, by saying that they should also become Sahaja Yogis. Why not? We have entered into the Kingdom of God, why not get others also. Talk to them about it. Manage somehow or other. You can raise Kundalini of all other people and you can make them one with this all-pervading Power where there is no discretion, there's nothing, and you become absolutely a clean personality with other people being helped.

And it's such a joy-giving thing to give realisations to others. So whenever you have a chance, you must try to do it. Something that I must tell you that, this love is also universal. I have seen people from Germany especially, who were supposed to be tough people. Most of their forefathers had killed so many people and they are going to all of the places wherever they think they have done something wrong and I was asking them, 'Why are you here?' They said, 'Mother, don't You think we have to do something bigger, because our forefathers have been cruel to these people, so we have to correct it.' See like this, a kind of a feeling comes in that shows that, also your forefathers did all this: 'So we are responsible now, we should try to neutralise it and to make it different.'

So this love for [unclear] the whole being, within and without. When you see a person, this love gives you a great strength, and a great strength to fight all kinds of odds, I'll tell you. Because you'll become a silent person: start watching everybody. Only with that kind of a personality you can fight the evil of the world, otherwise not.

If you are angry, with violence, or try to overpower others, you cannot, because you yourself have taken all the bad things of the other person. So the only attribute should be of love, and see a person with love and this will help clear out, and this is what is today's great – I should say, a great effect of the divine Power of love.

Whatever has to be done will be done by this Power: you leave it to this, it will do it. If you don't leave it, then what happens, that it says: 'All right, you want to try it: try.' In Marathi, they say: [sounds like/ Al kol arisht kubai]; All right, you have some special connect, all right, you have that: then work it out; and it will allow you to work it out. And you will never work it out. But if you say: 'All right, I am not going to work it out, you work it out. I have nothing to do with it, you do it. You make everything work,' so quick, so beautifully, and so marvellously, you should be amazed how it has worked out.

The basic problem is that we don't understand sometimes, we don't realise how powerful is this Power. It thinks, it understands, it organises, it cares for you. Above all it loves you. If you can be one with it, you'll become so sensitive and so much knowledgeable about it. And it gives you that powers we call as [unclear] – cognitive science, they say. But I would say, the science beyond the sciences, the science beyond your mind. And once you have that within you, you will immediately know whatever it knows. And the best part of it is, it is most practical, most practical. It gives you ideas the most practical. I am telling you; you will be amazed to say that, 'Mother, Sahaja Yoga is very practical.'

It is the Power which you have to realise and know and to have faith in it that, you have created the shraddha, [unclear/ that is the Power that's going to work out.]

You can call it by any name. You can call it by Paramchaitanya, all-pervading Power of God, or divine love. You can call it as Ruh. You can call it as Brahmachaitanya – all kinds of things have been written. But the main thing is whatever may be the name, it is a Power which is so all-pervading, which has created all this world, everything, it has created us; it has evolved us. Now at this juncture, the time has come for you to feel it. You feel it, and you can feel it all around and it's so joy-giving. It's so joy-giving. So we are not bothered for what others are doing, what others are creating: more problems they are doing. You leave it to this Power, to this Power which is so powerful, so beautiful and so right.

So today is the day when we have to decide that, I leave everything to this Power. Let us see what it [unclear/has done.] Few people, even if you desire, it will work. It is quite a powerful thing and if you will only ask [unclear/it for it,] it will work. And whatever is good for whatever country, for our world, for human beings, it just works out very smoothly. You shouldn't try to

expedite it, you shouldn't try to force it, because it knows. It knows how it has to – you see, it is [unclear.] You see for example, if you watch a little seed, when it sprouts, how the roots go down. Little root, you know, goes down and down and then it hits the obstruction of a stone. Where does it go? Round; it goes around the stone, so that the stone can be [unclear/ used for its later purpose.] Then it will go again round and round, up to a point where it has to go to stabilise: stabilise that root. So what intelligence it has within a little cell, that is at the tip of the root.

And this is what we have to know, that we have that [unclear/shraddha], which is the tip of the root, you can say. We should just make [unclear] and how to move, because nature is all within the control of this Power. So it doesn't bother – it is not bothered about anything, [unclear/it just knows, that's all] how this Power works. Only we have to figure, to decide: only we have to figure out, to decide. And this is the day when we have to decide that, whatever is good for the whole humanity, it should be done through us – you are an instrument, but the Power is in you. You just surrender yourself entirely to this divine Power [unclear/it will all be all right.]

So today is a special work you have to do: we are few people here, I know but if you all decide this, it will all work out in a very, very beautiful manner. May God bless you.

Yogi: We are very fortunate, Shri Mataji, that You have come. We are very fortunate You are here on this day in Bombay.

Shri Mataji: Now it is for you to carry on, this little gathering to a big, you can call, a very big area, where people get enlightened and can receive the blessings of this all-pervading Power, which exists. I have done nothing, I should say, but one thing that, I have told people that this Power is available to everyone. Whether you call yourself anything, this Power is there, is available and can work. And the Kundalini is the one which connects you to this Power. That's all – it is a very simple thing I have told you. But it has worked: it has worked as you know – for thousands and thousands of people all over the world – because, you see, they never believed that there is such a Power. Even if they believed [unclear], it's like half and half. But now when you feel it, it's on your hands: that's it. [unclear/ Just now, open your hands and see]. You can feel it on your hands, on your fingertips and know what it is: it's there. [unclear] or you can see the experience of that; just talking is not going to help you. [speaks aside to yogi: All right, we start.]

So this is what is very, very important, that you have to have full faith in the all-pervading, that is God, is there – mentally, physically, emotionally – everything, and that is what will... that will cleanse you, that will cure you, that will give you all the blessings that you want.

[speaks aside in Hindi before start of Puja]

1999-0425, Easter Puja: We have to establish our meditation

View [online](#).

25 April 1999

We Have To Establish Our Meditation

Easter Puja

Ataköy Marina Hotel, Istanbul (Turkey)

Talk Language: English | Transcript (English) – Draft

Easter puja. Istanbul (Turkey), 25 April 1999.

Today, we are all here assembled in Turkey, in Istanbul, to celebrate the resurrection of Christ and, with that also, your celebration of your resurrection.

Christ's resurrection was a great message for us. He won over the death and came out of that dead body with another body which was living body. The body was the same, but one was a dead body and another one was a body which was living. It's not only symbolic, it actually happened within. After all, He was a divine child, He was a divine person. Actually it has happened within. It's not just a symbolic thing that He died and He was resurrected into another person or, you can say, into a living person. For Him, what is the death? For eternal beings, there are no deaths. There's no death for a person who's eternal. He may, for the time being, look as if He is dead, but He can never die. Christ was like that, a very, very special incarnation, which came on this earth to be reborn out of the dead.

Now we are also, when we are not yet realised souls, when we are not yet enlightened. We are also dead in the sense, our awareness is very, very... I should say, absolutely dull and dead. We can see flowers, we can see faces, we can see buildings, we can see cities, we can see all those things. All these things we see and we feel we are quite aware, which we are not.

Actual awareness comes to us when we cross the limits of our mind, go beyond the mind, and this was only possible because of the resurrection of Christ. He resurrected Himself because He was a divine person. But also we are resurrected because we are blessed by Divinity. Now this mind of ours, which is in between, is controlled by Shri Jesus Christ. He controls through your Agnya, both the sides. He controls your conditionings and He controls your ego and brings a balance in you.

But when this Agnya Chakra starts sprinkling, all sorts of ideas, sometimes reacting, sometimes accepting conditionings... it is a slave, it is not a free thing, because it is working under the influence of your ego or your superego. For that is the death of our awareness, that we cannot, we cannot understand something beyond. That there exists a life beyond this, we cannot accept, this is... We have seen now that we were all in a condition that one was deadened. We were feeling bad, we were feeling anxious, we were fighting and we were thinking: "There's something wrong with our present life."

There's something definitely which makes us slave, by which we are slavish. That we realised, no doubt, and we started seeking the Truth. We started seeking the Truth in so many ways, I know so many were... also went astray, and they lost their balance and have fallen into a complete demise.

But so many of you have been salvaged, have been saved by the great example of Christ's resurrection. He had to venture it, He had to do it and He worked it out. Without Him, our Agnya would not have been that flexible. As it is, the human beings in the olden times were conditioned very much. And when they have become modern, they are full of ego, nothing in between. With these two influences, we are imprisoned, we are absolutely dead people. We have no sensitivity for anything.

I've seen now... even today, you can see about things are happening across, is people are very anxious to kill each other. Human beings want to kill human beings, can you imagine? Such a stupid thing that we should kill our kith and kin. Then, there are children who are killing, parents that are killing, no relationship is accepted. It's a sign of a person whose awareness is completely dead. In our awareness, at least we should have feelings of compassion and love. But that one is lost, it's not there, we don't have it. The whole world is a flame, when you read about all the wars that are going, the way they are killing children, the way they are destroying human beings.

It is a wrong attitude that with destruction of human beings, things will improve. It's a very, very wrong concept that by destroying them, one can achieve something. Our work in Sahaja Yoga is doing well, I must say, but it has to stop this horrible attitude of human beings to destroy. So you might ask then: "What to do, Mother? What to do to destroy this destruction?" Answer is in the life of Christ. You resurrect people, you resurrect them, enlighten them, bring to a state where they understand what is right and what is wrong. Let them feel, let them feel the compassion and love that is within you.

When that starts, that third force within us starts acting, our ego also comes down, our conditionings also come down. For example, if you think: "We are Muslims, we have a right to kill others", if you think: "We are Jews, we have a right to kill others." All these differentiations and this kind of discrimination that we have is so stupid, because you are human beings, they are human beings. You are killing human beings! Not that they have committed any sin or they have done anything wrong, except that, in their foolishness, they believe that they are this and they are that. You are not! You are just human beings.

In every human being, as you know very well, there is Kundalini. There's no discrimination, everyone, whether you are a Muslim, a Jew, Hindu, Christian, Sikh, Parsee, anyone, you may call by any name. Now just look at how we accept a certain denomination for ourselves! You are born, say, to a Christian family or you are born to a Hindu family: immediately you start thinking you are there to uphold all the flags of that religion in which you are born. You are born in that religion without your knowledge, without your permission, without any understanding. So how can you belong to that religion? You have got Kundalini, everybody else has got Kundalini. So you can only belong to the religion of humanity, where every human being has got Kundalini.

So, you are nothing but human beings. All these false ideas, that: "We are Hindus, we are Muslims, we are Christians", is all man-created. I mean, man can create anything, and human beings have no brain to understand that is all man creating.

For example, you see in America, they create associations and big organisations and all that, based on absolute falsehood, absolute wrong ideas, absolute destructiveness, but they form it, they form their groups, they have this, they have... and they are prospering. But it has a repercussion, they don't know. If you start doing such false things against human beings who are created by God, and nobody can destroy them, then there are repercussions.

Many, many countries who were, once upon a time, rulers, were known as great things, have come down. And all such countries who now think they are very rich and all that, will have to come down. All of them have to come down, is just an ultimate result of this stupidity to believe that you are higher than others, than you can kill others. So, a non-violent method started which is of another absurdity, I think, because then they start saving mosquitoes and also the bugs, while mosquitoes and bugs are, you must know, are the greatest blood-suckers. They live only on human blood. Such things, what's the use of saving them?

So, human beings take to something that is absurd, stupid, foolish. I don't know what is the reason. The way they accept things is absolutely unbelievable. I think it is a kind of a slavish mentality which does not give them freedom to think what is right, what is wrong. For this, we have Christ. We have Christ, a person who was absolutely free, free from all kinds of prejudices, all kinds of temptations, all kinds of nonsense that human beings follow.

But one may say that: "Mother, after all, He was divine!" He was divine and now you are made divine also. So, how can we now join together to make a full effort, a full effort, to tell people that: "What are you doing? Why are you doing it? What is the need to do such things?" On one side is, we can say, a mass destruction through stupidity, another side is your own self-destruction. Take to drinking, take to other self-destructive things which are immoral, that's very easily available, and people like it very much. They don't like when you talk that: "This is destructive."

So, either we destroy others or destroy ourselves. Christ was destroyed by others and He resurrected by Himself. So we are also in the same position now. I know many a times Sahaja Yoga was challenged. Now it's much better, not so bad... was challenged and there were so many problems. But it's smoothing down, because that's the Truth, that's the Reality, that's what is Divinity.

So, you should not be afraid. All these funny ideas about Sahaja Yoga also will die out. It's a resurrection, not only of you people, but also of your ideologies. Now the ideologies change, that our awareness should be enlightened. We should have light in our awareness. This has come only through Sahaja Yoga, that: "If you don't have the light, how can you go further in the right path?" It's not easy to describe Christ's life, how He went through that. He died so young and brutally He was killed. But still all that, He resurrected Himself. He came out of all that, came out of that ordeal. So for us also, when we are in Sahaja Yoga problems, we should know we have a power to resurrect ourselves. No one can destroy us! No one can finish us off, because we have a power to resurrect ourselves. This special power that we have to resurrect, you should all the time understand and feel it and meditate on that.

I hear from people from every country: "The government is doing like this, the government is doing like this!" or they are having some trouble, they call you a sect, they call you this and that... Alright, doesn't matter! Your duty is to believe that you are

following the foot steps of Christ. And no one can destroy it! This is the message of Christ's life, that divine life cannot be destroyed. When this body could not be destroyed, then how can you destroy the divine light in Him?

So many Sahaja Yogis are here, who have been since long in Sahaja Yoga, and they have had problems, and they went through lot of troubles, I agree! But all these things have subsided. And now you are in such a resurrected position that, after some time, -you'll be amazed- Sahaja Yoga will take over, all over the world. All over the world, people will take to Sahaja Yoga and we'll have such a lot of Sahaja Yogis all over the world that all this minority of some stupid people will disappear.

For that, what have you to do? Sometimes, people ask Me: "What do we have to do?" You must have also read the Bible, that Christ prayed and He was praying. In the same way, we can say, we have to meditate. Through meditation, we'll grow in our awareness, in our new personality, in our strengthened personality. Meditation is the only way we can grow, and then no one can destroy you, because you are all protected by the Divine Love. You don't have to worry as to who will destroy you, what will happen.

Of course, in the beginning there's little agitation, people feel a little bad about it, it's alright! But actually, NO ONE can destroy you. Have this faith in you! Christ had no organisation, He had no Adi Shakti to support Him, in no way. But only through His divine personality, He managed to get out of all the problems, of all the tortures, of all the atrocities on Him. So now, you have better advantage, because you are enlightened. Firstly, He was a divine person and He could go through that. You don't have to! Nobody will torture you, nobody will put you in jail, nobody will crucify you. Nobody will, that's not possible. But mentally, if you are upset, sometimes you get upset I know, in certain countries people get upset, because they think they are oppressed, they think they are in Sahaja Yoga. I assure you, no one can do that. You must know that you are all the time protected.

Christ is there as your elder brother, I always said that. But also you have your Mother, and you have all the Ganas and all the Angels around you. When I see this, I just thought: "Look at this, in every country they have shown Angels and Ganas are there!" Such pure forms of protection you have. So there's nothing to worry about your destruction or your impediments, or whatever you may call it, a kind of destructive forces acting on you. From the life of Christ, you have to know that no one can destroy a realised soul in these modern times. As it is, they never destroy her.

We had so many Saints who were killed, who were tortured, but see, they still exist as poetry, as poems, also as blessings, everywhere they are not finished. They are not dead, though it seems that they are no more, but even to take their names and even to call them, they work out. They are there in their Spirit and they help. Assured by Christ's life, by His resurrection, we are resurrected people.

Of course, our body also has changed. After resurrection, you know that your Chakras work out all the curing and all the blessings. Our attitude, our mental attitude also changes, and also your ego subsides. Not only that, also our conditionings go out. Specially I was so happy that those people, say, who are born in a particular religion, immediately they see what's wrong with that religion, as if they turn round and see the image of their society and know what's wrong with them. And when they start meditating on those corrections, it works, societies are improving.

You see, so-called religious ideas are falling into their own traps, and they will all fall because they're falsehood. That's not real religion. The religion is within ourselves and this pure religion is the one which is a global religion. The solution comes like that: supposing you have wars... wars in the name of religion, in the name of God specially. And in the name of religions they have wars. So now, what happens? All these wars that take place cannot destroy Reality, cannot destroy the Truth.

This is another message of Christ's resurrection. You cannot! You may think that today you have destroyed these people, but they are there. All the Saints, all the great people who have been resurrected in life are all the time there. Their protections are there, their guidance is there, you can see them in a way that they are there. So one should have no fear. The fear of death has to go. So many of them have said the same that: "What is death after all?" Death dies itself, once you are resurrected.

So one should not be afraid of death. Now how many of you have been afraid of death before your resurrection, but not now? You are not bothered as to when the death comes, what happens or which way you are going to be so-called destroyed. You know you cannot be destroyed. In your heart of hearts, you all know this very well, that you cannot be destroyed. The fear of our destruction goes away, no doubt.

But there is one thing, is the compassion. When you see all these bad things are happening and people are being tortured, your mind is... you see... cannot take it for granted. It starts responding to that, and it feels the pain of others, tremendous! But as a result of that, your will power, your thinking on those lines, your tears even are powerful and they can bring solace to those people who are suffering unnecessarily. You have to experiment with it. Just having a feeling of compassion, things will improve. Now, as it is, we meditate. But we can meditate also with such compassion and such love that your tears can also have an effect on these people who are so cruel and stupid and killing each other.

But it is important for you to know that now you are not an individual, but you have become a global personality, a global personality. You are not an individual, you are a global personality, and sitting down here, you are working out all the global problems. You are not a small person now, who's only worried about your own children, about your family, about this and that, no! This mind of yours has expanded, expanded like this, that it works automatically for all the problems of the world.

When for a woman I read newspapers, specially women seldom read newspapers, but I read, read and I read those where My attention is in it. I've seen it works! But all of you put together, if you understand that this is your responsibility to correct all the destructive forces, to put them right, we just have to collectively meditate on the points where you find there's a big problem.

Now the problem is mainly because of religions, mainly. Now, if they can all jump into the new religion, global religion, they all are one. They cannot then fight because there's one religion. But they don't want to have one religion, because they want to fight. They're fighting cocks. But if they come to Sahaj, if they become enlightened, then they will only enjoy love of each other and not killing of each other, destruction of others.

And this is what we have to learn from life of Christ, who was alone, who was single. He did not have such a collective behind Him. But how powerful He was that He fought the death and came out of it so clearly at the stage of Agnya! Without Him, we could not have worked out Sahaja Yoga. Kundalini would not have gone through, unless and until He had sacrificed His life. And He really sacrificed, He accepted the task of sacrificing His life, and then resurrected. He passed through that, I should say, very constricted channel of Agnya, to put you people right, by saying: "You forgive everyone." If forgiving was such a powerful thing that you can even fight your death, then why not forgive? Many people say: "Mother, we can't forgive!" and I've told hundred times that: "What are you doing if not forgiving?"

So, the message of Christ's life is that He forgot, forgave all the people who troubled Him. Even He said that: "O God, please forgive them, because they don't know what they are doing!" On the cross, He said those things, when He was tortured, insulted, He's saying what? "You forgive them, have pity, have sympathy for them, because they don't know what they are doing!" They are killing the Son of God, and what will happen to them? Where will they go? What will be their situation? This one is a big message for us, that even on the cross, He said: "Forgive, O God, O Father, forgive them!" In the same way, we have to also forgive people. It's very important from the life of Christ that we have to forgive. His forgiveness was of the greatest importance. For the whole world to understand, you must forgive. If you learn how to forgive, you'll be amazed, half of the wars of this world will be finished! Now, something happened thousands of years back. Still people are fighting, still they are fighting, thinking these things happened so many years back, so they are ended. If He can really forgive those people, what happened before we were even born, why should we form a group of such people, why? Because there is something called hatred in human beings, they have hatred, hatred for this, hatred for that, even in small things they'll say: "I don't like it, I like it!" It's very common, nowadays specially.

When we were young, we were not supposed to say such a thing: "I don't like it, I like it!", we were not supposed to say. But now their freedom has given them to talk like this: "I don't like it, I don't like that, I don't like that, I don't like that person!" Who are you? What do you think of yourself to judge others? You don't know how to appreciate, you don't know how to enjoy and only what you go on is: "I don't like it!" And supposing you like it, what will you do? Whether you like it or don't like is just the same! But just to show off their ego, we say: "I don't like this way, I don't like!"

Because there's no love! If there is love, then you can enjoy everything. We'll never say: "I don't like it, I like it!" You will definitely enjoy if you really say that: "I enjoy, I enjoy everything!" You are closing down yourself by saying: "I don't like it, I don't like it, I don't like!" as if you are a great connoisseur, or a person, a judge, to say this! It is very remarkable that in the West it's even more prominent that they will say: "I don't like it, I don't like!"

Of course, in the East, I would say in India, if somebody says like that, people will say he's just trying to show off on the face. But showing off is not regarded as bad manners. It's not regarded as bad manners in the West. To feel shy of anything is regarded as bad manners, but to boast of something, nobody feels that it is a bad thing.

Did Christ boast of anything? Never! He never boasted of anything, but when He saw people were selling things in the holy places, what did He do? He started beating them with a hunter, because that was wrong, absolutely wrong, against the holiness of the place. But He did not say: "I don't like it!" No! He just showed His complete disapproval of the whole system of selling things in a temple or in a holy place.

People go there to worship. They need a mind which is devoid of money orientation. There should be no money orientation when you are meditating. This is the biggest problem of today. Everything is money orientation. You like a car which is very expensive, so you want to have. By hook and crook, you will get that car and sit in there. You might be a thief, but you buy an expensive car

to show off, perhaps maybe because you are a thief, that's why you want to hide your personality. So there is no truthful life, it's all just showing off and thinking no end of yourself.

But when the death will come at your doorstep, what will you do? At that time, you will be trembling with all your so-called achievements and your so-called showing off. You will just tremble before death.

But a Sahaja Yogi cannot! He will like, if the death has to come, it has to come! He will not tremble that the death is something dangerous, but is a place where he can go and rest. He won't mind, he won't mind anything, because he is above that, he is above destruction. So, he won't mind anything, whatever comes his way and he will surrender to it easily.

We have Kabir. Kabir has written so many poems, mostly about death. He said: "When death came, I didn't say a single word, I didn't fight, but what I did, I took a sheet on top of me and went off to sleep!" How sweetly he described death sometimes, and Kabir then reminds Me of Christ.

How sweetly Christ also went through all these things, and when He died, the whole elements shook. He was the master of elements. They shook, there was earthquake and all kinds of things that happened. They, they felt His death, not Him! They felt that such a great divinity which is the essence of existence has been killed like this. They also didn't know that He is going to come back to His life. They also were not aware of it, but He did. He did come out of that deadened thing, for which everybody was so much shocked.

His death itself gives us strength, that we have no death, we have resurrected and resurrection is with us. But we have to establish our Sahaja Yoga, our meditation. That's very important.

The other day, I met a lady. She told of a miracle in her life, how she was saved. She was about to die, she came across an accident, all kind... But how she was saved, while her husband, he succumbs to all kinds of things. So I said: "What do you mean, how it happened?" She said: "Mother, it's nothing but Shraddha!" Shraddha is meditation, surrendering. "Surrendering, because I'm surrendered!" But I said: "How?" "That, I don't know, I'm just surrendered. I feel so comfortable, so lively and so much out of fear when I know I'm surrendered, completely surrendered to my Spirit!"

And this what it is what we have to learn when we meditate, that we have to surrender. Muhammad has called "Islam". Islam means surrender, though they don't surrender -otherwise you see...- but what is that you must surrender to your global nature, to your higher nature. You must not die out, you mustn't fizzle out into these worldly turmoil and worldly things. It's a very strength-giving example of Christ. And He's with us, He will always guide us, He'll look after us, not only but He'll give us strength. He will destroy all those who will be against eternal life. He'll destroy nonsensical things.

And you are seeing now how in Kali Yuga all these institutions who talk of religion and fights are getting destroyed. Automatically, we have done nothing. On their own only, while they're doing, they are finishing, because there's no Reality, there's no Spirit in it, and without the Spirit, what is left is nothing but a dead body. The whole understanding should be for Sahaja Yogis, that we have to be Spirit-oriented, not money-oriented, body-oriented, emotion-oriented, but Spirit-oriented, which is a joy-giving thing. And you'll be surprised with that orientation, you will be the most happy, most loving, most beautiful person. Immediately, people will know around that there's something about this man, some spark about this lady, some sort of a spark that she is or he is so much different from us. It can be recognised in no time.

Now, at the time of Christ, very few people could recognise, because they were not enlightened, because they were very much below the level of human beings, I should say. But you are not! You are quite aware, you are born in modern times, and at this time, when we think of Christ, we should know what a life it was, what a grand personality it was, that He subjected to this kind of a torture.

He could have destroyed all of them in no time. He was so powerful, such a powerful personality, but He did not! He forgave them. He gave you the message of forgiveness, the greatest force that can work out. Now also, you should surrender yourself to this idea of forgiveness and really try to forgive. You'll be amazed, you will feel very much peaceful, very happy, and the person who has tortured you will come round.

What we have to do is now to transform people. That's our job. We have to transform them. We are transformed. We are at a point, we can call it, we are resurrected. We have to resurrect the whole world, that's our job, so that all these fights, all these quarrels, all these falsehoods will just be finished.

For us, Christ is our leader, who has done this for us. He came as an ordinary human being, lived like an ordinary human being, with all these powers within Him. He never used them to destroy. In the same way, we can also with love and affection, we can also really come out of our deaths, come out of our misgivings, come out of our destructive nature. This destructive nature is the most dangerous thing for Yogis.

That's the only hope we have, that Sahaja Yogis are resurrected. Only thing I know is that, if we have so many Sahaja Yogis, this

world will change. This world has to change. But your progress should go on, you should progress more and more, not you should not regress back. For small things here and there, don't worry! You have a very great responsibility, and that responsibility is to transform the human beings. That's your duty. How many have you transformed? How many have you changed? It's all right for men or women. You have to change people, this is your job and this is the power you have got from Christ, that you have to change them, transform them into the new world of happiness and joy which we call it as the Sahaj Nirmal Dharma.

If it works out, if it really works out, think of the world, how beautiful it will become for us! It's the duty of every Sahaja Yogi to go into this kind of a new venture and try to find out how many people he can convert and how many people he can bring round. I hope next time we'll have doubled the number of people that are here from all these eight countries who are hosting now. All My love to you all.

Great days are waiting us. We have to now understand only our responsibility. Main thing is how many people we have converted, how many people we have resurrected. That is the record, not what, how many Pujas you have attended and all that. It's not so important. Pujas are just to give you strength and to give you power, but they are not your work. That's not your work. For your work, you can take from Pujas all the strength that you need. But if you don't use this power, then what's the use? So now, I leave it to you to remember that you are resurrected and you have to resurrect others. It's a very, very important job at this time of complete turmoil and destruction.

May God bless you!

1999-0426, Interview

View [online](#).

26 April 1999

Interview

Ataköy Marina Hotel, Istanbul (Turkey)

Talk Language: English | Transcript (English) – Draft

Ladies and gentlemen, good evening. Ladies and gentlemen, good evening. Seventy countries around the world know Sahaja Yoga and there are Sahaja Yoga centers in them.

Today, we have the opportunity to speak with the founder of Sahaja Yoga, Shri Mataji Nirmala Devi. Thank you very much for giving us this interview. Lovely.

Thank you very much for giving us this interview.

Question: First question is, what is Sahaja Yoga? What is Sahaja Yoga?

Shri Mataji: Sahaja Yoga is, you can translate it as a spontaneous union with the All-Pervading Divine Power.

Question: To which kind of people would you think that addresses Sahaja Yoga? Which is the audience of Sahaja Yoga, you could say?

Shri Mataji: All of them who are seeking the truth.

Question: How Sahaja Yoga can help a human being and in which levels, in which...

Shri Mataji : I mean, it's the last breakthrough of our evolution which takes place because there's a power within us on the triangular bone. Actually, surprisingly, Greeks knew about it. Greeks called it a sacrum, means a sacred bone. So, they were aware of it, it shows that. I don't know, everything is lost now in Greece. So, we can't say, but they call this bone as sacrum. And in that triangular bone resides a power called, we call it Kundalini because it is in coils, three and a half coils. And this power awakens and passes through six centers of our body. These six centers in our body are made out of parasympathetic nervous system and this power enlightens it, integrates them and gives them special energy of awareness.

Question: So, we can say that Sahaja Yoga has... here is a relation between Sahaja Yoga and Ancient Greece.

Shri Mataji: Of course.

Question: When could we say that Sahaja Yoga starts in the world?

Shri Mataji: In my life?

Question: Yes.

Shri Mataji: It started in 1970.

Question: What made you start Sahaja Yoga? What made you create Sahaja Yoga?

Shri Mataji: I won't say that. Because in our country people knew, in many countries they knew, in your country also they knew

that there is this power and it is to be awakened. And they used to do it one person to one person normally. Like that we have Sufis also in Turkey and other places. But actually what I did was to find out a way and method by which we can give our mass realization. That's my finding.

Question: What is the difference between Sahaja Yoga and the other kinds of Yoga?

Shri Mataji: I mean, there are so many Yogas they talk about, I don't know. But it's very superficial and it's just mental. Most of them are. Even Raja Yoga that they talk of is the same. That happens within yourself. When Kundalini starts rising, then all these things they talk of happens within yourself. You can't do it from outside.

Question: So, when someone practices Sahaja Yoga it makes him change.

Shri Mataji: Because these six centers I told you about are responsible for our physical, mental, emotional and spiritual being. And once they get enlightened definitely there is a change within us. We become a transformed personality.

Question: Yes. In Greece, the official religion is Greek Orthodox Christianity. And most people believe in the message of Christ. What is the relationship between Sahaja Yoga and Christ? the relation of Sahaja Yoga and Christ, you could say.

Shri Mataji: Yes, it is very important, because He resides in one of our centers, which is between the optic chiasma. And it's very important, because He's the one, by getting Himself crucified, He opened that chakra. That is the fifth chakra within us, and it reacts very well. I mean, I should say the sixth, because we are not considering the lowest one. But when it opens out, you see, what happens is that this Kundalini, this power, can pierce through and go into the limbic area. From the limbic area, then it pierces through the fontanel bone area, which gives you the actualization of baptism. It's not just talk or this kind of thing, it's actualization.

Question: Is it difficult to have the actualization of a Kundalini?

Shri Mataji: No, it's just the second. If the Kundalini is awakened, and it connects you to the All-Pervading Power through your fontanel bone area.

Question: What could you say that it's a relation of Sahaja Yoga with religion?

Shri Mataji: I mean, that way all religions are the same. You see, we have with our ignorance made them different, we are fighting and all that. Religion is something that is our innate understanding of religiosity, you can call it.

Question: I would like to end with a question. What is your message for the Greeks people?

Shri Mataji: Greeks are, should I hold it also? Not necessary. The Greeks are a very ancient culture and they go very well with Indian culture. But they have forgotten now their culture and are very westernized, you see, that's the problem. Also it's happening in India. But otherwise, they had the primordial mother, Athena, they had all the things that we had in our country. So, if they can take to their old culture and to their old religion, they will be very near Sahaja Yoga. They have lost their tradition. If they can find their traditions again and their original culture, as was the case with Athena, then we could say that they are very close to Sahaja Yoga.

From what I realised, Sahaja Yoga is something very simple and very useful for the human being but also for society. Thank you very much. We hope to see you soon in Greece.

Shri Mataji: Thank You very much. May God bless you.

Sahaja Yoga operates in 70 countries, (12:45) one of them is Greece, (12:47) in which there are centers, (12:49) both in Athens

and in Volos.

1999-0426, Kundalini - The power of the saint is in every human being

View [online](#).

26 April 1999

Kundalini – The Power Of The Saint Is In Every Human Being

Public Program

Levent Kırca - Oya Başar Theatre, İstanbul (Turkey)

Talk Language: English | Transcript (English) – Draft

Public Program. Levent Kırca and Oya Başar Theather, Maçka, İstanbul (Turkey), 26 April 1999.

I bow to all the seekers of truth.

We are at the time bond, is very important. At this time there is so much of turmoils, so much of problems, so many wars, all kinds of interrogation has taken place in our value system. And we are quite shocked about that, very much shocked. What is the problem? Why this is happening? We should try to find out.

And if there is a solution we should try to achieve it. The problems are there because human beings do not know themselves. Either they think too much of themselves, they have too much of Ego or they are very much conditioned.

There is no condition that we can say is not troublesome, because they blindly accept all the nonsense. Now we see the problem, say we are born in particular religion and we just start following everything that is told to us.

I ask people if they have read Quran Sharif. Very few have really read it and is completely, sometimes, I find is represented. That brings bad name to Islam, also to Muhammad Sahab.

According to us prophet Mohamed was a very, very great soul. We call him as Adi Guru, means one of the primordial masters who got birth on this Earth.

Now such a great soul like him would not say he is divine. I can not believe that, but I think he did not say he is divine. Maybe because if somebody says he is Divine, then people get just after the life of the divine personality. And it is how much he was tortured, how much he was troubled, endless. No one might say why such a Divine person suffered, he did not suffered but he had sufferings even by people who were ignorant, because they were absolutely blind. They did not know what sort of great sort of person he was. All such great saints had suffer. All over the world the saints had suffered because the people do not know what saintliness is.

First of all they should know themselves. Once they know themselves, they will know what Muhammad Sahab was. They will also know about Quran-ı Sharif (Sharif -Holy, honorable). It is absolutely clear cut in the Qur'an, but people want to listen the pret, you can not help it. Christ also said that know thy self. All those, who were so great, had told to know ourselves.

Those who had not known themselves, have no right to talk about them or to condemn them or to say horrible things. After you have come to know yourself only, you will know how great they were and how Quran Sharif is such an important book. Even those who read such a great book are doing all kinds of nonsensical things . They have no control over their greed. They have no control over their lust, they can be very cruel also. How can that be? If you read such a great book like Quran Sharif, then how can you be like that? Because of all this reading does not go in the heart. He has talked about Rahmet (mercy, clemency), he called it Rahim (compassionate, forgiving) . Where is that Rahmet? If do you see it anywhere? They are all killing each other in the name of God. So this is the state of the truth, of reality, of divinity.

Now what is needed is first to know thy self. For that, it is placed within you, in the triangle bone, this special power called as Kundalini, whether you are a Hindu, Muslim, Christian, anything.

As they have a heart, they also have this power. Then how can we say we are different? We are all human beings, no doubt. But the power of the saint is in every human being. So we have to accept that we all can ascent whether we follow this religion, or that religion, or this country, or that country, makes no difference. It's written in Quran Sharif also, it is not only my words, it is written everywhere that we all human beings are the same.

If so, if that is the situation, then why should we all not know ourselves. It is very easy to know yourself in these modern times, because it has been esteem that in these modern times we should know ourselves.

You have to have the Self knowledge. You have knowledge for everything outside but what about your Self? When you will know your Self you will be amazed that you all are part and parcel of one great personality, Upper.

When we say "Allah hu Akbar (Lord, the Biggest)" what do we say is that we are one, in one personality that is Upper. Just by think "Allah hu Akbar", you do not realized, you do not become part and parcel of great Upper. You go out shouting for ages, for centuries, you will not become part and parcel of Upper. For that you have to know your Self and that you have to get connect with this all pervading Power of Ruh.

You have some Sufis, but nobody believed them because they were realized souls.

Especially in your country, you had such a great people who came to tell you that you should know yourself ,but we got lost, in these modern times we got lost, completely.

Where are we? What are we fighting for? How can blind fight, we do not know anything, we do not know our meaning. How is possible? It is very much possible for you all to get your self realization, self knowledge, to know yourself..

Even if you are fanatics, listen to me. Because this will save you, save your children, save everyone, save everyone, save Turkey and save the whole world.

You have to raise about this limited ideas,that you get from others. You have to have a feeling, the experience of this Ruh. Without that , you can not know anything about prophet Muhammed or Islam. Islam is to surrender, it doesn't mean aggression.Surrender to who? To God, to his power, which is the power of love. God loved us, so he created us. If we haven't got that power of love, if we haven't just his power of love , no use during any Namaz or anything no use. The Namaz you do is nothing, but for your Kundalini awakening. You will realize that after your Self Knowledge, even if you do Namaz it has great meaning. Once you start feeling this cool breeze after, Holy Ghost they have called it, or you can say this Ruh, then when you do Namaz it goes on increasing, you go on becoming higher and higher. Otherwise, any number of Namaz can you do, rouse you do, you can not do it.

And a seed has to be sprout, otherwise it cannot grow. In the same way your Kundalini has to be awaken like a primula (brightly coloured flowers in the spring) of a seed. Without this sprouting, how can you grow, artificially?

So please understand that first let this sprouting things and then you do Namaz, and you will be amazed that the chaitanya, what they call it the vibrations that are flowing increase tremendously.

Also then you read Qur'an and these vibrations will increase tremendously! You will grow very fast. All the things that you do in the name of God, you will have the experience that are all true, there is truth in it.

But you have to allow the seed to be sprout. Without that you are just like any other material.. Something artificial living in the false world, doing all kinds of wrong things without bothering about God Almighty. Not only that you will know your Self, but you will know all the powers that get out of that knowledge.

The first power you get is of tremendously creativity. As it is Turkish are known for their creativity, they will create such a beautiful art that it will be appealing to the whole world on Global level. Now you become extremely moral by nature. You do not have to be very rigid about this, you just become you become very moral. Whatever is said "don't do this, don't do that!", nothing is to be told; because your Spirit is now enlightened and with the light of that spirit you know what is good for you, what is distracting for you.

Now Muhammed said not to drink alcohol, we do not say do not drink , because if I say that half of the people will just go away. But after you get this knowledge which is constructive for yourself ,you yourself do not drink, you do not take any alcohol, you do not take any drug, you do not smoke, you do not take anything that can destroy your body.

You do not have to tell your children "do this, do that" , it works out automatically. It is very surprising how powerful you become, that you do not have to do anything to stop yourself of doing something wrong. Then you become very sensitive as to what is right and what is wrong and you just do not accept what is wrong. This discrimination is just within you, which is enlightened. Then for everything: for food, for taking out money, this -that, all this greed business just get controlled. Above all you become a very very loving person.

You have faith in your own love and you see that your love succeeds and you are amazed how it works.

Now the time has come what you call as a last judgment. Now if you get to the right religion, if you get to the right understanding of yourself, so you should know you have decided for the highest ascent.

This you will experience yourself that you have become extremely loving, kind, forgiving person. But by doing that you do not become weak, you become very strong. You didn't see despite all of position how your Sufis have stayed that's on their path of truth.. But now you are not alone, you are not alone You have thousands of them all over the world. They are your brothers and sisters all over. You will be amazed how they look after you. How they are bothered about you, when you become one with the all pervading akbar, then who is the other?

For example, anything happens to this finger the whole body reacts. In the same way all the Sahaja yogis, all the people all over the world, who know themselves, will react together and their good wishes will act through the Divine Power. Gradually all this destructive nature and also the falsehood of people drops out.

Also you develop another dimension in your awareness which is called as collective consciousness. So what you do, you can feel another person on your fingertips. You can feel yourself also on your fingertips. That is what Mohamed Sahab has said, that at the time of resurrection Kiyama your hands will speak and will give şahadet (witness) against you. They will tell you what is wrong with you, your fingers will tell you what is wrong with you, with your body, with your mind, everything you can know on your fingertips.

Now if you know how to correct those defects in you, you can correct anybody's problems, because you can also feel what is wrong with them on your fingertips.

Sitting down here you can feel for anybody in Ankara or maybe London or anywhere and if you know how to correct sitting down here, you can correct that person.

So, in short, is the scientific language we will say that you enter into the subtler side, the subtle of subtlest of Ether. As your chakras get enlightened, you enter into the subtler side of all the five elements. Ultimately the sixth center, as they call it Agnya, is once it is enlightened, then you become extremely forgiving. You do not react, you watch everything like a witness. Certainly now I see this carpet is very well made, so normally I should react. How much it was have cost from where did you that buy who has made it, all these questions will come. But after the Self Realization you just watch and enjoy the creativity of the artist who has made this.

Your quarreling nature also subsides, because you do not react. To the last of is this limbic area where Kundalini arise by which you get your peace and joy. Now Joy is a singular thing, it is not happiness and unhappiness. It is just joy that means you

For example if you are standing in the water and the waves are there, you are afraid of it..But in case, in case you get into a water, then you can watch the waves and enjoy them. But supposing you know swimming ,you can jump and save many others. So now Sahaja yoga is working in eighty countries in the whole world. And in a very big way some people who got their self realisation went around and give realization at to others.

For that you do not have to pay, It's a natural process, living process. How much would you pay for that? So it was without any payment, that's how the falsehood can be exposed because you pay for all kinds of falsehood. .Now you can say who has pay for this all . I must say the Sahaja yogis have paid.Formally I used to pay,because I have money from my family and also from my husband.Now they want to pay. They think for our self realization , you are taking this hall ,Mother why you should pay?

They can pay for the hall but not for self realisation.When the last center is broken,the seventh One by which we get connected with this all pervading power. Which we have not felt so far the presence of this all pervading power. But after self realization you feel it,this cool breeze , the Ruh (spirit). In the beginning if very hot,, for that you have to forgive everyone, not to have anger for anyone and it works very easily.

I know there are people here who want to ask me questions also. Just now make your questioning mind quite.First get your self realisation and then you can ask.

You have to feel this cool breeze on your fingertips.So have faith in yourself. And you all can feel this ruh (spirit). I assure you ,you can. [UNCLEAR] hardly five to ten minutes, I will work it out Iwill request who want to go away ,can go away, don't disturb others.

I can not force it only. You have to ask for it. If you want to have it, you can get it. You must have the desire to have it , because is pure desire that works.There is no competition,no trouble ,nothing at all.Only you have to take out your shoes. Because this ,Mother Earth is very pure and she is very helpful. Can you wait, Can you wait for a while? You can do it little later. Don't disturb this attention.

I am not going to tell you to do anything whatsoever I will not even say do not think but automatically you go beyond your mind and see then said this torsion area, is called it torsion area.

Now we have to do like this,like we do for Namaz that's all..Be comfortable.Take off your shoes and put both of feet away to each other.

Now put your right hand on your heart and ask for forgiveness from God almighty if we have done anything wrong, just to ask forgive from heart.

But do not feel guilty. Mistake can be done so now you can ask for forgivness,so do not feel guilty at all. If you feel guilty then this center on the left hand gets bothered. And who it is just like and we are not then coming. Now please put your right hand towards me and put down your head and see for yourself, is there any cool or hot breeze coming out your head.

Now If it is hot ,you have to forgive,forgive everyone. Now please down put your left hand towards me, put down your head and see for yourself if there is a cool or hot breeze coming out of your fontanel bone area. Now please put both your hands towards me.. Please ,see now if there is a your feeling the cool breeze on your fingertips or on your palm or out of your fontanel area. Just see it.This is the ruh. You can ask a question in your heart ,is this the ruh the Divine power? By asking this ,you will get more coming cool breeze, so you can say also yes this is the ruh. We have never tried this before ,this is the ruh. so you can feel it

warm.

Although who have felt this cool breeze on their fingertips,or on their palm or out fontanel bone area, please raise their hands. That is what Turkish people are wonderful. May God Bless you.

You are specially best people I must say , so easy to give realisation too.. There is something special. With the Europeans have to break my hands , not with you people.

You are very kind and sensible,so may God bless you all.

They want to sing a song for you and you just clap,all right? So and you will be amazed ,will increase.

Those who have not felt anything can come here and we work it out on them.

Performance of Mahamaya Mahakali.

1999-0507, Talk and Evening Program before Sahasrara Puja

View [online](#).

7 May 1999

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

Evening Program and Talk, Cabella, Italy 07-05-1999

It was really a great, enjoyable night. We never felt any time passing. Your enthusiasm to celebrate Sahasrara Puja is very remarkable. I cannot imagine how joyous it is to be in collective like this, all of us, and enjoying the bliss of joy, peace and love. I was surprised at certain great talents that came up and who played so beautifully. Individually they were very, very good, something very surprising, and not only that, but it shows there is a divine effect on these artists, no doubt. I've been to Slovakia only once, once only I went there, and today to see so many Sahaja Yogis from Slovakia giving such a beautiful performance, of, from Valmiki up to this Kali Yuga and then to Satya Yuga is very remarkable. I don't know who taught them all these things, at least I did not tell them all these things as far as I remember. But the way, you see, their heart is open now to Sahaja Yoga and to the divine blessings, all these ideas come, trickle down, I mean, unbelievable it is! If you show this to Indians they'll be surprised how you could get to the roots of everything and how beautifully you have described it, in a very dramatic manner. I again feel this is [a] very divine 'manufacturing', or perhaps, 'manifestation' through you people. It's impossible, you can't imagine [that] you people didn't know this language, you didn't know anything about India and suddenly you come up with such beautiful rendering, such beautiful expressions, that no one can really believe! Luckily, the director-general of our Indian television and broadcasting - he is a Sahaja Yogi, and he has told me that, "Mother, your programs which are abroad, you bring them along and we can show them as episodes", so this will all be broadcasted by him and they will be all amazed (these Indians) that how you people have achieved this mastery. I mean, even the Piano players and also the Cello players, it's unbelievable. Such mastery they showed, and also as they were afraid that it might become a little boring: it's not at all, a most enjoyable evening I've had, I must congratulate the organizers for that [APPLAUSE]. I know you have worked very hard because the condition of this place was not so good, and I don't know how far you have gone to decorate it and work it out and, I mean, it's really remarkable! It's the collective joy I think, that brings forth all these kinds of fruits of your joy. Otherwise I can't understand, I can't image how all these things were done in such a short time, and absolutely in perfect condition, everything so well done, unbelievable it is. To me it's such a great joy, such a great blessing I feel, because whatever so-called work I have done, I don't know what people say, "You work so hard", and all that, but how it has been brought to this state is difficult to understand. I didn't know that Sahaj will work so fast with you all, I never had this idea, and was just thinking [of] the time when I think I broke the Sahasrara, that time I had no idea of the future of this kind, which is in my own lifetime I am seeing, and I am very thankful to you for that. Today, really, I think everybody's Sahasrara is very open, and they are all enjoying, all of them are really enjoying the whole ambience I would say, plus the music and all the humour, all the acting and also the people who were using percussion instruments like Tabla and others. It was all something really very, very surprising. Anybody who will see this will be amazed what Sahaja Yoga can do to you people who had never known what is Indian music, and who had never known about our mythology. How you have depicted, I'm trying to find out who has told you all these stories so correct, absolutely correct. May god bless you, all of you, and I want you to just enjoy life, enjoy everything, every moment of Sahasrara puja. Today I am so full of gratitude for you that you all have done so much work. You think I worked hard but I don't think I worked that hard as you people have worked, and it has all come to this beautiful expression of your love for me. Thank you very much, thank you.

1999-0508, Music will bring glory to Sahaja Yoga, Evening Program before Sahasrara Puja

View [online](#).

8 May 1999

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) - Reviewed

Music will bring glory to Sahaja Yoga, Eve of Sahasrara puja, 08/05/1999,
Evening Program

[Talk after the music program and of the Magic Flute]

Sometimes, the words fail to express the feelings of great gratitude for all of you – for putting up this collective effort and such a beautiful concentrated work as a real piece of art.

I had seen "Magic Flute" long time back, when I was in Berlin, and that time – of course I didn't understand German language, but I absolutely got lost by the rhythm, the music, the tuning and everything. So, actually the way you have brought in that very, very beautiful piece of art to life – I feel so much grateful to you that you are all Sahaja Yogis, and to Sahaja Yogis to perform this kind of magnificent, tremendous art piece, I don't know whom to thank, really.

Because now I can see our future, we'll be going all over the world, taking this music. And may not be this one, may be another one, but you are all such a great group that you can really surpass everybody else who are having all these operas everywhere. Actually, I would say in London it's very easy to get that hall which is mostly used for operas, the Royal Albert Hall. So we can reserve for you that, and we'll have the whole thing done. I mean, I could never imagine that you were such masters. I shouldn't say professionals, but really masters. And the way you all concentrated. This is the main point of collective playing is that there should be complete concentration.

I just wanted to test you, so I said, "Sing also Binati Suniye". But despite that, you came back to your normal and you were doing everything so well, even after that; I don't know how to congratulate you and all of you who have taken to it, worked together, in such unison and with such clarity.

I must say, I would say it was even better than the one I had seen, much better. You see, because I couldn't even understand the language, apart from that, it was little they, I felt, they were little confused comparatively, while you people were straight, absolutely could see what you were doing, and what you were performing, and what you were giving.

Now I see your future, the future of Sahaja Yoga. Through you people, the glory of Sahaja Yoga will spread. But when we have the program, we'll have all formal dresses and all formalities, and I'm sure – I bless you from My heart – that we'll have the complete of this particular play by Mozart. Complete. And we'll do it so well, I know, and people will know that what Sahaja Yoga can do to your collectivity by which you can achieve it – because this collectivity you can't have in any other form of performance.

This has to be all of you, the players, singers, then the dialogues and everything has to be in unison.

In Maharashtra, in Marathi, we have dramas of this kind, which can be called as operas, but apart from that, there is lot of – what you can say – dialogues which are not in the tune or in the music form. So also they speak and tell you something in between. But they are also very enjoyable and they are thinking of having opera in Maharashtra. But now let – when they'll see you then I think they'll give up the idea, they can't do that well, I'm sure. [Shri Mataji is laughing. Laughter].

In any case, Austria is a place, is the – I think is the origin, is the distribution, is the complete sky of Western classical music, no doubt about it. And you all are all really built into it. The way you have played and the way you have sung is very remarkable, it

has touched My heart. I wish we had the complete seventy-five minutes program, but the problem is that supposing you have one day for this, then it's all right. No, as it is, we have only two days in that this cannot be fully expressed.

But we'll arrange a program, we'll definitely arrange a program in, say, Albert Hall I think, it's easy to get. We get it every time, again we'll get this time. And I'm sure they will be very impressed. Because they don't know what music you have in your country and how much people know and how much they can sing so well.

It's something very rare, you don't understand. I feel it because I must say I'm not so much used to operas, and whatever operas I have seen, this is thousand times better than that.

So, I'm really amazed at your achievement. I don't know if it is Sahaja Yog that has helped you, but this collective, collective singing, is the biggest thing. Collective, in tune with all other musicians, it's really very, very great and this unison, this oneness, if it is through Sahaja Yoga, I'm very happy about it. We are all overly satisfied and I can see your future – it will be a great future for all of you. We shouldn't take so much of botheration about how we'll do it and how will it work out – it will, it will work out. Your desire is much stronger than the desire of any other artist.

So just desire, it will all work out and we'll show to them how Sahaja Yoga can create such beautiful music.

So thank you very much, and I thank from all others the way you have entertained us with this beautiful music and such great hopes of a future expressions of your art.

May God bless you.

[Applause]

Then the Slovakia people are also another very great geniuses. Yesterday, we saw their drama and today again we saw – I'm amazed absolutely. Is it Sahaja Yoga that has made them so good in art? The creativity was so great and their play, drama was so beautiful. So beautifully rendered; yesterday also, today also. I mean, they are such dramatist I didn't know, I mean, how could they be that confident of their acting and everything, is really remarkable.

When I was young I used to act also in dramas, and I used to get first prize mostly. Maybe I could (She laughs) quite disguise Myself as something else, but the, you see, the art, art of acting was so great even with them, I was surprised how they could freely act so well. Again I would say if it is Sahaja Yog, carry on, carry on with Sahaja Yoga. And I'm sure this creativity, the blessings of Saraswati will be upon you; and we'll have even bigger dramas and bigger – we should say – expositions somewhere, maybe later on we can have it in India, or have it in America, anywhere.

So, I see all that before Me, and you'll be very well-known artists, all of you; even the Slovakia people have great talent I must say. Such a great talent! This talent is a special gift of God, no doubt. But to combine it, to express it, to work it out in such a collective manner, is something very different and very beautiful, and it really made Me feel very confident about you people, that one day through you, Sahaja Yoga will spread all over the world, and people will start knowing this Sahaj orchestra and Sahaj artists. It's really great, very great, and I bless you from My heart for that.

Then we had some other programs of this, like Kathak dance, and also I'm amazed that a German girl can dance so well that Kathak. It's not easy, it's very difficult. And rhythmic sense, and all the expression and everything – she was so delicately doing it, I was surprised. I never thought that German girls could be that delicate, but really, they are so delicate and so beautifully expressing their... all the delicacies of a lady in her dancing, is...

All – I don't want to take your time describing all of them, but one after another every program has been great. And the way you are now depicting those great musicians is something very creditable. Because world has forgotten them. They want pop music, cheap music, easy music – but once you start establishing it, the vibrations will flow and people will realise how great this music was and was lost. So this trend that is in the whole world is to become cheapish and to become something very, very superficial, will be curbed by your own dedication and your own expressions, which will definitely make the vibrations flow to the audience, and they will enjoy it very much. Because you are now divine people, so your rendering is very different from others, at least I felt that way. I felt – it gave Me such great joy, such great joy that I didn't get from all other operas I have seen, and somehow I couldn't understand the way they were quite confused I felt, not so well organized as you people are.

So, My blessings again and again for all of you, and the way this program has been arranged by these countries that I'm thankful to them, to their leaders, and to all of them that they have done a very great job. So many people have come from other countries also here, and they should also take a lesson, and try to develop this style of combining music and expressing their great, very great artists, that they had their own[company?]. I'm trying to get one of our Indian - I should say an opera-style thing - here, but it's very difficult to get so many people [Shri Mataji is laughing].

But you would enjoy that, really. So let us see if I could manage sometime a group of people who will come and give you a kind of an opera as you have.

Thank you very much.

1999-0509, Sahasrara Puja: Our Awareness has to become Paramchaitanya

View [online](#).

9 May 1999

Our Awareness Has To Become Paramchaitanya
Sahasrara Puja
Campus, Cabella Ligure (Italy)
Talk Language: English | Transcript (English) – VERIFIED

Sahasrara Puja, "Our Awareness has to become Paramchaitanya" Cabella Ligure, (Italy), 9 May 1999.

Today we have gathered here to do the Sahasrara puja.

Sahasrara, the word 'sahastr', in Sanskrit language, means 'one thousand'. And there are one thousand petals in our brain which get enlightened. Of course, the doctors are quarrelling on that point but forget about them.

Now these petals are kept ready for our enlightenment, and these are really the nerves, one thousand nerves, which are there for the enlightenment of the brain. So, when the Kundalini rises, she enlightens those one thousand nerves which become like — as you see here, the shape of these flames — like a petal. And that's why it is called as 'Sahasrara' — is the centre of Sahasrara.

In the human beings it is a very important centre, because this is the only centre by which we think and we try to stop whatever we don't like. This is the centre which reacts, reacts in such a manner that, without any discretion we start saying, 'no' to this, and, 'no' to that, on small things also. Like somebody might say, "I don't like this carpet," "I don't like this house," "I don't like that." This language itself shows that — who are you? First find out!

But you cannot become yourself unless and until this Sahasrara, this brain is opened out and the Kundalini becomes one with the Paramchaitanya. Before that, you are in complete ignorance about what is good and what is bad. Whatever you think [that], for this brain, is good, you do it. But whatever is really good, you do not know, because you do not know the Reality.

Now we have to understand the consciousness that we have: consciousness of being alive, consciousness of so many things we have, and the so-called knowledge we have about everything. All that consciousness is stored near the liver — for your information — by this diaphragm. But then, this consciousness starts rising, higher and higher. Then you become aware. In the evolutionary process, you become aware, aware of things. Without going through your brain, you just become aware. And how? Not by thinking, not by understanding or seeing, but you become aware because your brain has now started working in a manner that's very, very sensitive.

So you just become aware of some sort of a fear, or maybe some sort of a goodness or anything.

But it goes even further. The growth of consciousness, which becomes aware, goes further: where you start liking a person, or disliking a person. But, still it's nothing definite and sure. You dislike a person because he has a particular type of a face, maybe eyes or maybe anything. Or maybe because you have known somebody who has been very nice, so you start transferring that image onto others. With these transferred images, you can hate or love someone. Then you start saying, "I hate this, I hate that," which has no, actually, substantial meaning. You hate it because, perhaps, maybe such and such person looks like somebody.

Now you go further with it, then you see that, such and such person — now I'm not talking about things, but about persons — such and such person has done this harm to me — something negative. So you start feeling that you should hate that person. Now you start hating that person. With that hatred you develop new faculties [of] how to harm that person. Then you start thinking how to destroy that person, how to make his life miserable. Then you may beat that person, you may shout at that person, you may try to kill that person. You can do anything.

So now the awareness is going towards another direction, which is darkness, which is not light, because in the light you won't do such a thing. In the light you see everybody, everybody is sitting, you know how far you are, where you are sitting. If you want to go out, you know how to walk out. But when, in the darkness you are there, you just don't understand and you go on behaving in a manner which cannot be explained otherwise, except that, because you are a human being. Animals don't do it like that: animals have limitations. The animals, if they find something wrong, something absolutely harmful, then they will attack or run away, but they do not carry a kind of a hatred or anything. But they can carry the impression of fear, could be, of some sort of a harm done to them. But human beings are not like that. Human beings don't have any particular reason, as such, to hate someone. But why it works out? Because they have involved in their ego. Egoistical person feels that he has a right to do what he wants to do: he can kill anybody, he can bomb anyone, he can do whatever he likes. But a person who is not doing that, is the other way round: he is frightened, he is afraid of someone.

Now the awareness moves on. This is a subtler awareness, because if you are afraid of somebody, you would not like to go to his house, you will avoid him in the street, all things you can do. So all this kind of knowledge about other human beings also accumulates in your mind.

Then this thing starts working on a collective level, because you think, "This group is very bad. They are good. These are bad. They are excellent!" like that, it works out. In your own mind you think that somebody has a group, and the other group is better or that group is better. And collectively, then, you start working out your whole temperament, your awareness. Like once people decide that say, for example, that black people are to be finished, so all the white people can join together. Or like, at the time of Hitler, he decided that all other human beings but Germans were useless. So he gathered people around his thought and ideas. And this collective awareness just comes to, I don't know how, but it enters into the minds of many. They never challenge it, they never ask [about] it, whether it is correct or not. So this grows more and more and more, and then it becomes like a – country-wise, you can say – an awareness of this kind of a feeling. But whether it is correct or not is not understood, is not known.

So, what is important [is] that you should know Reality, you should know exactly what is right and what is wrong. For that, as I told you, there is this great power of Kundalini within you. She's the one, She passes through all these centres, enlightens them first of all, so your awareness gets enlightened. And when She pierces through Sahasrara, She joins you to this All-pervading Power which is Knowledge, which is love, which is Truth.

So, after that, you immediately know – some people don't know immediately, but some people do – that what we have been thinking, so far, of separating ourselves from others by thinking they are not all right, they are wrong, they are whatever it is – this disappears. This disappears completely, and then you realise that your awareness itself, awareness itself is dominated by so many other circumstances. For example, where you were born, what your parents taught you, what experiences you have had. And then you realise that it was all wrong, because it's not Reality.

Whatever feelings you have, whatever ideas you have about another person or about another nation, all of them are not correct. Because now your Sahasrara is awakened, it is connected now to the All-pervading Power. So this starts flowing into you. This enlightened awareness, it starts flowing down into your being, in your brain, and then on your nerves you can feel that awareness.

Now once you want to know about something, whether it is right or wrong – absolute right and wrong. It's not [a] question of relative – you just have to put your hands towards that person, or towards that thing or whatever it is: immediately on these vibrations you will know.

So what are these vibrations? Is this Paramachaitanya, we call it 'Brahmachaitanya', which starts flowing through your finger tips. Now you start feeling what chakras are catching, whether they are right or wrong, and your discretion improves immensely. The brain, which was putting you in delusions and wrong type of life, immediately corrects itself. For example, I am walking in a

place with my eyes closed, and there is a big ditch. I can't see it, I am just walking. And suddenly I open my eyes and see the ditch: immediately I know it's wrong and I give up and come away. In the same way it happens to you when your Sahasrara is enlightened. Whatever you had gathered, knowledge, whatever you think was right, whatever was your dream and your aims of life, all these aspirations, they melt away. And then you take to reality and you start seeing the reality of everything.

Unless and until you see that reality, you will be going with [the] other crowd: "These people are saying so, so let's do that." "They are saying so, so let's do that." But you cannot see whether it is correct or not, it's good for you or not, or whether it is going to help you. This kind of thing is so common in the whole world and that's why there is so much problem. Because they don't know the reality. Once you know the reality, most of the problems can be finished, because this brain itself is creating problems. First of all, it commits all kinds of atrocities, violence, everything; then it also justifies itself, and then it does even worse things. All this, they used to call it as sin, but now in Sahaja Yoga, that's finished now. Whatever your brain was contaminated with is now cleansed. It has got the knowledge and through the knowledge you can make out what is right and what is wrong.

Up to this point is all right. But then you must have full understanding that, whatever [is] right, is right, and whatever [is] wrong is wrong, and we should not do anything that is wrong, always do the right. You have to decide on that point: "Now we have to do the right only, never the wrong." This, when it comes to your mind, then what starts is your determination: what we call as devotion, dedication, surrendering. With that, you give up all your false ideas and all your false pride, all other things that you have been doing so far, and immediately you become a different person, a beautiful person.

Now the third thing that happens to you, which never happened to you before, [is] that you feel that: unless and until I give the same state to other people, it won't be all right, it won't be all right for me to talk to them. So you start talking to your brothers and sisters. Then you start talking to other people. Then start talking to...[the] whole nation about Sahaja Yoga, that, "I have gained so much, I have got these things, so now, why not you take it?" But to expect that by talking, by discussion, by arguments, by sermoning...they will never take. Because their brain, as I told you, is just the same – still full of ignorance. So what you have to do is to raise their Kundalini. Once you raise their Kundalini and their brain opens, then they are on the same line as yourself. They don't have to worry about what is good and what is bad, they know [it] themselves.

Now that is what is very important. To correct this world is very important: that you all should know what is right and what is wrong. And you have a vehicle of Paramachaitanya to know what is wrong and what is right.

Now this strength starts moving and, as you see, there are so many people, today, with their open Sahasrara. So opening Sahasrara was the most important part of the evolutionary process. All other evolutionary process brought human beings to what level? We had wars, we had all kinds of silly programmes by which we really ruined so many countries, so many people.

Now when you are one with that All-pervading Power: It's a pure power. It's a nirmal power. Absolutely pure power. That gives you complete sense and complete understanding as to how you should move, how you should live, and what you should have. This is what is Self-realisation, they say. But I would say that Self-realisation is much further than that. Even if your brain is enriched by the Knowledge, the Real Knowledge, still there are other things which you should have. And the most important thing is that you have to be completely aware – again I say the word 'aware' – of where you stand in this big plan of world global transformation. What is your position? What are you supposed to do for this global transformation? What is your position? Where do you stand? What is the work for you to be done?

Now you've got this compulsion on you, that, "I have to do something." When this compulsion starts working on you, which is not dreadful, which is not annoying, but very peaceful and joyful, which says that, "I have to see that others also know themselves!"

So to know themselves is, first of all, you must know your own chakras. Yes, many people get their Realisation, I know, very quickly. But they do not settle down with their chakras. They have to see to their chakras: why you have problems on your chakras. They will know they have problems, but they still go on without paying attention or without looking at it. To them it is a kind of a by the way [style], you can say: that, "These problems are with me doesn't matter. What does it matter as long as I am working out Sahaja Yoga?" It is not only for others, but for yourself also! It's important that you should get your chakras

corrected. That's the most important thing for you, and then you will have Self-knowledge, in the sense [that] you will know what is the defect, where is the defect, "What am I doing wrong? What should I do?" And then when you correct it, when you correct those centres, then your awareness will be really, fully enlightened about all the world.

Now, it's a tremendous thing – it's very tremendous. Because if you have to transform this mad world into something very sane, and if we have to give them all Self-realisation, imagine the task, how great it is, how many people we need to do it. But if your will power is strong about it and you feel compelled to do it. But normally we are compelled because we have to run our houses, we have to earn money, we have to do this, we have to do that. That you can do. But the main object of your life is to transform people and to work it out, this transformation, for the global peace.

I don't know [if] it has been predicted or not, that a complete transformation will take place, but they have talked about transformation. I don't know that part, and I just don't bother my head as to how many people are getting transformed. But after transformation you must settle down. First of all you should see if you are a peaceful person, if there's peace in your heart. If you have no peace in your heart then you are not a Sahaja Yogi. If you get excited and if you start shouting at people and all that, it means you are not Sahaj Yogis. You have to have a very, very peaceful temperament, that is very important. Now with that peace what should be there, [is] pure compassion. What you are doing is not for your benefit as such, but because you are compelled by this Force to do good for others, to transform them.

This is the greatest good you can do to others, that their brains are put right, they get rid of their diseases, they get rid of their problems. It's all there. But, the first thing and the most important thing that happens [is] that they get the power to transform others. When you have that power to transform others you should not waste it, you should not use it for yourself. That means the growth is not complete. You must talk about it, you must tell about it, and you must work it out. Wherever it is possible you have to work it out. This is the way we can spread people on a global level, who can get complete transformation.

All our problems, whether in India or anywhere, is because of human beings, because they have not been enlightened. If you are enlightened you'll have no problem of any quarrelling or any fighting and all that. If you are enlightened, then you will think about others as if they are your own; you bother your heads about them. You will not think about yourself anymore.

If you are enlightened then [there's] no question of any violence in your head. Nowadays in the name of religion, in the name of everything, there is so much of violence. This violence can be easily corrected if they all become Sahaj Yogis. Think, if all the people become Sahaj Yogis, how will they quarrel, for what? So religion is there, but above all these religions is the religion of Sahaj Yoga, where you become one. And there all these quarrels of religions will disappear.

This is not the only problem we have as human beings, we have some other problems also, very serious. That is, we have a hankering. We are very greedy. We cannot adjust ourselves to any other circumstances. We want to live in complete comfort and this and that. But after this you can sleep anywhere, you can eat anywhere, you need not eat. You become a person who is above all these needs, all these demands, absolutely. Then you don't worry, you don't worry. There's worry for what? Supposing I get lost somewhere and the car is going in a wrong way: all right, I have to go that way, that's why I am going like that. What is there to feel upset about it? So many things, small, big, happen in your life for which you get upset. But now, with this blessing of Sahasrara, you will be amazed, there is help from Paramchaitanya. And that means a tremendous help because it acts globally, it acts individually, it acts on communities, it acts on nations, because there is a Divine – what we call 'Divine' – there is a Divine play going on. And this Divine play plays tremendous beautiful things, by which people start correcting themselves.

So, you should never be nervous, you should never be upset, because you have the Divine Power within you, and it will correct. It can correct anyone. I mean, recently we had a case of one boy who was hit by a truck and they said his lungs were smashed. Now, with the lungs smashed, nobody has heard that they become normal. Not only they became normal, but he started breathing normally. And now he is all right. This work is done by Paramchaitanya. You don't have to do anything. Any problem that comes before you, before it really touches you, it's solved by the Paramchaitanya. But you must have full faith in yourself and in Paramachaitanya and believe that you are a realised-soul. Nobody can harm you. If they try to harm you, for the time being, all right, you may suffer, but also you don't feel the sufferings and you get out of it.

Such a security, such a proper guidance is there. Also you are saved from all kinds of attacks and all kinds of mistakes that you commit. It's all such a big Computer of Knowledge. He knows,

It knows, what you are doing and what you should not do, where you are going and what should not be your way. He knows, It knows, everything, knows everything about you. So then you have to become aware of It.

Now this is the stage where I would say that you have to be aware that you are realised-souls, you are different, very unique. You are realised-souls, you are not ordinary people. And that you are protected by this Paramchaitanya. Nothing can change you, nothing can trouble you, nothing can overpower you. Because you are not aware, also, of this Paramchaitanya, that's why you, a little bit, get worried. And people write to me sometimes, "Mother, something wrong with my daughter, something this thing." Everything can be corrected by Paramchaitanya, if you know how to leave it to That, if you understand how you are one with that Paramchaitanya, you're a part and parcel of that. And that Paramchaitanya is looking after you. You don't have [a] very conscious effort, there's no need to have very conscious effort. Accept life as it is. As it is, whatever life is there, accept. Don't retaliate, don't get angry, don't get upset. Just accept. And you will enjoy the same life which was irritating you! You will see the enjoying part of that, and it will be so beautiful the way you will see that you will get over all your problems, you will get over all your enemies. And a kind of a very fresh, beautiful existence you will have. So now, as you are all Sahaja Yogis, it's a very great position. With that, if you humble down, humble down, then you'll be amazed to see that, you are absolutely in contact with this Paramchaitanya; not only that, but you have become Paramchaitanya.

With this Paramchaitanya you can do anything. I need not tell you what you can do, because some of you may not believe me. But that's [what] my own experience is, that, if you are the Paramchaitanya, if you know you are the Paramchaitanya, then it keeps your dignity, it keeps your position, it keeps your world and looks after you. And whatever is just said or desired, you just get it. Your desires also change. Your desires are not for stupid things, but for something that is very noble. Like, you want to transform people, you want to do Sahaj Yoga work.

All these desires are fulfilled fully, when you want to do it, you like it and you think of it. It is something, even seeing something: if you see something and you are stunned by that! Immediately Paramchaitanya will take over and you will have no problems, no problems. Because the way we react to all these difficulties and to so-called odds in life becomes a play, just a play. You are amazed! You looked at it and finished! Look at that, and finished! That is how it is the light which goes into the darkness and finishes the darkness. The darkness is finished, and our problems are finished also.

So this is what our awareness has to become. Awareness has to become Paramchaitanya. Then you get all the ideas, everything that are Divine. But not only that, but also the help of the Divine, all the solutions of the Divine. It's something amazing! And everything quietens down, everything settles down, and you are amazed, watching all this, that you are the centre of doing all these things. You are not aware that you are doing, and you are this, that ego thought is missing in you, but you see it's all happening around you, and then you are amazed how it is happening.

The whole lifestyle changes, the whole understanding changes, and you become a great source of happiness, joy and knowledge to others. You don't have to study anything, you don't have to know much, but you will know about everything, what is right and what is wrong. And then only you can tell the things with complete authority that, "This is not right!" Like today, we had a discussion on this point about the economic position and the economics of modern times. I said, "It's all wrong, because it is self-destructive." It destroys the nations, if not your nation, other nations. Then it also destroys your family life. It destroys your value system. It completely destroys you. So what sort of an economics is this? It's just a show, just like a balloon: it can burst any moment. I have seen people who are very rich, very this thing, think no end of themselves [then] become bankrupt. And very bankrupt become rich. So it's [a] kind of a turmoil in which they are jumping, from one shore to another shore. But you are not. You watch that drama. You see all that drama, and with your peace you can see everything, very calmly.

It's not difficult for you to create more people like this. It's not difficult to transform this world. The time has come, just ripe time.

Like when the proper time comes, the blossom time comes, so many flowers become fruits. So, like that, you all have become.

Now it is for you to create seeds to spread Sahaja Yoga.

You are at that level of awareness now where Paramchaitanya is with you, absolutely part and parcel of you, absolutely with you to give you all necessary help, all necessary prestige, and also the personality.

May God bless you all.

(Puja starts)

Yogi: All the children from five to ten years. Tutti i bambini da cinque a dieci anni.

Ganesh Sthuti, Sanskrit page 11.

Yogi: Hindi 63. Seven ladies from the hosting countries to come to the puja, please.

(Jago Savera)

Yogi: Marathi 36. Tujhya Pujani.

Yogi: Hindi 67. Vishwa Vandita.

(Aarti and Mahamantras)

Yogi: Bolo Shri Sahasrara Swamini Mataji Shri Nirmala Devi ki!

Yogis: Jai!

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

1999-0526, Arrival

View [online](#).

26 May 1999

Arrival

Toronto, Toronto Pearson International Airport (Canada)

Talk Language: English | Transcript (English) – Draft

1999-05-26 Arrival at Airport Toronto

[Yogis waiting for Shri Mataji

Shri Mataji arrived.

Yogi giving flowers to Shri Mataji.]

Shri Mataji: All Canadians are very tall

Yogis: Laugh!

Shri Mataji: vibrations still good, I have given realization at least 6-7 people inside. Canada has been really so fast, I do not understand. Now also America is improving, I really amazed. And also in America, they accepted Sahaja Yoga.

[Shri Mataji speaking Hindi with yogis]

Shri Mataji: its running in you, its love, its compassion is running in you, so why not giving to others? Why not know about them? Its improve your quality, why can't you do it? You will be so satisfied. You have heart, the heart is the spirit, you don't have to do anything extra, you already have it. You have to give love, do not love only yourself, because you do not love yourself also. But if you love yourself you love others. That's the most precious thing and the real joy giving to love others, understand others, feel others is the biggest thing. Do not live for yourself, all your miseries will disappear, all your troubles will disappear. I am now 76, still, I am travelling, because I can't live without loving others

[Shri Mataji speaking Hindi with yogis.]

Shri Mataji: I am just saying one has to be very much growth in your own love, so you do not get angry with others, you do not get annoyed with others, it's no irritation at all.

[Shri Mataji going toward her car and leaving the airport. Yogi's farewell to Shri Mataji.]

1999-0526, How to be connected to the Torsion area?

View [online](#).

26 May 1999

How To Be Connected To The Torsion Area?

Public Program

Toronto (Canada)

Talk Language: English | Transcript (English) – Draft

Public Program, Toronto canada

I bow to all the seekers of the truth. It is very important for us to know what is the truth .instead that we get lost because we are all seekers.we are seeking because we are not satisfied with our life , with life of others ,with the life around ,some or other reasons .I do not know what is the matter. Now some have become the ardent seekers very ardent seekers and they are trying to find out what should they do ?how should they find out the truth .There are also so many people in this world who come down from all over the world to tell you about the truth ,to talk about the truth,Some are not real Most of them are not real atleast [unclear] they are into some sort of business even the religion has become the business if you see every religion is nothing but a business. they all go to make money out of you.....

They all go to make money out of you by saying that they [unclear]a particular religion but [unclear] find that after following all these religion all your life what did you make what did you get what is the ultimate result of it. Did you get the piece of your mind, did you get what is promised ,you couldn't get it because religions also get deviated the real path of reality now getting into business and making business out of you is not the way you can find the truth you cannot pay for the truth because it exist.It is there .Will be there [unclear] you can try to pay for something else but not for truth. Truth cannot be purchased this is the one thing that I want to tell you at very [unclear] Now what is the truth truth is not this body, this mind, these emotions,these ego, but what are you? You are pure spirit unless and until you become the spirit you cannot realise what you are .What is the reality about yourself .?The whole quality of life whether it is in Eastern or the Western world is all irrelevant they don't know what's happening what are we using all the [unclear] over the value system the reason is we are not in the area of the truth some scientist like Einstein has said that if you go beyond the mind then there is an area called Torsion area and if you can go into that Torsion area then what you get is the cognitive science. So this cognitive science is a science of the beyond of something which you can't conceive through your mind. Not that mind is useless but through mind you cannot achieve it for that you have to go beyond the mind. Now how do we do that how to go beyond the mind that Einstein has not said because he himself was born realise personality so did not know how to explain that area but he told that even this theory of relativity came to him through thisTorsion area. The scientist unclear to say that there is a Torsion area which we should enter into. All of us has that it is not that some people have it some people don't have it. but only thing that how many have reached there unless and until you reach there you can't know the reality. whatever you know is the only book knowledge it doesn't give you any Joy it doesn't give you any piece it doesn't give you any personality it does not give you even any quality of life so one must know that the creator who has created us cannot leave as like that , without worried about its Revolution and he has bought up to this stage of human awareness so we are human beings we have human awareness but what do we have to do after this .After the human awareness we have to reach the state of higher level and of the spirit so what I told you that as Einstein has said that you have to know beyond your mind beyond your human awareness and for that our creator has created within us a possibility. there is a power within us to which I have already told and this power exist in all of you. Whether you are a Canadian, Indian, American ,English anyone whether you are black brown whatever you are you maybe..That means how can you differentiate between human beings they are also the same .By calling you as something you don't become because everyone has got this power in their triangular bone and this power existed and people knew about it even in Greece because they called this bone as a sacred bone. Now the sacred bone triangular bone is within all of us and in certain position that it is facing upwards.

Now this Power is there within us whether you are child or you are young or a middle aged or anyone you all have this power .Now the question is what do we do with this power now the question is what do we do with this power this power is just like that

now I am talking to you on this mike that you are to be connected ,you are to be connected to the Torsion area and how do you connect through this power which is within you passes through six centres open the sixth sense which is actualization of the baptism those who are Christians has to know that there should be actualization and then you become one with the all pervading power of divine love.

So when this happens you start feeling the cool Breeze of the Holy Ghost ,cool Breeze of the Param Chaitanya ,on your fingertips as in the Quran also Mohd Sahib has said that when your resurrection will take place your hands will speak they will tell you what Chakras are there .What was wrong with you and how to feel your own chakras .Means self-knowledge .You know your self-knowledge in your fingertips it is a fact that it has happened to thousands and thousands of people.It is happening to so many of you and I don't know why like in Russia we have such a horrible thing called as Communism. People were so much oppressed ,so much tortured and they resurrected back into themselves. There we have thousands and thousands of them I can't have a small program in the hall like that. I have to have a hall there, Stadium or something like that in every place that torture and that suffocation has taken them to the real seeking of the truth, and once they find it there, they are just there, and they grow so fast ,I am amazed that about Russian. Indian i can understand, in India this is the well known fact that every human being has the aim of life to get the self realisation it is absolutely written clearly in all the scriptures. Same about the Christ. He said "know thyself "again and again he said "know thyself" how and that is what happens to you when you become a realize soul this personality which is not expressing itself it's just the superficial personality that you know but inside it is very beautiful personality and that is to be enlightened and this is what happens in Sahaja yoga.Saha means 'with' and ja means born with in you . Born with you is a right ,it's the birth right ,that you get your self realisation if you are human being you all should have your self-realization now is the time you get it don't avoid and[unclear] because it is a last judgement if you want to go to False people pay the money and do all kinds of nonsense go ahead. It's your judgement but the real judgement is that you should know yourself you must have the experience of that knowledge if you don't get the experience just because it's customary to do something that you are doing something and if you are not just doing because it's the fact or maybe it's a fashion or maybe you are born to do a particular type of Madness you [unclear] but why waste the time it's within you .It is your own it is there you don't have to do anything.It just works . with this what will we get you may ask the mother because I told you what did you get the first thing you get is the tremendous creativity I have seen somebody playing this difficult thing called Sarod in India people practice for 7-8 years and here somebody practiced three months and get it. how. There are many people that they have seen who have never known an Indian music that is such a difficult thing and takes some difficult Ragas in three to four months time how do they do it ?how are they managing? from where is [unclear] there are many artists from India who have a big name they have achieved a great success after coming to Sahaja yoga so what happens the first thing is your creativity becomes tremendous you start understanding you watch it and see it but the beauty is you start appreciating them. it starts like you become bigr artist yourself and enjoy the other artists.

There is no jealousy there is no competition you just enjoy you enjoy each other because it becomes the other dimension in your awareness you become collectively conscious you know what others doing. You know what they want. You feel one with so many thousands of them all over the world weather you go to Russia weather you go to India or you go to China anywhere If there are sahaja yogies they will just go and come and treat them as its own kith and kins It is not possible even our own brother and sister don't behave like that but if you see how the sahajayogie behave and how collective there are how beautiful they are it's very surprising I don't know if this democracy has done any harm to us or has done some problematic thing but in democratic country I find it's very difficult to talk to them of reality like in America you would be amazed I went there first time and I get such a shock . I said look at those people they are going out of a war. [unclear] how could you run after such people who themselves are not there in their own senses they can purchase you they can loot you can you do that with a person who is spiritual but if you become stupid about it if you don't want to see the point then nothing works out you have to have minimum of understanding that this is not the main thing .Main thing is to get to the reality did you know the reality did we know the reality did you know about yourself .Of course it's true that in sahaja yoga so many incurable diseases have been cured .They say it is a miracle, to me it's not .Because all these chakras all these centres are responsible for their physical mental emotional and spiritual [unclear] .Cancer can be cured of course it can be cured we have cured cancer no doubt but we are not doctors we are not busy with that .What we want that you all could get realisation so you don't get cancer if somebody gets that we can help them because you become collectively conscious. You become so collective -something happens to somebody somewhere the whole world is worried about and they all want to meet them and do something about it. It's not something superficial it's very

deep and dear. It is a thing for people who are really genuine and trying to find out the truth. Those who are not genuine for them there are many other shops one can do it but this is not a shop this is a blessing from the divine that you get your self realisation I don't know I was speaking speaking you know my throat will show you get speaking with thousands and thousands of people but speaking is not the way you can get it. Actually it is the Kundalini awakening which is very important now. Because word Kundalini is there that is why people think that it is Indian It's not. I told you that everyone has got this . Why this is called as Kundalini because Kundalini means coil that's why in Sanskrit that is called Kundalini you can call it anything you can call it a coil energy or[unclear]but all of you have this energy whatever you may speak , whatever country you may belong to. All of you . When you have not got your realisation what sort of society is needed to raise how are young children are taking to what sort of life what is the quality of your life you are finished in drugs this or that. Elders are finished in diseases and other things . Others are so busy so hard working they have no time for them their family their children so there is so mess in the society . All this mess can be corrected if just you get your self realisation then you will know the position where you stand many people has mentioned in the poetry and poem but what they have said it's the time for there completion. The time has come to fulfill all those promises that were given. None of them [unclear] But whatever they have said the time has come for you to achieve to receive those beautiful promises that were given to you I don't know how long it will go talking to you but today somehow I feel you to ask me some questions because you are all intelligent people have lots of questions there in your mind. If they are sensible you can ask me it would be very nice.

Question with Shrimataji -how did you discover ?

Ans :

Why are you worried about me I don't understand are you a newspaper gentleman I know it I had it from my childhood all right now don't try to know about me know about yourself how did you discovered that you're human being

Question with Shrimataji:What is the difference between Rajyoga and sahajayoga Now see big difference between so called Rajyoga and sahajayoga when the Kundalini rises in the real sense these chakras and streaks opens to keep the Kundalini Rise and not to fall back that is the RajYoga within yourself .It happens automatically in Sahaja yoga but today's modern Raj Yoga is that you artificially do it. Now suppose you artificially move the wheel of your car will it move that's how for money making it has. Raj Yoga is within you it just happens nothing you can achieve from this rajyoga you might get headache or maybe you can go to lunatic asylum

Question with Shrimataji:What is enlightenment ?

once you will get your realisation you will yourself explain what is the enlightenment Enlightenment is not about only spiritual experience but [unclear] it means that what sort of centres you are getting what sort of problems you have and know how to correct it and it's a complete knowledge it's not enlightenment you are moving towards enlightenment but it is not enlightenment it is what you can call lightning within you .

Question with Shrimataji:Do we need Guru to get self-realization ?The candle which is not enlightened cannot enlighten other lights .So you need some enlightened soul initially you call it Guru enlightened soulyour wishits question of love .

It is so powerful that you can change the world you are your own Guru you master yourself because a light of the spirit you know what is wrong and what is correct nobody has to tell you and that's what you follow.

1999-0615, Kundalini is your individual Mother, is reflected in every person wherever you may go

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15 June 1999

Kundalini Is Your Individual Mother, Is Reflected In Every Person Wherever You May Go

Public Program

Central Park, New York (United States)

Talk Language: English | Transcript (English) - Reviewed

Starts at 1:03 on video

Informal talk in an Indian restaurant

[Laughter] That he realized. You see, it is not that you are doing anything, it's the Divine that is doing, that is doing all the things and once this detachment comes, you don't get into funny ideas, you see, and this quarrelling business starts with that.

Now we have, you must have heard, that we have Sahaja Yoga working in so many countries. Every year I hear one country is added. Now the thing is, most beautiful thing for Me to see all of them together and I was amazed, they come from all kinds of communities, from all kinds of countries, from all kinds of religions, from everywhere they never fight, never fight. Of course, they pull each other's legs, have lot of fun and all that. And they are always joyous, very happy. Now why is it? What is happening?

Now the first and fundamental truth is that all of us, whether you are white, black, brown, yellow, any colour, whatever community, whatever country you may be coming from, all of you have one thing, that is Kundalini, this power within you. It doesn't differentiate. Only we mentally differentiate like this, like this one is like this, this one is like that and we have different, different groups. Again, that's our mind which creates- gets into distinctions. But for Kundalini, who is your Mother, individual Mother, is reflected in every person wherever you may go.

I mean we have people in very remote places like Benin, you see, the people from Benin you know. And then we have people from Eritrea, imagine, the Minister, the Prime Minister of Eritrea's Sahaja Yogi. But they are very humble people, they are very humble, and they take to treaty that: "of course we're going for the peace". They have to have peace. Now how do you get peace within yourselves? That I will explain to you, but frankly the subject is very wide but the best thing is for you to get your Realization.

Peace is like this, what happens is that we go on reacting. Now for example I've come here now [inaudible] [Mother looks at the furnishings] trying to see from where it has come, which part of India, now whether it is in harmony or not, and all these things, My mind starts working.

Then I start thinking how much it will cost if I have to buy it. Now supposing it belongs to Me then I would be much more worried that nobody spoils it, nobody pulls it out, you see it's like this.

So reactions can be of two types, that should I worry about it? Or sometimes you do feel happy. But all the time the mind is active, it is reacting all the time. You cannot witness the whole thing. But what happens, that when Kundalini rises your thoughts which are coming from the future and the past are all there, on your head. And they are bombarding you. But when Kundalini rises she elongates the thoughts and there's a space created in between. Now this space is the place where we become thoughtless, and once you have become thoughtlessly aware, which Jung has talked about, Jung has talked. This thoughtlessly awareness was stayed, when it happens, you become absolutely peaceful. Because you are in the present, you are not in the past nor in the future, but you are in the present. And when you are in the present, what you feel that peace of a witness: you witness, you see everything and it's like a picture that slowly comes to you. Your memory becomes just like a photographic memory [inaudible] and you see everything so clearly whenever you want to have.

It's very simple, for small things, for big things, you don't have to worry about your memory. I'm very old according to the time I was born [Laughter] but My memory is excellent. I mean, I must say that I don't know how people forget things but I don't. If I see somebody's face I'll definitely remember everything. Maybe names I may little bit get confused because you know what names

are like. People give whatever name they feel like, has no meaning, at least in India names have meaning so we can remember. But other names sometimes are so funny, so long, so short, that you don't know how to remember. But that's not the thing, the main thing is that you are kept all the time absolutely alert. Alert about everything. Actually, if that alertness comes into us, then we will be alert also about ourselves. Why are we doing this?

Say you go to some newspaper. My experiences have not been very good in India they have not been kind to Me at all, but they should see what is their responsibility. Are they responsible? Do they feel that whatever is the truth are they representing? Or are they trying up to make up a story, something bombastic, something sensational, something which is not true. So first thing should be, that we have to think that we will know the truth and we'll keep the truth, we'll talk the truth. But for that you don't have to go to the court with your hands on the Bible, or a Gita, but you have to say yourself on your heart. And it just happens you can't do anything wrong. Because you see the power of truth is great. It will keep you all the time in so much in very joyous mood. It gives you joy.

Joy is singular, it is not like unhappiness and happiness, joy is singular. You are in joy and that joy is of love. Love and affection and compassion, everybody's heart is full of it. But we don't open our heart, we are so afraid you know, if I open My heart what will happen, this thing. But it doesn't mean the perversion. Now, because we have not expressed our true love, it's getting perverted. Most of your problems come from that perversion. If you could open the heart of the people in the right way it will give you that joy which is described in all the scriptures. I am not against any religion, against anything, but I must tell you the religion has taken a new course. If the religion becomes power orientated, money orientated, then it's not a religion. It has to be Spirit orientated. I must tell you frankly, if it is not Spirit orientated it's not a religion, absolutely, it has to be Spirit orientated. Now, in any religion, whatever it is they have, every religion, they have said that you have to know yourself. Everybody has said it and the time has come. This is a special time when people are going to get their Self-Realization.

My contribution to all this is only very simple that, I'd tell that they give one Realization to one person, and go on like this, would not be of any help because they'd crucify that person, or kill that person, torture that person. People don't want to see anybody outstanding you know. So we also they are trying to trouble, but it's all right, after all they are ignorant, I don't mind. [Laughter]

Now, so this actual understanding of the whole thing should be such that if you rise above your awareness, the awareness itself gets enlightened. You can feel vibrations you can easily say who is a Realized soul, who is not a Realized soul. That's how I said that William Blake was a Realized soul, Abraham Lincoln was a Realized soul, because you can feel the vibrations. They are dead but still you can feel. You can feel vibrations from so many things that you can feel that this is the place where some great man must have lived, that's why there are vibrations. It's not a myth it's actualization. It just happens you can see the actualization of the baptism you can call it and actually it happens. It's not just talking, saying this, that, money collection, but it is the wine [blood of Christ] within us which is awakened.

All of us have that, so why not get it? We all have it.

And then you can't pay for it. You can't pay for love can you? How much have you paid God who runs our heart? Nothing. In the same way it just works. It's a living process and every living process is [spontaneous?]. And it has no distinction between any kind of personality, they have to be just human beings. And there are so many children also nowadays born as Realized souls.

I was surprised in Dallas now some Sahaja Yogis have started looking after abused children. I mean this is something I can't understand, the perversion to the last ! But these children are Realised souls, that's why they've tortured, because they are Realised souls. So they couldn't bear it so they have tortured. These children are so sweet now, they are always waiting for Sahaja Yogis to come and talk to them. The people said what have you done ? What is so special about you that these children are all the time waiting, asking when are they coming, when are they coming? Just see how much cruelty would do in the name of corrections and things. Actually it's a sinful act, the way we are disciplining ourselves and disciplining others.

Now all these things are going on around us and we see the world, sometimes you feel that this world will be destroyed or what will happen. It's not going to be destroyed, after all the one who has created knows how to save it also. So it won't be destroyed but some may be destroying themselves. Actually we destroy ourselves, God will never destroy us, that's one thing for sure. But if we want to destroy ourselves we have freedom, we can do what we like. Only we human beings have the freedom. We can save ourselves or we can save others.

It's such a tremendous thing but in America somehow or other, I've not been very successful so far. So it's the first time we have

such a meeting here and I've never met the press anywhere also, in America.

But only, in any other place now from, somebody has come from Turkey. Every week they are publishing about Me, in the front. Imagine in Turkey we have 2000 Sahaja Yogis, they are Muslims. So why in America it doesn't work out? I don't know. Because there is no sensation in it, that's of course very true, no sensation of any kind. You don't jump, you don't do anything. Just simple happening, where you are sitting you just get it. It's relaxation, complete relaxed temperament. And all the things that are written in that - whatever they have given you, is absolute truth. There's nothing that is exaggerated and there are many more things you have to know. But please humble down a little bit and see for yourself that you get it.

All right? I don't want to speak long because they said there are some people who want to ask Me questions. So I would like to spare some time for you to ask Me questions. But the one thing, you see, don't go the way you go about with other journalism, like asking Me why your hair are black, why your hands are like this, why you wear, I mean all sorts of things. You know I am a married woman. [Laughter]

So in a normal way you should ask Me questions. I am not a politician, I have nothing to do with your politics I tell you. This is no politics, I don't call it. We have to have divine politics. And divine politics is such, now with all these organisations, so called, of Sahaja Yoga there is no organisation. We have no secretariat, we have no officers, we have nothing like this. It just works. We don't have to do anything because there's collective consciousness. We are all connected with each other. It just works.

You know, you'll be amazed how things are working out now we are having a programme in one place, Canojaharie they call it. I am just sitting there, I'm doing nothing, but everything is working out. Everything. There was not even a single roof there. Every thing has worked out. People have come all over the world to America. They are so concerned about America because always I said I don't know what's wrong with America, Sahaja Yoga, it doesn't work. You see, I told them don't go after this guru, he's not all right, don't go after that person, they didn't like it: why should I say such a thing? Now all of those gurus have made a big money big, big money, some of them have died, some have run away, some are in the courts, all this. But they don't like. But I'm not a newspaper person that I'll go on praising everybody or criticizing anybody. What I am trying to tell you, the truth is that you'd better find yourself. You'd better know your value. You'd better know that God has made you for a special purpose and these are the special times that they call as Last Judgment.

This is the time you have to judge, and you will be judged. You will be judged. If you are in the spiritual life, alright, if you are not, forget it. It's like that, it's so simple as that. You have to know yourself and get rid of all your nonsensical ideas, also all these artificial problems.

I hope I have been able to talk to you nicely, but as I told you, that it nothing but Agnya [?]. Now, have love and compassion. But it is not mixed up with something perverted. It's not mixed up with something which is very localised or maybe something like a love affair, no, no, it's nothing. It is not also any identification. Now I'm an Indian or you are an American or you are something, it makes no difference at all, we are all human beings and that's what we realise within ourselves, that it's not true. These are all-God made these lands not to create problems, but to love each other. And this is very important today, as you can see, for the emancipation of the world, for the emancipation of human beings. And to give them love, joy, which is their right! So Sahaja Yoga is: "sahaja" means "saha", born with you. "Saha" is with, "ja" means born. Born with you is this. I should say the right is a very, very, very fundamental right that you get your Realization is "yoga", union with the Divine. This is your right to get it, everybody has this right to get it. And then you will realise what have you got. Before that, you are still on a level which is not subtle. So I would request you to take to this Realization and also ask Me questions. So if you want you can ask Me questions, first to begin with.

Question of a first lady: [Inaudible]

Sahaja Yogi : She would like to know where is the hospital in India.

[Inaudible]

[Shri Mataji laughs]

Shri Mataji: You see what I would say, in a way it is both. [Laughter]

So, you see the hospital now we have in India. I started this hospital long, long time back, I think better – [Shri Mataji asks a question in Hindi]

Sahaja Yogi answers.

Shri Mataji: 'Acha', eight.

And you see actually with got a great doctor, high doctor and he's a Realised soul. He got Realization and I cured his wife, I cured this main doctor by Sahaja Yoga. So he took to it and this hospital, he is running there and we don't charge for medicine, for treatment, for anything, but for stay. That is only for one bed 300 rupees, 10 dollars for 1 day.

[Shri Mataji asks aside] 10 dollars,

[Shri Mataji asks aside] 8 dollars I'm sorry. And for the room, the air conditioned, bathroom, but for the room only we charge 1000 rupees, that's all. But otherwise for the doctors, for the nurses, for the services, for the treatment, we don't. Because this treatment is not done with medicines, you know, the Indian medicines are so dangerous, you take one medicine God knows what reaction you will get. You go to another doctor, you have to end up picking out of your teeth, eyes, ears everything. So, it's not like that.

It is only we work on the chakras, on the centers that we have shown here. On the centers, what is the center? Every person has different centers problem. Then we see if they're suffering by over activity or by, we can say, inactivity. There are two types of patients. One are over active and some are possessed by inactivity. So these two type of people actually are there because of the two sympathetic nervous systems. Now of course doctors have started accepting, when I was studying they did not know that the left sympathetic is different and the right is different. But still they don't know anything about parasympathetic, I must tell you very frankly. Parasympathetic we'll only know through Sahaja Yoga. It's very simple, it's very, very simple.

Same first lady: Where is this hospital?

Shri Mataji: It is very near Bombay, called as New Bombay. And so many people have been there, have been cured and they have been helped. I don't keep the list of that but I am really amazed how people are coming in. They find it very cheap, you see, the whole place also. And looked after with love, with compassion, with love, it's the main thing.

Same first lady: My first question was how does one get the Realization?

Shri Mataji: That we will try just now, all right, after questions. It's spontaneous, you don't have to do anything, very spontaneous. You all look so loving, you all can get it.

Any other questions?

Yes Madame?

Second lady: Why do think that Americans seem to be more resistant to getting their Realization?

Sahaja Yogi: Why Americans, you think, are resistant to Realization?

Shri Mataji: I think they are very great. [Shri Mataji laughs]

I think they think they're on top of the world already. [Laughter]

You have to come to - [Shri Mataji shows Mother Earth] – down.

Land up here. [Unsure]

It is high, but it's temperament. Even in India if somebody gets lots of money, he floats in the air. You just can't talk to that person.

Very common, money goes into head, it's money orientation. Also power goes into head. You see immediately they sit on the horse. All these things, that's why this head is to be crossed over. Important!

Third lady: [Asks a question on what to do about violence and crime] ...So we need a way to show them how to surrender the violence..

Sahaja Yogi: The people she works with are people who are suffering from poverty, violence, crime, drugs, so what is the best way to reach them?

Shri Mataji: You see for poverty they are ways of working it out. Poverty, there are ways of doing it. And also now, for example, in India I have started a big school for children who failed in the eighth class. To give them vocational training, in India we don't we have. We have generous people, no doubt, now we don't need money just now, we are, we are all right.

These children are taken from about, say, they're from fourteen to sixteen years of age, who have failed in life so far. So we teach them. Like we don't have plumbers in India, here also if you call a plumber you'd better find out with the bank how much will you have. [Laughter]

So in the same way we have problems of that and also, see for example, carpentry. Indians used to do all the carpentry with their hands, you see, but because of machinery that trade is gone now. So we have people who have to learn now, how to do it with their machinery, if you give them machinery. So we are going to teach them carpentry, driving, we can't get drivers there very well. But they are not very highly paid people in any way, but at least they'll be paid something. And other crafts like that.

Then another thing is that we should - like what we are doing in India is to find out what the poor people make. For example, My father was a lawyer and he used to go to a very far fetched village, for a case he was there. And there I found very, very, very poor people. They had no houses, they used to live in the trees, because there were animals and things you see. And also they used to wear only one cloth, ladies would wear two above. Cloth, only cloth they used to cover themselves. And very poor! And that time only, I really felt like crying for them. So now I decided that I'll start export business, imagine Me doing business. I can't even count receipts. But I started the business, so called, and the first thing I started was to ask- I asked My brother to go and see in that village what sort of people are there, if they still making the terracotta. Very creative, very creative, very beautiful. He said they are still making. And some of them are Greeks, you know? When Alexander came to our country they stayed back and they are there. And what they are making, they call it bell metal. No one makes this in the whole world that sort of a thing. I said all right, we have exported now to America also, last in America, because America you don't know what they would like but somebody has dared to ask for it, I said: "All right, I'll send".

So that also we have exported to America and it's working out well, she said it's working out very well here. Because poor people are very creative, they are very creative people. And they should not be given alms, it's a wrong idea. Because if you give them alms, for example we have so many developments coming from these UN and all that, they will go in a well, they will dig a well. All right.

Then what happens? So much money inflation comes in they take to drinking, this, that and also that well is not looked after. But make them make a well, let's see. They should try to make a well themselves, see, working for them, so they'll look after this well. So that is how we have started the village, we can do it, and the village craft in India is tremendous. But they don't know how to export, you know. What they are exporting is vans or motorcycles or something like that.

You see what we have in the villages is a well-done hand-made. Now here you go anywhere and they say: "this is hand-made". To us what is hand-made? Everything is hand-made only!

[Laughter]

But they say: "this is hand-made", "this is hand-made". First, I used to be shocked, cause hand-made people thought: "they make others buy it".[Unsure] And you know, these hand-made things we have such a trillion, [Unsure] in the poorest of poorest countries you see, like Benin you see, what embroidery! You have to just guide them, tell them what to do. You know, unless and until you have that love for them, you cannot dispel. Also, if they don't know anything and you tell them: "you make this", they'll make.

Now for your information, most of your things are coming from such developing countries.

For example, shirts that you wear, made in USA, are made in Turkey. Then in Tunisia they make very beautiful things which are branded by French, see like that, leather things. So now they are exploiting also, trying to exploit Indian labour also. So exploit the Indian labour and exploit their own people and make money. It's the trick of the trade is like that. But if you can really get it from these people, poor people what they make. Put them to something which they can do and if you can manage them they'll they have their self respect.

Actually, despite everything I was saying, Indian poor people have very great respect. Very respectful. They won't give, do anything cheap. Now supposing you buy from them something like this thing: "this is just clay, clay, this is just our Indian soil, why are you buying?" Like that they talk. I said: "No, it is very valuable, you have no idea."

So then they will sell it, otherwise they don't want to sell you they'll say: "take it." They are starving, they have nothing, they are very wonderful people. But if you torture them and say you're poor, you're poor and all the kind, ill-treat them, they can't even create. Then they take bowls in their hands and beg their alms.

Like that, you see also, I felt too much for Indian destitute. Especially they are Muslim, most of them are Muslim women, and for them I've started a residence for them. Now they can do a lot of work, I was amazed, how they can stitch beautiful clothes for children, with beautiful embroidery, you know. They have a heart, all of them have a heart, and also they want to do now gardening, gardering, they want to do gardening, they want to create flowers. Flowers are so expensive now and we thought that you can export flowers.

So like that, so many things they make, they are so creative. Now here you get, I don't know what you call that, patchwork, patchwork? Now in India, nobody will wear the patchwork because it's regarded as something cheapish. Because all these villager women, they make it so beautifully and I saw them selling here, in New York.

First lady: [Asks another question about Mother's opinion on the equality of women in India, and women's rights].

Shri Mataji: Now, you see, our style and culture is different, what I'm saying. The thing is that a woman is regarded- I mean not nowadays of course because it's different- but most of the women in the villages are regarded as sakshat Lakshmi, means Mother Goddess of wealth. So she is to be respected. All the people will respect, you see, nobody dare insult her. That was our society and it's still in the villages like that. And the women feel very proud that they are housewives. They are proud because we are housewives, we have our children, we can look after our children, we can cook, we can- they are great cooks also.

So you see, what happens, that they know that their area is their household, but they don't feel suffocated. They don't feel they are lower down. Like even My husband was here, he'll tell you about Me. That first thing is I'm a very good housewife, first of all, I know very good cooking, everything. You know to please men you must know how to cook. [Shri Mataji laughs; laughter]

Lady: He can't go and he will stay all the night home [?]

Shri Mataji: Yes of course! Is a fact, it's a fact, it's a fact. And women should not feel low about it. We are praised so much, you see, I was surprised because one gentleman- My husband you know was the foreign, he was the secretary general of the IMO [Maritime International Organisation] International organisation and all that, very international thing you know, very formal and all that, but all his friends used to come to My house to have chicken made by Me. Can you imagine? Such big, big Johnnys, you know, and they used to come down for that. [Laughter]

And I was known all over the world for that, making good chicken. [Laughter] But My husband knows all the list of things that I make very well.

So you see it is something, the women must know our own value. I don't like to work with men all the time fighting, quarrelling, reacting, it's money stuff. And I love My own house, My own home. I have two daughters and four grandchildren and now two great grandchildren. And we are all very happily living, enjoying each other, because of love. You see, this competition is because of money, because you have the money, men dominate for money. Maybe in India also they might dominate a little bit for money. But women know how to dominate, because they know how to cook. [Laughter]

That's it, women know, must know their own powers. Then they will not write for the men's powers of what? What are their powers? Stupid, you see [Shri Mataji laughs; laughter] I would hate to have so many bosses, so many this thing, only one boss you have to please him, that's all. Very simple life. But we should accept our own life, we should be proud of it and that really gives you the family life and everything. It's the woman who is the preserver of the society. This we don't realise. Woman is the preserver of the society. If she understands she is the preserver, then you can bring round all the men; all the men. Because she is the one who preserves the family. Now, without the family what will men do? They'll commit suicides.

So you must just pour love in the whole family, the whole atmosphere, how to manage, and you should be very patient and loving and- I mean, I tell you, all My in-laws are at least a hundred in-laws I have, My husband's family. They will come to see Me, not him. [Laughter]

He is sitting here, I am telling you. They will come all the way to see Me, but not him. Because he was a big man, a formal, this, that, and some of them used to just run away if I was not in the house. So for what we should work? What do we get, this money? Money you have, for what?

Then the woman now must be slavish people, very slavish, because they have to please the boss, please this thing, they have to dress up funny, they have to look nice, they have to look young and all sorts of things, you know, so many enterprises have started this.

But here you don't care for all these things. If you are a woman in the house, you manage everything like that, and if the husband tries to trouble you, all the family will be after him. [Laughter] Like that, you know. It's a very safe, it's very safe and very enjoying and very good.

It's a - all pervading. In the society, also, everywhere. But these days, people are getting so perverted in a way. I'll tell you one example. One lady she was the boss, she was the wife of a very big boss, you see, from India. So she came, she- they were to come for a dinner. And in the dinner, you know, they keep places for people there with their names, labels, everything. So she was

not there, she was missing. She was very smart, very smart. For an Indian she was overly smart, wearing a very short thing and always wearing her purple and all that, high heels like that. [Mother shows height with her hands.] We quite little who are feeling for her (?). But, you know, I was surprised she was not there, everybody was waiting for her. I mean, on this big formal dinner. So I said, "All right, I'll go there," then in the waiting room she was sitting there. I said "What are you doing here?" "They made me sit here.", "They made you sit here? I can't understand." So I asked the manager, "Why did you make them sit there?" They said: "We thought she is his secretary, we never thought that's his wife." So the dignity of the wife, you see, if you give up, you are no one. One must understand and the women must understand how powerful they are. In India they are called Shakti, they are called as power. She is.

But you must know how to handle your husband, to handle your family with you and you have to bear a little bit. Of course you have to be patient, you have to bear a little bit, you must know that they are all not yet matured. You smooth all place [Unsure]

But, this struggle that we have here now I find, or in other places, you know, in European places of the women, is absolutely not necessary. We have to change the society.

Now in Sahaja yoga people get married. There are international marriages, out of this, 99% marriages are successful. One percent might fail, because we marry a Russian with an American, American to an Indian, so it's quite a change and quite a different thing. So can you imagine, how these people have become 99% people who are married. In Sahaja Yoga, are wonderful people, and they have very beautiful children.

What are they like? This one. [Shri Mataji points to someone in the restaurant]

In any other sphere you are working you can ask Me questions.

Sahaja Yogi: [speaks in Hindi]

Shri Mataji: : [Hindi] Acha. I would like to give you Realization. That's what they are saying, that you give them Realization and I will.

Sahaja Yogi: [In Hindi, he says that the food is ready]

Shri Mataji: Ach, it's better idea.

He says that tomorrow we are going to have a very big programme. But the hall is small, I must say, it doesn't matter. It's such a big city that everything seems to be smaller and smaller. [Laughter]

All right, so for that, if you want your Realization, it's your freedom is respected, you have to ask for it. I cannot force it, you cannot force it. And if you want to go away, you can go away, it's completely. Because if you have to have ultimate freedom, this freedom has to be respected. And this freedom is that, if you want you can have it, if you don't want, then don't have it. They are saying that you all are invited to that program. Where are we having?

Sahaja Yogini: In Town Hall. Tomorrow in Town Hall, at 7.30. It will be a wonderful program where you will have your Self-Realization. That's on 43rd St. I think everyone must know where Town Hall is...."

Shri Mataji: But I must tell you one thing. You don't have to pay, you don't have to stand on your heads, nothing you have to do. You just sit on your seats, or on the ground, doesn't matter. That's the way of that because I told you: "It's your fundamental right."

Sahaja Yogini: I will ask you just in one second to join me in thanking Shri Mataji...

Shri Mataji: I hope you ? for all you are all in [Inaudible]

1999-0616, Awakening to Self-Realization: Journey Towards Divine Love and Collective Consciousness

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16 June 1999

Awakening To Self-realization: Journey Towards Divine Love And Collective Consciousness

Public Program

New York Town Hall (United States)

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I bow to all the seekers of truth. There is so much seeking, people are trying to seek the truth. Perhaps they don't know, what does that mean. It is unknown, that particular aim, but you know that there's something is missing in life. Why are we in trouble? Why all these problems? After all, our Creator has created us, and why are we faced with all kinds of turmoil , troubles, violence? And there's no peace. There's no peace. It's impossible to understand sometimes as a human being, why are we on this earth? That is what one has to find out. Why are we on this earth and what have we got out of this human life? What have we achieved out of this life, which is much higher than any other creatures? We run helter and skelter, try to find out the solution, or sometimes the answer, but it seems it's beyond human awareness to know the answer.

The answer is within yourself. You have to know the answer only through self-knowledge. First of all you don't know who you are, what you are, you have no idea about yourself. So, first one has to know about oneself. As everybody has said, "Know Thyself". Saying that doesn't help. How do we know ourselves? How can we go inside, how can we fathom it out? What is the way, what is the method? Nobody has so far been able to answer how you can really take your attention inside. To see what are you, how you are made, what is the subtle system working inside. The only way that is suggested, in all the scriptures, that you have to get your self-knowledge, through self-realization. Now people talk of self-realization also, they have big organizations of self-realization, but talking about it is just talk, talk, talk. Something has to happen, definitely. Definitely you have to have the experience. You have to feel yourself, but that's not done. Because the seeking is so earnest and genuine, we get lost. I must say many seekers are lost, even in America. More in America I should say. And those who worked it out, I don't know wherever they may be. The way they have really finished those people who were seekers is I think, is a very cruel thing to do. But, it was their business, and they have done it.

Sahaja Yoga, "Saha", "Saha" means with, "Ja" means born, born with you is the right. Everybody has this fundamental, very fundamental right to get this yoga, means the union with the Divine. All of you have this fundamental right. You may not be aware of it, you may not be knowing it, but that's a fact, and you can't pay for it. That's one thing we should realize. That it is a living process, say, we have become human beings, what did we pay? What did we do? We just became. To become the higher personality what do we have to do? The problem is, we don't understand that you cannot pay for your evolution, which is a living process. How much do we give to this Mother Earth for creating such beautiful flowers? Different types of flowers. What do we do, do we stand on our heads or anything? She gives because that is Her nature, to give, She's made like that. In the same way you are made, as they have told you here, with all these centers. These centers are there and they exist in every human being. Now the greatest point is that this power, which we call as Kundalini, which resides in the triangular bone, of sacrum, is in every human being. It's something very surprising. I mean every human being has a heart, every human being has eyes, nose, everything. But this power, which is a spiritual power, exists in every person. Whether you are black, white, brown, or also any religion you follow or whatever you may do, it exists. We cannot differentiate human beings. On a spiritual level, we'll understand that we cannot differentiate. It's a myth, to differentiate.

But for that people will fight, fighting is not the way. For everything they start fighting. Even for fundamental right they'll fight. What do you get, only the money that's all. That's not the way. You have to know, know what is your being, for that you don't have to fight. This fighting business starts when some sort of a law comes in, everybody thinks we have a fundamental right and we must fight for it. Actually, the struggle of the people who are seeking the truth is so much [NEEDED? or IN?] these modern times, it was never so. And as a result of that longing I don't know how people are making business out of it. How they are utilizing and befooling everyone and making a big money for themselves. But, what to say, that we have to use our discretion. We must

understand it's a living process of evolution. For which, you cannot force [EVEN or ANYONE?]. You cannot force. Now you understand a living process, if you have a seed you sprout it as soon you put it in the Mother Earth with a little water. Can you force it to be growing? You cannot. It's a living process. That means there is some energy that manifests it.

That energy has been described in all the religions, you may call it as "Ruh", in Sanskrit call it "Paramachaitanya". Also in the Bible it's called as the "cool breeze of the Holy Ghost", which is much more precise I think. Have you felt that cool breeze any time? No? That is what you have to experience first. Please understand. All other experiences, some people say, "I feel I have become a tree", some people say, "I think I'm flying in the air", some people say, "I become a bird". You are not going to go down in your evolution but you're going to rise. This is a simple thing we should understand. You are going to rise above this human awareness, to a higher awareness. If you realize that, it is a very simple thing to achieve in these modern times. These are the special times, meant for your ascent. Perhaps you are not aware. We get very much upset the way things are going on. It's all for everybody to be aware that there's something has to happen, something great has to happen, something special has to happen to human beings, that they rise above into a new awareness, into a new personality of self-realized souls.

Now, this is when I'm telling you this, it's very easy to understand that within us is this power. In the triangular bone, which is sacrum, that means perhaps the Greeks knew it is a sacred bone, called as sacrum, now from this bone rises the Kundalini. It's a very simple thing to understand, that if God Almighty has created you, He must have made some arrangements for your future evolution. He cannot just allow you to destroy yourself like this. He cannot. So then we come to the point, what happens? What will happen? The first thing I told you is that you start feeling the cool breeze of the Holy Ghost on your finger tips. This experience you have, first time you feel, first time you feel the All-pervading power of Divine Love. Again I say Love, very important to understand this, and this Divine Love is such a great power, it does all these things. Imagine, to have [PEONIES?] separately, [LARKSPUR ?] separately, growing into the same soil. This whole growth, how does it take place? This power does everything, and this power surrounds you, surrounds you, it's there. Only thing, you have to feel it for the first time. And that feeling should come to you, that's an experience by which you will know what is inside you, what centers are out of order, and which one are to be corrected. This is, we can say, part of the self-knowledge. And then you will get the knowledge how you correct yourself, how you become perfect, how you enjoy life, how you become absolutely peaceful personality.

I have said it's Divine Love, and love is knowledge, and knowledge is love. If you love somebody, you know everything about that person. Even at a human level, but at the spiritual level, you know so many things that you are amazed at yourself and at the knowledge that you have. As I said yesterday, Einstein talked about it, and Einstein told that there is an area called torsion area above our mind, we have to cross this mind. This mind stops, but if you can cross this mind you can get into that area which is torsion area. And in that torsion area, once you establish yourself, you get ideas which are absolute truth, which scientists can approve it, anybody can prove it, there is nothing just absurd or something that is being just bombastic. You're amazed, how you come to know so many things, these are all potentials within you.

It works out in different ways, for example, health wise you improve, because it is physical, mentally you improve, emotionally you are all right, and especially spiritually. Now how? Because all these centers that you have seen are responsible for our physical and mental being, also our spiritual being within ourselves, in a subtle way. So once they are corrected, when they are nourished, when they are enlightened, you see the effect of that. It's very beautiful instrument within us. It doesn't trouble you, because She's your mother. Kundalini is your individual mother, she knows everything about you. She has recorded everything, I would say, like a tape-recorder you know, she knows your past, she knows your aspirations, she knows your problems, your mistakes, everything she knows. But she's very anxious to give you your second birth, extremely anxious, and how lovingly she ascends. It's very remarkable. She doesn't trouble you, she doesn't give any pain to you just smoothly the ascent takes place. Very beautifully she rises, nourishes your centers, integrates them, and connects you to this All-pervading power of Divine Love. What a mother I should say, to do such sublime things for her son, to look after her son, to give her [DID SHRI MATAJI MEAN HIM?] this new life, a new dimension in his whole enterprises, for his whole life that is so complicated. But it becomes, you'll be amazed, it becomes absolutely perfect. Absolutely perfect.

All the saints have said that, I'm the only Person Who's saying it's not that, but if there was one saint, all the people got after that saint. If there was one Christ, they got after Him, they crucified Him. Anybody who talked of truth had suffered. Socrates was

given poison. So you have seen the history only, all such things were happening. Because they were singled out, they were single people. But now, thousands can get their self-realization, thousands can become saints, it's such a collective power. It's such a great association which is so subtle and so much one. This is the love which is collective. This collective love we have never felt. We have never known this collective love. At the slightest pretext a brother will fight another brother, the father will fight the mother, all kinds of things we go on. But, once you get collectively connected, you become like drops in the ocean, but actually become the ocean. It's really not the poetry I'm telling you, it's reality I'm talking to you.

You then know the reality, so far we do not know the reality. By reading books you wouldn't know, by paying money to people and going to various organizations and... you would not know. You have to know yourself which is within you, this power which awakens you and connects you to this All-pervading power. Now, this All-pervading power thinks, organizes, balances, looks after you, looks after your family, it looks after kith and kin, looks after the whole atmosphere. Above all, it loves. It is the power of love I'm talking about. That's the way, once you become empowered by that power of love and compassion I'm sure one day you'll realize your potentiality, how great you are, you're no less than any great saint or any Sufi. You are just the great knower of the true knowledge, not of absurd knowledges, whatever knowledge we have from the books. Sometimes how are you sure that it is truth? Unless and until you have the power, this Divine power, which you use and practice and find out for yourself truthfully, you cannot believe in something which is just told to you, why should you? I would say you shouldn't believe in Me also, why should you believe Me? This belief is very dangerous sometime, when we start taking to something that is sensational or we are, by paying money, we feel we have paid. Now we have paid money to go to heaven. All kinds of funny ideas we have within us I don't know how. And we try to pacify ourselves and think oh no, no, "I've got everything".

The other day I met one lady, [SHE...del] she is American, and she was dressed up like an Indian and the way we dress up and the way [SHE...del] we live, she said, "I admire Indian culture." I said, "That's all right, but what do you admire?" "Because it's very peace giving, it is very family oriented." But I think is that the end of life? Is that what you are here? There are thousands of Indians, are they all satisfied people? Then it came to her head that what she has been doing, like she said, "I've given up this, I've given up that, [I'VE...del]". I said, "That's not the way." What actually is to happen is that you achieve that self mastery. And in that mastery you get all the knowledge that you want to have. Apart from that, it's not an education, it's not like making you into PhDs, MAs, MADs[DOES SHRI MATAJI MEAN MDs?], nothing. But spontaneously, because it's all within you, all this knowledge is within you. So, it all becomes visible, absolutely is flowing in you, you can see clearly that what knowledge, what knowledge is coming, from where it is coming, and what love and compassion I have, for everyone.

How you can solve the problem of love that is on the worldly level. You cannot. It has its limitations, its problems. But Divine love solves your problems, problems of your friends, your family and the whole world. Today as it is, you can see that humanity is in a doldrum, it has no direction. But after getting realization you will be amazed that you a become part and parcel of such a powerful power. That power of love, which is so engrossing, so joy-giving, so beautiful, and you get rid of all your greed and lust and all such enemies that we have. You just get rid of it. How? How do you get rid of it? Because you rise at a level where these things cannot touch you. These things that make you miserable do not touch you. But I don't say that you give up your family, you give up your friends, you give up your relationships. No, you are there, but even being there you are aloof and you know. You see the whole thing as a drama, as a drama. Like, you are going through the traffic, now you are worried. Supposing somehow you go onto the heights and from there you see the traffic, you are not worried. You are looking at it as a drama, as a witness. This exactly happens to you. And then you see the problems which you can solve.

You become so capable about it, but not with harshness, not with cruelty, but complete compassion and love. Which acts beautifully, beautifully it acts. You become such a source of love and affection. But that love and affection you cannot understand unless and until there is the flow of this Divine power within. Once it starts flowing you'll be amazed at yourself and at others who will see that power and say, "oh my God. What is this, I never knew I was this." But you are, you are that. That is what you are seeking, and that is what you have to have. It's your right as I say, a fundamental right which you should have. As it is, I've given so many lectures, one after another, and there are so many books they have published, there are many people who have gained so much. But lecturing doesn't help, you have to have your self-realization.

So today, we are going to try that. Before that, if you have any questions you can ask Me.

Question: People have said that it's very interesting to know and can manifest the purpose for your soul. Are you saying there are individual purposes, a separate special way to move towards the divine purpose for us?

[SAHAJA YOGI TRANSLATES QUESTION IN HINDI THAT INDIVIDUALLY IS THE PURPOSE OF SOUL SEPARATE OR COLLECTIVELY IS THE PURPOSE SEPARATE?]

Shri Mataji: Collective is the purpose of your soul. You have to become collective, but it's not the collective, artificial one, but like your hands are collective with the whole body. If there's a pain here the whole body will feel it. But who is the other? You can feel everyone within yourself. And that is what happens to you. So the purpose is that you become the whole, and completely engulf into the whole. All right?

Q: Excuse me, what is the connection if any of Sahaja Yoga and Reiki or are they parallel with one another?

Shri Mataji: I don't want to criticize anything, only thing you should see, all these things, what have you gained, bas. First question, what have you gained by doing anything? Have you got self-realization? Have you got the knowledge of the Divine? Have you felt the cool breeze of the Holy Ghost? Just like that. As a Mother I would say what did you get out of it? There are so many in the market, so many. I would ask you this question. Child, what did you get? There's no end to such things.

Q: Once you become self-realized how do you maintain it?

Shri Mataji: I used to think that once you get self-realization you are self realized you see. But it's not so, I must face the facts as it is. Once you get your realization, of course you do feel all the time the cool breeze and all that. But there are problems on your centers, on your chakras, which you can feel on your fingertips. You can see yourself, I said self-knowledge, so you can see yourself what problems you have, you can feel the problems on yourself. Immediately you say "All right, this is the problem." And that problem you want to correct yourself because you see yourself. I'm surprised sometimes people come and tell Me, "Mother, my Agnya is very bad, please, please correct it." That means "Mother, I've very egoistical." Normally nobody would say I'm egoistical will they? Nobody. But once they get self-realization they see the problem, they love themselves, they see themselves in that love, they say that why not I get myself corrected. Then of course it has to be worked out a little bit, like even if the seed sprouts, it has to grow. It doesn't take much time. Within one month's time most of the people become masters. They can give realization, they can tell them, anybody. You need not be very well educated, nothing, I've seen in the villages, people work it out so fast. So I can't say [EXAC...del] how much time it will take but I've seen people becoming masters within one month's time. And you don't have to pay throughout. It's very important to understand.

Q: Someone once said to spread the word of God using our thoughts and our actions. I just want to know what is thought about that statement.

[SAHAJA YOGI TRANSLATES: SHE'S SAYING THERE'S A STATEMENT SOMEBODY MADE, SOMEBODY MADE A STATEMENT SOMETIME BACK THAT YOU SHOULD SPREAD THE WORD OF GOD THROUGH YOUR THOUGHTS AND THROUGH YOUR ACTIONS. WHAT DO YOU FEEL ABOUT THAT STATEMENT?]

Shri Mataji: First you should get connected to God. If you are not connected to God, whatever you are doing in the name of God may not be. First point is we should be connected. Supposing this instrument is here, and if it is not connected it has no meaning. In the same way our God's work has no meaning because we are not yet connected. First get connected to His power.

Q: Once you get self-realization you know yourself, but who is going to correct the injustice in the world? Who is going to become the leader? Who will change the world where there is injustice, where there is discrimination, where there is hatred? If you are saying forget about the hatred, who is going to come forward? If I become self-realized and then forget the hatred then who's going to come forward and change the world where there's injustice, where there's a crime, where there's a harassment?

Shri Mataji: Ah, correct, that's the worry I have. This hatred and all this comes through ignorance. We have ignorance, and once you start getting into this great ocean of love, it starts just disappearing from you. To begin with, and from others also who have got realization. Now they say that Sahaja Yoga is working in seventy-two countries and we have seminars in India sometimes and sometimes in Italy where the people from all these countries come, I have never seen them criticizing each other. Of course they have great fun, they enjoy, but never seen, complaining, or doing anything wrong to each other. Because now they have become all one. It's the last judgment, this is the time of last judgment. If you want to remain as you are, you'll remain, nobody can force you. But, if you want to rise to that level, you'll be amazed, you'll have friends all over the world. Not ordinary friends, but real, real friends. So, just to get rid of this hatred and all nonsense what do we have to do? Think this hatred comes from where? It comes from human beings. So, we have to transform them. If they are transformed, things will be all right.

Q: Is there a healing energy that will come of the meditation tonight?

Shri Mataji: Yes. First of all one must know, what is this energy is. You must understand, and it heals people, no doubt, it does heal. First it will heal you and then it will heal others also. No doubt about it. It does. But first you must know it. You must know how to do it. It would be like any doctor who has not even done his MBBS or anything and trying to do some job, it would be like that. So first I would say, you should establish. Those who are established Sahaja Yogis first of all get very good health but they can help others, they can heal others. Definitely, that is nothing, that is just a wee part of this energy.

Q: Most saints spoke of self-realization coming with the lifetime of practicing the education and commitment. Why is it that Sahaja Yoga, with Sahaja Yoga you can come to it so fast?

Shri Mataji: Why, because the need is so much. It's the need of the Divine. Divine now is fed up with human beings and, it wants to have a very short thing. You see, formerly, to go to even to New York was very difficult. I don't know how many years Columbus took to come to America. But today, you can just come in. So I would say it's a jet age and the Kundalini has also become like that.

Q: Does the Kundalini Yoga that you teach has anything to do with Tantra Yoga?

Shri Mataji: You see, the name is Kundalini Yoga but it has nothing to do with Kundalini I must tell you. So, Sahaja Yoga and Kundalini Yoga is the same if you see the meaning of it. But in actual I've seen this Kundalini Yoga business is terrible. Because people have suffered so much. So it's something very different, I don't know what they do in the name of Kundalini Yoga.

Q: With all the traveling do you miss your family?

Shri Mataji: No. [SHRI MATAJI LAUGS] My family is very sensible. And I travel, they also travel with Me, My family all of them are here now, in America. But My family is very sensible and they realize, they have realized that this is such a great work I'm doing. So they support Me, they help Me in every way. They are very supportive. And they like it and they enjoy it, enjoy all the people who have got realization. There's a family, has the same ideas, or we can say the same feeling, for the world and they are very happy about it.

Q: Have any of your grandchildren or children had the same insight or born with the same insight as you?

Shri Mataji: Yes, you see, I have also great-grandchildren. And I'm surprised that they are all born realized. They are born realized, that's very surprising. And the family is so united, so helpful and My great-grandchildren also have the vibrations, they understand. I mean its remarkable how the Divine has been kind to Me, to give such a family. I have never neglected My family, never, but they understand that My work is very important and they also enjoy My work very much. They also feel the vibrations, they also have got realization.

Q: I'm not able to hear how to lose body consciousness.

[SAHAJA YOGI TRANSLATES: SHE CAN'T GET OUT OF HER BODY CONSCIOUSNESS]

Shri Mataji: Now all these words have absolutely has no meaning. Body consciousness this thing, that thing. You see it is said that you should not be conscious of your body. You should be conscious of your body as a human being, there's nothing wrong. But once you get your realization, you become conscious of your subtle body, which is within you, so you can easily get it. But you don't lose the consciousness of your body, that's not so. These are all funny things they are doing. I was telling you that you fly in the air and all that, it's not. It's absolutely simple that you become consciously aware within yourself of your own powers. And which you use, not for cruelties or for making money, but for love. I mean it is something [CLAPPING] it is something that happens to you, like I would say a flower, see it's just a bud, maybe it's not even a bud, but then it becomes a flower. And you see your fragrance and you are amazed at yourself. So all these things that you have to give up your body consciousness, this consciousness, is not necessary at all. [YOU HAD...del] You don't have to give up anything. Wherever you are, whatever you are, in that only you get the light, the enlightenment as they call it.

Q: [SAHAJA YOGI TRANSLATES QUESTION: She's saying that in Native American tradition in the evolutionary system the human beings are higher compare to animal consciousness, you know and other forms of...?]

Shri Mataji: You see Americans read too much, that's all. (LAUGHTER). All their beliefs come from some reading, I don't know from where they get all these ideas. And to neutralize them is very difficult on a mental level. But if you get your realization you suddenly discover that this was all nonsense. You said it's correct that Americans have this idea, those ideas, but these ideas are not reality. Have you felt the reality? First get to the reality, then you will see. In these words I don't know what people read. I mean this is nothing, I came long time back before here,, I ran away. I said, "Impossible." Their brains are already filled with so many books I don't know how to talk to them. And after nine years I appeared on your soil, now they are changing. Because they are realizing this is all kind of a money-making going on with the books. Thank God, it's coming up now. It's better.

Q: Do you believe that the Kundalini is the same life-force energy that the Chinese called Chi, that this energy is part of us, part of the world that we can access in this way and also through things like Chi-Gong and Tai-Chi, is it the same force?

[SAHAJA YOGI TRANSLATES: Is kundalini the same force that exists all around us as the Chinese call Chi?]

Shri Mataji: Ya, ya. It's true. But you see, it is, it has something to do with that, and that is what is our ego and super-ego. The Chinese what they have written, it's correct. But Chinese also don't know who is Lao-Tse, can you imagine? Lao-Tse is the man who talked about this thing, He's the one who told them about Kundalini and they don't know who is Lao-Tse. Especially in America, I don't know what sort of Chinese live here. It's such a great source of knowledge, and what they have said is a perfect thing. But everything gets integrated in Sahaja Yoga. All the knowledge, all the scriptures, everything gets [INTE...]. Absolutely integrated because out of light you see the truth in all of them. There is truth in everything, there is truth in every religion. But religion now has become money-oriented, or also power-oriented, so it's gone off. But actually if you go to the roots of it, it is all the same. For example take the case of Kosovo. Now there these Muslims wanted to have a separate state. It's not necessary, why do they want to have a separate state? You see everywhere where they were trying separate state, even in our country, they all are suffering. It seems even in the same state they could have done it. All right, they said it. But one thing one should understand, that in democracy, how can you have a state based on religion? You cannot, despite that they wanted to have. Now what did they get? Did they get their separate state? They became refugees, poor things starving, for two years they cannot go back to their houses and homes. Because there was no discretion. If you want to help them, best thing is to give realization to everyone. Then all Muslims, all Christians, all Hindus, all of them become Sahaja Yogis. They respect each other. They have to become Sahaja Yogis. No use becoming Christian, Hindus, Muslims, because that means fighting and in Italy we had a little discussion and they said that, "We don't want to have one global religion." We have a global religion because innately we are religious. If you know what that innate religion is then you will become global. But they don't want, because they want to fight. If there is one religion global, we all are there, respecting all the religions and all the incarnations and all the principles of religion, supposing, then how would you fight? On what basis will you fight? This is the problem, we have to go beyond these limitations

which are created. We can say created by human beings only.

Human beings are good at spoiling everything I feel that way. You see, if you go in a forest it's so clean, so nice, all the birds are there, all the animals are there, the lions are there, tigers are there. You may not find anything stinking, but you send one man there the whole place will be stinking (LAUGHTER). That is what we have done to religion also. don't know how many bifurcations we have of religions, how can you have? There's one God, how can there be so many religions? And just fighting in the name of religion is stupidity, because they don't know. If there's innate religion within you, the innate, which is so much encompassing the whole world. Now see Sufis are Muslims, what they write? They right nothing but Sahaja Yoga. What Christ wrote was Sahaja Yoga, what Mohammed Sahib wrote was Sahaja Yoga. They didn't write all these nonsensical things that people are doing. But they don't read even Koran, you'd be surprised. They don't even read Bible in proper way, or some people just go on reading words, words, words, words. How can you get into it? You must read within the lines. Yet they don't do, and then they start fighting. It's so absurd, the whole thing is, that next generation will not believe in any one of these organizations based on religion, I can tell you. But they might take to something also very bad. So the best thing is to get to the roots of it and find out. So many things are said to explain, according to times also, but how many people really know the roots of religion? They are all one, coming from the same tree, there's nothing to fight. Have you ever seen one branch of the tree fighting with another? It's as absurd as that, to Me I can't understand. It's not possible. For us to fight with each other, for what are we fighting? We are part and parcel of one whole. How can we fight, it's very unnatural, which is very dangerous also. As I said, a tree, on a tree there are so many leaves and they are all different. You won't find another leaf repeating itself. But they never fight with each other do they? Why should we, the human beings fight, in the name of God? They make money in the name of God. They fight in the name of God. They do all kinds of things in the name of God, now what do you say what sort of a God it is? How much we have brought glory to the name of God? All right?

So we have to know that innate religion within us, which is in everyone. All of us have that innate religion, we may call it by any name. It's a pure, global religion we can call it. Which is within all of us, it's a fact, I'm telling you a fact. Otherwise you start fighting for this, fighting for that, then what will happen? That's what I said this is the last judgment, and this last judgment is really going to make the difference between the people who have got self-realization and who haven't got it. Last judgment we are not going to put on the balance to find out who is thinner and who is fatter, no. It is what have you got within yourself. What light you have got within yourself and you must have proper understanding that your value of your human life is very great. It is not something frivolous, cheapish, it's very great and you can help the whole world to emancipate. All right?(CLAPPING)

Q: [??]

Shri Mataji: You will get your self-realization don't worry, for you it will happen. Look at all the things that are there because you haven't got your self-realization. All right? Please make yourself comfortable. I never say you become vegetarians, I never say that. I never say you [DON'T...del] give up your smoking, drinking, nothing. If I say that, half of the people will go away. I just say, "All right you come and sit down, you get your self-realization then tell Me."

Shri Mataji: What's there?

Q: [??] [SAHAJA YOGI TRANSLATES: She is welcoming you. She's saying that when in collective, the kundalini moves but when she is alone...Sorry can you complete that?...it doesn't...]

Shri Mataji: You should know you are never alone when alone. Absolutely, it's just, you just enjoy the loneliness also. Sometimes I'm left alone then I'm quite happy also you know. No questions, nothing, no problem. Sometimes I enjoy Myself you see. When you know what you are you really enjoy. I have seen people who have never written a word of poetry, after getting self-realization they become great poets. Some musicians, they were no good have become great musicians. Some people who never spoke a word, they have become great orators, so all this happens to you. And when you are alone, you get the ideas from the torsion area. Very important to be alone, so don't feel bad that you are alone. Here you are in connection with God, you're never alone. And you get all your ideas from the torsion area, if you note it down you'll be amazed at yourself. All right?

May God Bless you.

[HINDI. SAHAJA YOGI MENTIONS REALIZATION AS QUESTIONS ARE OVER]

Shri Mataji: So could we have self-realization?

AUDIENCE: Yes, yes.[CLAPPING]

As I've told you that it cannot be forced. You have to ask for it. It cannot be forced on you. You have to desire it because kundalini is the source of pure desire. So it cannot be forced. If you want it only then it will work out. But first of all, you must know that you are a human being and you must respect yourself. You must have love for yourself, it's not selfishness but respect that you are a human being and here you have come to get your self-realization. That's something very special. There are so many people in New York but you are special that have come for your self-realization. If you have only this feeling within yourself, without any force it will work out, I'm sure. Now, you don't have to do anything, but if you could take out your shoes it will be better because this Mother Earth helps us. I hope you don't mind taking out shoes. That will definitely help, because your connection with the Mother Earth is very important. You will then realize how important is this Mother Earth, how she helps us in our spiritual life. So far we have never known it's important.

So, those who do not want self-realization have to leave the hall, they should not disturb other people. If they want to have they are welcome, very much and they can get it. It will hardly take ten minutes. Self-realization will take hardly ten minutes, not more than that. Because you people seem to be very aware, it's not the same as I'd seen, say, about twenty years back. You are very aware and I'm sure all of you will get it in no time. Now, only thing you have to do is to put both your hands towards Myself and both the feet apart from each other. Why and how, that you may know later on. Why. These two hands represent your two sympathetic nervous systems. Just put little higher, little higher.

Now one thing is very important. That this center [POINTS TO AGNYA] is very constricted and to open this center you have to forgive everyone. Now you might say that it's very difficult to forgive, but the argument is whether you forgive or you don't forgive, you don't do anything. You just don't do. But if you don't forgive then you torture yourself, not the other fellow. So please just try to forgive. Forgive everyone, just say that. In My presence you say, "Mother, I forgive everyone in the world."

Then second thing is that you have to forgive yourself also. Because if you feel guilty, no use feeling guilty you know, because it gives you pain here[POINTS TO LEFT VISHUDDHI] and this center catches very badly. And you might get spondylitis with that or you might get also angina. So why feel guilty? I mean, whatever has happened has happened ,finished now, today, at this present moment. Because we have to be in the present. So forgive yourself. And people get, you know, entangled into this guilt from such, such small, small thing that I'm surprised at it. There's nothing to feel guilty. As I said you must have respect. After all, we are human beings, if you have made mistakes, it's all right. Now don't go on playing on that, just forgive yourself and forgive others, that's all you will need. Just say that.

Now, put your hands up like this, towards Me. Now, put your right hand towards Me and bend your head and see if there's a cool or hot breeze coming out of your fontanel bone area. You can put your hand little away, little away from your head, not on top. And see, you can move your hand and see for yourself if there's a cool or a hot breeze coming out of your fontanel bone area. This is the actualization of baptism. Just see for yourself. This is your own power. Now, please put your left hand toward Me. Put down your head and see with your right hand if there's a cool or a hot breeze like vibrations coming out of your fontanel bone area, which was the soft bone when you were a child.

Now, this is hot, because you've not forgiven, either to yourself or to others, that's why it is hot, just see for yourself. You can raise your hand up and down , on the sides, and see for yourself. Now put both the hands towards Me and just try not to think. Don't think. That's the state, is the first state we have to achieve. Now just try to feel, if you feel any cool breeze on your finger tips or on your palm or [ON...del] from the fontanel bone area on top of your head. Just try to feel if you are feeling it, it's an experience as I told you. It is not that I have to certify, it is you have to certify. Please forgive, forgive everyone, forgive yourself,

that's very important.

Now, now raise your hands towards the sky and push back your head. Now you can ask any one of these three questions, any one of these questions, three times. For example you can say, "Mother," you can call Me Mother or Shri Mataji, "is this the cool breeze of the Holy Ghost?" Or, "Mother, is this the Paramachaitanya?" Or, "Mother, is this the All-Pervading Power of Divine love?" Ask anyone of these questions, three times. You can push back your head little bit.

Now, take down your hands please. Those who have felt cool or hot breeze in their fingertips, on their palm or out of the fontanel bone area, please raise your hands.

May God Bless you all. That is New York! May God bless you.

I could feel the cool breeze coming from you to Me. Can you imagine this New York, it's a wonderful place now. But now, you have to grow. I must tell you, you have to grow. You'll feel very nice, on top of the world now, I know that you'll feel, but you have to grow. For that, we have programs, follow-up programs. So please try to come to those follow-up programs, because then you will grow and then you will realize. If you do not take to it little seriously, it won't work out and you'll be lost again. Like [SOME...del] Christ has said, that some seeds were sprouted and were thrown on the roadside. It's like that. So, you have to respect yourself, respect your self-realization and please try to come to our follow-up programs. I don't know where they have it, they will tell you just now where they will, please be seated for one minute only. One minute and write it down, it's important that you must know everything about it and you should become masters. Every one of you can give self-realization to at least thousand people.

[SAHAJA YOGI ANNOUNCES THE FOLLOW UP INFORMATION]

[SAHAJA YOGIS TAKE SHRI MATAJI'S PERMISSION TO SING JOGAWA]

Shri Mataji: Ah, this is a song. I must tell you this poem was written in the 16th century by a very great poet called Namadeva. But people didn't understand what it was about and it says that "Oh Mother, give me the Yoga, "Jogawa"" and he says, "I'm prepared now, I've given up this, I've given up that" means "I've given up anger, I've given up lust, I've given up greed, all this I've given up and now You raise my Kundalini" that is "Ambe", that You raise it and he shows with his hands like this [SHRI MATAJI BRINGS HER HANDS UP] that "You should [AH...del], Oh Mother give me this self-realization.

It was said 16th century all our villages used to sing but they didn't know. When these people went [SHRI MATAJI POINTS TO THE SAHAJA YOGIS BHajan GROUP] to Kolhapur, there they met people who were singing this song, they got it from there, the whole notation and they have learnt it. See how clever they have become otherwise very difficult this Indian music is but how they have mastered it, I can't believe it.

Now here we have people from all over the world especially from America and also from European countries, mostly, I don't think there's any Indian, ah there is some.

[BHajan]

[SHRI MATAJI DOES NAMASTE TO THE AUDIENCE AFTER BHajan IS OVER]

Shri Mataji: Thank you very much.

1999-0620, Adi Shakti Puja: It is your duty to transform others

View [online](#).

20 June 1999

It Is Your Duty To Transform Others

Adi Shakti Puja

Nirmal Nagari, Canajoharie (United States)

Talk Language: English | Transcript (English) – VERIFIED

Adi Shakti Puja. Canajoharie, USA. 20 June 1999.

It is such a great pleasure to Me, to see you all assembled here, and which is such a far-fetched place, away from the madding crowd. It's such a beautiful place, and which has vibrations.

Shri Mataji: They can't hear you. Now can you hear Me?

Sahaja Yogis: Yes.

Shri Mataji: All right. It's all right now.

I selected this place suddenly from a very thick newspaper, American newspaper. The vibrations were just shooting out and I said, "What is this, coming from where?" And there was a little advertisement, and I said, "This is the place where we have to go." This place has so many vibrations, even in the advertisement.

So you can imagine how the guidance comes. It comes from vibrations, and that's how I was here and this place was selected by the Divine Force. It happened only in one day! Such a miraculous thing to happen in one day! It was taking so much time for them even to get this, and suddenly I told them, "Better get it." It all worked out, and we are now here in the most beautiful atmosphere.

Of course, you know that Red Indians were driven out, and they came here to hide themselves. They were hiding themselves in this place so that they should not be crushed and destroyed forever. That era is over now: that era of domination, of entering into somebody else's land and occupying it, and considering it to be a great reverie. All that is over now, the human understanding has gone much beyond, and they understand that this is sinful, this is wrong, "Whatever we have done was wrong." But those people are no more. And the children and the grandchildren of those children, of these people, who were the children of God, they used to think, do not like all that. Because you have no right to take somebody's land like that and occupy it as your own.

Of course, the land doesn't belong to anyone, but still wherever you are born, that's your land, and that land has to be kept with those who are born here who own it. But this kind of aggression has been going on for ages now. Now the time has come to finish this, once [and] for all: [to] give up this kind of adventure, to enter into somebody's land or somebody's house and occupy it.

But there's another kind of aggression I see now, is that they enter into the minds of the people now - through their talk, through their all kinds of aggressive attitudes. And the mind itself becomes a slave. The present times are like that, I think, where people have no freedom to think what is right, what is wrong, and also to take to right things. They have to accept whatever is happening around, whatever is immoral, whatever is destructive. One has to accept because still, I think, we do not have sufficient number of Sahaja Yogis who can oppose all these adventures of modern times.

We have another kind where we find these false gurus who aggress – specially America. America is really cursed that way because it had money, so all the crooks of the world came here. Just imagine! To have money itself is not a blessing. They all came here and looted rich people and have made so much money for themselves. This kind of exploitation is very much

dangerous, much more, because the mind gets ruined. I have seen many people were ruined, specially many seekers were ruined completely. I hope they are born again and get their Self-realisation.

The seeking is there, no doubt, but all kinds of obstacles have come, all kinds of temptations are there. And so, despite all that seeking, earnest seeking, honest seeking, they have fallen into traps, which I cannot explain why should it have happened, but it has happened – one has to see. It makes you very miserable, unhappy. But still so many are there, you are there, saved now. And in this Last Judgment you have risen from that level to this new level, where I am sure you will be able to salvage many more. Each person can salvage at least [a] thousand people. And so many of you, if you try that, it would be of a very, very great, very great emancipation for this world which we have all to save.

So, one must know the first duty of every Sahaja Yogi, now, is to save others: to talk about Sahaja Yoga, to work out Sahaja Yoga in different places. For example now, I was surprised that, they are working out on children who are abused. They are also in India, we are working out on various places like prisons, armies. So you can enter into all kinds of activities, you can enter into all kinds of aggressed places and save people.

But worst of all, I think, is the innocence is under attack in these Western countries, specially in America.

The innocence is under attack and this is something [that] is very dangerous, because the children get this mutation at a very young age, and what will happen to them? So we have to think of all those innocent children: what we can do for them, how we can save them, how we can work it out.

The concern has to now go from yourself to others. You've got your Realisation alright, you corrected yourself, you are absolutely perfecting yourself, all this is there, but now, what is to be done? For what is this light enlightened here? It is for others.

So now Sahaja Yogis have to live for others and not for themselves. They'll have all the energy, they'll have all the support and they'll have all the blessings.

So we have to live for others. And how do we live for others? Is very simple, is to have concern, concern about everything. You should have concern about the Mother Earth, concern about your neighbours, concern about the people who [are] suffering all over the world. If you read the newspaper you will be amazed how things are happening, how people are suffering.

We have to understand fundamentally, that unless and until transformation takes place, we cannot change this world. And you all can transform others, so it's your duty, it's your job to transform other people and to tell them what is Divine love. Love is the only way now we can work out.

It is something like a big beacon which should go into this darkness of aggression, and which will clarify many places, many hearts, many people. It is a ocean, we should say: Ocean of Greatness. This Divine love is so great and so powerful [and] at the same time so very gentle that you can see the nature how the trees grow: every leaf gets the sunshine, every tree has its own position. We have to learn so much from the nature, because nature is bound with that love. Nature has no aggressiveness, it is just under the complete control of the Divine love.

With this understanding you should also know that, when you are getting to Sahaja Yogis - what should be your attitude, how you should move, how you should talk to them, how you should understand them, how you should express your love. This is quite possible now. It's not difficult. You should not be afraid, not feel shy. But in a sweet manner you can talk to them, you can communicate with them, you can tell them.

Because this was the time, this was to happen. That's the reason Adi Shakti had to come. Without Her, it would not have been possible.

All other incarnations were there but, firstly, they were only on one chakra's, and another one was [that] they had to establish

themselves with other people, with the people around. They did try and they worked it out, but it didn't really work in the real sense of the word.

So Adi Shakti had to come, who has all of them with Her. They are all with us, all the time wanting to help you to do everything that you want to achieve. It is there with, these holy vibrations are with you. For every kind of good work you want to do, any kind of Sahaj work you want to do, these vibrations will definitely be there to guide you, to help you, to support you and to love you. You will be amazed how people, once they start working for Sahaja Yoga, how they are blessed from every angle.

So, one has to decide in their own minds, that all your dreams have to come true. So, only thing, what you have to do, is to know only that your purpose of life is to spread Sahaja Yoga.

Even now many Sahaja Yogis write to Me, "Mother, this is happening to me, that is happening." "My father like that, mother like that," but very few. Practically this is over now. They used to write, I should say, all such letters, but now I think they all were perfected and they no longer write.

It's a very unique time where there's light everywhere, the nature is absolutely with you. You can see how nature acts, how it is trying to help you and support you, and how it wants to work out everything for you. It is to be just understood and felt, that you are something very special, and that you have all the help, every one of you. It's not one person, two persons, it's not ten persons group. It's the whole lot. As if the whole ocean is there to help you: help you to swim over to save so many. You haven't seen such an ocean where there is so much depth, and all the waves try to save you, to make you float in the realm of joy. All this has happened to you because there is a purpose. It's not just because you have done puru punyas () and all that. Many people say [that] because of previous life we have got it. That is true. The cause may be that. But the result is that now you are capable of giving Realisation to people, and this is what you have to do.

All the way you have come here in this wilderness. From this wilderness only you will rise, and you will bless all the people of the world. Specially America should be blessed again and again, because it's the Viraat, it is Shri Krishna's land, because people will always try to follow, to copy you. Things will improve if you get the, we can say the blessings of the various lotuses you have within yourself. No doubt. But what about you doing something? What about you doing something about it? And this is what is very important.

Now only thing what you have to do about yourself, is to find out about your own activities, what activities you have been doing. You have to find out what have you done, and what you can do. When you meditate you think about yourself: How much you have grown? What have you done? What have you given to others?

Whatever you've got, unless and until you distribute it, it won't increase. That is the fundamental law. And that works. I have seen people who are Realized souls, who are very good, who know everything about Sahaja Yog, but are not yet that much confident, I should say, or that much deep. All this is only possible if you, yourself, get into creating new Sahaja Yogis, and more Sahaja Yogis, not for popularity but for their good and for the good of the whole.

I was asked that I should come and stay in America, so [that] America will improve very much. So now, here I am! I came here, I stayed here, and I am definitely putting all My attention. Because it's a very important, very, very important chakra which is America. And this very important country is doing sometimes very stupid things.

I would not say that you enter into politics – no.

I would not say you get into any opposition and form a group – no.

But you also know that you have powers. Even your thought, your desire has powers. Try to experiment with it. Once you experiment, you will find out that only [with] the attention that you put to these things, it will work out. I am sure it will work out.

It is a country which can definitely help for the emancipation of the whole human beings. But on the contrary, it is going on the other way round. I mean, American culture, I don't understand at all - what the American culture is. As something, they say something, do something else. They have no proper value system, which is accepted by everyone, which is built traditionally from days together. The value system is so convoluted, so twisted that it's only a Sahaja Yogi, by his nobility, by his greatness, can disentangle these people. They have funny ideas, and those funny ideas should not deter you, should not stop you, for you know that they are stupid, they are destructive and they will destroy all the good qualities.

You should know that their responsibility of Americans is much greater than the responsibility of any other Sahaja Yogis, because they are accepted and regarded as the most competent people, as the most effective people, by the Divine Power. The Divine Power thinks that, now you can go all ahead, you can do so much. And let us see. Like we have the power and the machinery, but the machinery if it doesn't work, what's the use of the power? It is useless. So the machinery has to work, and it is working, it is spreading, but we have to double our efforts.

I was thinking of doing some sort of a social work here, so that it will go, it will be caught in the eyes of many people. On a subtler level we have worked but now we have to work it on the surface. Subtler level we are there, we have achieved and we can achieve much more. But we should come out of it and think what can we do on the surface, so that people see what is Sahaja Yoga is, and what it can do to people.

It's your personal behaviour, your collective behaviour, your national behaviour: all [those] are going to change the atmosphere which is supposed to be superficial, so that, that also becomes subtler. I have been saying this in many places, but at this puja I think it is important to say that, if you are really facing the Adi Shakti, then you must know your powers are boundless. You have to just assert those powers. It is not a stationary power. There's a movement in it, and there's a right type of a movement. It knows where to enter, how to work it out.

Now look at this place. Can you imagine Me thinking about a place like this? But I was just, had in mind, of course I must say, that we should have some place here, because the American Sahaja Yogis didn't have any place to meet, that's all, and see how I got it! But the desire to do all this should be there within your subtler level, and then it works. It works like a magic, I tell you. Now you have faith in yourself and decide about it.

I am so very happy that it has been achieved with such ease - unbelievable - with such ease. Absolutely, nothing great was done. The way we got this was so simple that, just like another Sahaja Yogi, the person who was to sell us came down, so excited. And he just sold it to us, finished! We didn't have to do anything to convince him or to talk to him or reduce the price. Nothing. And he sold it out to us. In the same way, whatever on a subtler level you desire, it becomes a terrific force, which moves by itself, which knows where to go, how to enter, into which area, and it gets the thing done. It's something we all should experience and work it out with full confidence. It is the love that we have, the concern we have. This is the power that has given us Self Realization, and this is the power that has given us this enrichment of achievements.

I am sure all of you who are here, will realise how it was done. I mean, so quickly. This is one of the things that should just tell you what we are capable of doing, what we are capable of achieving.

And when you think of so many people who are lost in the maya of ignorance, we should really feel from inside that concern, and that hankering, "How can I help these people?" And you will be amazed, once you think like that, how this Divine Power, this Force, will come in. Forget about petty things and petty problems, they are nothing. You have such a powerful thing behind you.

It's true that all this universe was created, everything was created and then you were created, and all that is done. But the greatest thing this Power has done is to create Sahaja Yogis. This is the greatest thing. Those who have knowledge, those who have the pure knowledge and those who have the Divine love in their heart, what a tremendous personality it is! Just think of that and you will get all the opportunities to express that love.

So, may God bless you!

1999-0624, How to evolve into a better personality?

View [online](#).

24 June 1999

How To Evolve Into A Better Personality?

Public Program

Washington D.C. (United States)

Talk Language: English | Transcript (English) - Reviewed

Public Program. Washington DC (USA), 24 June 1999.

I bow to all the seekers of truth.

First of all, we have to know what is the truth. People are seeking, seeking, seeking, seeking all over. But they don't know what they are seeking and what should they get after their seeking. This seeking can lead you into many diverse directions. Some of them could be very very dangerous and absolutely misleading. And many must have or also felt that. I'm sure there are many who have found it out. But they think there is no way they can return. Seeking is very simple to understand. That you want to know yourself.

All the time we say: I want this, I like this, I this, I that. But who is this I? What is it? Who is this one myself? What am I? Do I know anything about myself? It's a very superficial knowledge we have about ourselves. Everybody has said, all the religions have said: you should know yourself. There is no difference in this one. Actually in all religions, if you're going into the essence, there is no difference.

According to time, it was a little bit stressed on one point and sometimes on another point. But the fundamental thing is that you have to know yourself. How do you know yourself is the point. People will say: do this, give up everything, give up your family, give up everything. Wear, this kind of dress cut your hair or shave your head and all that nonsense. It's so outward. If you put a little bit of your intelligence you'll see it's all outward. It's so skin deep, it has no meaning. So what has to happen? We talk of a last breakthrough of the evolution.

How do you achieve it? When you are evolved up to the stage of human beings. We have to know one thing for definitely. That there's something missing within us. Otherwise, the world would have been a most beautiful place, the paradise to live in. But something's wrong with human beings and what is that? Is to understand how we have come up through evolution. And as human beings, there are so many things of the animal stage lingering within us. The way we talk, the way we try to oppress others, the way we talk to sort of dominate others. The way we want to snatch everything, the way we are only worried about our food. This, that.

All this is not really a noble human being's sides. These are all lingering from that animal instinct. All right. We have to accept it. Because we are human beings so they are to be there. Nothing is so much frightening. But also we have one more thing that we think. And we think and think and think and think no end of ourselves. Sometimes, we think we should protest for this. Sometimes, we feel that we must become very violent. All these things are coming from our human mind.

Animals won't be violent for something just for violence's sake. They'll be violent, alright. But for their own purpose of killing some animal or something. But here we have groups and groups of people who just enjoy violence. This is another development in human awareness, I think, that we enjoy the destruction of others. But also, there is a seeking. This is the sign that people want their evolution, they want to evolve into a better personality. That they want to become something which is complete. Now how do you achieve it? Now I must say that we have not achieved our evolution ourselves up to the human level.

So, to achieve a higher awareness there must be some arrangement between us. And that is the arrangement we are not aware

of. And that arrangement is that within you is the power. It's your own power. To give you this last breakthrough Through the awakening of that power, already you have been told about it. It exists, it's there. And It is the right of every human being to get his self-knowledge, self-realization. 'Sahaja', 'Saha' means born with you. With you is born the right. And why should we not ask our fundamental rights society? That we should have our Self-realization which is your own. It is there already placed within you. You don't have to do anything, of course, you can't pay for it. How much did you pay for your evolution so far? And how can it be different from different people? Because in every human being this power, which we call as Kundalini exists. Whether he is white, black, yellow, blue any colour. Whether he belongs to north or south, anyplace. Whether he belongs to this country or that country. They all have this power universally placed it their Kundalini.

Even if I say, "Everybody has a heart". So why should we have differentiation? But this mind, this human mind creates this differentiation. And this problem saying that, "Of course, they are not of our country, they don't belong to our group". And like animals again, we start getting into groups, groups of different - I don't know, denomination - like some people have their fork and spoon put this way. So, they are one group. Some people drink coffee, so they have a group like that, you see. We are very good at forming groups. This is also animal instinct, I think, that we try to form groups of such stupid things.

And then we can have wars. Because we must fight. "We are a group, something great, so we should fight others". All these instincts, that are within us, are inherited. They have come to us. They say it is in our genes. Still, can we change the genes? Can we transform our personality into something higher? And for that, I tell you, there is a power within us. All of you have that power within you. And what does it give you? It passes through six centres [five], as told you, it nourishes, it integrates it, and ultimately it pierces through the last fontanel bone area.

We can call that actualisation of the baptism. And it's connected to the All-pervading Power of divine love. Again, I say 'love', divine compassion and divine love. So you get connected to that Power which is All-pervading. If you ask a doctor, "Who runs our heart?" He'll say, "It's the autonomous nervous system". But what, who is the auto? Who does all these things? Who does all the living works? Look at these flowers, beautiful. Who has made these flowers? Such a different, different flower. How does this Mother Earth differentiate and how she gives all these flowers? Do we think about it? We take it for granted. All living work we take it for granted, but it is done by this divine Power. Believe me. There is this divine power around us which protects us, which looks after us, which guides us and also above all it loves us. And it cares for us. It wants, that we should all receive the blessings of this All-pervading Power.

But if you are not connected, how can you? For example, this instrument is not connected to the mains, it is useless. It won't work, so we all have to be connected with that All-pervading Power.

This is one thing if we understand. You can also know, but you are quite capable of getting to it. There's no outer thing you have to do. Like giving up this, giving that or praying, or nothing of the kind it is there, this process. The living process works, and you get your self-realization. Only thing is that if you have to enlighten, then you have to be enlightened. Like a candle which is not enlightened cannot enlighten any other candle, but one candle, which is enlightened, can enlighten so many candles, in the same way, you get the power to enlighten so many people all over the world and not only that, but you get so many powers. But the greatest power is that of compassion and love. By which you care, by which you help people. Luckily now in your country itself, they on the medical institutions have accepted Sahaja yoga, that it works because it attacks or, we should say, it nourishes the centres, basic centres in our body.

Now these centres are responsible for our physical, mental, emotional and also the spiritual being and it enlightens it and with that enlightenment, you get definitely cured. It's a fact with Sahaja yoga, many people have been cured. We also have a hospital in India and we are going to have another hospital there, maybe in America also we might have the hospital, where you don't have to pay for it. Because it is your own power, you may pay for your food or something, but for treatment. What can you pay when it's your own? And this is what is going to tell people how powerful you are. Otherwise, some are extremely aggressive and some are actually extremely depressive. There's nothing in between.

But with this power, you become so much full of compassion. Then your attention goes from you to others. What you can do for

others? How can you give them Realization? And suddenly, you discover that around you are so many destructive forces, so many disturbing forces, so many problems. Suddenly, you find they disappear. If you can transform human being, but it's no question of transformation. I would say, it is the question of evolutionary process. And when this takes place, you find you are transformed completely. And thousands have to be transformed, thousands and thousands and millions and millions. But somehow, America has a different type of approach to spirituality. They think, if I don't take money, then something's wrong with me. I must accept money. They have told me so many things, some experts came and told me, explained to me all the economics and all that, which I don't understand. And they think that it should be 'saleable'. I can't understand this kind of a thing. How much will you pay for Christ? How much will you pay for any saintly personality? Because It is - this value cannot be judged. It's invaluable. Something that's the most invaluable for you, is to know yourself. If you have not known yourself, you're still going round and round and round in the mad rush of thinking.

Even Einstein, you'll be surprised, has talked about it, that he was trying to find the theory of relativity and just he couldn't find it. So, he went into his garden and was playing with soap bubbles. And suddenly, from somewhere unknown, that's what he says, the theory of relativity dawned upon him. And he called that 'unknown area'. He calls them by a name and that name is rather, to me, not so precise. But he says, "There is an area which you can exploit, by which you can understand, for the future generation, for the future scientist, where you get the ideas from there. And he said, "For that, you must have a kind of a personality that can perceive that torsion area, from where the ideas are coming. If you can enter into that area, you can get the full idea as to what is reality". He calls it cognitive. He says this is a cognitive science. And such a person can tell you so many things which, when you put it to the scientific test, you'll find it's absolutely correct. And this is what happened to him because himself was a Realized soul.

And many people like Newton himself was a Realized soul. Abraham Lincoln was a Realized soul, but they could not tell about it to others, because nobody would believe and anybody trying to tell anything, they just used to torture them. Every saint, a real saint I mean, has been tortured. Every Sufi has been tortured. In our country, especially, many saints have been very badly treated. Also in other countries. Why? Because they are only one and maybe people were jealous that, "How could they know so much? How could they talk about so many things?" Now with all this, now only thing, if have done anything, it's very simple that I thought, "No use giving this Realization to one or two person", which was the tradition to give to only one to one. But now I felt it won't work out.

We have to have it for the masses. And I just - what I did was to find out a method by which I can give a-mass Realization, that's all, which is a simple thing. And that is working and it worked very well. As I said, in America, they just think of - this is another achievement of human beings - that they know about money. So, money, money, money, everything money. So, they can't understand even spirituality without money. But in a place like, we can say, Russia. Russia people - Russian people had no freedom as you have. And they had oppression from all sides, in there. As you know, the whole thing was a communistic country. And in that communism, they were completely oppressed. So, as a result, they went inside themselves and tried to find out solutions inside. So, when they saw me, just seeing me, I don't know how, thousands of them came. Now we have thousands and thousands and thousands of people in Russia alone.

Also in other some countries, I mean, I mean I see here, I'm just thinking in Russia we have to take - they cannot put it in a hall. We have to have a big tent or Olympics where they had some sort of a thing like that. So, the trouble is we should give up this idea that, "I can find it for myself". This is very, very common, you cannot. This is the only evolution in which you have to get it from an enlightened person. You have to humble on this point that, "I can't get it on my own". "I can find my own, way!" You cannot. You'll be lost. You have to have somebody, who is already enlightened.

Now how to get an enlightened person also. How to? Because after Realization, you know the absolute truth. On your fingertips, you can feel the centres of other persons. If something is fishy, you can feel it. If somebody is cheating you, you can feel it, everything, your fingers speak. This is what Muhammad Sahib has said, "At the time of resurrection, your hands will speak". Clearly, how can hand speak? This is how. Because all these five fingers are the centres, sixth and seventh centre.

One on the physical side, another on the physical and also mental side, is the right side, and the emotional side on the left side.

These are two different systems within us, which people are not understanding, that there are two channels within us. What we call as the autonomous nervous system has got the parasympathetic nervous system in the centre. But there are two left and right sympathetic nervous systems. And these are the systems, two systems, that are enlightened on your fingertips by which you know exactly what is wrong with you, what centres you are catching, that is self-knowledge.

People will go mad, but they will not know they're getting mad. They will have cancer, they will not know they are having cancer. This indication tells you exactly what's wrong with you.

Now, if you know how to correct your centres, you can correct the centres of others also. Then also, there is another achievement is that, you become collectively conscious. Means you can feel others on your fingertips. You can feel others on your fingertips. Who is the other? That's what we think. But nobody is the other. We are part and parcel of one spiritual personality. And once somebody has a problem, we immediately know there's a problem. Because on the fingertips you can feel it. This is true knowledge, is not some sort of reading a book or some sort of a thing. But is a true knowledge within yourself, which you know yourself, which we call as cognitive science, which works within yourself. You don't have to go out to read anything to understand anything. Your own being itself is a complete computer, I should say, which tells you what's what, who is what.

We have no idea as to what we are. We have not been given any idea as to what potential we have. It's tremendous, it is. It is tremendous! And if it works, it will work for you, for your family, for your children, for your city, for your nation and for the whole world.

So this has to become a collective understanding within yourself, not mentally. Mental understanding is just temporary and passes over. But it's an actualization again and again I say, it's the actualization of the knowledge within yourself. Then they talk only of that. They talk in the words of chakras, of the centres, "That person is this", "That person has got this", "I have got this". Now [cut in the video]

... on your fingertips, which gives you a perfect answer for everything.

Then it looks after you, it protects you, it guides you, as I told you, and guides you in the right way, in the right manner. And how it achieves things is wonderful.

So, we have to first and foremost understand, that we have to have that special personality of a Self-realized personality, which will really help and care for others. It's not just talking, it's not just reading, it's not just following some false guru. But it is following yourself, which is to show that you are your own master. You become your master, and you know everything about everything.

This is the potential in all of you. As I said, it is not only for a few people. It's not for only black, white people. But it's also meant for people, who are uneducated, who are living in the villages, who are very simple people. It works for all of them and when it works, you'll be amazed, how it transforms you and transforms others. And you become so confident about yourself. You don't doubt yourself, because there's an absolute knowledge on your fingertips.

It is something that is within you, which you should achieve. Of course, for this, you should know, that so far, you have not known, so you have to know. As long as you have this attitude, it will work out. I cannot force, Sahaja Yoga cannot force on anyone Self-realization, It cannot be forced. It has to be asked for. Unless and until you knock the door, it won't work out. It works out for people only, who really want it and who want to become Self-realized.

As a result, you don't have any responsibilities. It's only the responsibility of the All-pervading Power, that does everything for you. That looks after you, that guides you and takes you to the right places, to the right situations, and guides you in such a manner, that you are amazed. How is it? How is it working? How is it working out?

There will be no meaning left to any miracles. But these miracles are not like taking out a diamond anything like that! But it's a miracle how the circumstances will change, how people will change, how you'll become such a joyous, lovable personality.

On this subject, I don't know how many lectures I have given, and there's no end to it. But I would say that you should take your

Realization, and go into our programs, whatever they have, and grow into it. Because you take some time to grow, like seed sprouts, but it takes time to become a tree. But hardly one month, at the most and don't have to pay there also. Again I tell you, nothing has to be paid. You just give some time to yourself and it will work out.

When you have mastered it, you'll be amazed, what you can do. A month at the most. Some people just get it and they don't have to do anything, just they know. But most of the people have to do it. It improves everything: your thinking capacity, in the sense your brains get enlightened. You become a very large-hearted personality and other things that we think of, of prosperity and all that, all comes through.

This I'm just telling you, like your mother would like to give an [unclear] with little chocolate on top. But the main thing is you must know yourself how great you are. That is what every mother wants her child to know. That's my only desire is in America, if it spreads in that manner, it will all be a great thing, a great boon for the whole world.

May God bless you.

Thank you.

1999-0626, Something is missing in us and what is that we have to find out

View [online](#).

26 June 1999

Something Is Missing In Us And What Is That We Have To Find Out

Public Program

Vancouver, Canada Place (Canada)

Talk Language: English | Transcript (English) – Draft

1999-06-26 Public Program in Vancouver

I am delighted to convey my warmest greetings to everyone celebrating the arrival of Shri Mataji Nirmala Devi in Canada. I would also like to join with you in welcoming such a distinguished visitor to our country. Canadians take great pride in our individuality and at the same time are unified by our shared ideals and values. The preservation and enhancement of heritage and culture are unique to Canada's vision of nationhood. This special occasion provides you with an opportunity to honour your faith and promote understanding through the reaffirmation of tradition. Please accept my best wishes for a most enjoyable and memorable experience, Jean Chretien, The Prime Minister of Canada. Shri Mataji I would also like to read a greeting from the Premier of British Columbia, Glen Clark. I am pleased to extend warm greetings to our holiness Shri Mataji Nirmala Devi and everyone attending the 1999 World Peace tour. Welcome to the city of Vancouver. British Columbia is a multicultural society that encourages people from around the world to retain the heritage, customs, and traditions of their native lands. This special visit by Shri Mataji is an excellent way to celebrate the integration of our diverse cultures and religions. I would like to take this opportunity to commend event organizers for the role they play in the promotion of a greater understanding of the traditions of India and the benefits of seeking inner peace. On behalf of the government and the people of British Columbia, please accept my best wishes for a successful evening, Glen Park, Premier. Shri Mataji accepts framed item and says thank you

Shri Mataji: I bow to all the seekers of truth. I was surprised in the West there is so much of seeking. People have gone very far seeking the truth. But one must know what is the truth is, what are we seeking after all because so many are lost and I feel so sorry that it has gone beyond any redemption. When they are seeking what they are seeking is the inner peace as they said but it is not only inner peace that you achieve, what you get is the self-knowledge, to begin with. Self-knowledge is the one by which we know ourselves. Now, do we know ourselves? We do not, that's why all of them have said that know thyself. In the seeking we read books, we go to different places and what we find is that there is no proper guidance and no proper help for people to seek the truth. It is very unfortunate I feel that such good souls are lost because of wrong ideas. So the first thing that you have to do is to establish peace within yourself. You must know that our creator who has created us and who has brought us to this level of human awareness, himself, is anxious to give you the self-knowledge, the last breakthrough of your evolution. But as it is if you see in this in our evolution though we have become human beings we are still having some lingering effects of our past and that's how you find people are so aggressive, so cruel sometimes, so much of that animal instinct within us working and we don't understand why, why is it and then we realize that there is something missing in us and what is that we have to find out. We go to religions also but you have seen that religion is no more the real religion in the sense it has become power-oriented or money-oriented. These are all superficial things and of human awareness. There should be no power orientation and no money orientation because God doesn't understand this kind of power and also the money part. Because of this, religions have lost their basics and those basics are lost in such a manner that we don't realize that these people are up to something really violent and sometimes very mean as far as God is concerned. How could there be a quarrel between different religions when they worship the same God. This power about what people have told you about, the Kundalini, which exists in our triangular bone. This power exists in every human being, every human being has got this power, whether you are black white yellow green blue or anything, whether you belong to America or to Canada or to India anywhere, they all have got this power within you to give you your self-realization. Unless and until you get the self-realization what happens with you is that you cannot get to the real point of yoga means union with the divine. You see all these flowers here, such beautiful flowers you have, you don't even think how they are created, how they are differentiated so beautifully, we are not bothered, we take all living process as granted but if you think about it you will be surprised that it is done so beautifully, so well organized, so who does this, who does this work and if I say it

is done by the all-pervading power of divine love, you need not believe me, you have to feel it for the first time, this all-pervading power that is surrounding us is all over and does all our living work, for example, if you ask a doctor who runs our heart, he will say it is autonomous nervous system. But who is the auto behind it? We have to know that there is a power that works all these things, does all these things which are natural, but so far we have never been able to find out what is that power in it which of course I am sure tonight you are all going to feel it. You must have the experience, no use talking about big big things or without any experience of this power which surrounds us. It is in all scriptures it is described. The Christian religion it is described as the cool breeze of the holy ghost, in the Hindu religion it is called 'saeelum, saeelum' by Adi Shankarya, it is also talked about in the Islamic religion as 'rhue', so in all religions, they are talking about the same power which surrounds us and does all living work. It is very amazing how they have overlooked the point which is so common in all of them. Of course, because of these incarnations and these prophets coming at different times, it is little bit, apparently, it looks different but it is not, it is actually absolutely basically the same, the roots are the same, the tree is the same only when we see all these trees you start thinking may be different, it is not. So the whole basis is one and there is no need to fight, there is no need to condemn anyone but just to see the oneness, oneness of the whole world and you will be amazed that it is such a big thing that we have within us that we become a global personality. Who is the other after all, who is the other? When you become the global personality they call it the new awareness called as the collective consciousness. So you become collective. When this Kundalini rises through these six centres these six centres are responsible for your physical, mental, and emotional being. They look after all these things, apart from that it is for our spiritual being also. So when this Kundalini rises she passes through these centres and she nourishes them, she nourishes them, she integrates them and we become really enlightened. Because our spirit which is in our heart, also starts emitting light in our attention. Our attention becomes enlightened. Through our attention we can make out, we can find out, what is wrong with our centres. We have first of all no ideas of having any centres within us Now all of them have talked about it, its nothing new I am telling you, only thing is that now this happening is taking place en mass, for all the people it is working out because it had to. If we have to get rid of all the nonsense that surrounds us, all the artificiality that kills us and all the wrong things that are shown everywhere, then we have to become higher personalities. These human weaknesses which are coming from our heritage of being animals still there. The difference is that human beings can think, they can think, they can react, while the animals don't think and this thinking gets us into lots of nonsense. So thinking, thinking, thinking we go mad and reach nowhere. This instrument of thinking is not such a reliable thing. It has no credibility. So far it has shown no results but still, we depend on our thinking. So what happens when the Kundalini rises, she passes through these chakras, what we call the centres, and pieces through the fontanelle bone area which is the soft bone of your childhood and connects you to this all-pervading power of divine love. Then you become one, one with the divine love and this love starts moving through you. All this power that you get is of love and compassion. It is not the power that agresses, that shows your animal behaviour but a special superior personality, and once that happens you are amazed how much you can do, you can feel your own centres on your fingertips, then you can feel also the centres of others on your fingertips. Mohammed Sahib has said that at the time of resurrection your hands will speak, that's what they speak and they give witness against you as they said that means they tell you what's wrong with you actually, and you accept it because you know in the light of the spirit that this is all destructive, this is wrong and once you accept it if you know how to cure it, you just cure it and you want to be completely cured. Whether you go to China or to Japan or you go anywhere else in every religion, say, Islam, Sikhism, Hinduism, Christianity anywhere, they have talked about self-knowledge. All of them have talked about self-knowledge and you cant pay for it, it's a living process of your growth, you cant pay for it, once you know you can't pay for it then you will understand that money is needed by human beings, God does not understand. It's a living process and for any living process you can't pay, for example, you cant pay for running your heart, you cant pay for_____, nothing you can do, I mean they don't understand money is madness, so you have to get your realization is the main point and everybody has said the same thing, there is nothing new I am telling you. Only thing I am trying to show is oneness of the whole so that it's a global innate religion within us which tells us what we have to have. What should we achieve and that achievement is very important. If you want to have a mind that wants to quarrel, fight and all that, that mind becomes absolutely silent and peaceful. How it happens is very surprising, that when we are thinking, there are waves of thoughts, and when we are standing in the waves of an ocean we are afraid, we don't know what will happen, first we decide to do this way or that way, but supposing you are in a boat, then you look at those waves and enjoy them, not only that but afterwards if you become a good swimmer you can go dive down and save many people. This exactly what happens, that you become master of your own and you know what is this power is, and how to use it to emancipate human beings. I wouldn't say that man, human beings have to be transformed because that will challenge them, but I would say you have to blossom, you have to evolve and your fragrance has to spread, all over the world. This is not at all difficult, Sahaj also means spontaneous,

also it means born with you, saha means with ja born, born with you is the spirit. You have a birthright to get your self-realization. Its absolutely a thing granted to us by our creator, the __?___. Even scientists like Einstein have talked about it, that you have to go into an area which he called at tortion area. In that tortion area according to him, you get ideas which are genuine, truthful, and one can work on them so beautifully that they all turn out to be truthful, like when he was searching his theory of relativity, he was working his lab for hours together, days together, then he got fed up, and then he says he was sitting in his garden playing with the bubbles, soap bubbles, like a child, and from somewhere, from somewhere unknown, he says the theory of relativity dawned upon him. What is that unknown place he called it a tortion area, but tortion area is what we call is the area of the all-pervading power of divine love. Now this theory of divine love, whatever they have talked about divine love has to be actualized. Actually, if it doesn't happen we still roam about, float about with something artificial, words are words, these words have to become reality and how do they become reality is, by becoming a self knowledgeable, a self-realized soul. This is a very very important point we are missing and that's why the world is topsy turvy, that's why we have problems in this world. We have problems in our personal lives, we have problems in the cities and we have in the countries and above all in the whole world. All these problems can be easily solved, when we all get our self-realization. I have now been working for so many years and what I find is that people are just ready to get it. Maybe in the olden days, they were not so much ready and also there was a tradition that realization should be given at most to the one person. Maybe because of that it didn't work out, but today people are born to get realization. They have been searching all these things may be in last lives, many years and today is the time for them to get it. And for that, you don't have to give up anything. This idea of giving up is absolutely wrong and false. What do we get is give up wife, give up your husband, give up your children, give up all your property, to whom? To whom do you give this? What is there to give up? If inside yourself there is complete renunciation, if a temperament of renunciation is within you whether you are a king or anything else you are full of joy, you are a joy-giving personality and you live in joy and you enjoy everyone, that is the situation which you have to achieve and which is very easy for you all of you to achieve it. there is no end to it, I can go on talking for years together and I have but what I am saying the best thing to go beyond words and to get your self-realization. We have to go in between to see the subtle side of all the sayings of the great prophets and saints, unless and until we see that, we are absolutely on a gross level and this gross level has to go otherwise our world cannot change. Luckily Sahaja Yoga is so working in 72 countries, very surprising. Out of that Russia is the best, of course, India is there because in India traditionally they know we must get our nirvana, we must get our self-realization so it is different. But Russia is the place where there was no freedom of any kind, they never knew about God, never knew about spirituality, but because of the operation on them, of the Kundalini they dove deep into themselves that I am amazed how Russians have taken to Sahaja Yoga, thousands and thousands and millions and millions of Sahaja yogis are in Russia and they are in the most enjoyable position. They had a coup when I was there so I asked them aren't you worried about the coup that you are having, said mother why should we worry we are in the kingdom of God, why should we worry, so that's what has to happen to you all, you all deserve it. so one thing is there not to feel guilty about anything, not to worry about all these things, but to get your self-realization. That's something so great once it happens you will be amazed how many things can work out. I have seen people getting very creative in Sahaja yoga. Ordinary people have risen to such heights of creativity of beauty of simple and very magnanimous behaviour towards art, music. They are also extremely moral. I don't have to tell them don't do this don't do that, I never tell them because if I tell them half of them will walk off but you better take your realization, automatically you become so beautiful and so much enjoying yourself and others, that you don't want you do not want any more of those conflicts that are existing, so it is very simple as I told you, the yoga is union with the divine, and we talk of divine but we don't know what is divine is, what is unity, for that you have to rise up to that level of super human beings I should say, by which you will know what is divinity and all kinds of greed and grabbing and domination not only that,,also the depressions and aggressed temperament, all that drops out and you become the most I should say joyous personality, very joyous full of joy and your age also doesn't tell about you, you must be knowing my age, I am over 77 years of age and it doesn't work on me, just time is passing like this and it never works on me, so in the same way you don't have to worry about your age and about your illnesses, because it cures yours, these centers are responsible, all of them are responsible for looking after your physical being. Once they are enlightened, you get absolutely surprisingly cured by your own power, you don't have to go to the hospital, you don't have to pay money or anything, you just get cured, and that is what happens, unbelievable, we have a hospital also in India, never Bombay, where I was surprised at the results how Sahaja yoga has worked wonders, in 2, 3 days patients are out of the hospital and enjoying themselves, same with the drug addictions which is one of your biggest problems, overnight people give up drugs, overnight all such things which are destructive just happens, I don't do anything, it is your own Kundalini which is your mother, she is your individual mother, just like a tape recorder she knows everything about you, she knows what's wrong you have done, what are your problems and what are your aspirations, she knows everything and once she becomes one

with the divine power, she works it out. Moreover, also there are many books written about Kundalini saying that if there is Kundalini awakening, you get these symptoms that symptoms, all these years of my work I haven't seen anyone suffering from any one of these symptoms because must be something wrong they do. Kundalini is your own mother and she wants you to become a realized soul, one with this all-pervading power, and once that happens you yourself realize how kindly, how softly, how sweetly it has risen, you never felt anything, any kind of trouble __?___. So I am here to tell you about your potential. What potential you have is free, you don't have to spend money for it you don't have to do anything stand on your head, give up this give up that all that nonsense is out. Its something inside that happens, and you become a personality which is absolutely surprisingly in the super __?__ all this is within you, I don't have to do anything much about it, it all works and I am sure, I am sure tonight you are all going to become one with it, in any case, I would like to have some questions from you because the mind is going on of some people, so I would like to have some questions.

If you have any questions please ask. Well, that is something that if there is something lingering in your head then __?___. You can raise your hand if you want to have a question

Question unclear

Shri Mataji: the question is alright, that once you become realized soul, then why do you come down. The problem is in your chakras, still, there are problems, supposing somebody has a liver, the Kundalini is your mother, she is very kind and affectionate so she tries to go back there, again to treat the liver, from whatever problems you have in your chakras she treats, it takes time, about within a months time you can become a master, no doubt, but why it happens because still, you have not been meditating, you are not working it out, it is for you to work it out and permanently it will be there. There are so many, even in your Vancouver who are there now settled nicely. So everybody can do it. it can be any kind of ignorance you had, you start thinking, finding out whether it is true or not or something doubting yourself. Then you also sometimes feel guilty for nothing at all. I mean in the west I find people are always guilty for any small nonsensical thing. Supposing some coffee spills, they feel guilty for all their lives. See all these things __?__ our society who have funny norms, go on worrying about it and that's how we lose our that state. but it is there, always there, but the effect of it is reduced so best is to pay attention to yourself and meditate and you are always there, there's no hurt?

Question: unclear

Shri Mataji: to become divine, simple, that's the question, to be frank within us what is the purpose of human life is to become divine, part and parcel of __?___. Now supposing you are a father, what do you want your son to become? Happy enjoyable, and also a responsible person. You always want that for your children, then your great father what does he want from you, he wants you to be happy, joyous people. Out of ignorance, you are not that, so he wants to remove that ignorance, this is the purpose of our life

Question: unclear

Shri Mataji: absolutely its absolutely curable. It comes out of your imbalance and with that, it can get completely cured. Except for, I have seen it works for everything except for this AIDS business because these patients of AIDS are extremely aggressive and they don't want to take anything, and they are so angry because they think they have a right to kill others who torture others who get angry with others for what, we tried our hand on this AIDS, but these people are funny you know, they don't know they are going to die tomorrow, they should be little humble

Question: unclear

Shri Mataji speaks in Hindi (translation: Hindustani asks the most questions, they ask lots of questions). it is based on all the religions, whatever the religion it is, you take any one of them they have said seek within yourself, who has not said if it is not a lecture?

Question: I have read in different descriptions about people have raised ___?__ and they talked about how dangerous it was and how careful one has to be. I am interested in how differences in the way that you teach it

Shri Mataji: I have already told you that many people have written that Kundalini is something a bad thing, you know anything ___?__ whichever is written, now that's the trouble of your ignorance, it is not, it is not, its absolutely wrong, absolutely wrong, it is only just to make money, you see people do all kinds. I would say like guru Nanaka, he has written Granth Sahib and clearly, clearly he has said, it is written that once you ___?__ Sahasrara, absolutely written down in everything, but problem is that people are doing a diverse ideas, maybe money making, I don't know why they do it when they have no idea, they have no authority

Question: Mataji human beings should use vegetarian food

Shri Mataji: nothing of that kind, whatever suits your body you should take, we don't have all these nonsensical ideas that you eat this, why eating only, but whatever suits you, if you need proteins, you take proteins, if you need vegetables you eat that, it's the body whatever it requires you should take. All this you don't eat this you don't eat that I can't understand

Question: unclear

Shri Mataji: pituitary gland? Calcified, oh can be, one should try, if it is calcified it takes time but can be helped

Question: Mother with the risk of sounding personal, not trying to, what happened personally for you that made you realize that this is ___?__ way to go

Shri Mataji: I will answer this question very simple, how do you know, when did you know you were a human being, in the same way, I was born and I knew I had all these things in me, but I didn't do it anything till 47 years of age I didn't start my work, I stayed quiet, I was trying to find out how to give en masse realization. Supposing I give realization to one person he will be tortured, they will all get after my life, they may crucify me, they do anything because people don't like anyone like that, so I said if you have a mass realization it will work out, so I was working all the years in a subtle way on the Kundalini of people, what is the problem, what are the permutations and combinations that will work out and once it worked out I started my work

Question: unclear

Shri Mataji: that's what I am going to work it out for you. That's a power within you in the triangular bone called as sacrum, that means the Greeks knew it was a sacred bone and there's a power, exact power which is coiled up into three and a half coils, Kundalini means coils, and then she starts rising above, not the whole of it, like threads and nourishing your centres, passes through parasympathetic nervous system and opens your fontanelle bone area. But later on, you will know a lot about it once you have your self-realization

Question: unclear

Shri Mataji: laughing- it is just the question because you see it is better to know about yourself than about me but doesn't matter that's the human nature, I would say how did you become a human being. I was born like that

Question: unclear

Shri Mataji: I think, but they have not become still collective that's why. Once you become collective all this goes away, finishes off. ___??__ our heritage is from the animal kingdom? and we inherit lots of things from them and we have to get rid of it and how do we do it in rising in our evolution becoming higher personalities

Question: how does ego come in us and how does ego goes out of us

Shri Mataji: that's a very nice question that little boy has asked me, that how does it go. If there's darkness, how does your darkness goes, through the light. In the same way, when you get the light of your spirit the darkness goes away, all right

Question: do you use parayana?

Answer: no no no there is no need to do all that. alright. Parayana, standing on your head, not necessary. Afterwards, when you have got your realization to say, for example, and you have some problems on your chakras, then you may have to do some particular ____ but first, know what's wrong with you, and then maybe some of it, but so far no Sahaja Yogi's were asked to do parayana, little bit of it is alright, whatever is necessary for your lungs maybe, but everybody doing parayana, you know what happens to them

Question: I struggle every day with dealings of my past and future and all that other stuff and I ____ meditation and when I take a look at myself I find I am uneasy with myself and I feel lost and I don't know what to do I continue to do meditation but I just don't want to look too deep inside myself I don't know what I'm trying to say here but I got these demons that you guys have spoken of and problems of other sorts but I deal with that every day and I feel lost and confused

Shri Mataji: you are very honest I must say, that's the correct thing that's what happens, that if you do it that way it doesn't work out, now think of a candle which is not enlightened, by itself it cannot get enlightened, some other light has to enlighten it, In the same way, once you get your enlightenment you can enlighten many people also but without that enlightenment you try all these tricks nothing works out, so I am quite convinced that you will get it just now alright may God bless you

Question: in your lecture, you have spoken of man evolving from the animal kingdom, That is what Darwin also said In his theory of evolution, if you agree with Darwin that man evolved from the animal, then at what stage does spirituality came to man, and what was the source, what is the originator of that spirituality infused into man

Shri Mataji: there are two forces, one is we human beings coming out of the gross side and the another is spirituality which comes from great prophets and incarnations who have talked about it But somehow or the other human beings have also used them also for their own purpose, it is not their business and that's why there is a conflict, but once you become that, become that, then you know what is the reality, the point is we do not know the reality and that's why there is a quarrel, all right

Question: I like what you said about taking the emphasis off money. I have this curiosity about how you can then do what you do and have this wonderful Center for this evening

Shri Mataji: now the thing is like this, that Is for your self-realization you don't pay but for this, you have to pay, no doubt, but actually what has happened that so many have got realization now, that they collect money and take the hall on rent or something like that, but in the beginning, I used to pay for all that, I worked it out that way because we did not have so many Sahaja yogis, but now we have Sahaja Yogi's who contributed to getting this Hall and all these things, but most of the things they do it, which is not spiritual but is for you people to become spiritual

Question: you are an enlightened person and you probably have some divine power, perhaps, and we are new to this spiritual divine power or the consciousness and was wondering whether you could help us like I hear about these chakras and centres, which I have not attained, how does one, do you have the power to help teach us or to help us to get enlightenment and receive this

Shri Mataji: it is very kind of you to say that, it will happen just now right now after, your questioning is over, you'll get it, all right

those who question are the people who use their mind too much and unless and until they settle down they cant get their realization

Question: not clear and answer not clear. She is always alright, you don't have to do anything about it. but there is a centre which is below it, and which is guiding it, what Christ has said you have to become like children, you have to be innocent like children, so this innocence is within us, that looks after us, people have become so immoral and so much in defiance with love, that this chakra also sometimes doesn't act, but also with a little bit of understanding, you can convince the deity on this chakra, that you want to be a good person. if you have done any mistakes, if you have done any wrong, it is all forgiven at this stage, you don't have to worry because it is love, it's compassion, it wants to save the whole world, so it doesn't matter

Question: a gentleman earlier talked about internal struggles, I will get a little bit more personal, sexuality does it impede the ability for self-realization

Shri Mataji: no no whatever is natural, you should give in a natural way, this is all unnatural nonsense that is going on in the name of sexuality, natural thing is to be married to some ladies or some man and lead a perfect married life, perfect family life, that we have achieved in Sahaja yoga, we have achieved it, that joy we have achieved it, alright

Question re be I commend you on your Nobel Peace Prize, I was wondering what your personal thoughts were on what is going on in India right now with their nuclear program and Pakistan

Shri Mataji: Don't pull me into politics (everyone cheering). That's not important. All these things will work out for the better. Politics also works in such a manner it has nothing to do with spirituality, but when spiritual politics will start, things will work out very well I have already told you that I work in 72 nations, there are no quarrels no fights, we have seminars, we had recently a seminar in Canajoharie which is ___? very close to Canada and I was so surprised they were all so happy so much enjoying each other, there were no quarrels no fights but just an enjoyment of love, so this question doesn't arise after realization

Question: I was just wondering if someone is in a stressful situation and they don't have the opportunity to go and meditate or them don't have a chance to _____ what is the best on the spot way to raise their vibration so they can see it from Gods point of view as to point of view of society and in order to properly deal with problems

Shri Mataji: as I have told you already it is your fundamental right, and if circumstances do not let you, the whole thing works out, automatically it works out, take all the opportunities I have seen many people who had these problems, but they work out, so believe in this power of love, how beautifully it works, alright, may God bless you

Question: I just want to make a little comment, there was somebody who came up and made a comment about feeling lost and through my own life being down I felt the same and I have also learnt through this journey that whatever you have inside there is nothing to be afraid of because it is pure love, so I hope that you will bring somebody out there hope as it did for me

Shri Mataji: you try Sahaja Yoga, that will solve your problem, alright

Question: unclear

Shri Mataji: (looks at the backdrop) oh I don't see this one is decoration you know. this is not chakras, this is just decoration made by people which I had not even seen, now I will see that. You see everything you see, but why don't you see the point (cheering)

Question: once you reach that point what do you do then?

Shri Mataji: now just now you be prepared for it, alright. You should accept it when it happens to you, alright. We keep it that way. Now there are still some questions

Question: on the path to self-realization and inner peace, is it normal to feel very alone and helpless (rest unclear) at a low point before they reach a higher point. Is there a way to overcome pain (unclear)

Shri Mataji: here now it will be like a sprouting of a seed, and it has to grow, like a tree but we have here very nice Sahaja yogis who will help you, so it's a very simple meditation that helps you, and people have become masters in one months time as I have told you, maximum

Question unclear

Shri Mataji: I'll be coming, I'll be definitely coming (cheering) thank you very much for the invite. You see temples, gurudwaras, churches, all these are meant for introducing spirituality, and that's not the end of it. what is the end? end of it is to know it was love, to become spiritually endowed, that's why the whole thing is, but it didn't work out that way because people become mental. Everything becomes mental. I am saying you have to go beyond your mental personality. For that you have to have Kundalini awakening, alright

Question: how do I achieve ascension in this lifetime

Shri Mataji: of course, yes, I am here for that only, alright, just now you will feel better. I am going to give you the experience, actually, it is your own Kundalini which is going to rise and you all are going to become that, alright, thank you for saying that

Question unclear

Shri Mataji: alright, I have understood, now this is what I am trying to tell you, whatever you have done so far, just ask the question what have I achieved, have I got the true knowledge, have I got the reality before me, no, that's the fact, let us face it for you good and for understanding that, so far I haven't got it. whatever you have done I am not going to condemn _____ but sometimes if you have done the wrong type of things it might hinder your realization but still, it works out because Kundalini is your pure desire. That is the reflection of the pure desire of God Almighty within you, and that is your pure desire, all other desires are false. Supposing you want to buy a car, you go and buy the car, you are not satisfied, then you want to build a house, then you are not satisfied, then you want to buy an aeroplane, I don't know it goes on and on, you are never satisfied in life, that is the principle of economics in modern _____ you never get satisfied you never enjoy for which you have worked so hard _____ but a pure desire within you is to become the spirit, when it happens _____ your desires are fulfilled. It is very surprising how it works within you with your own _____. But firstly you must have love for others, it is not selfishness I am teaching you, but have respect because you have such potential, you don't know what you have, please just respect yourself and find out how far you can go, and help others.

Now I think we stop questioning because half of the people are already gone. We should now have the self-realization session, alright, agreed? (cheering)

Please be seated all of you. Please be seated, wherever you are it is alright, not necessary that you should be close to me or away from me, its all over, its all-pervading power, so please be seated, that's all you should do. So first of all as I told you, you should not feel guilty for anything, whatever wrong that has been done and one should know that you should not ponder over is any longer because you are just making yourself miserable for nothing at all, but on a subtle way you catch on the centre on the left-hand side which can give you spondylitis, can give you angina, very serious thing to feel guilty after all if you were guilty you would be in jail why are you here, so please have a very pleasant attitude towards yourself, not to feel guilty that's very important, and secondly, you have to forgive all those people who you don't want to forgive or find it difficult, just say that I forgive, because logically if you don't forgive anyone what do you do, nothing. You carry on with the malice and you go on suffering, and the person who has tortured you is quite happy, but you are the one who is suffering because you hate him or maybe all this kind of feelings you have, so forgive everyone, just forgive very important, just forgive. As it is when you feel guilty, you are not forgiving yourself, so you forgive everyone else and forgive also yourself. just forgive it is a very beautiful thing to do is to forgive, and with

forgiveness what happens is this centre which is very constricted, opens out easily and you get your realisation no doubt so just forgive, what is there to carry on with this. In love I don't want to see you people suffer because of something mythical, Let us forget it, let us forget.

Now there's another thing I have to request you to take out your shoes if possible because mother earth helps us a lot. Please just take out your shoes. then those who do not want to have self-realization should leave the hall because those who are going to get it you should not watch them and put your attention to them but it is a question of your attention, your attention-getting enlightened, so please if you don't want you can leave the hall, thank you.

Now what you have to do is put both the hands like this (palms up) little higher (by chest). Now, please put your right hand towards Me and bend your head and see for yourself if there is a cool or hot breeze coming out of your fontanelle bone area. (using left hand) A little away from your head, move your hand, is there is a cool or hot breeze coming out of your head. It is hot because, either you have not forgiven yourself or you have not forgiven others.

Now please put your left hand towards me again, bend your head and see with your right hand, is there a cool or hot breeze coming out of your head, out of your fontanelle bone area which was a soft bone in your childhood. Move your hand and see for yourself, don't doubt yourself, don't doubt, please don't doubt, have faith in yourself, see for yourself it will work out.

Now please put both hands towards me like this again and don't think, just don't think, any thoughts that come, say not this, not this, just don't think. I hope you have put both the feet apart from each other. Now just don't think, just don't think.

Now put both the hands towards the sky like this (Shri Mataji raises her hands towards the sky palms facing the room in front) and ask the question. One of these 3 questions you ask only once thrice? Firstly ask the question- is this the cool breeze of the holy ghost, ask a question, ask this question 3 times or you can ask, Mother, is this the all-pervading power of divine love, ask this question 3 times, now, ask the question 3 times again or Mother is this the paramchaitanya or is this the rhu, ask this question 3 times.

Now please put down your hands. Please put your hands like this (in front towards her) and see if there is a cool or hot breeze coming on your fingertips or on your thumb or out of your fontanelle bone area, just see for yourself, just like this (hands in front of her). anywhere, anywhere either on your fingertips or on your palm or on your fontanelle bone area, wherever, just put your hands like this (in front). Don't doubt yourself, that's the main point, don't doubt yourself, you all can get it, you all can get it, please don't doubt yourself, have respect for yourself, have love for yourself, understand, you are human beings made to be higher human beings that's what you have to be, just put your hands like this (in front).

All those who have felt the cool or hot breeze on their fingertips or on the palm or on top of their fontanelle bone area, this is the actualization of baptism you can call it, and if so please raise both your hands. May God bless you, Oh my God, May God bless you.

Despite all the questions you'll have got it now, you can feel it around you, this is what it is, the first time you are feeling it, but now don't doubt it, please. But it is there, it is there. Now how to grow, how to become one great soul, you have to little bit practice as these people will tell you if there are any problems in your chakras, please do it, they won't tell you which chakras, your hands will speak, they will tell you, that you are catching on this or you are catching on that, that's all needs to be cleared out and it will all work out very well I am sure, with all my love, with all my compassion, I want to bless you all with the return of joy. May God bless you.

I think they will sing a song, so you should clap your hands so these vibrations, cool vibrations we can call them the divine power will very much be more sensitive on your hands, so let them sing one song. This is the song which they want to sing, was composed by Namadeva, so many years back, and its sung all over Maharashtra, but they don't know what is the meaning of this, he says, that oh Mother give me the yoga, they say they that want to know that I have give up all non-sensical things, I have given up all these six enemies, as the six enemies we have, and now you give me your realization, so he says by raising my

Kundalini in the centre, by raising my Kundalini you have given me the realization. The Great poet Namadeva has sung this but people did not understand the meaning so much in our religion now, of course, we have so many of them who have got their self-realization so asking for yoga. This is written in Marathi language but when he went to Punjab, Guru Nanak asked him to write it in the Punjabi language, and such a big book he has written such a big book. Guru Nanaka was very very intelligent, he got all the great poems and things from all the realized souls and put them together, that's his Granth Sahib. (Jogwa being sung)

May God Bless you, may God bless you all. I hope that you will go to the followup and whatever correction is needed you will do it and you will be established Sahaja yoga. Next year I hope to come back again and I meet you again as realized souls. May God Bless You.

Followup program details are given

1999-0627, The Path of Self-Realization: Insights from Sahaja Yoga and Hindu Scriptures

View [online](#).

27 June 1999

The Path Of Self-realization: Insights From Sahaja Yoga And Hindu Scriptures

Public Program

Hindu Temple Burnaby, Burnaby (Canada)

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

Talk at the Hindu Temple (Hindi). Vancouver (Canada), 27 June 1999.

Translation from Hindi:

My salutations to the seekers of Truth. We go to the temples to see the God. And we want to achieve him. Not only that, we have several desires in our heart, which we think that god will fulfil. We go to Temples, for several reasons, thinking that the environment of that place will give us peace and satisfaction. It is true that all these things can happen, and that is the reason why temples have been constructed. But there is something beyond this which we should know and get. And the principles of this has been mentioned in our Hindu scriptures. But when we read something, we sometimes don't understand the meaning hidden inside that.

Today, it is good that you have invited me in the temple of Shri Krishna, because Shri Krishna has an important place. When we talk about the awakening of kundalini, Shri Krishna has a very Prominent role in that. Nothing can be accomplished without him. Inside us, his place is situated at the back, below the neck. That is his place. Now, if it is really there or not, whatever I am saying is true or not, you should have a proof for that. You should not believe this just because I am saying so. That is why, when we come to Sahaja Yoga, what happens is that, the devine energy situated inside our triangular bone, which we call as Kundalini and which has been mentioned in all scriptures, it is not as if only I am saying so, when this energy is awakened, it passes through the 6 plexuses (chakras), the seventh chakra is situated below the Kundalini, Which is Ganesha's chakra. So it passes through the 6 chakras and pierces the fontanelle bone or brahma randra, comes out and unites with the all pervading power of God's love, which is called as Param chaitanya in sanskrit. When this incident takes place, then we get connected to the ultimate energy (param shakti). Before that whatever we do, is to remember the god, remember our religion and to choose the right path. But after doing all these things, what next? Tomorrow, your children will ask you "why are you doing this. What is the use of doing this"?

But, you will know the benefit of this, only when your kundalini awakens, and gets United with the all-pervading of God's love. And this is known as Sahaja because this is very simple. You know the meaning of Sahaja. But there is another meaning of this when it is split. "saha" means "with us" and "Ja" means "born". This is born with you. When our spirit unites with the all pervading power of God's love, that is the true yoga. This yoga is present in each one of us, and it is very simple. Whether you are a Hindu, a Muslim, or a Christian, whether you are white or Black, this kundalini energy is present inside every one of you. Then how can we say that we are separate?

It is true that our Indian culture is great. There is something very unique about our culture. And because of this culture, we follow a specific norm. But, until we achieve the end of it, we will not get any happiness, we will not get any Joy. And, we will not get anything which we have been promised of.

It was never difficult to awaken the Kundalini. But it has been observed that in olden days, due to some system or tradition, the Awakening of the Kundalini was passed on to a single person. Only one person could achieve that state. I feel, it is possible that people were scared that if anyone got self-realization, they might be tortured by others. You must have heard that in India, where the culture is so strong, every Incarnation, every devotee of God and not only that, also Saints were tortured by people.

It is not known, why they were troubled, I don't understand what was the necessity to trouble them like this. But, something used to happen naturally that the saints could not survive in this world. You must have heard of Gyaneshwar ji. He was tortured so much by people that he attained his samadhi (permanent meditative state) at the age of 23. We troubled him so much that, he took his live samadhi, so young. The reason behind this was, People could never understand the subtle meaning of things, spoken by these saints. That is why, in our country also many such incidents took place, which is very disgraceful. We have tortured saints and seers very much because they were immersed in love. Their trust was unshakable, and on top of that they were always immersed in love, maybe due to this reason, they were not liked by the people. Anyways, whatever the reason was, it should be understood that, we all should achieve that precious thing.

Today, in this Society, Sahaja Yoga is happening in 72 countries, but till now no such Problem has come that you are tortured because you have become a saint. But to become a saint, It is very wrong to give up anything. For example, when the Buddhism came into practice, people started this kind of things. But then, Adi Shankaracharya came in 6th century, and said it is unnecessary to give up anything. He himself was an ascetic, (sanyasi) because he had to work for the society. But he said, to drape yourself in a particular robe, or renounce the world, which was happening in Buddhism, was wrong. You can achieve this by sitting in your own house and following your own lifestyle. Most of his writings were on Sahaja Yoga. And he said that when you achieve this, when this incident happens inside you, then you will get cool breeze which he described as "salilam, salilam". So like this he told that when the incident of kundalini awakening happens, then the All-pervading Power of God's love or vibrations, start flowing inside us and slowly we feel the cool breeze that is "salilam, salilam".

Adi Shankaracharya, established the Hinduism, that is, he established the Hindu religion again, wrote maximum about Sahaja Yoga but no one bothers about it, or pays attention towards it. And he called vibrations as "spundh", the vibrations which flow from the hands, the same way they flow from the heart. All these things should happen inside us if we acknowledge him. If we acknowledge Hindu religion, then we should acknowledge Shri Shankaracharya also. He was great devotee of Devi, and we all are devotees of the Devi or Goddess. And I think, since no one paid attention towards it, and started talking unnecessary things like because of kundalini awakening, "This problem happens and that problem happens", and "we face this kind of trouble and that kind of trouble". This is a total false statement. Nothing like this happens. The God who made you, who made human, himself desired that you attain this kundalini Awakening. And this Kundalini is your own mother, your individual mother, she's your mother and she knows everything about you. You might have made some mistakes, you might be having some ambitions, you may want to become something, you might be having some dreams. To fulfil all these, this Kundalini is anxious to give you a rebirth. When she wants to give you so much, how can she trouble you? When you were born, it was the mother who took all your troubles. Were you troubled in anyway? This kind of wrong notions were spread among the people, and they were deprived and diverted from the reality.

It is true that, I was born in a Christian family and we are the descendants of "Shalivahanas". For some reason they had become Christians, but my mother and father both were great scholars in Sanskrit. They had done a lot of thinking on this language. There was nothing like leaving the religion for them, because there is a greater religion which we call as self-religion (swa dharma), and which was told by Shivaji Maharaj as "improve your swa dharma". What is 'swa'? 'Swa' is your Spirit. He told to "enhance the religion of your Spirit". The same thing about the 'swa dharma' was mentioned by my mother and father, that improve your "swa dharma". In this, "I am this or I am that" comes to an end, and we become global personalities. We are global. No one has asked us to be in limits. This is what my parents described, in our religion, that we should become global.

They knew what was the purpose of my birth. But, they had told me that, "You don't talk about it until you are able to give Realization in masses, in large-scale, as there is no use giving Realization to a single person. Only when you achieve this you talk about it otherwise this also will become another "Gita", or another "quran", and it will not get into the people's brain. And everyone will start doing wrong things and go hay-wire". And they had told that if this has to be proved, then first achieve this, and find out the way, by which the Kundalini awakening should happen in, not one person but several thousand people at a time. And in my 47 years, I have been doing research as to why Human cannot achieve this, where is the drawback in a human? What is the problem in every person?

My father was a patriotic person. And he had connections with many people. He was member of Parliament, and he was the member of constitutional assembly. And because I was with him I came into contact with many people, and since I was a social person I used to see many people and I used to think what is the drawback in these people? Why their kundalini cannot be awakened? After that, my husband also was in kind of a job where I came in contact with lots of social gathering. In that kind of life I tried to find out what is the defect in a human being which is prohibiting him from achieving the self-realization? Later when I discovered that, by this kind of a gathering this can be achieved, then I started my work in the year 1970. In 1970, there was only one lady, who became my disciple. She was very old and she is no more but after that there were 12 disciples and after that it started increasing and today you can see that Sahaja Yoga is happening in 72 countries.

It is not surprising that it has spread so well in India, because this is our heritage, and we have achieved it right from the beginning. In India several lakhs of people have achieved it before so I don't consider it great, but the amazing thing is in Russia, where people have not heard about God, who have never been to temples, who do not know the meaning of God, have achieved this realization in several numbers. How did this happen? I think it is because of the reason that due to the communism in Russia, people were suppressed to a great extent. They were suppressed to an extent that they lost their freedom completely. Because of which, they started seeking the truth within themselves.

When I read their books, for example, books written by Tolstoy, I find that it is their nature to search their minds within themselves. And in a country like that, Sahaja Yoga has spread to a great extent. It had spread so well that we did not know how to handle so many people. We did not have any Russian with us. So we trained a Russian person, and taught him about Sahaja Yoga, so that he could translate, and after that we started getting letters after letters, enquiring about how to progress in Sahaja Yoga. Now, in this country you have freedom of all sort. The meaning of freedom is to know the mechanism of "thy self", (swa ka tantra). That is, to know the mechanism of the spirit, is the true freedom. Without that what is freedom?

(Come to the front. come. Can you move a little bit? Can you hear my voice? has everyone come? done? Now my voice will reach out? All of you can come inside. what is there?)

Sahaja yogis can go out. Let them come inside. You have heard me so many times. Please.

You should not have called sahaja yogis. These people keep listening to me all the time.

On top of that what are they going to understand in Hindi?

[Mother talking in marathi and english]

(If you call the sahaja yogis, this whole hall will be full.)

So, I was talking to you about "swa dharma". Swa means "you, your Self". But you don't know what you are? You know your exterior. But, You do not know yourself from inside. That is why your Spirit should be awakened. Your Spirit should come to your attention. You will know your Self only when that happens. When you don't know your Self then, how do you say "I do this, I do that". Who is this I? You should know first who is this "I". And when you realize who this "I" is, then it is so astonishing to find that, like a drop in the ocean, we also vanish in the ocean of love. And that ocean, that All-pervading Power of love gives us everything. All our ambitions are fulfilled, and all our questions are answered. Only these vibrations have the power to do this. We do not have the power to do this, we can only become mad trying to find a solution. Everything becomes all right by these vibrations.

For example, during the time of Shri Krishna, whatever he spoke in "Gita", to understand that also, you need to awaken your Spirit, according to me. First of all, Shri Krishna said, with devotion whatever you offer me, like flowers, fruits or water, I will accept it. And see, how he was playing with words. He knew that human beings are stupid and they can be fooled with words. He never used to speak simple words like me. He used to twist the words and talk. Then he said, by offering things what will you get? You will get the fruit, only when you offer with "ananya [unique] bhakti".

He played his trick on that word "ananya". A common man cannot understand the meaning of "ananya". Ananya is something, where there is no other. Ananya means, when your complete union with the God is established. In that unity only, you will get the fruit of your devotion. Otherwise, you are singing, and shouting, but there is no one to hear because your connection with the God is not established. So, without this union or the connection with the God, "ananya bhakti" cannot happen. Another game he played on is "karmanye vadhikaraste", meaning "you keep doing the deed, and dont expect any result". "keep doing the deed, keep doing the deed" and after a certain point you will feel that "I am going on doing deeds, and I am not able to understand what is happening"?

And then, when you will get defeated, you will start thinking. Then the thought will come that, "I have been doing the deed without expecting the result". Now, to think that, "I am not expecting the result" itself is wrong. We just deceive ourself by saying that we are not expecting the result. What ever deed we do, we are not worried about the result. This is Shri Krishna's understanding that a human being cannot understand anything which is straightforward. He has to be told everything in a roundabout meaning. Yes, you are not expecting the result, but do your deed. A human being can never do anything like this. Because, whenever he does a deed he will expect the result for that. Is there any human being who does not want the fruit for his deeds? After being in this kind of a maze, human being will understand that, "I am expecting the fruits for my deeds, then what exactly did Krishna say"? So, it means that you have to reach a stage, or achieve a state, where you will do the deed but will not expect anything in return. That stage should come.

So, very clearly Shri Krishna, in his own words, made us understand the meaning of "devotional path" (bhakti marg) and the path of deeds (karma marg). But we can understand this only when we will be able to read between the lines of what Shri Krishna is trying to say. This way, after making everyone dance to his tunes, which he always used to do, he told in the beginning itself. He told that, you have to reach the next stage from where you are now, after reaching that stage, you don't feel happiness or sorrow or anything, but he did not tell how to reach that stage. Maybe that was not the time to mention this or maybe people wouldn't have understood this at that time.

But, Gyaneshwara ji, in Gyaneshwari, in his sixth chapter, very clearly mentioned that, to reach this kind of a stage, awakening of Kundalini is a must. And only after the awakening of Kundalini, one can reach the stage, which Shri Krishna mentioned as "sthita pragnya". This "sthita pragnya" state cannot be achieved by any other means. You may experience it for a fraction of second, but otherwise it is not possible to be in that state. For saying this, he was tortured so much, that his only thought was to run away from this mad people, and he attained "samadhi"(deep meditative state). He wrote "Gyaneshwari" at the age of 23, just imagine how intelligent he must have been to do so. As if, Shri Saraswati was evidently present in him. That Gyaneshwara Ji, took permission from his guru, who was his own brother, that, "At least let me mention about the Kundalini in my book". Because in those days, it was like you could impart this knowledge of Kundalini to only one person choosing from the thousand others. So he said, "Let me at least write about it". And that has been of advantage because when I talk about kundalini today, people are not asking how did this kundalini come in Hindu religion? Now, Shri Krishna confused people regarding this, so whose support could I take?

So when I told them that "in the sixth chapter of "Gyaneshwari" it has been mentioned that only awakening of kundalini can do this job, please read that", then people were astonished that it was really mentioned. Because of that, people of Maharashtra could easily accept this.

Kabir Das ji, in his verses has mentioned mainly about kundalini. You will be surprised that he has very clearly written that "shoonya shikhar par anahad baaje". Anahad means "pulsation". "Shoonya shikhar" means fontanel bone. Meaning our fontanel area pulsates when kundalini awakens. He wrote this very clearly. But, I think no one understands Kabir. "Ida, (moon channel), Pingala (sun channel), sukhamaana nadi re (central channel). He described about the 3 Channels very beautifully. When he said this, through his poem he tried to explain something. For example, he said "saiyan nikas gaye, mai na ladi thi". So for this, our Lucknow people think that saiyan means "Lover". In Lucknow people are philanderers. They said"mother this sentence means "my beloved has left me". I said "you could see this meaning in the poem? How can kabir Ji have this kind of knowledge about

lover"?

Actually, Kabir Ji meant "my whole life went by, but I did not fight". "when my death came then, I did not fight it". He has written so much about death. Further, he writes I covered myself with a blanket and was lying down on the bed (chadhara odhke, palanga padi thi). So clearly Kabir ji has written, but people don't understand this and think he wrote about some beloved. When the first word goes wrong, then the whole meaning becomes wrong.

He twisted the meanings when he wrote his poems because he knew that people would say that nobody is going to read the poems if it is about death. These poets understood human beings very much, that is why they twirled the meaning, and no one said it straight. Because if they had been straightforward, people would have turned their back on them.

But I am a mother, and no one turns his back on a mother. And when there is a shower of love, then no one mistakes. What ever I say is for your good and well-being. This way, Shri Krishna has done a lot of favour to me. Unlike a clever businessman, who would sell his cheapest stuff first, and then go to the better stuff, Shri Krishna, as he was not a businessman, in his first chapter itself [second chapter] told that you should become "unshakable in mental judgement" [sthita pragna]. Become philosophical. But how to become that? The analysis done by him on this also is very funny.

So, I also thought it is better to tell people the simplest thing in a straightforward manner. And once you give them Self-awakening, then what else do they need? After that that is no more questions. Yesterday, there were many people there. Among them, particularly Indians were asking me plenty of questions. Maybe they were educated, and they might have known something regarding this subject, so Indian were questioning me a lot. These local people were simply listening to me, as to what mother is saying. After they asked questions, and everything was over, I told them now people have started going, so stop asking me questions, and only after that question session was over, and then the Self-realization program took place. So this is not a matter of question and answer, it is about attaining the Self-realization.

You have come to a temple, and they have decorated it so well but have you attained the unshakable mental equilibrium (sthitaprajna)? No, you have not. You have to understand that it is not the fault of the Temple, but it is your defect. Until now you have not tried to achieve this, maybe no one tried to give you this knowledge, it simply did not happen or no one talked about it. You just see what happens, after you achieve it.

Here, many Indians have come, and many of our Sahaja Yogis also are Indians. Their life has changed completely. In every way, and in every aspect they have become al-right. Same way, you all should achieve it. Each and every one of you have the right to achieve this. This is not meant for a single person, God has made this kundalini for this whole world, and everyone has a right to achieve this awakening of the Kundalini.

As you can see here, when this Kundalini, passes through 6 chakras, it nourishes each and every chakra. It nourishes and unites them in a single thread. And then all the dispute inside us comes to an end. And after that all the disputes outside also vanishes. For example, you may feel good to know that, the green coloured chakra, in the middle, is called as Nabhi chakra.

Who resides in Nabhi chakra? Lakshmi Narayan. Lakshmi Narayan resides there. If Lakshmi Narayan is awakened, then Lakshmi starts reciding there. There is a lot of difference between meaning of Lakshmi and money.

Money means, supposing you have money, and for example, after a lot of dispute and hard work you buy a car. The car came in the house, but contentment did not come, satisfaction did not come. Now, you want to construct the house. And supposing you constructed a house, with lots of difficulties, that also did not give you any satisfaction. The whole economics of today is based on one principle that "humans are not satiable". He keeps running after matter. Today he wants something, tomorrow he wants another thing and so on. And after that also whatever he buys with so much difficulty, does not give him happiness or contentment. What is this? When you have struggled so much to get something, at least sit for a moment, and get satisfaction out of that. But you don't get that.

Now, there is another thing, where you can get satisfaction. That is the "lakshmi principle". When our lakshmi principle is awakened, all our worldly problems, come to an end. We get rid of them in an astonishing Manner. You won't understand how this happened. All the problem get solved. When lakshmi Ji has come to reside with you, what more do you want? And after that a person becomes completely satisfied also. And, the form of Lakshmi Ji also is so beautiful that She has two lotuses in her both hands, and she herself is standing on a lotus. She is so weightless. She doesn't have to show off her splendor to anyone. She is magnificently standing in her own grandeur.

In her both hands she has two lotuses, that too of the pink colour, which represents love. Meaning, she is filled with love, and this Lakshmi ji blesses you with the boon that, your home should be like a lotus. And now what is the importance of a Lotus? As you can see, lotus is a very beautiful flower. And, whatever type of insects, however thorny they may be, have a place inside the lotus. They can peacefully rest inside the lotus. At night, the lotus closes its petals so that the insects reciding inside it, can sleep without disturbance . That is how your home should be. It should be beautiful, nicely decorated, and whoever comes to your house should peacefully rest. In our Hindu religion, it is a great practice that, we like to serve our guests. We consider guests as Gods. This quality comes inside us as soon as lakshmi principle is awakened within us, and automatically we are blessed.

I am telling you the absolute truth. This was about Lotus, and her third hand is raised in a way as if she is trying to bless us. This blessing means, whatever you have achieved, you should share it with others. And you take care of everyone who is dependent on you, like your servants and relatives, and bless them with your generosity.

Her fourth hand is spread in a way, that it says you should be very generous. You should definitely donate things. Now it is understood, that we should donate carefully. We should be generous and we should not spend the whole money on ourselves, which is not the blessing of lakshmi Ji. But when the blessings of lakshmi Ji starts flowing inside you, you automatically become generous. And your heart becomes satisfied just with the thought that you are donating to others. Your attention diverts from yourself to others and it is so Joy giving that your whole heart overcomes with joy and happiness.

Now these foreigners have come here, who do not know my language but for them whatever I say is like a mantra, whatever mother says is a mantra for them, and they will sit for hours together, listening to me. Like this, it is happening in 72 countries. And Indians in India also are superb. In Calcutta, it is so good that we hire a stadium for public programs.

But I don't know what happens to the Indians who come out of India, something wrong with them. But, I hope you all Will achieve self realization, and because of you others also will attain the realization. The biggest thing is to attain self realization, and to know yourself. Until and unless you have known yourself, whatever knowledge you possess is all a waste. And after knowing yourself, you will start floating in the ocean of love. The one, who has learnt the only meaning of love, does not have to learn anything else. Only, this incident has to happen with you and it will happen also.

Now, again I'm inviting you to ask questions. If anyone wants to ask anything please do so quickly because I have very less time and I have to go to the ashram, so you can ask whatever you want.

Sahaji brother-- if anyone wants to ask any particular question please do so but please don't ask silly questions. You can ask questions related to this subject. Please stand and ask question. You can either ask or write a letter in Hindi or English.

Shri Mataji-- you all wanted me to talk in Hindi so I thought let me talk in Hindi.

Audience--It is okay in Hindi. Give us self-awakening, because that is what we want.

Shri Mataji-- okay. Then you take self realization. If you are shri krishna's devotees,

Then it is very easy for you to achieve this self realization. Now spread both your hands towards me.

[END]

1999-0627, Press Conference

View [online](#).

27 June 1999

Interview

Vancouver, Sutton Place Hotel (Canada)

Talk Language: English | Transcript (English) – Draft

Press Conference. Sutton Place Hotel, Vancouver (Canada), 27 June 1999.

QUESTION: My first question to you is what is yoga?

Shri Mataji: Yoga is actually it means that union with the Divine, with the Divine Power which surrounds us. We are not aware of it, but it is described in all the religions that there is an all-pervading power of Divine Love and that is what one has to get connected to. That is real yoga.

The other yogas that people talk of Patanjali are for thousand s of years, long time back. He started to give this yoga when first the physical thing with this should come, one thing. Then mental fitness should come. Then emotional fitness should come. How to establish that was the point. And it used to take a lot of time and the tradition was that only one person needs to get the Self Realization. The reason may be, perhaps I think, they used to, first of all, evaluate the personality and then give Realization because if you give to anybody else and they might misuse i ýt and try to exploit people. That would be another reason. Another thing was formerly people used to all torture all the saints. Any where in the world, if you see the history, saints are all tortured. Real saints, they are all tortured. So maybe they might be afraid that they should be so prepared, so equipped that they can bear all the torture. That might be the reason. But it was the traditional way. They used to give Self Realization to only one person, but when I was born I found out that it doesn't work if you have Self Realization for one person and time has come to give en masse Realization. So what I did only thing that I put in as my effort that I worked on the various peoples, personality and their kundalini and tried to find out what are the permutations and combinations that torture these people. Why can't they get Realization? And by 1970 I found out the method which it is very easy to raise the kundalini of all the people.

That is how it is working. So Sahaja Yoga means saha means with , ja means born. Born with you is the right actually it's the right or everybody [??] to get this yoga.

QUESTION: The following question is that what is the benefits of raising one's kundalini? ...

Shri Mataji: Oh, immense, immense because when kundalini goes through the six centres, these centres are responsible for our physical, mental and emotional being and, of all the things, they are responsible for our physical being also.

So when this kundalini passes through that, then she nourishes these centres, she integrates them and then connects the whole thing to the all-pervading power so that that power starts flowing in the spinal cord in the parasympathetic nervous system. As a result, all this sides, aspects of life completely improve. Sometimes they are completely cured of physical ailments of mental troubles and emotional imbalances, but, of all the things, the spirit enters into your attention and, when you are enlightened, you can what is destructive for you and what is constructive for you û and you have the power to accept whatever is constructive. That's how it works. You can imagine immense benefits... [??].

QUESTION: How do these benefits affect our families and our friends?

Shri Mataji: Of course. Because it is the power of love and compassion. You see, what is the trouble with human beings is that they have evolved from the animal so this evolution is not complete, I think, as human beings also. But whatever it is, all these horrible things that are lingering within us and our personality are also coming from our heritage. Then also we acquire because we think too much, we acquire lots of things and our orientation also changes from other orientation like food, but we become sort of great greedy people. We become very money-oriented and the whole system changes to a different line, but these lingering things are still there, so, with that also, we have jealousy, aggressiveness. All those things are actually our inheritance.

So, as a result, you become a person who can see things, who can watch things and not react. That's the greatest benefit I think....

QUESTION: It's a sense of freedom.

Shri Mataji: Absolutely. Because you become so peaceful, absolutely peaceful. It's like this the other day I gave the example that if you're standing in the water, the waves are rising, then you are afraid of the waves. But supposing you get onto a boat, then you can watch those waves. You become peaceful about it. But supposing you also know how to swim, you can jump without any fear and save so many people.

So this is how Sahaja Yoga works. It's complete freedom and freedom which is full of wisdom, the light of your spirit. So you see what work you are doing is right, whatever you are doing is without fear.

That's what Christ has said, Know thyself. You have to know yourself. You don't know what you are. And that's why all these problem are there.

QUESTION: Maybe there are other people who want to ask questions too, but until they ask, I'll keep asking questions.

Shri Mataji: Yes.

QUESTION: Did you do any work with Gandhi?

Shri Mataji: I didn't do work, as such. I was a little child of seven years and I stayed with him and he found out about me. He knew because he was also a realized soul, but very much full of disciplines and things like that. So people never understood that side of Gandhiji. But he was a very spiritual man and he loved children and I used to if I did any work, I used to take out his temper some time, entertain him.

But actually, you see, with him, he wanted me to

find out how he should write the different bhajans. In his bhajanori [??] they had a book, written down all the hymns, so in what series we should write. So according to different centres, I told him that you have to awaken on the centres, so you [??] one after another, see, first for this, second for this, third for this, but we used him.

So that way, he used to talk to me on spiritual life. You must have heard about another, Lal Bahadur Shastri, our [??] great great should say he was a very great political leader, as well he was our prime minister. He was also a realized soul. So he [??] discuss with me, so he said, Let us get this Pakistan straight, then we can start Sahaj Yog, but I started just after his death, I started Sahaj Yog.

QUESTION: Does it relate to other traditions, such as bhakti yoga or karma yoga or does it encompass all those?

Shri Mataji: Karma Yoga?

QUESTION: Bhakti yoga.

Shri Mataji: Bhakti Yog. Now, for that, today I already spoke that Shri Krishna was a very clever man and he thought, There's no use telling these people straight forward stuff because men are such that you tell them something, they go round and round, so best is to put them round and round so that they come to the point.

In the first place I said about bhakti yog, which was very interesting. He said, You do bhakti. You give me flowers. You can give me fruits. You can offer water to me. But you must do ananda bhakti meaning 'when there is not the other.' That means when you become realized souls, which nobody understood, you know. But we are doing a no ananda bhakti, because unless and until you are connected, how can you do bhakti. It's a simple thing. So they are praying [??] bhakti all the time.

The other day I met somebody from the Hare Rama. They said, We love Indian culture. It's very peace-giving, this, that. Wearing sari's very good and all that. But I said, Do you think you have received or achieved what you had to do? With doing all these things, do think is the end of it? What about Indians? Where are they? And we have to go further, that is, to achieve that ananda bhakti, you have to do that. And the lady was quite convinced that whatever you may try, these things, you should find out what

did you get out of it. Did you get your Self Realization? Then it's very useful. And they realized, she realized these things. But they still have to achieve that state of Self Realization. Like that, you see, this was the work of [??].

Then about karma yoga, [??] straight was. He said that what you're working [speaks in Hindi]. Do whatever you like, but don't expect the results [??]. [speaks in Hindi]. Don't expect any results or any benefits or any profits out of it. Whatever you want to do, you do without any colour, without any fruits. Another this is befooling because it cannot do any work without seeing those fruits, you see. That's not human nature. It's only possible when you get Self Realization.

So this karma yoga is also not so clearcut for people. They come to me [??], saying, We do all the work, without any truth about it. Are you sure? You are still at the human level You cannot do it.

And that is what he tried to say in his two styles of theatre. But, at the very very beginning, he said, You have to become [??]. [??] means a realized soul. You have to become. What is the sign of a [??]? He has given all that in the beginning because I said today that he was not a businessman. A businessman won't tell the thing is so high, what he'll tell about the low price and then another price, another price, but first thing only first thing he told, You become [??]. And then he said, You do karmas. You see, his style was to play around so that people immediately come to the point that you have to get your Self Realization.

QUESTION: ...Why did you choose Sahaja Yoga instead of karma yoga and bhakti yoga?

Shri Mataji: You see he didn't use that. He just wanted to wanted to put it on to Sahaja Yog to become Sitapragyna. But how to convince? Human beings, you know, have a mind which takes them here, there, there, everywhere.

So, to steady down, he is helping a lot because people who are now frustrated, completely finished, that We can't do all this, so they come to Sahaja Yog. He's has done a job for me, I must say.

QUESTION: What does after Self Realization [??]? Is that the supreme?

Shri Mataji: After Self Realization. This, I always say, that they can't become social. You become collectively conscious first of all collectively conscious because you know there is no one other. You are everything. You are the ocean. Not only that, you know, but it is in your awareness to get this collective consciousness. For example, you can feel the centres, your own centres on your fingertips and also you can feel the centres of others on your fingertips. Now, if you can cure your centres, you can cure others. The concern which was towards yourself spreads to all the people. That's how the whole thing become so global. It's a global, I should say, a global religion.

QUESTION: Are you actually able to cure other human beings once you're at that stage?

Shri Mataji: Of course. They get cured, they can cure others and we have also a hospital in Bombay now, another we are going to have in [??], where we don't charge where we don't charge them for any treatment because their own power works. But for their food and their roofs, you can charge because, otherwise, not for their awakening or for their curing. People get cured of many diseases, practically most of them.

QUESTION: How long does it take to become at that state [??] time or practise it takes to be at the Self Realization stage or will it take a month or is it a kind of a period or what can a person...?

Shri Mataji: How much time?

QUESTION: Yes.

Shri Mataji: Time, no time. We call it [??]. You see, one time somebody ask Ramadaswamini how much time it takes for kundalini to rise. He said, [??]. In Sanskrit it means that moment. But there should be a deserving person who should do that and deserving person who should ask for it. But I find so many people are deserving these days with, the way it's working out, [??], so many of them, thousands and thousands.

QUESTION: The present moment I read a book recently called The Power of Now and it seems as if people get deluded into the

past and the future and they forget who they are in the present moment. Could you talk about the present moment?

Shri Mataji: Yes, it is in the present. One has to move the present, but you can't be in the present, temperament you can't be. One thought comes to you like this, falls down. Another thought comes like this [??]. One comes straight from the past or maybe from the future and we're jumping on the cusp of it also. In the centre of these thoughts there is this, which is complete silence. When Kundalini rises, she elongates those thoughts and the spaces in between and you become thoughtlessly aware. Jung h™as thought about it. Jung has thought about thoughtless awareness. Lao Tse had talked. So many people have talked about thoughtless awareness where you don't think, just watch.

QUESTION: How do you know you have got Self Realization?

Shri Mataji: You will know because you will feel on your fingertips the cool breeze of the Holy Ghost, they call in Sanskrit language [??] and Adi Shankaracharya had said. In Koran they call it Ruh. You can feel it. You can also feel it coming out of your fontanel bone. You can feel it. It is an experience. It's not just lecturing or stamping someone. It's an experience that you have.

QUESTION: Thank you very much, first of all, for coming to our city here and choosing our city over other places and I would like to ask you do you have a message for our viewers, the thousands of people who could not listen to your messages today and for the weekend you're here? So do you †have a brief message for that they could, perhaps, see you on the TV?

...Shri Mataji: ...The whole thing, you want?

QUESTION: No, no, no, just a message from you.

Shri Mataji: In short.

QUESTION: Yes, very brief.... My show is not very long. It's just half an hour.

Shri Mataji: My simple message is you first know yourself. You must know your potentials and then you will realize you're not what you know about yourself. You're much, much more.

QUESTION: Good. That's very simple message....

QUESTION: Someone told me a story about a man named Gopi Krishna, who accidentally raised his kundalini and then he wandered around and wrote books about it.

Shri Mataji: He's horrible. That's [??]

QUESTION: Ya.

Shri Mataji: See, a person who talks about Self Realization also must be a man of character. How can you sell, how can you sell spirituality? See and then he's ruined so many people's mind like this, by telling lies.

Now I've been doing this work since 1970, as I told and now I'm seventy-seven years of age. I've not seen anybody being harmed. Everybody has seen helped. And in the shastras also like this, Gnyeshwara has written about it, so [??]. Even Adi Shankaracharya has written that kundalini is the solution and he's the one who's tried to say things just to divert the attention of people so that they don't take to Self Realization. I can't understand. Really, I can't understand your point.

QUESTION: Because if it's God how could it be bad?

Shri Mataji: How can you be?

QUESTION: If it's God and spirit, how could it possibly be bad?

Shri Mataji: You see, you can understand. Any intelligent person can understand this point. How can it be bad? How can it harm you? It's your own mother. Kundalini is your own individual mother. She's tape recorded all what ever you are and you will be. All the predictions she knows. And she's your mother.

When you were born, all the trouble of your birth was taken by your mother. Did you have any trouble?

QUESTION: Not that I remember.

Shri Mataji: It's something like that. It's very simple. She's very loving. She's very kind and she knows everything and she's anxious to give you your Self Realization.

QUESTION: So these people who have gone and warned people about this, they're actually caught in their own fear, their own projection about it, rather than the experience, the actual experience.

Shri Mataji: It's all mental projections [??], but they're mental. That's all they've done.

QUESTION: Are we all one person?

Shri Mataji: Are we all ?

QUESTION: Are we all one being?

Shri Mataji: All connected. All are connected, but those who are realized souls can feel the connection. But those who are not, do not feel it, but we are all connected. They're all one person, part and parcel of one spiritual being. We can call it God Almighty. We have to be just aware of it. We have not come into our awareness. Once it comes you know that [??] and then you are a different personality.

QUESTION: I might have some awareness.

Shri Mataji: Well, you are.

QUESTION: Ya. And then sometimes I feel a lot of sadness and pain because I'll listen to the news and I'll hear about people bombing each other in part of the world and I'll stop my car and cry because I feel it, you know.

Shri Mataji: That's true. That is very true that anyone who's aware won't like all this destruction, but how to [??] it? We have to transform human beings. There's no [??]. Nothing can be transformed. Like you have economic reforms or you have certain machineries created or other things you do. It's not going to work out. It's very superficial. But, if human beings are transformed, then the real love can be felt.

We have now Sahaja Yoga working this in over seventy-two countries and when they meet all of them can't come, but when they meet you should see, it's such love, such enjoyment, such friendship. Of course, they pull each other's legs and all that, have fun, but it's so sweet. I've never heard anything that is destructive.

QUESTION: Because for many years I worked for outer peace. I organized an event in Vancouver called The Walk for Peace and one year we had a hundred thousand people walk down the very street here to protest atomic weapons....

Shri Mataji: ...You see, they are so, so much full of their ego that it will never go into their head that they should not bomb anything. No argument can work it out. Only way is to transform them. It's the only way and once we have transformed people who are our political leaders and who are in charge of affairs, [??] whole thing will change.

QUESTION: It seems a great task to have political leaders pay attention to their hearts, rather than just their minds.

Shri Mataji: The trouble is these political leaders may not be having heart itself, so you can't [??], but we'll get people later on who will get it by people who are enlightened and then a time will come, we'll have only large hearted, spiritual.

QUESTION: Does raising one's kundalini also raise one's minds so that they can actually organize or be a better employer

Shri Mataji: Of course.

QUESTION: a better leader.

Shri Mataji: It does. It helps in every circumstances, in every kind of position. It helps in every way because you become so dynamic. You become fearless and also you see things so clearly that you can do very well. Now, we have [??] very well known musicians from here who were ordinary. Suddenly, they have become world famous, very much known all over and they show all that respect and they understand that this has happened because they have got their realization. We have people who, say, have been doing, who have been chartered accountants and they have become poets. They write beautiful poetry.

So all this creativity also is expressed as a new dimension of human expression starts. Already I have seen so many things paintings in art. Apart from that, I've seen students who are no more in the class are regarded as backward and all that., they stand first. Then our students now we have a school in Dharamsala. Now a boy from Canada only stood first in the whole of our country that is [??]. And all the boys and girls passed in first class. Then moral standards of these children and of the [??] improves so much that family life improves, you see, and the great satisfaction of [??].

All this is going to come. [??]. It's all prophesied. Time has to work it out.

QUESTION: So I shouldn't worry about it?

Shri Mataji: No, you shouldn't. By worrying it will happen. Other thing will happen. You have to become. [??].

QUESTION: Where does Sahaja Yoga come from? Which religion?

Shri Mataji: From all the religions.

QUESTION: All the religions?

Shri Mataji: All the religions have roots. They're the same. And they have the same tree. Only leaves have spread out, but they are no different, in no way.

QUESTION: They're all in the scriptures of every religion about the yoga or [??] aspect of it?

Shri Mataji: All what?

QUESTION: The kundalini the Sahaj way itself it's all written in the scripts

Shri Mataji: All of them, every one of them. Every one of them, even Koran. People have not read Koran. That's why they are fighting. When I went to Turkey and I told them about Koran, they were so amazed. Their fundamentalists, they came and told me, Mother, thank God you have told us the truth about Koran. We were fighting for nothing. I said, Of course, did you think Muhammed-sahib wanted you to fight like this. And really, we have now two thousand Sahaja Yogis in Turkey, [??]. Two thousand. It's growing very fast. I'm very happy. Specially in Russia. Russian people were so oppressed by this Communism or whatever you may call, but now we have so many Russians [??]. Also here you have also Russians who have come to Sahaja

Yoga because, you see, because of this oppression [???] great depth [???].

But the problem in countries like America and all that is it's so much money-oriented that all the horrible gurus came to America made a big [???] there and they don't understand. They don't understand that you cannot pay for your gurus. They've [???] money. You have to tell. I mean, the media should help me, that they should tell that first, before going to any guru, just find out what does he do, how much he charges first of all. You can't charge. Of course, these boys are here. They have collected money. They have got these things. That's different. You can pay them, but not for your Self Realization. This is a living process. It's a last breakthrough of your evolution. How can you charge for it?

QUESTION: ...You don't charge for anything, so how is it supported?

Shri Mataji: No, no. See what I said. I don't charge for Self Realization, but some for a hall. These people have collected the money and they [???], but formerly I used to do from my own money in the beginning. It's all right. It doesn't matter what the money works out.

QUESTION: ...From what I've read, [???] how you were going to pass on the message....

Shri Mataji: I saw it, but I worked it out myself, how to do it and I did it, so I saw it. If you do yourself something because I was trying to find out what's the human problem, why can't they all get it. And then I worked it out in a very subtle way and it worked.

QUESTION: What is the purpose of meditation as a particular aspect of what you do, meditation?

Shri Mataji: Now, meditation otherwise, unless and until you are connected, it's no use doing meditation. Now we do meditation because our centres are yet not so clear. They have to be kept clean. So it's like a cleansing process for our centres and that's what we do. It's very silent and about ten minutes meditation is sufficient.

For example, we have two types of people who have two types of problems. One we call as right-sided who are very futuristic, think too much and all that. Another, left-sided who are very depressed and unhappy. So there are two types of simple meditation and then they do it they come into balance. It has a positive effect and has a positive line of action. We don't sit for hours together. Ten minutes, that's sufficient every day.

QUESTION: What does your name how would you translate your name into English Shri Mataji Nirmala Devi.

Shri Mataji: Now Shri is always said to any person who is respected in India and Mataji means mother. We call, Mataji is the first name of the, should say, the Goddess, means the mother. So they call it Mataji to me. Nirmala, it means you can say immaculata. Immaculata. You can say without any without any Èabsolutely clean.

QUESTION: Immaculate.

Shri Mataji: Absolute pure. Nirmala. Absolute pure. And Devi is you say to all ladies as Devi, means the Goddess, but actually it is used for any lady. [???]. They consider all women are like Goddesses and they should be treated like that.

QUESTION: And all men should be like Gods and treated like Gods.

Shri Mataji: Yes, they should be.

QUESTION: [???] Sometimes we forget though.

SHRI MAT AJI: You see, they do become. They can become very godly, if not gods. They can become gods and if they become godly things will change much more, but I think men have improved a lot in Western countries somehow, but the women still are difficult. I don't know....

QUESTION: Strong minded.

Shri Mataji: I find that, you see, because maybe the women in India are they treat themself as the prisoner of the society. They are the prisoner of the society that's how they are responsible for maintaining family life and also, later on in a [??], they go for they have to look after the society as such. And the man is not the prisoner of society. So the problem is, once you realize how responsible you have to be, it's a different type of a life, but if they have no responsibility, then you start competing with men, do all kinds of things. It's not necessary. We should not compete with them. We are very happy people. See, I have only one boss that's my husband and no other problem, but if I start work, there will be so many bosses [??], you see.

So keep peace in the house, have all the prosperity in the housewife, proper spending and proper arrangements and all that, it's also a very big job and mostly that should be done by women, but even if they're working, they should no be [??], they should be properly [??] and they should look after the household. [??] that only men. Here men may be able to do, but not in India. If you ask men to do any work in the house, you are finished. They can't do anything. So here, it is better that men are doing some work, but still, there road is different. One must understand. Men are interested in politics, economics and all those things, but women should not fall into these traps. What they should do is look after their society. That's a very, very important role they have to play.

QUESTION: So they're, in essence, more skillful or, in some qualities, to understand relationships better, how people relate.

Shri Mataji: After Sahaj Yog, it's wonderful. Now we have about hundred marriages, [??], hundred, two hundred and twenty or so, every year or twice a year. Twice a year once in Italy, once in India and, out of that, one person fails, not always, but sometimes. That is maybe because it's mostly international, it's mostly from another family and all that, some sort of a thing missing, but normally they do not fail. So you can imagine what is the success. And they get children who are born realized, with beautiful children, saintly [??]. So they also make the life very much better.

QUESTION: What are your views on society?....

Shri Mataji: You see, the society is going towards the destruction because of funny ideas and freedom. Freedom doesn't mean that you go mad even and this is what is the problem of the society today, that there is everywhere free "dom. They do whatever you like. We can fill ourselves. We can take drugs. We can live the way we like. Nobody feel responsible, but after Sahaja Yoga, a society of an enlightened people comes and they, a people who are of enlightened society, they believe in a different path. They look after their children. They look after their society. And also they are very peaceful, very kind, loving, not worried.

QUESTION: I read the brochure that was given out last night and it seems someone in your organization loves poetry because there were some beautiful poems in there and I was wondering if you have any particular poets or that you really appreciate....

Shri Mataji: But I would say William Blake. He has written in a very [interruption in recording]. Rabindranath Tagore has also written, [speaks in Hindi], people from all over the country will come to meet the Mother so beautifully written. So many. ♫ We have one book [??]. In that you will find all these great poet who have talked about those days.

QUESTION:...I love one of his poems. He who binds to himself the joy [interruption in recording] [??]

Shri Mataji: It depends on the wish of the people. My wish, that it should happen tomorrow. Why should we waste our life on nonsensical. Come to our senses. This is what I want, but I'm now travelling, lecturing, talking, but what I feel that at the helm of affairs one should see the point. Unless and until they see the point

QUESTION: I'm turning fifty and I'm very interested with what I am going to do with the second half of my life. I want to spend a little more time in an aware state, rather than in a busy business [??]....

Shri Mataji: You can do a lot. Media can do a lot. I'm quite worried about media, especially in India, My husband told me, unless

and until, [???] the money, they won't do anything. [???] They write about all nonsensical things and they want you to quarrel and fight so there is some sensation. But the sensation is soon over. That's why I'm getting concerned. [???] media from now on, talk about something sensible because there is a very big responsibility. I don't think the media realizes how responsible they have to [be]. So, if the whole world is destroyed because of media [???]. They have to be very, very careful because they are carrying the messages all around and also whatever [???]. Correct? They are not absolute.

QUESTION: [???]

Shri Mataji: It cannot, but, what happens, this kundalini is your mother, as I said, so if you have some problem, she goes to that problem and tries to cure, improve it and then, again, she stops. [???] But you must know about yourself, what your problem is and how you can help yourself [???]. Because it is your own. It is your right. It is your birthright and God has given. So all those people who are sitting out, taking drugs [???], if someone could tell them that, No, no, no, you just have to find out for yourself, that's all.

QUESTION: If it's a birthright how come you don't realize it?...

Shri Mataji: You do in a way, but you're lost. You can realize it. All the seeking that is going on [???]. They don't know what to seek.

QUESTION: ...You were talking about the media. I have a great concern about the media, too. The reason I started my magazine is because I wanted

Shri Mataji: I'm sorry, but this is my experience, what I'm telling you about. It's just that they give under-importance to things

QUESTION: I agree.

Shri Mataji: and that's how you see, they are the ones who guide, guide the whole world.

QUESTION: But it's kind of like leading the world around like a bull with a ring in its nose. You know, it's not maybe people who are using the media are responsible, too, in the same way. Instead of trying to change the politicians, we try to change ourselves. The people who use the media, if they could understand it better and then they could decide not to use it and they could learn how to communicate without being dependent on the media and with the internet and

Shri Mataji: But I think media people should feel they are free. They're free. That's very important to understand, that they have all the freedom and, if they are guided by some other people, then what's the use? They're absolutely free. They should have their own expression. They should understand, have their own understanding. This is their responsibility. We never had such media before. And now it has come. I think it has come for Sahaj Yog, all this media. But it's not working for Sahaj Yog. It's very sad. Even communication like television. Everything is for Sahaj Yog, to communicate that, but it's not done. It's not done. They pay importance to things which are of no value.

QUESTION: Someone once said we are entertaining ourselves to death.

Shri Mataji: But the entertainment is so temporary. It has no depth to it.
So things can be better, much better. There's a starting from Canada.

QUESTION: Why have you chosen on your tour, you have chosen North America [???]? Why North America?

Shri Mataji: I have been to America [???]. I came to America long, long time back. I think '72 and I saw how the people were foolish because they're falling on sixteen year old boy and he was just befooling them. I said, How can I talk to these people? They are just children. They won't understand. [???] Sorry to say, but in these nine years and lot of such people went there,

exploited them, looted them, did all kinds of things, but they are consumer society and they believe that one should take money. Because I said, I don't money. They said, You will never work out. They even came to teach me what is the economics of this. I said, I tried.

You see, this is the problem is, that once this is on their [??], the whole American mind works on the line of making money. And what is it? You're preying on the weaknesses of people. And money's not a good thing. It's not a joyous [??], not at all. The family's breaking. Imagine the violence of children. Think of it. How can they do such violence? All kinds of horrible things of our animal heritage are expressed. So, ultimately, one has to think what should we do? One has to think, What should we do to change the temperament of people to understand. Because this is just beginning of destruction and such countries will be destroyed where not even children are all right, the families are ruined. You may have money, but what's the use? They talk of spiritual life. They talk of spirituality. Now they wanted to have ten commandments. [??]

I mean, what I am trying to say, unless and until you understand spirituality and the essence of it, no use teaching because that will create another problem. The Jews are saying, According to us, ten commandments are this and Christians are saying, According to us, ten commandments. You see, it's human being who are doing all the [??]. And human beings, their speciality's this.

Now say, in a forest, if you go, it's very clean. You never get any [??] or smell. But, if there is smell, know there must be some man who must have entered the forest. So human beings are like that. They're quite capable of ruining everything to their advantage. And they have done horrible things.

QUESTION: I have a question. People are, in every religion, praying, doing mantras or some sort of prayers. What is the difference if I were to pray, say doing mantras every day and praying to God every day and Sahaja Yoga.

Shri Mataji: You are not connected. In Sahaja Yoga, whatever you pray or whatever you want, you are expressing to God. You are not connected. Supposing I am not connected to you, then how will I understand. That's how. You have to be connected is the main point and that should happen and, with that, so many things come, so many changes, so many benefits unlimited. They call it miracles. I say there are no miracles. It's all done by this power, so nothing is a miracle.

QUESTION: So is it related to what I'm currently [??], in fact, prayer-related at some point. And if I do Sahaja Yoga I can actually link both together?

Shri Mataji: Not necessary.

QUESTION: Or will it help or

Shri Mataji: Meditation can also separately be done, but you must meet collectively because collectively you grow better. If you are collective, you grow much better in your spiritual [??]. Every day you talk, what you have achieved, what you have seen, this thing and you grow much better. You have to be collective. If you are not collective, then you don't [??].

QUESTION: Then how do you reach supreme being, God. In other words is this the route to reach the supreme God? Is this the route?...

Shri Mataji: Yes, this is, of course. This is Nirvana.

QUESTION: Is there then a connection between religion and spirituality?

Shri Mataji: Religion, as it is, this is not distorted by human beings. Of course, it's based on spirituality, but it is all distorted, you see, human beings have taken for a ride. Not only that, it's very money-oriented and power-oriented. [??]. So they're no religions. I mean, I can't understand. How can a religion be money-oriented and power-oriented and all the religions, so-called religions are today fighting with each other, [??] believe in one God. How can that be?

QUESTION: There are, fortunately, a few spiritual teachers, like yourself, have you met any other spiritual teachers you like and

you get along with, that you find have common goals, but maybe different forms? Like I think about people like Dalai Lama and think about

Shri Mataji: Now Dalai Lama is very much exposed. They've exposed Dalai Lama, very much exposed. One couple, German couple, have written a letter, but then now they have written a book that this Dalai Lama has taken all their money. They're left high and dry. And then they went to Spain and they tried these tantric stuff on them. Very clever. It's a very good thing, but it's in German language. It's to be translated. What he does, he's [??].

QUESTION: But is there any other spiritual teacher you like?

Shri Mataji: In the present?

QUESTION: Ya.

Shri Mataji: There are so many. All my children are teachers, I should say. [??] But there are some great saints still in India. I have seen them. They said, Mother, if you want, we can do as you like. We have nothing to do with [??] because they have tortured us. So they are living in the Himalayas or some sort of a [??], but they don't want to come in the arena. They said. It's you, who as a ¾ mother, can do it. We have nothing to do. Because they were tortured and troubled [??].

QUESTION: Who is your guru? [??] ...I believe that everyone has a guru, when they do start in a particular step. Did you have a guru who you admired or did you just

Shri Mataji: I was born like that.

QUESTION: Okay.

Shri Mataji: And you will also become your own guru when you will be a realized soul [??]. And you don't need any guru.

QUESTION: The word Sahaja, maybe I missed it, but is there a definition, like the word itself, Saha-ja, is that from Hindi? What language is that from and how would it be translated into English, Sahaja, the word itself.

Shri Mataji: Sahaja.

QUESTION: Yes.

Shri Mataji: We call it spontaneous yoga, spontaneity. Spontaneous. Spontaneity comes from the living processes. It's a living process of your evolution and this is the last breakthrough.

QUESTION: Do you consider yourself a guru?

Shri Mataji: You see, I don't consider, but then [??].

QUESTION: You are a leader. One thing I realized was also [??] nobody is to touch your feet and that's a sign

Shri Mataji: No, no, you know before, you know, these Indians are mad. They go on touching your feet and not caring for the spiritual path. What I want is they should grow in spirituality. But once they have touched the feet, then it's done, according to Indians. That's why I said, Don't touch my feet. And also people who are false, I should say, like them to touch their feet, to see that they bow to them. I don't want. I want that you grow in your spirituality. It's something rare [??].

QUESTION: For Indian, it is something very rare.

Shri Mataji: They were upset when I said you can't touch my feet because all the time they're announcing, Don't touch the feet, don't touch the feet, so they were a might upset.

QUESTION: I don't know. I don't think you were upset. It's I guess it's such a tradition that people are used to it.

SHRI MAT ÔAJI: That's very much in India so much so that it's called darshan. See, so once Jawaharlal Nehru was to come, [??] studied, and we were [??] volunteers, see. So we went there to work it out. And so many people had come on their bullock carts just listen to Jawaharlal Nehru, but his plane was late. For three hours we were all sitting nicely. And once he came, they said, We're going home. I said, Huh? All the time you sit here. He said, No, now we have the darshan. Now we are going home.

QUESTION: It's like taking an aspirin.

Shri Mataji: What then to take? It's a style in India that traditionally, you see, there's a darshan of person, finished. That should have an effect. It should. So many people it can have. Best is you accept that your kundalini [??].

QUESTION: It's like they take this and then they go away smiling and then they forget they're realized, so next day they do unrealized things and they're unskillful.

Shri Mataji: [??] very interesting sometimes. I really can't understand that in India we have many customs also like one great saint was Gnyeshwara and he was born in a place called [??] and I saw many ladies and saw many ladies going with a complete pot, earthen pot, filled with earth and with the [??], keeping on the head, walking down [??]. All kinds of funny ideas, you see. Then there's another one which goes to Pandapur, to visit the temple there. For one month they walk and they wear just gunny bags and they're singing, dancing and going on. I mean, nobody has said you that you should do like this, but they go there. I mean, all kinds of funny things.

Muslims are even worse sometimes than Hindus in their whole thing like going to Hajj. I asked them, If you don't believe in the worship of a stone, why do you go to that stone? What is the point? Actually, that stone is described in our shastras, in our scriptures as Makeshwar Shiva. It's a Shiva. So that's why they that's why Muhammed-sahib didn't talk of all these things very openly, but he did say [??] +realized souls, there had been. But the Muslims, you know, they're very close to my [??] and anybody can guide them and they're, poor thing, the simplest people because anybody can guide them, tell them whatever they like. They don't read [??] the Koran themselves.

I've got one who's written about Koran. [??]. It's very interesting and it's written by a French lady, but I told her to write. It's very good. I mean, it explains what Muhammed-sahib wanted. He has also said about these things that at the time of resurrection your hands will speak. So is it clear?

But everybody is following something else. [??]

But that's how you should not turn your thing to all these [??]. No, you should know, should see what is the thing. After all, does it help people or [??]. All the disciples of these great saints, like Gnyeshwara, who was such a great saint. He wrote such a big book about realization. He also wrote about kundalini. [??] What he told, nobody has bothered to read. It's a kind of a regular exercise, every year. So that madness may not be, but there's another type of madness to the list.

QUESTION: ...Every religion has certain restrictions, such as fasting, eating meat or not eating meat, you can be vegetarian. Does Sahaja Yoga have any sort of restriction?

Shri Mataji: No. See, beef we don't eat because, you see, beef medically is [??] food. Any meat of the bigger animals is no good because it spoils [??] your gums. Gums are spoiled. You see, we Indians have that thing in Gita, but here I see people [??] because if you take beef, then these muscles are [??], are attacked, but other meat or anything is what we say whatever is needed for your body you should have. There's nothing like this Don't eat that. Eat that, all that kind of thing. Because it doesn't change the personality. By taking vegetarian food, I have not seen anybody becoming a very quiet personality. No. So it is just a sort of an outward feeling that you become a vegetarian or non-vegetarian. Food is not so important, It's not so important. To

think about food and even the people who are vegetarians think too much about food and also the people who are non-vegetarians also think about it.

Now think of one, like if you go to places, there is no vegetable [??]. Are they all singing?

I don't know from where this fad has come.

QUESTION: Well, one place is that to be vegetarian is to do less harm, the concept of doing less harm. You know, to go and kill a chicken is, from my perspective, causes more grief than eating carrots or grains.

Shri Mataji: No, you see, animals, when we eat them, they evolve into greater animals. It's not correct. I don't say that you become a non-vegetarian like that, but you don't harm them. They don't understand harm. They don't understand harm, but if you eat meat, if you want to eat meat, you are giving them evolutionary jump. You see, a small fish is eaten by a big fish, all right. So is it a fish first? In the same way, for human beings who need proteins, should take to non-vegetarian. In India specially, I think so many people [??]. They're very money-oriented, those who are vegetarians. It's true. [??] And then you have [??], which are even worse. So they don't eat meat. They don't eat chicken, but they eat human beings all right. because, you see, a certain strength that you get from this vegetarianism is of no value absolute. No. So it's just a thing to be giving yourself some [??] also. I don't say that you should take non-vegetarian, but vegetarians are normally weak towards money. Money's very important for them. Gujaratis, as you know, are. Not yet. And, do you know, you are one of the, I think, third [??]. We have only two Gujaratis in Sahaj Yog. I went to Gujarat, did all kinds of work with them. I helped Mahatma Gandhi there now. They're very big businessmen, no doubt, but I don't understand non-vegetarian. I met many more non-vegetarians than vegetarians in Sahaja Yoga. They have so many gurus. Gujaratis have so many gurus who just make money. Funny types, you know.

Once, by mistake, I went to a [??], by mistake. I went by taxi, so the taxi couldn't drop me there. I said, Let's see what they're doing. These gentlemen had arranged a marriage of Shri Rama and Shri Sita and two children were chosen for that. They were dressed up. And they said, Now we have to pay for the dowry of Sitaji. So all the ladies were taking out their bangles and ornaments. I've seen with my own eyes. Now what sort of a wisdom is that? And then they start condemning other people who are non-vegetarians.

So, if you are a vegetarian, you should not hit anyone. [??]. The jealousies and all that, [??]. But in Sahaja Yoga it's not compulsory. If you want, you can eat vegetarian [??], but we don't object to such people, but we have to have Muslims. We have to have Christians. We have to have all of them in Sahaja Yoga and I found they are quite all right. They are better people. Russians can't live without meat. They have to. [??] And they are the best Sahaja Yogis.

And also [??] incarnations [??] Shri Rama, he used to eat meat because, as you have seen that even [??] deer because he was a [??] and he used to eat meat.

QUESTION: So where did the concept of becoming a vegetarian come to religions?

Shri Mataji: It's some of the mix, you see, that has created by people that you should become famous growing vegetables. Otherwise, I can't explain. Even among Gujaratis, only the [??], but otherwise [??].

Now, I'm surprised that we have so many [??] in Sahaja Yoga, in the north, somehow, but not in [??]. So many Gujaratis [??]

['interruption in recording]

Shri Mataji: He [Gandhi] said, All right, when you start you Sahaja Yoga, you can teach them all these things. Right now the emergency is there. We have to fight for our freedom and all that. We have to be like this. He had seven steps he put for going to the bath because when it rained sometimes [??]. Somebody thought it's a little far away from each other, put one more. He just went off. Temper. Who dare do this? I need seven of them. He used to count even that. Very meticulous. But you might find otherwise. Very sweet. If you knew how to handle him, he was very very sweet, an Abraham Lincoln-like person [??]. How can you compare him with anybody else?

1999-0701, Discovering the All-Pervading Love of the Divine

View [online](#).

1 July 1999

Discovering The All-pervading Love Of The Divine
Public Program
Los Angeles (United States)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of truth.

When we are seeking the truth we must know what we have to seek, what we have to have. There are all kinds of shops around where they talk of giving you the truth. But first of all, we must know what you have to achieve, what you have to get if you are seeking the truth. Many great Saints, Sufis, Poets have mentioned about it that you have to seek your Spirit you have to become spiritual. But nobody has been able to achieve that maybe the circumstances are not like that.

Now when we talk of truth we have to know that the truth is very simple to understand. First, we must know the instrument of truth. That is you are not this body, this mind, these emotions, these feelings, these thoughts but you are the pure Spirit, you are the pure Spirit and that has to happen to you that you become the Spirit.

As our heritage has been very sadly, we are carrying out many qualities, instincts of the animal stage. And that's why we find in people having jealousies and oppression, aggression all kinds of horrible things. Also, the worst part is that man can think. And in his awareness, in his thinking, he can also justify through his nationality to whatever he is doing. So it's a blind end. Once you start justifying to whatever you are doing, it's a blind end. But there is no way, through mental exercise, that you can clear out all these things. You must know that your creator has already looked after your Self-Realization. He has already made arrangements within you to give you your Self-knowledge. So far, you don't know yourself. That's the main thing. They have said, "Know Thyself". How? How do you know yourselves? We don't know what we have. We know about others but about ourselves, we don't know. And whatever we know about others is also very superficial.

So, now within us is placed, as I have shown you, the power of Kundalini. It is called "Kundal" because it is in three and half coils. And it's a feminine, it's a feminine Power. She is your individual Mother. Everyone has an individual Mother. And she has tape-recorded all about you, about your mistakes, about what you want, what are your aspirations. Everything this Mother has recorded within herself. Now she is just waiting for the second birth. Because it is your own power, you have to get it! Sahaja means: 'Saha' means with, and 'ja' is born. Born with you is the right, is the birthright, that you get this yoga, means union with the Divine Power.

Now when I say, "There is Divine Power all around us and It does all the living work", we have to just know that there is a Power. And everybody has called it by different names. Somebody has called it 'Ruh'. Somebody has called it Paramachaithanya. Somebody has called it the cool breeze of the Holy Ghost. All this has been on, but people don't know where is that Power. It is all over which does all the living work. You see the beautiful flowers here around. Now we never even think how these flowers were created by Mother Earth, so beautifully so differently, and how she has put such a beautiful show, of her kindness of her patience, of her love.

Apart from that, if you ask a doctor, "Who is the one who runs your heart?" He will say, "It's the autonomous nervous system". Ask the question, "Who is the auto?" He can't answer. They are honest, I must say, they are honest. This is what we have to know that all this work, living work is done without any one of our efforts, effortlessly. And who does that work? So this All-pervading Power of Divine love, which you can call by any name, is around us, and it works out everything for us. This Power knows everything about us. Also, It looks after us. It guides us. It thinks. It organizes. But above all, this Power loves you. It's nothing but love and compassion.

People have never known that they are loved by this All-pervading Power and when you start doing something against yourself which is not love for yourself then She punishes you in a way to guide you to the proper side. Now this Power is surrounding us all through but when we talk about the ascent of Kundalini it passes through six centres. You have seen there the red one is the lowest one we can call it first or the seven is the Power there it protect our morality, to protect the Mother Kundalini. When this Power rises She passes through six centres and these six centres She enlightens. With that enlightenment, we get so many benefits because these centres are responsible for our physical, mental, emotional, and spiritual being. Now imagine this power passes through this thing and this is the last breakthrough of our evolution. You have come to the human awareness I have already told you what is our heritage is, no use condemning people, no use condemning others or ourselves. But it is the heritage you have got and this heritage that you have got troubles you troubles the whole world. So now you have to become a personality which is absolutely spiritual which is superhuman being you can call it. When this Kundalini raises She gives you such a lot of powers.

First, [talking to the Yogi: he must have told them the benefits of the chakras]. Yeah.

He has already told you that these benefits manifest within us and you see that we become a very special personality. But the best part of it when you are connected to this all-pervading power, you know pure knowledge. Einstein has said about it. Einstein has said that if you go beyond the mind there is an area called torsion area and if you can somehow or other touch that torsion area then you get absolute knowledge. He himself was tired of finding out the theory of relativity. And he was sitting in his garden after all that efforts he had put in his laboratory and suddenly he says I was playing with the soap bubbles and from somewhere unknown this theory of relativity dawned upon him. He calls that unknown place as torsion area. This torsion area we all can touch, by that you get pure knowledge. Whatever you know can be verified by scientific method. Science is just a knowledge from a torsion area that people try to find out and when they find out, we think it is very research. There is no research it all comes from that area which is pure knowledge, absolute knowledge. Our knowledge is not absolute but when you become I should say a Sahaja Yogi you can feel on your fingertips what's wrong with your centres, what's wrong with the centres of others. Because you also become collectively conscious. You become collective.

Now can you imagine if you know all that we are part and parcel of one great personality, how can we fight? With him to fight, who is the other? This finger doesn't fight with another finger, does it? Because it is aware that they are part and parcel of one body. That's what happens to you, you become collective. And once you are collective your knowledge of collective is also great. First of all you know about your centres and you know about the centres of others. If you can correct your centres you can correct the centres of others also. This is something such a power you have thus you can get rid of your diseases easily, you can get rid of your imbalances, you can get rid of your schizophrenia and all those things. So many things you can get rid of and we have definitely found out that it works.

It does work. You can know yourself what's wrong with yourself and what's wrong with others. Then you don't condemn yourself but you correct yourself and once you correct yourself you become a master. You become a master and you can correct others also.

Now the time has come for us to rise above human awareness. Now how do we become peaceful? When you cross this centre [Agnya Chakra] what happens, that, like thoughts they come to us through this centre from the past and the future. The waves-like thoughts, one, another, one another, like that. Now these thoughts, we are jumping on the cusps of these thoughts. But when Kundalini rises, she elongates those thoughts. And what happens to you, that you come in the present. No more on the future or the past. And there you become completely silent. You do not react but you see everything just see, so you develop a witness state. That is the most peaceful state by which you can easily achieve the greatest joy.

For example, now see there is a beautiful carpet here. Now if I look at it in a normal way, I would think it's a very beautiful carpet, how much it will cost, where should I go to buy this, and all those things. If it's mine I will be more worried is it insured or not, what's happening to the carpet. But after Realization, what happens when you look at it, the joy of its creation by the artist, starts

bubbling in you. And you jump in the ocean, jump in the ocean of joy. Joy is not a double thing like happiness and unhappiness it's a singular. And once you are in that joy you enjoy all those subtleties of all the creations. Nature you enjoy. Mother Earth you enjoy. You enjoy other persons and such love flows within you that all kinds of quarrels and stupid things that we do finishes of. Now we should know this Kundalini exists in all the people whether black, white, yellow, blue any type of people skin you may have. Also, it exists universally in every person to whatever religion, to whatever community, to whatever nation you may belong to. It's such a universal thing that exists within you. When it exists within you, then you should that know we are all just the same in front of the Divine, we are not different people we are just the same and when we talk of religion also as you know there are people who hate religion nowadays. Now nothing wrong with religions either but the trouble is human beings who have ruined them, have completely finished them. That's the specialty of the human beings. If you go in a forest where there has been no visitation of a human being it's very clean and doesn't smell you find it is so well-organized. But in case one human being goes there immediately you know there must have been a human being because of its existence you find lots of problems in that forest. So they have done the same thing to our religions. They have ruined them because they have made it money-oriented or power-oriented. If you become money-oriented what happens that you know very well. We have to be Spirit-oriented. Because religions are not Spirit-oriented all these problems have come they are fighting in the name of one god, all of them are fighting. It's a stupid thing but it is happening.

So one has to know that there is no way we can live together unless and until we have our Self Realization. Spirit is the reflection of God Almighty in our hearts. When it is there when it shines then what happens is our attention becomes enlightened. Wherever our attention goes it works the spiritual powers work. This attention has been so far roving [UNCLEAR text] here and there, then it is from inside the light shows that the person whom you are looking, the building you are looking at, all the things you are looking at with a different sense of joy. And this attention which is enlightened makes you an evolved personality. We talk of now -a-days there is no value system, the value system has fallen down all kinds of things we talk. How are we going to correct them? By what, by throwing bombs are you going to correct which is the way, the way is this that we should evolve. Evolve. And this is what is very important that we all should evolve into that higher realm about which everybody has told that you have to know yourself.

So the first you get self-knowledge because you can feel your centres on your fingertips you know what is wrong with you and then after that, you also know about others what's wrong with them. This is a very, very important thing nowadays and the time has come for thousands to get Realization.

You should know that I have been working for thirty years now like this and first time I came to America I was so disappointed because they were running after all kinds of false gurus. Because maybe they could buy their gurus and when I came they told Me very frankly that unless and until You take money no American is going to believe you. I said this is your own power how can I take money from you. How can I take money from you it's not possible. It's your own power you gain it because of your own power and everything divine has to be free. What do we pay to this Mother Earth which sprouts the seeds? We don't, it's a living process. It's a living process of evolution and we don't pay anything for it. But this was really surprising that they told me I mean they sent some economics to teach Me, that I must take some money. You see it's absurd and absurd things can't be done. So we have to know that everything is not for sale, specially the spiritual life is not. Anybody who takes money in the name of God, in the name of religion, I must tell you, you be careful.

Now there is a state in which you have to rise and in that state the joy you feel, the understanding you get your value system changes entirely. I have seen people giving up drugs overnight. I have told some people that in America I can start one organization where we could remove this drug addiction. So wherever I tried they said that the public will be against it. But why, because these people go amack and they do all kinds of things. I said now I take very far fetch place where they cannot come to public. But let me do this work it's very simple. Overnight I have seen people give up all things that are destructive to them because in the light of the Spirit you see whatever is constructive. And you have the Power, you have the Power to adhere to that. It's something so special should happen to all of you.

I wish tonight you all get Sef Realization. But after getting the Self Realization little bit you have to work it out because Kundalini goes back to your centres to cure you. And sometimes it does happen but it's not never lost, never lost, but if you little bit come

to our centre where you don't have to pay anything, again I say again and again then you can master this. Within one month's time anybody can be a master and you can give Realizations to other and do such a lot of good work for yourself and for others.

Yes, I would like you people to ask Me some questions because I can see some people have something in their heads and they can't get rid of it. So if you have any sensible questions ask Me.

Yogi: Anyone would like to ask a question to Shri Mataji? Yes!

Seeker: How long does it take to conquer these different stages to be in thoughtless?

Shri Mataji: There is no time limit for that. Just now instantaneously you will get your Self Realization. Instantaneously. But to grow I told you at the most one month you will take. So there is no time limit. This is beyond time.

Seeker: If you get your experience of self-realization tonight, is it going to be permanent?

Shri Mataji: Of course, it is permanent. No doubt. But as I told you there are problems on your centres which are to be corrected and then you absolutely get dissolved in the ocean of love. The drop becomes the ocean.

Seeker: If we all are part of one Spirit, then why do we perceive ourselves to be individuals?

Shri Mataji: In ignorance. We do it in ignorance. You see if our eyes are closed and their darkness we can't see anything. When we start walking back we jump onto this person, we jump onto that person but when there is light, light of knowledge then we don't see separately. That's the difference, that's the different state. I have seen, I have seen we have so many of them and they come to India from all countries, from all nations and I have never seen them quarreling, fighting but enjoying each other. They all are, some of them are very highly placed in their lives, some of them ordinary, some are villagers they all combined together so well that all these differences go away. So we have to have the light first then you see in the light what is the truth. All right!

Seeker: If everything is pure Spirit then why does ignorance exist?

Shri Mataji: It existed because of your evolutionary process. We have to pass through all that, you were not born with that. It is there in the heart. But still, the light has not come into your attention. First, your attention has to grow up to human level, and then only you can get it.

Seeker: In the scriptures, it is described that there are several levels of samadhi, so is this Self Realization true?

Shri Mataji: Yes. Of course, it is true. But we cross, cross all of them so fast perhaps it is a jet age for Kundalini also.

Seeker: Can you be self-realized and not realize that you are self-realized?

Shri Mataji: Not possible normally, but you can feel on your fingertips this all-pervading power. You can also feel out of your fontanelle bone area a cool breeze coming out of it. So it's not possible that way to feel that you are self-realized and you get all the powers by which you can raise the Kundalini of others, you can cure people, you can help people I mean so many things you can do. You become a very dynamic personality.

Seeker: In many spiritual paths that I have, coming to self-realization so spoken [UNCLEAR] of in the lifetime ever achieved[UNCLEAR]. Can you speak a little about what is different about this?

Yogi: In all the different spiritual paths that she has gone to, they all talk about self-realization, so how is it different? It's always difficult and long.

Shri Mataji: Yes, this one is the real one. What can I say now?

Seeker: How can you reconcile your ambitions and day-to-day pursuit of life?

Shri Mataji: You see in the light of the Spirit you see what is constructive for you. So also your ambitions all are mental things. You don't achieve it. You are just bothered about it, that's the trouble of the modern times also. That we want to achieve something say we want to buy a car we work very hard save money, do this buy a car. But we are not satisfied with that either. Then we want to build a house again do the same and we never satisfied and this is the basic principle of modern economics. That you are never satisfied you are running from one to another. But after this happening you become satisfied person you start understanding and not only by that if I say so you are showered with the blessing of the Divine.

Seeker: What is the enjoyment of life?

Shri Mataji: That you have to get it and then you will know. All right. You have to just wait.

What else is there somebody?

Seeker: Keep on talking... [UNCLEAR].

Shri Mataji: Dear sir, if you have to give such a big lecture you better hire another hall. Thank you very much. It's all absurd things you are talking about have you meant God? Then why do you say all these things? First, of all become, become a self-realized soul then you tell Me. Without that how can you talk, is all ignorance. All right, what else?

Seeker: Do you get vibrations whenever you do Yoga?

Shri Mataji: All the time you get it. All the time.

Seeker: I don't have a question but I want to thank you for sharing.

Shri Mataji: Very kind of you to say that, very kind. Thank you very much.

Seeker: As we all are normal householders is there a relationship between our yoga life, our sexual life, and the food we eat?

Shri Mataji: Now just be seated I will tell you. The thing that happens to you is within yourself. All right. And then you see for yourself what is good for you constructive for you. In that married life is a normal thing those who say don't marry wear those robes and go about, is all nonsense. Because it is all outside. Inside what happens to you is the point. You need not give up your family, give up everybody, and become a sort of a saint walking about. Not at all you have to be in the family you have to be in the society, you have to be there. Only thing is you can help all of them. So these problems do not come. You know how far to go with everything. All right. Thank you.

Seeker: Asking question about vegetarian and non-vegetarian food.

Shri Mataji: All right, this is another fad[UNCLEAR] that whether to eat non-veg and all that. We shouldn't eat any animal which is bigger than us. That's a fact. But it is only whatever you need you must eat. Supposing you need proteins have proteins, if you need more carbohydrates have carbohydrates. But not so much attention on it because your Kundalini looks after your health. Now I'm seventy-seven years old Myself so you can imagine.

So you are all ready for Realization now?

Seekers: Yes!

Shri Mataji: Thank you. Very kind. Very happy to see so many people in Los Angeles wanting their Self Realization. Really, but one thing I have to request is humbly that I can't force it on you. You have to ask for it. Because Kundalini is your pure desire and if you do not have the desire, I cannot force on you. I would request you in that case you can leave the hall but if it is pure desire you can get it, no problem.

Now what we have to do if I request you to take out your shoes I hope you don't mind. You all sensible people I tell you, first time I told English that you have to take out your shoes half of them walked out. Because this Mother Earth helps us. That's why we have to take out our shoes.

Now be comfortable. Comfort is very important. Comfortable, absolutely be comfortable. Now you can put your both the legs a little away from each other or you can put both the feet away from each other. As simple as that. Now please put both your hands like this. Now to make one request to you that is very important that you have to forgive everyone. Whether you forgive or don't forgive you don't do anything normally. But if you don't forgive you torture yourself, so best thing is to forgive. Also, people say it is difficult but it is not difficult at all. It's just mental. You just say I forgive everyone, Mother I forgive everyone.

Secondly, we have to forgive ourselves also. We feel guilty for very very small small things. Our norms are so funny that if you put the spoon from here to there you feel guilty all your life. That's sort of a thing is not needed. You are not guilty, no have done nothing wrong. So you must have love and respect for yourselves. Really respect for yourselves. You are now entering into the new realm of Realization and you must respect yourselves for that.

Please put both the hands towards Me. Please forgive, please forgive yourselves and forgive others. That's the only condition you have to do.

Now put your left hand towards me more and the right hand on top of your head. Here on the fontanelle bone area, it was the soft bone in your childhood. Bend your head, would be better to help you. Bend your head. See for yourself if there is a cool or hot breeze-like vibrations are coming out. Now put your right hand towards me and with a left hand please see on top of your head, not touching the head but above the head, you see if there is a cool or hot breeze-like vibrations are coming in. They are hot because you are not forgiving yourselves or perhaps you have not forgiven others. So please forgive yourself and forgive others also, that's important at this time. This heat has to go away.

Now please put both your hands like this and watch Me without thinking. Just watch Me without thinking. Some of you will get it down below so push it back like that on top, if they are coming on the lower side of your palms so push it back like that on your palm. Now again put them and Now please raise both the hands towards the sky and ask one of these questions three times. One question three times.

The first one is Mother is this the cool breeze of the Holy Ghost? Or else you can ask second question Mother is this the all-pervading power of divine Love? Or you can ask, push back your head, and ask Mother is this the Paramachaitanaya?

Ask any one of these questions and you would be amazed you will feel, you feel for the first time this all pervading power around us.

Now take down your hands and put your hands towards me and don't think.

All those who have felt cool or hot breeze on the fingertips or in the palm center of the palm or out of the fontanelle bone area please raise both your hands. All those who have felt. My goodness, the whole of Los Angeles.

May God bless you.

May God bless you.

Look at that how it has worked out spontaneously. What beautiful people you are and I'm very happy to meet you here really. May God bless you. Now you keep your vibrations all right. Please come to the follow-up programs again we are having tomorrow. Tomorrow here. Make it a point to come because in that you will see for yourself what's is needed to establish it fully. It's very important, you must understand your own importance in today's turmoil. How important you are what you are capable of. So please I request you all of you to come tomorrow again for the follow-up and you can know much more about yourself and about Sahaj Yoga. Please just do this much for tomorrow and then you will know what is it to dissolve in the ocean of joy.

May God bless you.

1999-0707, GMTV Interview

View [online](#).

7 July 1999

Interview

London (England)

Talk Language: English | Transcript (English) – Draft

[..] strange society that we live in today, it really, really is [...] and sometimes you just want to take a break and take five minutes to yourself. The one woman who has found the secrets I think of inner calm is Shri Mataji. She joins me now.

It's great to see You. It really is. Tell me about this technique, what's it called and how does it work.

Shri Mataji: Sahaja Yoga. Right.

Journalist: How does that work?

Shri Mataji: Sahaja, Saha means with, Ja means born. Born with you is this opportunity, or eh, a kind of a blessing that you can become one with the Divine.

Journalist: Right.

Shri Mataji: You are born with it.

Journalist: We're seeing examples here, and it's all ages – anybody can do this?

Shri Mataji: Of course.

Journalist: Yeah, Anyone at all. Of course.

Shri Mataji: Everybody has it, all over the world. Everyone has that.

Journalist: Little tiny ones, (3 of them –unclear) and she's doing it (unclear).

Shri Mataji: They are raising the power within you which is dormant in the triangular bone and by raising it they passing through six centres and when they pass through six centres, you see, the connection is established then with the All-Pervading Power of Love.

So that's what it's about, that's what it's about. And do you think people, I mean people don't just take the time out do they, just to sit down for 5 minutes and actually do this. I mean how often would you have to do this?

Shri Mataji: I mean – I'd say it's eh– whenever- whenever you felt the need – yeah whenever –I mean you'll have to do 5 minutes meditation after getting it- that's all. But it's an en masse happening, it's happening in so many countries. And people have been so much by that ...you get your physical, mental, emotional and also spiritual being alright because all these centres are looking after that side of our life. So you get all the blessings, you get your sickness cured, your emotional imbalances are brought round. And also spiritually you are equipped because you are connected with this all Pervading Power.

J: Now the thing about you is, you're doing a big, such a gathering tomorrow at The Albert Hall, but it's free. Anybody can come along.

Shri Mataji: Of course.

J: You would not charge people at all?

Shri Mataji: No no no , because it's your own. How can I charge you for your own? Ha ha ha.

J: (Shri Mataji...unclear) Do You honestly think absolutely anybody can do this? Pardon.

J: Anyone can do this you say?

Shri Mataji: Of course, of course. Once you get your realization, you have to know it. First of all, you get your realization, in a sense it should break through from here. Is an actualization of baptism. And once you get that then you can yourself understand everything about it. Within a month's time, you're a master.

J: Really? Now seems we've got as You say, some people over here who are actually doing that. Maybe we could see an example of that, an example of what You actually do. I mean if that what you do – you just sit down. Or do we do anything else?

Shri Mataji: Even young children know. Yeah, yeah, yeah... children know how to do it. Children because they are born realized children and they know how to do it, they know what centres are there, what is wrong with them.

J: Ok, it is fascinating, it is quite fascinating, it really is. And then you would just do it like for 5 minutes everyday. It is easy to learn though? How difficult is it to learn?

Shri Mataji: Yes. It is very easy, it is Sahaj. Sahaj means also spontaneous. Em. It is very simple, extremely simple. You don't have to do anything, like give up that, anything of that kind... outside you don't have to do anything, it's inside. It's just all inside of you.

J: Thank you very much indeed for sharing what You do with us and good luck tomorrow at The Albert Hall where you can go along free if you want to find out more about it. You can go there. It is lovely to see You. Thank you. Likewise. Thank you. Right. We are going to take another quick break now [...] Stay with us and we'll find out what are style team has found out about Natalie [...]

1999-0708, Press Conference, The Path to Truth: Understanding the Essence of Self and the Power Within

View [online](#).

8 July 1999
Conference
London Television Centre, London (England)
Talk Language: English | Transcript (English) – Draft

Press Conference. London (UK), 8 July 1999.

I bow to all the seekers of truth.

First of all, it's important to know what the truth is. You find so many people are seeking the truth, but they don't know what to find and that's how they are twisted around, taken to some sort of a false rites. It's important first of all to know what is the truth that we are seeking. The truth is, if I tell you, it's very simple: that you are not this body, you are not this mind, you are not this intellect, you are not these emotions, but you are the pure Spirit. That's what you have to become - the pure Spirit. And another truth is that the power that leads you to the state where you know the truth about yourself, about everything is within you, this power is within you, is your own. Born with you, with every human being. That's surprising: if all the human beings in the whole world have this power within their triangular bone - how can we differentiate them? They are all just the same, everybody has a power based in their triangular bone known as sacrum, that means the Greeks knew it was a sacred bone. This fact that there is a power in the triangular bone was known thousands of years back, I should say, in India and in various countries. I was surprised - even in Sweden I found, Norway I found, people were talking about. I don't know how they came to know about. Specially Moscow I found people who knew about it. "How do you know?" I asked them. They said: "Our forefathers told us", like that. Specially with Indian Americans they are very, very down-to-earth people, very natural people, I think - they also knew about it. And Africans also knew about it. But they didn't know how to raise it. That was the only problem they had.

And though they knew about the centres, about which just now you have been told, they didn't know how to enlighten them through this power - can you imagine? This knowledge became - sort of - a knowledge which people would not accept, because we live with science or rationality. This is something beyond that, but Einstein has said so, Einstein has said very clearly - that there is a torsion area beyond the mind. And you have to go to that torsion area where you can get cognitive science - called science, but I would say, cognitive personality. So, how is it going to happen to go beyond the mind? If you try anything it is through your mind only. Whatever you do is through your mind. So to go beyond your mind is not possible. Now this power lies in the triangular bone, which we can see also clearly sometimes in some people who have obstruction, where it cannot rise. You see the pulsation in the triangular bone which is just a bone.

But when it rises it is a so smooth movement of this power.

Now there are some people who have written that this is a very dangerous thing and this happens and that happens, maybe because they can't explain, maybe because they don't know anything about it perhaps, maybe they do not want to know human beings to have it.

Now, this power is kept within us because now our last breakthrough of our evolution has to take place. We have to rise to that state which you can call self-realized or there are 1001 names for it. So many people had this power within them - they felt it also but they were not so much capable I think, of raising the Kundalini. Sufis, you have heard about. Saints, many saints - William Blake, I would say, from England, there were so many people. Shakespeare is another one. They all were realized souls. The way they have expressed themselves shows very well how detached they were and how beautifully they understood the reality.

So when this Kundalini rises as they have been told, She passes through these six centres. And these six centres are responsible

for our physical, mental, emotional and spiritual being. So, when these centres go into jeopardy, some because of exhaustion, maybe something, then it is needed to be nourished and this Kundalini nourishes them. Not only It nourishes but It also integrates them. So you get your personality in a state where you are completely integrated. But then She pierces through your fontanel bone area. This is the actualisation of baptism, you can say.

Actually She pierces through and gets you connected to the all pervading power of Divine Love. It's all love, nothing else but love. Truth is love and love is truth. And when She becomes one with that you are a transformed personality. Firstly your centres are enlightened. So your health improves, mentally you get balanced and also emotionally you understand. But the greatest thing that happens to you is that you become a new personality with collective consciousness. Jung has talked about it - "collective consciousness". That you can feel another person. You can feel your own centres on your fingertips. First you feel the cool breeze in your hand. That is the cool breeze described in the bible as "the cool breeze of the Holy Ghost". And also in Sanskrit language they call it "Saleelam, Saleelam". In Koran it is described as "Ruh". Everywhere it is described with different names, meaning the same. You start feeling this cool breeze in your hands, specially on your fingertips and these fingertips denote your different chakras as shown there. So, if there is something wrong with your centres, then it is indicated on your fingertips; but if it is something wrong with others also it is indicated because you become, - again I say, it's a question of becoming - you become collectively conscious. But with that you are not disturbed, you are absolutely at peace with yourself and absolutely satisfied.

How it happens that our mind is always thinking about the future, about the past. And our mind is dancing over the cusp of these thoughts, which are like this. But when this Kundalini rises She elongates them and there is a space in between created and that space is, what we can say, is the present. We can be in the future, we can be in the past, but we cannot be in the present, and when you are in the present you are absolutely thoughtless. You just become a witness. A witness state comes into you and you start watching everything, not reacting. And absorbing everything, very easy. It's a very wonderful thing that happens to you. So this mechanism is placed within you to give you that special personality, to give you that new awareness of collective consciousness, and the last breakthrough of your evolution. Till human awareness you are alright, till that I must say they still are there somehow. But we are afraid of the future of human beings, because such a turmoil, so many problems, so many kinds of ideas people have, which is surprising that in these modern times what people are thinking: they are something absolutely primitive, I should say, criminal. Violence and things, all this has to disappear.

And I was happy to hear that you all want transformation, the resurrection. You want transformation, and transformation on a collective scale. This is quite possible, absolutely possible. Once you are transformed, you become a person of tremendous love and patience. You love everything. You understand everything through love. It's not love of - some sort of a - expectations, it's a love of giving. You just enjoy giving, giving everything is so enjoyable that time, that state and you become so peaceful. Then, as you know, the economics is like that, people will work very hard to have, say, a carpet like this and then this is all done, then they will have some motorcar, then they want to have a house, I mean, goes on from one to another, they are never satisfied. The thing for which you have worked so hard is finished. Then again starts a new urge to have something new. Goes on like that, the whole economics work like that.

But here, once I see this carpet, for example here, I just go into thoughtless awareness. And what do I see? I see the joy, I feel the joy of the person, of the artist, who makes and enjoys this. Otherwise thinking, I would think how much it must have cost, where can I buy this, or if it is mine I would be worried, Oh God, how I've not insured this, which has no meaning. But I cannot enjoy unless and until I become thoughtlessly aware.

Also in our Patanjali Yoga it is written down as Nirvichara Samadhi. But he has made four stages of the whole thing is that first is this "Sarvichar". Sarvichar means "with thoughts" and then without thoughts, but in Sahaja Yoga it is not so. It is so quick that you become thoughtlessly aware first, and then you become doubtlessly aware.

That is there are no doubts about yourself. You know there is a power flowing and you know by experiment that this power, this power can cure people, can help others. And the attention, which is very high. Like I found people say "I like this, I want this" - that disappears.

Attention goes to others. You want to see what others would like, others would feel, and the whole personality gets completely enshrined with the feeling of oneness with others. It's something has to happen to all of you. I'm happy I lived in England at least for 20 or 22 years and couldn't meet you people. But now, thank God, you people have thought of it.

Now we live with science and rationality. This is something beyond that, as I told you. It is beyond science and rationality which is accepted as cognitive science, people say. And also as I've told you Einstein has talked about the torsion area. But how to achieve it, I don't think he has written anything about it. So this is your own power within yourself for which I don't have to do anything - they might have said it, alright. I accept it.

But once it rises in you, it's like one candle can enlighten many candles. And that's how you can spread Sahaja Yoga very far. We have, say, they say so, we are now in 72 countries, possibly. Because one person gets it, he goes to his country, starts working. And India, of course, Indians know this very well, they know they have to achieve only this. Like some people told me that we are like Indian culture. So, we have taken to Indian style of life and we are very satisfied. I said "Is that the end?" We have so many Indians who are following that culture. Are they satisfied people? Is that the end? What have you to do according to Indian scriptures also - that you have to know yourself. You don't know yourself. You don't know what's wrong with you, unless and until you can feel your centres on your fingertips. You will not know what's wrong with you - till you end up with something horrible. But as soon as you get your Realisation, immediately you can feel it on your fingertips - your problems.

Now, supposing you know how to cure it, you can cure anybody's and you don't have to pay for it.

See, again and again I've said that "it is your own, it's your power. You can't pay for it." I don't know how people believe that for spirituality you can pay, it cannot be sold. In America it was very difficult. They all came to me and told me: "You have to sell it". I said: "How?" They said: "Do something, otherwise nobody will come to you." I said: "But I cannot do something that is not done." So they said: "Alright, you do one thing: take money from them and tell them that when you come for follow-up you will get back your money."

So much we are bound by money that if you have paid the money you think you are bound. You have to do it. And absurd things like that human beings think.

But why don't they think that we have to change this world? They have to have emancipation of human being. Why now? Instead of doing all kinds of other things, the best thing is to change yourself, transform yourself and enjoy. And enjoyment is complete. Because enjoyment is singular. It is not happiness, unhappiness, it's just enjoyment. You enjoy everything. Even the smallest thing can give you enjoyment. And then you don't start feeling depressed or doing that kind of a tantrums that you do to trouble others, but you are so much enjoying and everybody enjoys you also, because you are so enjoyable. That's the thing that should happen to human beings and when it happens it's something really very, very great and that should happen to all of you.

And I'll be very happy, I was told you are all very great dignitaries here and you can do a lot and this is how we have a chance of first of all getting your Self Realisation. Knowing your Self. And then helping people. With a genuine love and affection.

I don't know how much I should talk because we've had so many lectures after lectures and there's no end to it. But lecturing doesn't help - it is something else to work out within yourself. That is the most important thing.

Now, I would like also to have some questions from you.

If you have gone thoughtless I can't help it.

Question: Have you overcome all the fears of life? You are not afraid of death also?

Shri Mataji: I don't know that part, but definitely I knew that I have to find out a way and method by which I could give en-masse realisation. Because people used to give realisation, no doubt, but one person used to give to one person. One of the reasons

maybe because anybody who was saintly, people used to torture them, trouble them. They wouldn't like a person like that because that person was something - out of the blue, you can call it. So that was an attitude towards a person who was a realised soul. Everybody suffered, whether they were Sufis or they were - otherwise even William Blake, I mean, everyone whosoever said something different, people didn't like. So maybe that's the reason they used to give it to one person. That was the tradition. Realisation was such that out of thousands they used to select one person, work on him, cleanse him, do this, do that and then give realisation. One person.

But I felt that the time has come that you must give en-masse realisation. Unless and until people get en-masse realisation, we cannot change this world. And I worked, I should say, for days together.

Luckily my father was a very social personality, even my husband was. So I had a good chance to meet people. In my own subtle ways I used to find out what is the permutation and combination of problems inside the human beings and then how to work it out. That's the only thing I did more, I think, otherwise so many people used to give Self Realisation at different times. But what I found out a method by which thousands of people can get realisation.

Question: How did you come upon this method?

Shri Mataji: Just, you see, I discovered it. You see, it's a thing I worked it out.

Have all gone thoughtless, or what?

Yes, madam?

Question: When you depart from this body, as this lady was asking, where does the spirit, where do the energy stay?

Shri Mataji: Spirit - it's a very long answer, but I would say, Spirit goes according to its desire, alright. Now, supposing there is a drunkard, who dies, now he wants to drink still, even if he's dead. He will hang in somewhere in the limbo, I think, he will get hold of somebody who drinks a lot. This side of psychology, people don't understand in the west. Because it's nothing in the medicine about this. The other day I read a very nice article about it, was published in America. That Japanese believe that you get possessed by a spirit. Even in the bible it is so that you get possessed by the spirit. But they have said that 50 to 60% people get possessed. Schizophrenia, all kinds of psychological problems come from that. Now, in India also we believe in it. And if you can remove the possession of a person the person completely changes, no doubt. But this is still in the realm of science, you cannot get it. I mean, I would say that, psychology is still a childish science and in that realm they don't understand what is this possession.

Is a fact that so far they have not gone into it, but we know in Sahaja Yoga very clearly, because we get catches on the left hand side, say here on this thumb, that means a person is possessed. Yes, it's like that, it's so simple. And then you can cure that person. So many persons have been cured. So many. Who have given up as lunatics, or schizophrenic or all kinds have been cured, no doubt. But it is to be seen and to be worked out, then you can believe it. Because people don't believe that there is such a thing. But there is. There is some sort of a negative force which overpowers human beings, it is true. I must tell you the truth.

We have had so many cases, even in England, where people were possessed. So many cases.

On the contrary I would say that cancer and all psychosomatic troubles come to people when they shift to the left side. Means to the past. Maybe some viruses which are dead long time back are in our being - that everything is past is in our being. So they can attack. And I've told them long time back somehow through this cognitive knowledge that they will call by 53 proteins and 63 progenides [? UNCLEAR] I told them. And now they know it is so. So cancer is curable in Sahaja Yoga, we have cured cancers, of many people. Absolutely curable. We have an hospital in India, already established near Bombay. There's a nice hospital where people are cured. And we don't charge them for any treatment, only for the stay.

It's a fact, you see, because people never talk about it, they never told you.

So you think it's a, some sort of a mythological thing, it's not. It is there, it exists.

So many diseases are not cured because we don't know about them. You see, I was myself in a medical school, so I know that they know very limited things. Beyond that, they don't know. But in Japan, I was surprised that they believe in it and they treat people. Even in India, I mean, they know.

Question: What do you give, provide the definition of enlightenment?

Shri Mataji: Enlightened means a personality, enlightened personality, I can tell you, is a person who is beyond his mind. And he is in contact completely with this all-pervading power of divine love. As a result everything in that person is guided, helped by that divine love. That power is so great that it looks after you, it organizes everything, it thinks, it understands, it is wisdom of all the things. You become a person who is so collectively conscious.

Today we need people like that. Otherwise you always think about yourself. About others you can only think when you are collectively conscious. But these days there are so many people marketing their spirituality, you see. That's also there. And just people jump to it, I don't know why. Why don't they find out what is the gain, what did you gain out of it? Nobody wants to know.

Question: How did you find America?

Shri Mataji: They are antipodes. I don't know what to say, they are very money-oriented, extremely money-oriented. And they can't understand me because I'm not asking for money, you see, they can't understand. It's very difficult. And how to penetrate that veil of theirs?

So, this time it has been much better, I should say, I've been there. I went first, long time back, 1973 I went there, and I saw the people how mad they were. After one boy was a 16 years old guru, you see. They just giving money to him. So, I asked him "Why they are giving money?" What is the need to give money like this? To this guru? They said: "Because he is giving us spirit." Where is he giving you spirit?

And then this fellow, he was wiser than others I should say, because he settled down as a young one, he married some American lady and used his money, but all the rest of them, so many of them, went there to befool them. It's endless. Still going on.

But unless and until you accept the truth, you cannot change. Accept us in the sense you have to ask for it. You should have pure desire. This Kundalini is the power of pure desire within you. When She rises She gives you your pure desire. Not like this, changing from one to another. And if you have pure desire only then it works out. If you don't have, it won't work out - no. I cannot force it. Cannot be forced, you see.

Question: How are children, young children?

Shri Mataji: Oh, some of them are great. These days so many realised souls have been born, these state [or these days? UNCLEAR]. We don't understand them. But there are so many, even in England there are born so many of them. Born realized - they are special ones.

I mean, this fact, it happens, so many good things happen to the society, like drug addiction, over night people in this England gave up drugs, over night.

I've got one land far away from madding crowd, I should say, in upstate New York, and I wanted to start a curative centre for drug addicts, because that is one of the big problems here. But they said the public won't allow. I said: "Why?" They said: "They go amok." This place is so far fetched, you cannot give a walk all the way - and if, I mean, they allow me I could help a lot. But

somehow, even in Italy, is difficult.

And the biggest problem today, even in America, is drug addiction. Another you can call AIDS. We tried AIDS also, but AIDS-people are something wrong with them, they are extremely arrogant.

Quarrelsome, arrogant, they think they are martyrs - something like that. We've tried, we've helped one or two - no doubt. But it's very difficult. But these drug addicts can't be helped very easily. But there is no proper way, if you all can arrange something - I would like to.

In your, this London city only, I should say, at least 10 or 11 people like that. First time I talked they've got cured. They were all doing very well, were very well educated.

All these problems can be solved. But the government should help, in a way. Because you know they, so much time even to take permission for something. Sometimes like 10 years, 20 years, you go on applying. I am already very old and I don't know what will happen, if I go on like this. For 20 years for a permission. Very difficult. But you people can organize something like that. And I can work it out.

You can see the results. You can see the results, you can save these children.

Alcoholism, alcoholism also can be corrected.

Yes, please?

Question: Shri Mataji, would you say a few words about the golden age? The forthcoming golden age?

Shri Mataji: You see, Aquarius, as they say, Aquarius according to our astrology is the Kundalini. The Kundalini is Aquarius according to Indian, I should say, Indian science of (HINDI word - Sir C.P. explains:) Astrology.

And, you see, they, what they say that this age of Aquarius is very important, because this will change the lives of people. And that is what they have already described about this, that now there was Kali Yuga, means the worst possible times. The whole Kali Yuga means the absolutely the worst and worst possible time for our destruction. That was over. Then comes Kruta Yuga, I mean, overlapping. Now, in Kruta Yuga, this all-pervading power, they call it Paramchaitanya, becomes active. It starts helping people to come along.

That also has been going on some days.

After this, is Satya Yuga. It's the age of truth. But it's a last judgement. If you take to truth, alright, well and good. But if you don't take to truth you are judged. It's like this.

Now how many people take to truth, very surprising. Like a place like Russia, you'll be amazed - Russia. Country like Russia. I went there and I first time went to Saint Petersburg, that's Leningrad that time. And when I went to the hall I saw about 2000 people sitting outside. Because there you have to pay for a hall, I mean, the hall people. So, 2000 seats were all occupied inside. So these people outside, people said: "Maa, are you not going to give us realisation?" I said: "How do they know all this?" Somebody must have told them. When I went in I said: "Alright, wait, I'll come back then I'll give you Realisation." So, I went inside. Inside there were 2000 people nicely sitting down, listening to me and then they got their realisation. All of them. I was amazed. What's the matter? How is it they're working so fast? And then I came out and I saw there were again these 2000 still sitting there. 45 minutes they were still. I said: "Alright, you all come tomorrow morning, we'll sit outside." Now, in Moscow they have huge big places, huge big compounds and buildings. I said: "I'll sit on the steps and I'll try to give you realisation."

You won't believe - 2000 from inside, 2000 from outside and one thousand extra, I mean, 5000 people gathered there next

morning and they all got their realisation. In Moscow, you won't believe how many people, if somebody asks me, I cannot say, have got realisation.

Now, the reason, I reasoned it out what must be the reason. I asked them: "How is it? Had you advertised that much?" "No", they said, "we saw your photograph. We knew. We came." So sensitive, I say. And thousands and thousands have got realisation.

These people are so deep, so deep, so humble. I couldn't understand why, why are they so much spiritually endowed, how did they get all this. And what I found is that communism has given them no freedom of any kind. And as a result, I think, they got completely oppressed and the whole thing growth was inside. And also if you have read those great novelist, even Tolstoi, or anyone - they always show introspection, even by the hero or by the villain, anybody, they all introspect. And this is the one, I thought, is the very deep personalities they develop. And immediately they got it.

A far fetched place called Togliatti where they make motorcars, thousands and thousands - we could not get to any hall, because formerly, I mean, normally what was the thing we were taken, we would have to take a stadium - 18 to 20.000 in Moscow or Leningrad or a big city. But in Togliatti we didn't know what to do. So we just had it in the open. Thousands and thousands. But not in England - no.

Much worse is America. I don't know why. Even Indians in England are no good. I just don't know what happens to them. They are neither English nor Indian, I think, something is, but we have very few Indians even, I must tell you this, very frankly.

But in India we have so many, so thousands and thousands who have got realisation. Though Indians know they have to have self realisation, even here. But somehow they are fed up, I don't know of what. Even if you read Shakespeare you feel like understanding that he was a great realised soul. What he showed was the futility of human endeavour in every line, it's clearly shown. That's what he was. I can't understand, see, because I've read so much Indian novels and English novels and English writers. I find all of them are so enlightened. Can't understand what's happening in England now. Why? Now, 20 years I've been in England, first time I'm meeting people like you. Why? I would ask you, people.

Really, I can't understand.

Even Austria, you have thousands. Italy, where Roman Catholics you know, are so many. Italians, wonderful. Thousands. But I didn't live so long there as I've lived in England. Moreover, you see, language-wise, I know this language, though I never studied English, but I know English language, how to speak. But there in their language, it's Italian or, I don't know how.

I'm very happy today that you all have come and I hope now from you it will start going into other people. Because it's very important: we have to change this world.

And, I would say, they also said, some newspaper people have come, but I said: "I'm sorry, I don't know what they will think of me." Because they have never been very supportive. But I think they don't realise their responsibility. Really! Sometimes I see newspapers, I think they don't realise how much they are harming people by wrong directions. By sensational things. What they have to do is to see what will be the effect of these things that we are writing. Is it going to help them to rise above all these things like jealousies and violence and all these things that are really completely corroding our humanity.

So, I think, all those lines, I don't find them and by head, I would say, I've met some of them, they were just after me. "How is it you are in England?" I said: "Because my husband has a job here, that's how I've come." Then all kinds of funny, funny questions they were asking. You know, I was surprised, they are not interested in spirituality at all. So, then, whenever they said "Mother, somebody is coming from there" I said: "Now - please."

All kinds of things they would say. "Your country is so poor, what are you doing here?" Then I had to tell them why we are poor. I said: "300 years if you have a guest in your house without a visa what will happen to you?"

Then another question: "Why you have got so many, such a big population, so many children born?" I said: "In that also, I would

say, that what I have read about England is this, that so many children are killed every week, by the parents even." I said: "So, the children must be deciding to be born in a poor country than in a country where they can be killed." I mean, simple thing like that. Because children want love, they don't understand anything else.

So like that they asked me funny, funny questions. I said: "I am here for spirituality, talking to about spirituality, and why should I worry about what I am, what is this and what is that?"

Say, we have to change our attitude. Very important. Of course I know some people who are very broad, broad minded attitude towards people, very much. I've known some in India also, but there are so few. If this thing has to be done it has to be mass-scale.

Now, we have Sahaja Yogis, many Sahaja Yogis, I should say, but still I'm not satisfied. I think we need many more.

Hindustani... HINDI...

I don't know why.

Such a big tradition you have in our country. Instead of bringing that here to this country, I don't know what's happening. And they are also very, very spiritual people. There too, you read their books you see, you'll be amazed. Very spiritual.

But suddenly the whole thing has turned round, I think so that spirituality has lost its power. And maybe some, you imported some of the horrible gurus from there also might be. That might be another reason, I think so. But now, I think, they are very much reduced in number, there are few still going round, making money, doesn't matter. But now you people are very sensible, very highly placed, you should do something about it, my request is.

I'm available and never used to say, whatever you say.

It's a new mission where you have to do something. You are the ones who are going to completely revolutionize the whole world. You can do it. Absolutely everybody is capable of doing that.

Question: Another question: What's your opinion of Avatars?

Shri Mataji: Alright, what's the use of my opinion about it? There are Avatars, no doubt. Alright? But you don't believe me when I say that. Unless and until you experience you shouldn't believe even me. Alright, this is something and because you asked me I'm saying so. But I don't say you believe in some Avatars, first of all you experience them. Everything that is now - you will know gradually into different things and on every centre there is somebody sitting there.

Who are they and what work they do? All this is to be consumed and to be seen and to be experimented. Now, I say, supposing this centre is catching [UNCLEAR] it is the centre very important because it is in the optic chiasma like this, you see, it's constricted. Now, how to open this? Very difficult. Now, I say, you forgive everybody. You forgive everybody - it opens.

Why? Because Christ, Christ is on that centre. And his message is to forgive.

Is, I mean, you should know who is on which centre and what works out. That's only to be known. Once you get your Self Realisation, only you have to know this much, who is the one responsible for which chakras. That's all. And you, you have to do according to - like it's a mantra now, to say that "I forgive everyone". Now, some people would say it's very difficult to forgive. But logically: if you forgive or don't forgive - what are you doing? You don't do anything. But if you don't forgive then you torture yourself. That's why you forgive everyone. And this opens. Most constricted - it opens like this.

Question: So, which God is for the Kundalini? Christ is over here. Which God is in the Kundalini? In the triangle?

Sahaja Yogi: What is the God or the deity in the triangular bone, the Kundalini?

Shri Mataji: Kundalini itself. The Kundalini is your own mother. Your individual mother. And She has tape-recorded all your past and your aspirations, everything. And She rises because She wants to give you your second birth, but She is your individual mother. You don't share Her with anybody else. Yours is a different, somebody else's is different. Because the tape-recording is different. And She knows everything about you. So, when She rises She does, goes very slowly, without harming you, without troubling you and pierces through.

We say She is the reflection of the Adi Shakti who is called as Holy Ghost in the bible. But She rises without any difficulty. Hardly any time it takes.

Would they like to have their Self Realisation?

Sahaja Yogi: Shri Mataji asks if you would like to experience this and have your Self Realisation? Very quick, very easy.

Shri Mataji: Hardly any time.

Now, you forget the past. Another thing you have to do is to forgive yourself. And not to feel guilty about anything. Very important, because if you feel guilty then this centre catches here on the left. When it catches here on the left you can get spondylitis, you can also get angina. So why, why to feel guilty? Whatever has happened has happened, forget everything. Not to feel guilty - very important. I know here people feel more guilty, not in India. They never feel guilty. But in the west they do. But there's no need, no need to condemn yourself, you have to have great honour and love for yourself, because you are special people and that you are going to help the whole world. So respect yourself! As I respect you and love you. You, please, respect and love yourself.

Alright. Now, what you have to do is to put both the hands towards me, like this, just like this, because I told you these are the endings of the sympathetic nervous system. It's like this - little open, like this. You don't have to doubt yourself, by any chance. Please, don't doubt.

Now, you put your left hand like this towards me and right hand on top of your head here. On top, means away, not touching the head. You can bend your head and see for yourself. Now see, if there is a cool or a hot breeze coming out of your fontanel bone area which was a soft bone in your childhood. Just see for yourself, if there's a hot or a cool breeze-like vibrations coming out of your fontanel bone area which was the soft bone in your childhood. Now, you can move your hand and see for yourself. You can move it, sometimes you can feel it higher, sometimes lower or on the sides. See for yourself. If it is hot that means, of course, you have got your Realisation, but if it is hot that means you have not forgiven yourself. Or you have not forgiven others. So, please forgive others, also forgive yourself fully. Please forgive.

Now, please put your right hand towards me, bend your head. And see for yourself if you have cool or hot breeze-like vibrations coming out of your fontanel bone area which was the soft bone in your childhood. Please try. Please bend your head and see for yourself.

Now, please take down your hands, both hands and put them towards me, like this. And don't think. Just don't think.

Because I already told you, you have a right, it's your birthright to have this Yoga, union with the divine, it's your birthright.

Now, you have to put both your hands towards the sky like this and push back your head and ask me - I'll tell you about three, three things, three questions you can say. You have to say one question three times, only one of them. For example you can ask, you can call me Mother, Mother - or Shri Mataji, whatever you like. Mother is, is this the cool breeze of the Holy Ghost? Ask in

your heart this question "Mother is this the cool breeze of the Holy Ghost?" Ask three times. Or, you can ask "Mother, is this the all-pervading power of divine love?" Or you can ask third question "Mother, is this the Paramachaitanya or Ruh?" Ask anyone of these questions, anyone of them, three times.

Now - let's have it.

Alright, please put down your hands again and put them towards me.

Please, don't doubt, please don't doubt. That's something very important. If you start feeling a cool or a hot breeze on your fingertips or on your palm, same or out of your fontanel bone area, out of your head, anyone of them, then raise your both the hands, raise your both the hands - those who have felt it that way. Those who have felt the cool breeze in their hands.

Thank you very much!

Most of you have got it. Unbelievable...

You got it? No - not yet? Alright.

Who didn't get it now?

She also.

You didn't get it, madam?

You got it?

They can help you, let us see.

You got it? You felt the cool breeze? Now - you felt it.

Keep it like that. Let it flow as much as possible, is very good.

You all can do this, it's very simple.

She has it now?

Sahaja Yogi: It's warm, Mother, it's warm.

Shri Mataji: It's warm? Alright, put her left to the right. Raise her left.

What's she catching on?

Sahaja Yogi: It's left Vishuddhi, Shri Mataji.

Shri Mataji: Left.... Are you Bengali?

Seeker: I am from the Caribbean.

Shri Mataji: Now you just don't think. That's what you should practice a little bit. Put your hands towards me, all of you and don't think.

What is it?

Did you feel the Kundalini?

Are you feeling it on the head?

Warm, so that's it - put her left to the right. Raise her left and put down the right.

It has nothing to do with the air-condition. You feel it on your fingers - alright?

Now better?

Now alright? May God bless you!

Just keep go on like that.

Alright? Are you feeling? Cool or hot? Cool now?

Now she's got it.

So, thank you very much! Thank you, all of you!

May God bless you! (quietly)

You have to practice now.

Can you not tell them to come to some follow-up or some program like that?

1999-0710, Who am I? Ask that question to yourself

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10 July 1999

Who Am I? Ask That Question To Yourself

Public Program

Royal Albert Hall, London (England)

Talk Language: English | Transcript (English) – Draft

Public Program. Royal Albert Hall, London (UK), 10 July 1999.

At the very outset one has to know what is the Truth, what are we seeking. It's quite clear that we do not know that. That's why we run after things which are false, which are more attractive, but basically they are very dangerous, very dangerous. And that has been happening – I'm sorry to say – in every country that people are just trying to mislead all the seekers who are truthful, who are honest, who are innocent.

So what is the Truth that you have to find? Is said in all the books in all the scriptures that you have to know yourself. We always talk like this: I like this, I like that, I want this, I... But, we don't know who are we. Who am I? Ask that question to yourself: who am I? Am I this body? Am I this mind? What am I?

And then you reach really honestly a point where you realise that you don't know yourself. You even don't know your body, you even don't know your mind. With this kind of a confusion we are living and that's why all kinds of problems come up.

First thing is that you have to know yourself. It's possible, now the time has come for you to know yourself. It's been promised that these are the times when you will know yourself. For that I have to say that already our creator has done a good job in the sense he has put this Kundalini in the triangular bone. This bone is called as Sacrum, meaning sacred. Means the Greeks knew it was a sacred bone. And this Kundalini, the one which is within you, is actually your individual mother, your mother.

So, this power is placed within you, it's your own power, and your individual mother. You have a mother which is not shared by anybody. And she's the one who is going to give you your second birth by which you will know what you are. It is absolutely yours. Somebody asked me: "How much do we have to pay?" I said: "It's your own, how can you pay?"

And you have to believe that it is with everyone of us, all over the world. Whatever maybe your creed, whatever may be your religion, whatever may be your colour, it is with everyone, it is placed there. Just as every human being has a heart. This is such a global Truth that all of us have this Kundalini within us.

To raise the Kundalini might have been a problem, once upon a time. And it was the tradition that only one person among thousands was given realization or was awakened this Kundalini – was very rare.

But these are the times when it has to be en-masse. It has to be worked out. And there are so many seekers now also. They were never so many before.

But the problem with us is this – in modern times – that we want to know everything through our rationality or through science. Both these methods are not sufficient. If they were, there would have been no problems for us. We have to go beyond it. Like Einstein has said that there's an area beyond our human mind which is called as Torsion Area. And all the truths, absolute truths are known when you enter into that Torsion Area. This Torsion Area has different names. For example in Sanskrit it's called as Paramchaitanya. In the Koran it's called as Ruh. In every religion it has been described. But as you know religion also what it has taken in many different shapes in the hands of human beings. Human beings have a speciality of spoiling everything. In a forest if you go, you'll find (it?) [UNCLEAR] so beautiful, clean, absolutely fragrant, but if there is one man who enters or stays in a forest you will know: there would be a horrible smell, a horrible everything – mis-organised.

So, even the religions in the hands of human beings are completely, completely ruined. And that is how we are today facing problems. People who believe in one God are fighting among themselves. How can that be? So much of perversion that has come through religion.

The other day I was in Los Angeles and I was to speak to people from Iran. Iran was the first country I visited and they told me: "Don't use the word religion, they hate religions." I said "Really?" "Yes, they hate the word religion." I said: "To that extent they have gone?" Because they felt that religion has ruined their lives. So we have to be alert: No religion is wrong, no religion has done anything wrong, nor does it teach anything wrong. But it's the human beings, when they take into their hands they have

really spoiled it, completely. When we fight in the name of religion we are stupid. How can that be? Religion is there to give you peace, joy, happiness. It came at different times with different incarnations, prophets. But they are basically the same. There is no difference whatsoever, but to get to that you must get your Self Realization. When you don't know yourself how will you know anything about religion? So it is important that first of all, you should know yourself. And that is so simple. It is just within you and it all works. They have already told you about this Kundalini power? That it rises and passes through six centres and the seventh one is below the Kundalini. The seventh one is for morality, and all the rest are there for different aspects of your life. And they look after your physical, mental, emotional, also spiritual being. So when the Kundalini passes through them She enlightens them. By that enlightenment, we get so many problems solved of our centres which are looking after so many aspects of our life. It's so fulfilling. Then it pierces through the last centre and connects you to this all-pervading power of divine love. This is the Torsion Area, you can say, where it enters. Einstein himself was a realised soul and he tried to say things in little scientific ways, because he knew people cannot go beyond science. There were many scientists who were realized souls, but they could not say that you have to know yourself, because human beings have such a bad ego. That it would tell like that, they would all discard these people as something wrong.

But in their lives if you see they are very humble – extremely humble. And that is the way he said that you have to humble down a little bit. If you are not humble then you don't realise anybody telling you that you have to know yourself. You may think I know myself very well, what is there to know more about myself? So it is important first of all to know that you don't know yourself and how you will know is very simple: this Kundalini has to rise and has to connect you to the Divine.

Now, there are 1001 problems we see in our country, in every country. I've seen people with drug addiction, who came – over night they gave up drugs, alcohol, AIDS, all kinds of bad habits there. Over night they gave up. How? What happened?

When you get your Self-realisation, then in the light of your Spirit you see the Truth. And the truth you see what is good for you and what is harmful. You can see very clearly and you also have power to take to things which are good for you. You are no more a weak person and immediately you give up whatever is wrong and whatever is destructive. This has, absolutely has happened to so many people in Sahaja Yoga. Not only that but all other things, all other problems, addictions and things like that, identifications have dropped. Because that's not the Truth. The Truth is you are a part and parcel of the great being. You are one of the cells of the great being you can call it.

And once a drop falls into a ocean, it becomes an ocean. And once you become the ocean you see the whole world in a different way, and understand the whole world as a beautiful place of enjoyment.

Another thing that can happen to you very easily is – what we call as "collective consciousness", which Jung has described. Collective consciousness is our consciousness is myself, "I", "I": I want this, I like this.

In collective consciousness we can't feel any otherwise, but first you become collectively conscious, you can feel the centres of others also. In the collective consciousness, if you know how to correct your centres you can correct the centres of others also. Thus, you are concerned about others. You think of others. I've seen many people talking like this: "I feel uncomfortable", "I don't like", then you don't think like that. You think what does the other fellow think? What is his feelings? What are the needs of the world? Your personality spreads and you start thinking what can you do for these people who need so much of love and so much of attention. And when your personality becomes so much full of that beautiful thing called as compassion, you really become so very engrossed and so much dissolved in the joy of giving.

(ERROR on tape..... but the text should be complete !!)

.... will happen to us. But people will think that they lose everything, but you don't lose anything. There's a wrong idea that you give up your wife, you give up this thing, you give up your families. It's all wrong, you don't have to give up. But your identification different, it becomes different, you are no more identified only with your family, but you are identified with the whole world. And as a result you find that your whole personality has expanded. And you are covering the whole universe with it. You are all capable of it, the main power it is, that nobody is there who has no Kundalini. Everyone must have the capacity to be connected. And this capacity once starts expressing itself you can't understand how far you can go with yourself. Because all the time this divine energy is flowing in. You never feel tired, you never feel exhausted, you never get angry. You don't have any irritations but you just, you are feeling completely, unless and until you are connected. For example, this instrument is not connected to the mains, it has no meaning. In the same way you have no meaning unless and until you are connected with the Divine. Then you know yourself, on the fingertips you know, what's your problem is. You can say, what is your disease, where is the problem in your mind, what is happening to you. And if you know how to correct yourself you can live very happy.

But this theory, I should say, is not to be accepted. You have to have experience. Before that you should not accept this. Because it is just a theory. And many people, who are scientists who are very intelligent may not accept this. They should not. But once

they have the experience then they should be honest, very honest about it. And in their honesty they should see what they are. So we are not miserable creatures, we are not unhappy creatures, we are not neglected by the Divine. It's all the time waiting for us to receive us and that is what has to happen to all of us. Apart from this all other problems also get solved because of these centres being enlightened. And once you are seeing those, sometimes you feel they are miracles. These are no miracles. It's happening because of Paramchaitanya. The all pervading divine power is looking after you, and is giving you all this help, all the time protecting you, advising you, guiding you. And of all the things it loves you. We see all these beautiful flowers. We never even think how such beautiful flowers, different flowers of different fragrance and colour are produced by this Mother Earth. For us, we take it for granted. All living processes we take for granted. Our heart which is running we take it for granted. But actually there is a very big organization of love and compassion which we call as Paramchaitanya which does all these living things. And you have to just be connected with that – that's all that has to happen.

Now also, there's another state in which one has to go where they say you are thoughtlessly aware – you just become a witness. See, I see here beautiful carpets spread out. I look at them and – as a normal person – I start thinking "What a beautiful carpet. Where will I get it? What shop I should go to?" And all kinds of things that started. Secondly, it's possible that I see something very beautiful like this and it belongs to me. So I'll be worried I've insured it or not, and it's kept properly or not. So all kinds of thoughts will come into your mind. But when Kundalini rises what She does, that the thoughts, which are rising from the future and the past are elongated. And there's a space in between and that is the space of silence. Where you don't think, but you see and what do I see here? The joy of the artist who has created [them ? UNCLEAR]. Just see the joy, the joy and creativity he has created those carpets. That joyous state is beyond any control, it's so beautiful. Moreover this joy is singular. It is neither unhappiness or happiness or anything – it's just joy. And you enjoy everything, every person, every moment of your life is filled with joy and you give joy to others. This is what has to happen to you, this is the greatest thing that has to happen to you. And you'll be amazed how you are in a contact with this all-pervading power and how you are helped. How every moment it looks after you and it gives you whatever you want.

I wanted you to ask me some questions, but they have told me that it's such a big hall and fully filled up. But in any case, if you have any questions you can write to me. You can write to me and I'll try to answer you.

So that will be better. But just now, please keep your thoughts away and just understand that you have to go beyond this. For that we need about 10, 15 minutes and you all will get your Self-realization. All those who want it only can get it. I cannot force it on anybody, it cannot be forced. Moreover this power is of pure desire and if you have a pure desire only then it will work. I cannot force it on you. Those who don't want to have it or get their Self-realization I would request, that you can go out of the hall. Will be better for others also. And it will hardly take about 10 minutes and if you have some patience then you can be seated and try to see that you get your Self-realization.

Is a very simple request is that you have to take out your shoes, because this Mother Earth helps us a lot. So take out your shoes, it would be very helpful. Just take out your shoes, you don't need to take out the socks.

Now, please put both your hands towards me like this, little higher.

You don't have to do anything, no rituals are needed [UNCLEAR] it's within you, and it's spontaneous, Sahaj. "Saha" means with, "ja" is born. Born with you is the right to get your Self-realization. Yoga is union with the Divine. So it is your right, it's your fundamental right.

Now, already it's cooling down.

Now, please, put your left hand on top of your fontanel bone area, which was a soft bone in your childhood, just like this. Above, more above. And put your right hand like this.

Can you bend your head, would be better. Please, bend your head, bend your head.

Now, at this time I have to tell you one thing: that you have to forgive everyone. Because the heat is coming out. Forgive everyone. Now, you might say that it's difficult to forgive, but logically you don't do anything when you forgive. So, please forgive everyone. Also you have to forgive yourself. Many people feel guilty all the time. They have to forgive themselves that's very important. That's the only thing you have to do. I have to make a very humble request that you forgive everyone and also forgive yourself.

Now, again you put the hand, left hand on top of your head, now bend your head please, bend your head, and see now if there's a cool or a hot breeze-like vibrations coming out of your fontanel bone area. You can move your hand if you want.

Just see there, if it is hot that means you have not forgiven. Either you have not forgiven yourself or you have not forgiven the others. So please, bend your head and see yourself.

Now.... another thing is that you should have respect for yourself. Don't condemn yourself at all, you have to have love for

yourself. It's not selfishness, but is divinity.

So, now put your left hand towards me and now, bend your head and see for yourself, if there's a hot or a cold breeze coming out of your fontanel bone area.

Now again, put down your head and see for yourself with the left hand if there's a cool or a hot breeze coming and put your right hand towards me.

Do not doubt, do not doubt that there's air-conditioning, this, that. It's coming out of your head, not out of air-conditioning. So, please don't doubt your feelings.

Now, please put both your hands towards the sky like this and push back your head, close your eyes, if you want.

Here you have to ask anyone of these three questions, three times. Anyone of these three questions. One of them you may ask.

First one is, you can ask me: Mother, you can call or you can call me Shri Mataji.

Mother, is this the cool breeze of the Holy Ghost? This is the first question you can ask me. Or you can ask: Mother, is this the all-pervading power of divine love? Ask this question three times. Or you can ask: Mother, is this the Paramchaitanya, is this the Ruh? Ask anyone of these questions three times.

Now, take down your hands, please. Take down your hands. And put both the hands again like this, and try not to think. Try not to think. Try not to think.

Try not to think!

Now, try and see if there's a cool breeze coming on your hands, on your fingers, on your palm. It could be also hot. Both the hands or out of your fontanel bone area.

All those who have felt the cool or hot breeze on their fingertips or on their palm or out of the fontanel bone area, please raise both your hands please.

May God bless you!

Everyone of you has got it, everyone of you.

So many of people who are realized souls in England, you can do so much.

But you have to know that you have to give to others, you have to give vibrations. It's not sufficient that you receive Realisation.

You feel very fine, you feel absolutely on top of the world, but you have to think of others. And you have to know how to do it. The seed that has sprouted, it has to grow, for which you should come to our follow-up-programs. Of course you don't have to pay, again and again I must tell you, you don't have to pay anything for it. And you'll be amazed if so many people, if so many people, if you have got your Realization how much good you can do to others. It's such a great thing! I am very happy!

Thank you very much, thank you!

There's one thing, they will sing one song by which you have to clap. Even now after clapping you will see that vibrations have improved and then you'll be amazed how your vibrations have improved through clapping to the rhythm of the song.

1999-0721, Liberty Radio Interview

View [online](#).

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Interview

London (England)

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MODERATOR: (speaking clearly and enthusiastically) Shri Mataji Nirmala Devi, recognized world-wide for her pioneering work in awakening the natural healing energy that lies within every human being. Apparently it's called the Kundalini and we'll be awakening yours hopefully this hour. Shri Mataji, that actually means Mother, was on GM TV [for a popular morning TV show] only last week and the switchboards were actually bombarded with calls. We wonder if Shri Mataji or Mother will have the same effect here today. Keep it on Liberty for a spiritual awakening in a few moments time.

(WEATHER REPORT AND SONG.)

MOD: Now my next guest, we're very honoured to welcome to the studio today. Her name is Shri Mataji Nirmala Devi. Shri Mataji actually means Mother and She is recognized worldwide for Her pioneering work in awakening the natural healing energy that lies within every human being. She travels throughout the world at Her own expense, teaching this life-changing technique to millions of people and apparently we don't have to part with a penny. On GM TV, only last week, the switchboard was flooded by viewers who'd all experienced strange phenomena whilst listening to Her. Shri Mataji Nirmala Devi joins me now. Welcome to the show.

Shri Mataji: Thank you.

MOD: It's a pleasure to have you here. Now, you studied medicine and psychology in your home country of India. Is that right?

Shri Mataji: I did.

MOD: And now, you travel the world teaching Sahaja Yoga. Is that right?

Shri Mataji: Yes, correct.

MOD: And, how did you learn this technique? Is it particularly well known in India.

Shri Mataji: It was used long time back, but the tradition was they used to give this awakening only to one person among thousands. First they used to test them, cleanse them, do all kinds of things. And ultimately they used to give to one person. One person to one person. That was the tradition. Only what work I've done is to I have tried to find out human beings, what the problem with them is. Why can't we have en-masse Realization? And it worked, it clicked and I am doing that work.

MOD: So, the very fact that tradition was passed on to, like you say one in thousands of people. Would you say that is why the tradition was actually lost over the years? The tradition itself, did.

Shri Mataji: Ya. It's not only Indian tradition. It has been in many countries. But people aren't aware of it. See, everywhere they have talked about it, that there's this power in the sacrum bone and that it is to be awakened. Even the Greeks knew about it because they called it as sacrum bone meaning a sacred bone. So, it is not only Indian, it is all over. People knew about it, but they didn't know how to awaken it. In a far-fetched place called Bolivia, they know everything about it. They said two saints came from India and they taught us, long, long time back and but we don't know how to awaken it.

MOD: Now it's called as Kundalini, am I right?

Shri Mataji: Kundalini.

MOD: Kundalini.

Shri Mataji: Kundalini means a coil. It's coiled up into three and a half. It has some mathematical relations. That's why it's three and a half coils. That energy's coiled up.

MOD: And we have to unravel those coils, is that right and let the energy flow?

Shri Mataji: Ya.

MOD: So essentially it's an energy force that flows through all of us.

Shri Mataji: No, that Energy is within you, dormant. It's not yet awakened. Once it is awakened, it passes through six subtle centres. And these centres are responsible for our physical, mental, emotional and also spiritual being. So, when it is there, enlightened. When they are nourished, we get rid of our diseases, we get rid of our mental problems, we develop a balance, peace within and, ultimately, what we get is the joy.

MOD: So, why do you think those energies within us, then, have been suppressed all these years?

Shri Mataji: Pardon me?

MOD: Our energies because you said they're not awakened, so, by definition, that means that, that they are suppressed. Are they just suppressed?

Shri Mataji: No, not suppressed. They are in a dormant state.

MOD: A dormant state.

Shri Mataji: Ya. They're not suppressed. But then, they are to be awakened. It's like one candle which is enlightened can enlighten many candles. It's like that. If you get that awakening, you can awaken thousands.

[SILENCE]

MOD: It's fascinating. My guest is Shri Mataji Nirmala Devi, recognized worldwide for her pioneering work in awakening the natural healing energy that lies within every human being. It's called the Kundalini and, hopefully, we'll give you some tips on how you can awaken yours in just a few moments time.

[SONG]

MOD: My guest today is Shri Mataji Nirmala Devi. Shri Mataji means Mother and that we're awakening a dormant energy in you today. Such is the extent of the awakening in the country when viewers tuned in to GM TV last week, that we thought we must welcome Shri Mataji to the show to see if she can awaken the dormant energy, Kundalini, the Kundalini, within all of us. Now, can you, can you, is it something that you can do, actually, at home on your own or is it something that we need you to help us do?

Shri Mataji: No, you have to ask some enlightened person to do that.

MOD: Right.

Shri Mataji: As there is a candle which is not enlightened, it cannot get enlightened by itself. So, you have to go to a person who is enlightened.

MOD: Like yourself. And this is something that you can actually do over the air now, if anyone was listening?

Shri Mataji: Beg your pardon?

MOD: Is this something you can actually do now, on air

Shri Mataji: Yes, I can. I'll try. I'll try. [soft chuckle]

MOD: Okay, great. How do we do that then?

Shri Mataji: How?

MOD: How do we actually awaken the Kundalini?

Shri Mataji: "It's a Ñ you want me to do it?

MOD: Ya, ya. Ya.

Shri Mataji: All right. I would request all of you to put your hands like this

MOD: So, hands out.

Shri Mataji: Out like that.

MOD: With palms facing upwards.

Shri Mataji: Yes. Palms relaxed, like so. And ah, I have to tell you one thing is to, first of all, you have to forgive yourself. Is very important. You have to forgive yourself. You should not feel guilty. Because whatever wrong you have done is finished now. Why to feel guilty? The second point Ñis you have to forgive everyone. That's a very important point because there's a centre here, here Ñ

MOD: In the forehead. In the forehead. Ya.

Shri Mataji: on the optic chasma, which is very constricted and if you don't forgive, it won't open. So Kundalini won't be able to pass through that. So, you have to forgive everyone. Logically, if you don't forgive, you don't do anything. Whether you forgive or don't forgive, you don't do anything. But if you don't forgive, then you torture yourself. So, best is to forgive. Forgive everyone. Is very simple just to say, I forgive everyone. That's all you have to say. Just to say. Now, put your hands towards me like that, both, I mean towards your, maybe, radio.

MOD: Towards your wireless, ya, ya, ya.

Shri Mataji: Towards, both hands. Now, what you can do is to put the right hand towards Me like this and left hand Ñ you have to put on top of the fontanel bone area.

MOD: Right. So the left hand.

Shri Mataji: Above the last centre.

MOD: Right. The left, the left hand goes just above, just above the centre parting on your head.

Shri Mataji: Ya, that was the soft bone in your childhood.

MOD: Right.

Shri Mataji: In the fontanel bone area. You see?

MOD: Right. On top of your head.

Shri Mataji: Ya, just above.

MOD: Right.

Shri Mataji: And you put your hand, not on top, but above. And see for yourself if there is any cool or hot breeze-like thing coming, some vibrations.

MOD: Right. So you would you would feel air, warm air or cool air ?

Shri Mataji: Ya. But they are vibrations that are coming in. They look like air, cool air or hot air. Little higher. All right.

MOD: Uuh, ya, ya.

Shri Mataji: Now, you put the left hand towards me like this and put the right hand on top of your again, on top of your fontanelbone area. This is the actualization of baptism that you really feel a cool or hot breeze coming out of your own head. Now you can move your hand and see for yourself. If it is cool, well and good. If it is hot, also all right, but that means you have not forgiven, you have not forgiven yourself and you have not forgiven others.

MOD: Not forgiven. So that means if you have your hand above your head and you're feeling hot.

Shri Mataji: Ya, hot. Then you better understand that you have not yet forgiven everyone. That's there. So, better forgive everyone, so it becomes cool again. Now, it has to be cool is the perfect state.

[SILENCE]

MOD: So, if you feel a cool air, then it means you're in a better place than someone who's feeling hot air.

Shri Mataji: Now, I'll blow in the mic, if you don't mind. That will have an effect, better. Keep the hands like that only and I'll blow.

[LONG SILENCE WITH SOFT BLOWING SOUND]

MOD: So, what is it people we'll be feeling now at home?

Shri Mataji: It will be coming out. Now, what you have to see is that on your fingertips, also, you feel the cool breeze. On your

fingertips and in the centre of your palms you'll feel the cool breeze. Maybe a little bit hot you might feel , if you have not forgiven yourself. Some may be there. You will feel it. And once you feel it, you should know that you are in connection with this all-pervading power of Divine Love, which is known also in the Bible. It's called as the Cool Breeze of the Holy Ghost. So that's the- you start feeling now that your connection is established. But still, you have to grow into it and there are problems within you, so we have follow-ups and all that. We have centres everywhere where you can go and ask them and they will tell you what's wrong with you. That will correct you physically, mentally, emotionally and also spiritually.

MOD: And we'll give you those details in just a few moments time. Keep to Liberty for more tunes, more chat and more fun and more from Shri Mataji Nirmala Devi and don't forget to give us a call if you've felt anything at home.

[SONG]

MOD: And my guest today is Shri Mataji Nirmala Devi. Shri Mataji means Mother and I have to say we've seen from her quite an effect from ouraudience. We've had quite a few calls so far from people who are experiencing the cool and the warm air that you described. I should explain, if anyone's just joined us, that we just did an exercise on the radio with Shri Mataji, who is recognized worldwide for her pioneering work in awakening the natural healing energy that lies within every human being called the Kundalini. Now there's some awakening going on. What's the next stage then, Mother?

Shri Mataji: Then you have to perfect yourself. You have to know everything about it. About a month, if you spend on this, you'll become a master yourself. You can give Realization to thousands yourself.

MOD: Is it, is it really that easy though?

Shri Mataji: Ya, ya [soft laugh].

MOD: I thought some people though

Shri Mataji: It has to be very easy, isn't it, because so important.

MOD: Absolutely, so more and more

Shri Mataji: It's so vital.

MOD: so more and more people can do it.

Shri Mataji: It is the last breakthrough of our evolution, last breakthrough of our evolution. And it has to happen to all the people. The kundalini is present in all the people, whether they are this nationality, that nationality, colour, creed, religion, doesn'tmatter. Everybody has this power to rise above to this new realm, which Einstein has described: that once you get your Self Realization, you jump into the torsion area he called it.

MOD: So, if we awaken it globally, do you envision, in time then, where we would reach, I suppose, a utopia, because a lot of people might say, Mother, who were listening, that there are so many bad things going on in the world. Would you argue that is because that Kundalini hasn't been awakened?

Shri Mataji: No, because human beings are to be transformed. You see, human beings have all these weaknesses like greed, anger, hatred, all that. All these things you just forget. They just drop out and you become a beautiful personality, which loves and which enjoys.

MOD: And you say this is something which can be awakened in all of us, everyone, anyone who is listening has the potential to do this?

Shri Mataji: Ya.

MOD: And you can actually learn how to do it yourself. There is an eight week series of follow-up programs which you mentioned, Mother.

Shri Mataji: Yes, yes.

MOD: Mother, in which you can learn more, to practise the techniques of Sahaja Yoga. We must stress, you don't part with any cash for this. The first two of these will be held on Wednesday the 14th of July at 7:30 p.m. and Wednesday the 21st of July at 7:30. They're on at the Great Hall, the Kensington Town Hall. So, if you did feel anything at home or perhaps you didn't but would still like to find out more, then you can call the Sahaja Yoga information line. That's 0181-9305621. That's 0181-9305621. There are also Sahaja Yoga centres in over eighty countries around the world. Those details available once again on 0181-9305621. Mother, it's been an absolute pleasure. Thank you very much for joining us.

Shri Mataji: Thank you. Thank you very much.

MOD: And the best of luck with everything in the future.

Shri Mataji: Thank you. Thank you very much.

MOD: Not at all. My pleasure entirely

[SONG]

MOD: if you've felt anything, ah, at all at home, even if you felt, ah, that you didn't feel a thing, then, ah, the Big Man has, ah, those details once again if you, ah, fancy going along this, ah, ver ky week.

BIG MAN (with deep voice): "Ya, there's one this Wednesday, um, it kicks off, they all kick off at 7:30, and apparently you part with NO MONEY whatsoever - and this must be why, ah, one of the reasons why it's taken so long for This to come to the fore, because anything like this, if you're parting with money, they like to knock it down.

But they're not asking you for any money. You go along, it's totally gratis, and there's one at Covent Gardens (tells all the Sahaja Yoga programs in London).

And I believe there is a number, which I can't see, have you got the number there? There is a number-

MOD: There is a number to call, which is 0181

B.M.: 9305621. Ah, any information that you need on Sahaja Yoga, that is the information hotline. And also, if you're, ah, netted up, you can point your browser at WWW.SAHAJA.ORG, Sahaja spellt s.a g.h.a.j.a.. And I can tell you, I did feel a little bit of the Breeze coming through. Um, so I, I don't know, I may have to pop along, because it was a, I don't know, peace, ah

MOD: Very, very strange.

B.M.: Very, very strange

MOD: Strange experience.

B.M.: Never have I experienced anything like, like that in the whole of my life. Seriously.

1999-0730, Evening Program Guru Puja

View [online](#).

30 July 1999

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

Evening Program Guru Puja, Italy, Cabella, 30-07-1999

This was really a very memorable night for all of you. I don't know what to say about Nishat Khan. I think he should be given now the title of Ustad, no doubt. The way he has played, I have never heard anybody playing so well, never before. And specially Tappa. Because it's a very different, I have never heard anyone playing Tappa on sitar. Once only, Siddheswari Devi, as I told you. She sang before Me this Tappa Raag. She was quite an old lady at that time. But I was amazed, She sang it so well, absolutely the masterer. And I also called her 'You are an Ustad', I called her.

That's what I feel now today the way you have really entertained all of them. Also, they appreciate and understand music, that's the best part of it. See, all these people who are sitting here, I know them, if you would have played till five, six o'clock, they would have sat.

It's a... it's a present to them, for they are serving a great purpose. My father was a great connoisseur and supporter of musicians, and always used to say you must always respect artists, because they are specially chosen by God. If they don't go to the wrong path, then they are to be very much respected and must do everything that is possible to express your respect. So, one day he told Me 'My desire is that the whole world should know about our classical music. That's all I want, because this is our greatest sampada.' [Shri Mataji talks aside] Means the property, sampada, kya? Yogi: Heritage. [Shri Mataji continues the talk] Heritage and the property. Inherited property of our country. And no country has this. This is something so great and this should be used to convey the blessings of God. Also, I have seen vibrations flow much better when there is music on. With the music so many vibrations starts, just... it's just like... it's like some puja or aarti, I don't know what it is, but music has this power. So this is was his desire and I also found that for Sahaja Yoga our Indian music is going to help a lot. Now, all kinds of music styles are coming up, but I've seen, once they hear the Indian music, they don't want to hear anything else. That is for definite. But there are, there have been some great composers, no doubt, but the way these days the music is on... I think the speedy music as you have played today will really break their heads and they'll understand what this Indian music is. I was very happy that you could come because these musicians mostly come in Guru puja, so they must also have somebody here of your repute, of your great achievements before them and to hear them...

[recording ends]

1999-0801, Guru Puja: Assimilating the Absolute Knowledge

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1 August 1999

Assimilating The Absolute Knowledge

Guru Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Guru puja, "Assimilating the Absolute Knowledge", Cabella Ligure (Italy), 1 August 1999.

Since we have come to Cabella, it is the ten years completed! So you can imagine how, in these ten years, we have been able to progress in Sahaja Yoga.

Now, today, we are going to have a Guru puja. As I have said, you are all gurus and you want to worship me as your Guru - is alright - but the main thing one should understand [is] that you have become guru, no doubt, because you have the knowledge. You have the Absolute Knowledge, and so we can say you have become gurus, no doubt. But one has to understand that you have reached a state where you can raise the Kundalini, you can give Realisation to others. Also you know what is the Absolute Knowledge.

To know the Absolute Knowledge is very important and to assimilate is even much more important. Though we know the Absolute Knowledge, we cannot assimilate it that well. That means we cannot go deep into it. What is the reason for that? We have to realise that we have all come out of the heritage that was the animal kingdom.

From the animal kingdom you have evolved. So, there are so many things of the animal heritage [that] linger in us: the aggressiveness, the domination, peevishness, fear, grabbing. All these are our inheritance and they are within us, lingering. We want to grab things of others; not you people, of course not, but people who are not yet in Sahaja Yoga. They first used to grab lands, then they started grabbing people, making them slaves. Then they were not satisfied with that, so they were grabbing kingdoms, jewellery and all these things. So, just to grab now. They have no legal right, still they would grab. It seems very funny, it seems very inhuman, but it is there because of our inheritance.

Now there are so many other things, like jealousy. Among animals, there is very little of that. They don't have jealousies so much as we have. While we have inherited this jealousy by our own reactions and thinking. People get jealous and they want to put down others. If they cannot achieve any height, they want to bring down the heights of others. This kind of jealousy, when it grabs human beings, they think [that] whatever is done in the name of jealousy is alright. They become very conscious that we are lower than another person, we lack in some talents than another person, and they try to overpower that other person because of the force of jealousy behind it.

Now the trouble is, though we are human beings, we have inherited so many animal qualities: like, we are ferocious, we are angry, and we get upset, as animals do. But, additional to that, human beings can react because of their thinking. They think, they can think, and by thinking, all these inherited properties become perverted. Like a person wants to put down another person: then, he doesn't behave like an animal, in a straightforward way, but he will find out a device and method. He will think it over, how to do it.

The main problem with human beings is that they still have inherited very violent temper. This violent temper has to be controlled, has to be seen. When you see something which you don't like, which is against your will, maybe something like that, immediately you flare up. Just now, I saw, instead of the camphor, they had put a sugar candy. To sugar candy, they were putting the match into it, matchstick. It would not take the fire. They tried and tried, it would not. So I said, "Let me see what is that." So that was a sugar candy. If it was camphor, it would just flare up. So the quality of the person is known in the same way. If with

the slightest provocation, he gets into temper and gets annoyed, then his quality is not very good as a guru.

As a guru, we should not flare up, we should not get angry, we should not try to oppress others. "But what can we do then?" people will ask. We have another method - what we call is 'love'. Love. Instead of getting angry, if you show love and compassion to that person. So what happens [is] that it doesn't give you any anger and the other person, you don't make him angry also. The anger begets anger. If you get angry with somebody, that other person may not retort because he is afraid of you maybe there. But in his heart, he will keep a revenge in his mind, that, "One day, I will show him why should he get angry with me!"

So, in Sahaja Yoga, please remember that love is the only way we can solve the problem. Now, if something goes wrong, say, in the ashram, if you get angry with that person, what will happen? That person will bear a grudge against you, perhaps. If he is a good Sahaja Yogi, he may realise that it was a wrong thing to do. But if he is a bad Sahaja Yogi, not yet fully equipped to understand, then what will he do? He will just feel that, "This man has insulted me, he has deliberately put me down and I should try to take a revenge!"

Among animals, this activity is very limited. I don't think they believe in revenge, except for a few animals. They say that, if you hurt a snake, it will take its respite. It will come back on you. That's what is said. And this one is one quality of the snake. But as we have passed through all these different categories, we might be having some of the qualities of some of these animals within us. We may be even snake animals. If the snake is within us, then anybody who hurts you, you will remember it all your life, "He hurt me, so I'll put him right one day. I'll take a revenge!" - if there's a snake within us.

But now, if there's a tiger within you: so you will become very ferocious. At the smallest thing, you will get angry, lose temper.

Now, this is not a very good situation: that we are still at the level of animals and our inheritance is still working in us. So we have to keep a watch, we have to be good gurus. And for a good guru, you have to have a very peaceful, compassionate, loving temperament. After all, one has to understand that people have this inheritance and some people have more, some people have this or some people have that. For that, if you get angry with that person it's not going to help him or help you, but if you are loving and compassionate and you explain [to] that person what the problem is and what you want to do, I tell you, it will improve. He'll definitely improve and he'll feel your love.

Of course, sometimes, sometimes it's necessary to also forgive such a person. Such a person is to be forgiven, absolutely. In that it doesn't mean that, if he has done wrongs, all kinds of wrongs, you forgive him, and he goes on still with the same. It doesn't mean that.

'Forgiven' means 'forgotten'. Such and such a person has been misbehaving, so just forget. Forget it. Completely forget it! For a guru it is important, for a Sahaja Yogi guru.

I must say other gurus were not like that. They were absolutely, extremely hot-tempered and they used to lose temper on people. Once I met a guru and he told me, "Mother you are too kind to them and with this kindness you cannot create good people. I have had enough of it!" he said. "I had made two people into gurus. And one of them got lost in the money." "Alright, what happened to the second?" "And second one got lost in the women." So, I said, "Now it's alright, if they are lost, they are lost. But if you can revive them with your love, affection and kindness, better get around them!"

I think if you open that door, people sitting outside can also hear me. Who are those sitting outside? Open it fully. Of course! Let them move to this side. Now, it's better.

So as a guru, you must conclude that they are still lingering with their inheritance.

But the second problem is much worse because human beings can think. Of course, animals also think, but it is always conditioning. Whatever conditioning they have, accordingly they behave. But they don't have ego, that kind, as human beings have developed.

So the gurus develop also a very bad ego. The first ego is, others gurus I have seen, they told me that, "We have done so much! We have worked so hard to achieve this state, and why should we give Realisations to others?" Or, if they have got Realisation, then, "What have they done? Why should they get Realisation?" It's become a comparison between their own state and how they achieved it and how others have to achieve it. So they make all kinds of different torturing, troubling manoeuvres. For example, they may make the disciple stand on his head, give his family up, do this, do that. They'll beat, they can beat also. They will make him stay in the water for a long time. Make him stand on one foot. Like this they punish. And [if] worse comes to worse, they may beat with sticks or with stones. They are like that. They don't want to talk. They don't want to understand what the another person has to say, or the ones who are seekers, how they should be treated.

All this anger and all these things might have been alright before, but after the advent of Sahaja Yoga, you must know, it is not necessary. It's not at all necessary to give any physical punishment to your disciples. Now, also the mental punishment to your disciples should not be done. Like people start saying all kinds of things to their disciples. Like, say, there is a leader, and the leader finds something wrong with the disciple, then he goes on saying, "Now, you are like this. Your father was like this, your grandfather was like this, your great-grandfather was like this and you are also like this!" Or some sort of thing that will hurt him. By hurting a person, you are not going to help. Supposing, while walking, you are hurt - you can't walk. In your spiritual ascent also, if you are hurt, you cannot go ahead. So not to hurt people is very important. Once you go on hurting others then you are not a good guru. You are not a one who is really being kind and understanding of the disciple.

In Sahaja Yoga, it's a different thing altogether. Because you all have achieved Sahaja Yoga without doing any kind of penance, any kind of guilty consciousness, confessions, anything. Nothing! As you are, you got your Realisation. Nobody had to stand on their heads, give up their husbands, wives, their family - nothing of that kind. As you are, whatever dress you are wearing, whatever conditions you are, you are given Realisation - is a fact. You don't have to pay for it. You don't have to exert yourself. Don't have to do anything. Just you get it, sitting down, wherever you are. After that, this kind of a happening should prove to you that you have a power of love, of compassion. Out of your love you have given Realisation to others. We have never realise that. Supposing we are anxious to give Realisation to people, we want to go to the villages, work there, and give them Realisation. Why? Why do we do it? It is not for any fame, not for any reward or anything, but just out of the love that is in your heart, that you feel, "Why am I enjoying everything? Why others are not enjoying?" And so you go out of the way to help people to get their Realisation. Now you have become a greater human being and you feel concerned [that] others are getting ruined, they are getting on the wrong path, they are doing wrong things, and that makes you feel very, very upset and you want to help them. And this understanding, once you have, then you will know how to deal with the person with whom you have to behave like a guru.

Mostly it is not necessary to say anything harsh to that person. At the most you can tell the mistakes that they are committing. But that doing in such a soft manner that a person doesn't get any shock out of that.

All this thing of attachments also: Now, somebody has too much attachment, say, for the family, for the wife, for the husband, children or something. And once they come to Sahaj Yog, still they have the same amount of attachment - alright, doesn't matter. But how far they will go with that attachment, how long it will continue, is the point.

You should be detached. If I say, you cannot be. It's a state. It's a state of mind when you are detached. But when it comes to doing something for them, you will go all out to help them. But you are not an attached person. Now what is the description of an attached person? An attached person is always worried about the other person. He goes on thinking about the other person. He cannot think of Sahaja Yoga, only think of the people with whom he is attached. Then he is very sensitive. You can't say anything to his brother, sister or anyone, otherwise he jumps. Attachment is also with the name that he has. Supposing he has achieved a certain name, supposing, or some big position, then what does he do? You can't challenge him [in] any way. You cannot, by any words, you can challenge him because he is so identified with that. He thinks he's a big person who has achieved such a lot of positions in life. He's so much attached that he wants the guru to pay respect to that attachment.

Now, which is the way you can solve that problem? Supposing somebody is very much attached to his wife, say, for example,

then you should not discuss and argue with that person, not at all, because he is still coming up slowly, slowly, up to this stage. Such a person is not absolutely a perfect Sahaja Yogi. So what do you have to do? If he is attached to his wife, let it be. But the Divine will work it out and he will realise that what he has been thinking, doing and taking decisions is all wrong. And once he discovers it himself, then he will get detached. But if you go on telling him anything and trying to argue it out, it will never work out.

So you must understand that, as human beings, whatever we were, also as Sahaja Yogis, we have problems, and these should be slowly, slowly, should be dissolved. Not by argument, not by saying things, but by love and compassion.

If you have love for a person: you will be amazed, ninety-nine percent people value love. This is the third quality of human beings, I should say. First is his inheritance, second is he thinks and thirdly that he values love. Anybody who loves, the another person values that love, because he thinks that, "This particular person is loving me, not my wealth, not my beauty, not my this thing, but he is loving me!" And this idea of love, this is something that will get him completely detached from that person, easily. How? Now, it looks very funny that, if you like somebody, if you love somebody, and then you should get detached. It's only possible in Sahaja Yoga.

In Sahaja Yoga, your state of mind is such that you are absolutely detached and absolutely attached. How? For example, now, say, I have my daughter: So I am detached. I never telephone to her, I am never bothered about her. Because in Sahaja Yoga you know how is that person. If the vibrations are right, why should you telephone? Why should you talk to her? Why should you ask for anything? No need. Only on vibrations, you will know how the person is. And so it will seem that you are absolutely detached. But when you will find the vibrations are showing or are indicating something serious about that person, what you will do [is] you will put full attention to that. Full attention! You put attention, but not attachment. So the attachment doesn't solve the problem. What solves the problem is attention. But when you are not detached, then your attention is [an] attached attention. It's an attention that is not available to everyone and [an] attention that gets stuck, absolutely stuck into that person with whom you are identified. Now try to understand it!

So to be identified with someone is not actually, what we can say, paying attention to that person. And then your attention will work. If you are of that level, whenever you put attention to that particular person who needs your attention, it will work out. But if you are all the time wasting your attention on a person because you are attached to that person, your attention will be tired, it won't work out.

It's a big paradox that if you are attached to someone, then your attention does not work. And if you are not attached to that person, you'll do everything else. Now, you have to give lecture alright I'm giving lecture, then I have to do some cooking [so] I'll do cooking; this, that, that and that. But all the time you are thinking about that person, all the time you want to have connection with that person. It's not necessary. That person is alright. What is there to be so much worried about that person? After all, you have to do Sahaja Yoga, you have to do so many things, you have to raise Kundalini of so many. Now you are getting attached to one person somewhere. It's not a very good thing? By that kind of attachment also, your attention becomes useless, absolutely useless.

So let the attention be free. Attention should not be bound by your attachments. Attention should be absolutely free so [that] it works automatically, automatically. And you will be amazed [that] even if you do not pay attention, the attention will work it out.

It is such a great thing to have that spiritual attention, which is nothing but love. It will just act. You will be amazed how it will acts.

It's another world I am talking about, not this mundane world, but something higher, where your attention works and works so beautifully that you are amazed how it has worked. But you should not bind it by your attachments. If it is bound you can have a very limited sphere [of] only the people to whom you are attached, you are attached to those persons. That's why identification (with others) is not the way a guru should work it out.

Now, there are ten disciples and one guru, and the guru only likes one. He thinks, "He is the best and he should be encouraged and should be given all the possible help." But that's not going to help! What, on the contrary, he should say is, "This is already a good fellow. He has risen very high. He has gone very deep." So pay attention to those who are not so good and talk to them about it that. "You have to come up." In a very sweet manner. You have to talk to these other people who are not yet there or who are still struggling. You have to understand them. You have to notice: What are they doing? Why is it they are not improving or rising in their attention? What is the problem? Why the Divine is not flowing through them? And you will find the reason for this - that people do not have good attention - is because it is focused on someone all the time, and they feel it is their responsibility that it should be focused. It's just to give an explanation. It's just an explanation to say that "You see, naturally, I have to be worried about this and worried about that!" It's just an explanation. But if you really don't fix your attention to one person or ten persons only then your attention looks after the whole world. It receives all the information and also it gives all the information [about] what is to be done to correct the situation.

So one has to rise into that state where you do not get angry, annoyed, upset. No, not at all. What happens to you [is] that you see a situation and in that you are not involved. You see the situation and you are away from it. Then you can solve their problem better. But if you are part and parcel of that problem, then you cannot solve. It's like this, I was telling you, that those who are fighting cannot solve the problem, but a person who is not fighting can solve the problem. So it's a very simple thing to understand that, if you are identified, if you are involved with one person or with one kind of a thing, then you are lost.

So our attention has to be always free and can be applied widely, wherever needed. That is the state one has to reach. If you reach that state of mind...It's not I am saying you can do anything about it, it's just a state of mind. Now, how do we do that? Only through introspection! Through introspection you will understand that you need help to solve your problems. Firstly, the problem is how to face yourself because you are a little bit shy or maybe nervous about it. As the time comes, you will be amazed that this nervousness has no meaning at all. When you try to be deliberate about it, then it won't work out, but if you are sahaj it will work out.

So we come to the second point, apart from the attention, that we should leave everything into the hands of Paramchaitanya. Let the Paramchaitanya solve the problem. "This is the problem. Let Paramchaitanya solve the problem. We are not bothered!" So a detachment comes in. You give the whole thing to Paramchaitanya to solve. So you are not in it, you are away from it. Very, very simple things are there. If you understand that we suffer because everybody feels responsible for us. Everybody thinks they are responsible, they have to do this responsibility for us. Somebody says, this responsibility he has to do. All these things are worrying them and that is the reason, today, [that] we have a very complex society. They are suffering from all kinds of diseases, for which, only thinking is responsible. By this thinking, all the time - thinking about one person, thinking about one problem - you reach nowhere. At that moment, what you have to do is to leave it to the Paramchaitanya. If it goes to the Paramchaitanya, It will manage, It will solve the problem.

Now I will tell you one thing, an experience: this time I was in America and we wanted to have a puja there. So I said, "Alright, let them come for the puja. It's nice if they want to come." Then they told me that, "Mother, we want to bring presents for you, for the puja, so how can we bring the presents?" I said, "It's very simple: you don't bring!" But they wouldn't listen to that. They said, "We'll have to bring, and the customs will trouble us and do this and do that." So there was only one building ahead, another building, where they were having a liquidation sale. I said, "This is something nice! One can have a look at it." So I went in and I found things so cheap, unbelievable! Very, very expensive things for throw-away prices! I was amazed how it is there. So I told them, "I can purchase all these things. I'll pay you. But you bring all these things to Canajoharie." They agreed, "Alright, we'll bring this to Canajoharie." And they brought all the things, all packed nicely and gave it to Sahaja Yogis. We had no problem of Customs or anything. I paid them there.

How things can be improved by understanding what is the most important thing - is to love. But love is truth and truth is love. If you have love for somebody, genuine love, then anything you want to do with that person will be absolutely obvious because it will be truthful. Anything you say to such a person will be absolutely obvious, clear-cut, because it is absolutely truthful.

So when you are dealing with somebody, also, you should be extremely truthful. Of course, you need not say things that will hurt him, but you must use such ways and methods that will not, in any way, hurt the other person [but] which will have an effect on that person.

So this kind of a gurus we need now, very much, in Sahaja Yoga, because Sahaja Yoga has spread a lot. So first of all, our temper has to be brought into proper shape. A guru has no business, I mean the Sahaja Yogi guru, has no business to lose temper, at all, on any point whatsoever. If they can really do that much, it will save our so much of worry, so much of problems, so much of mess we create. All this can be solved very easily, but first we must have pure love in our heart, not love out of some gain or out of some sort of reward, but pure love, if we have, then we can work it out, very easily, anything that you want to do.

This is a very lengthy thing which can go on forever because, after all, the gurus have to know what are their duties and why they are gurus. It's [a] very important, very important position that they are gurus. And they should use that position for exhibiting tremendous understanding of their disciple. And also their purpose should be clear-cut. People should not doubt him, should not think, "Why he is doing such and such things?" It should not be a mystery. It should absolutely be clear-cut.

All these things I am telling you today because today we have completed our ten years of stay in Cabella. Cabella has been extremely kind to me, brought lots of people to Sahaja Yoga, I tell you - very lots of people. It is a very far-fetched place. Everybody discarded it and said, "Where are you going to live?" and all that. But here only it has worked and that should be accepted as a very good indication that Sahaja Yoga does miraculous things - miraculous. But the foremost thing is [that] you must know vibrations. If you don't know about vibrations then you can't do it. For example, when I first came to Cabella, everybody told me, "Mother, [It's a] very lonely place. There are mafias around. Only six, seven houses there. Where are you going? What is this?" They all warned me. So I came here and immediately I told the mayor, "I am going to buy it and tomorrow I'll pay you the money." He was surprised [as to] how can I do that. I said, "Don't worry! It's perfectly alright." On vibrations it was. On vibrations I decided that this is a wonderful place and the vibrations helped me so much [at] that time. Though everybody discouraged me and everybody gave me a very big picture, a horrible one. But still, where is the mafia now? It's gone, finished! Now, to know about the thing, you have to meditate and improve your vision, which should be clear-cut. It should not be something, a vision which is reflecting your particular ideas about particular things but it should be a vision which should be clear-cut to you.

With Sahaja Yoga one has to know the protection of the Goddess is on top of your head! Nothing can go wrong with you, nothing will happen to you, it will all work out. I am sure you will yourself experience it. You see, talking about Sahaja Yoga like this, you just get meditative, you just get meditative, and you feel that one day all of you should become like that - just meditative. And this meditative temperament, or whatever, is the state [which] emits vibrations. It emits and creates a path for you, for your work, for your life, for everything. You don't have to struggle with anyone, you don't have to fight with anyone, you don't have to argue with anyone. Just try to meditate and achieve a state which I am describing to you, where you get completely surrounded by love and affection.

May God bless you all.

There's one thing [which] is important to understand, that you should not go to extremes of everything - which is also a human quality. For example, if they are rational, they go on rationalising everything, "I can't do this, I can't do that," something like that goes on. The second part of it is that they become very emotional and they become so emotional that they start doing wrong things in the name of emotionality. You have to overcome these two things. If you have not overcome that, what's the use? What's the use of calling yourselves Sahaja Yogis? Minimum of minimum, this much you must do.

Going to the extremes must be avoided. Keep a watch upon yourself. If you are going to the extremes, nothing will work out. You might develop cancer, then develop horrible diseases on one side. And on the other side you might become a very rational person and no Sahaja Yoga will enter your head. So you have to keep the balance all the time. And with that balance, like, somebody is a Sahaja Yogi and she has done something very wrong, then you should not become emotionally attached, "Oh,

Mother. What is it? We should forgive her." No. You tell her that, "You must improve your vibrations and must come to balance. And once you are in balance, then I will consider your case. Then I will say it is so or not." But if he has no balance, he goes into rationality, he goes into emotional things. And this emotional business can take you to any nonsensical thing, as it is a psychological case. And one can go into very, very wrong things that they are doing out of this emotional thing. See, like even singing of songs that are neurotic, or anything, you see. All this emotional thing can take you anywhere. So to be emotional is not needed and you must love. And Left one is what you can call another extreme. One side is emotional, another is rational.

In rationality, you can start justifying anything, like Hitler did. He said, "No this was right. What I was doing was right!" He took something into his head and "Now, this is right!" This is rationality.

So both things are to be properly balanced and you should see that, whatever you are doing, are giving you a proper result.

So thank you very much again and again.

May God bless you.

1999-0829, Human beings are at an intermediary stage

View [online](#).

29 August 1999

Human Beings Are At An Intermediary Stage

Public Program

Caffè della Versiliana, Versilia (Italy)

Talk Language: English | Transcript (English) – Draft

Public Program at the "Caffè della Versiliana". Versilia (Italy), 29 August 1999.

Romano Battaglia:Arriva a fine millennio. È l'ultima Versiliana di questo millennio. Prego. (...it arrives to the end of millenium. It's the last Versiliana of this millennium. Please..)

Shri Mataji: I bow to all the seekers of truth. If you are really seeking the truth, this is the best time when, at the end of this millennium, you can really understand what is the truth is.

We have one problem: as we are born, we have the inheritance from the animal kingdom we should say, because we evolved out of animals. So, because of that, we still have many qualities that are coming from our inheritance. Firstly, the desire to get over somebody, to sort of grab things, or aggressiveness, all comes from there.

There are many things we have inherited from them.

But now we have another problem: because we think, and by thinking we justify everything wrong we do. And because of this, we continue with all kinds of aggressiveness and all kinds of tortures of others.

But this is not what we have to achieve being human beings. Now the truth is that we all can evolve out of this. For that we have to become the Spirit. So we are not this body, this mind, these emotions, this intellect, but we are pure Spirits. We must have faith in that. Actually, to overcome these tendencies of human beings, they started religions. But religions also are now money-oriented or they are power-oriented, they are not Spirit-oriented. So the problem remains as it is.

Now, what are we to do, is to just to understand that we are the pure Spirit. And this is a special time, very special time, I call it a blossom time, when there are so many who are really, really seeking the truth. They can't go on with whatever they have. They want to change themselves, transform themselves. They want to change the whole world, the whole transformation – where there will be nothing but peace and Divine Love. So human beings are at an intermediary stage.

But it's not difficult, because your Creator has created within you the power to become the Spirit. For which you don't have to go into any ritualism, or any kind of punishment, nothing of the kind. As you are, whatever you are, only you have to desire to be the Spirit and you become. Because in you resides the power which will make you that. It is your own power. Which is the pure power. Other powers are not pure. Other desires also not pure. Now today you want to have something, you get it, then you want to have something else – that means your desires were not pure. Every time, desires you go on running from one to another. You work very hard to achieve some desire, and then again you have nothing to do with it. This is we have to understand why it is happening, because this is not the pure desire. Now there is a power within us – believe Me – which can be easily awakened. Especially when you are sitting under the sky, under these beautiful trees and on the Mother Earth.

The whole nature helps us. Just look at them how like a witness they are standing, nothing moving. They want to see these miracles in you. And this is going to happen. I don't want to tell you that you feel guilty or you feel bad about yourself, never. After all, if you have done anything wrong, you are a human being. But God has forgiven you. Otherwise you'd not have been here. So please forgive yourself. Do not have any guilt. Is a fashion nowadays, to have a guilt. But actually, when you feel guilty, you catch

on this centre here with which you can get a very serious disease of angina, also spondylitis.

Especially Italians are very emotional people, their hearts are open, but they feel guilty for nothing at all. I mean, if you have such a large heart, you should be very satisfied with yourself. And not to feel guilty. This is a very important thing.

The second point is that we must know how to forgive others, and God has forgiven you. Now, if you don't forgive, what do you do? You do nothing. On the contrary, if you don't forgive, you are just playing with your mind and torturing yourself. So, it is best is that we should forgive ourselves, and we must have respect for ourselves. We have to love ourselves. That doesn't mean self-indulgence by any chance. On the contrary, you must know that you are made a human being for a special purpose. Not to be wasted. This human life is not to be wasted. You have to care for others and you have to care for yourself also. That is a very important point. That first of all we have to become the Spirit, by which we will realise our own value. By becoming the Spirit, what happens is that you get connected to the all-pervading Divine Power.

They have talked about it, they've talked in all the religions about this Divine Power. But nobody has been able to really explain how to reach there. If it is possible to achieve that.

Einstein has talked about it. He says that there's a torsion area beyond our mind. And the ideas come from the torsion area. And when it comes from torsion area, the scientists can work it out, they can find out. They should not live only on the rational plane. They can verify it. They should research it. With an open mind. He himself said that the theory of relativity dawned upon him from the torsion area. Also he said most of the scientists get their ideas from the torsion area. So we have to enter into that torsion area.

For example, when I came here, it was very hot. And then it rained very heavily. Then they were asking Me in the evening, will we have the programme inside or outside. I said: "Outside". So they were thinking it might rain. I said: "It will not, it will not rain at all, take it from Me. But it will be very pleasant." That's what it is! Same thing will happen to you. When your powers will come, you will know everything through the torsion area.

For which you don't have to pay. You don't have to pray also. Don't have to do anything. Because it is within you. It is your own power. Just like this candle here is burned by another candle. In this way, if you are enlightened, if you have the light, you can enlighten thousands of them. That is how Sahaja Yoga has spread. But after enlightenment you have to see that your light is burning alright. Little bit you have to look after it.

It's a long story about the centres that we have, but I need not tell you all that, you will come to know in no time. But you must think about yourself very seriously. Your life is not for frivolous things. You must pay due attention to yourself and respect yourself. If you don't want wars, if you don't want violence, if you want your children to be beautifully peaceful ones, then try that you, after getting realisation here, you come to our follow-up programmes and become permanently an enlightened personality. Then you become peaceful personalities. You emit peace. Whenever you will go, there will be peace. And you are under the protection of the Divine.

Now in Turkey we have about 2,000 sahaja yogis. Not one person is hurt and nobody's house were (crumbled?) down. Actually they were Muslims, some of them fundamentalist Muslims. But when I told them about the truth about Koran, they just became sahaja yogis. They had never read also Koran – just because some people said "you should become fundamentalist" they had become fundamentalists. But this kind of blind faith is of no use. You have to have the experience. Is very important. Don't believe Me also, unless and until you have the experience. We believe into anything, but first of all you must see what others have got. Have they got joy? Have they got peace? Are they loving people? Can they transform others? Without that, you should not jump into anything. It is illusion. It's an ocean of illusion. And we jump into that without thinking about it.

So for this special time I want to warn you all to be careful. I have to tell you this is the Last Judgement. Either you take to truth or to untruth. This is how you are going to be judged. As a Mother, I feel very much heartened to see people who come to seek the truth. And we don't want to be ruined, and we don't want other people to be ruined by our false faiths. You'll be amazed how it

has changed people.

In Italy itself I don't know, we have how many? We have so many people in Italy, they all have become so nice – they don't drink, they don't smoke, they don't take drugs, nothing, they've given up all those habits automatically. They have become very loving, beautiful people who think for the whole world. All of you can become that. And we have to become, the time has come.

So the message is today, is that we should be very much anxious to get our self-realisation and to establish it. Then all problems of country, nationality, this thing, everything get solved. Because we all become collective. We are so collective that a person, supposing something happens to him here, from all over the world people will try to help him. I don't have to tell them, automatically they do it.

And it's such a noble work, that once you get your self-realisation, you just dedicate to it. And then you really, really enjoy the collective joy.

So may God bless you all.

I hope you will understand what I've said and we'll do just now the self-realisation process.

You don't have to pay anything, you don't have to do anything, is just to enjoy your Self which is within you, and to enjoy the people of the whole world.

Thank you very much. (Applause)

Romano Battaglia: Vorrei ricordare che ci sono dei dépliant con gli indirizzi per il Sahaja Yoga, anche qui a Forte dei Marmi, e i numeri telefonici per chi volesse seguire. Poi ci sono anche dei volumi nella nostra libreria dove si può sapere qualcosa di più. Volevo fare una domanda importante. Gli scienziati russi, che cosa hanno pensato? (I would like to remember that there are some leaflets with addresses for Sahaja Yoga, even here in Forte dei Marmi, and the telephone numbers for those who want to attend. Then there are also some books in our book shop where you can learn a bit more. I wanted to make an important question. About Russian scientists, what did they think?)

Shri Mataji: Ah. The Russian scientists, you see, they are very good scientists, and because they were so oppressed by communism, that they went into one place and they established themselves, you see? And the Russians were so oppressed that they went inside themselves much more, they're very deep, deep people. And very sensitive.

You know, their leadership has been always a problem. But the people are so beautiful and so well-educated. Now these scientists who went there, and stayed there, they are the ones who found out, were thinking about spiritual life, about the torsion area. And these two of them, very, very prominent physicists – they were physicists – very prominent people, came to My programme. And they were looking out for this torsion area. And they saw in My photograph lots of light coming and spreading all over from My head. They also felt the cool breeze coming out of their heads. And they were amazed, and they openly declared that I'm the source of cosmic energy.

There are many types of energies, one of them is cosmic, which looks after the five elements, nature. Is the cosmic energy.

But there's another energy which is of love, of God's love. And that energy is what we call it as Ruh in Urdu, or in Persian, Ruh. And also in Sanskrit language it is Paramchaitanya, and in English language, or in the Bible, it is the all-pervading Power of Divine love. So what happens actually is this: that if the scientists see something, and feel something, then they go beyond the rational area. In America also it has worked out in such a way that their medical institution of that America has accepted Sahaja Yoga for curing people. Thus, you see, they want to accept the truth, they don't want to deny it, because they are very clean people. Thus, these Russians are writing a book in Russian language, then it has to be translated also in your language.

Romano Battaglia: Non so se la Grande Madre potrà dare la realizzazione qui, davanti questo pubblico.... (I do not know if the Great Mother can give realization here, in presence of this audience...)

Shri Mataji: I will. I will now, if you want. Those who do not want, should leave the place, because it is only your wanting, your desire, I cannot force on you. That we can call it the actualisation of baptism. Actualisation. Of the baptism. But it is not artificial, it is real, because it comes through our living force of evolution.

All right. So, those who are prepared to have it can have it, but I have to make a very humble request, that you have to take out your shoes – not socks, but shoes. Because this Mother Earth, you know, is so powerful, and She takes away all our problems.

So you must promise that you will continue with it and will become complete enlightened people.

It is very simple. Nothing to be afraid of. Now please put both your hands towards Me like this. Alright. I have already told you that you have to forgive yourself, not to feel guilty. And secondly you have to forgive everyone. That's all. It's not difficult or anything, just you have to say "Mother we forgive everyone".

Alright. Now put both the hands towards Me just like this. Now put the right hand towards Me like this, and with the left hand try to see on top of your head if there's any cool breeze coming. Now bend your heads.

Could be hot breeze also. That is because you have not forgiven yourself nor you have forgiven others. You just bend your head and see.

Now put left hand towards me and put the right hand on top of your head. Again bend your heads. Right hand towards Me, right hand towards Me. Ah. (Aside: "Very well").

Now. (Aside: "Alright, got it now"). You can put up both your hands. And you ask a question, anyone of these three questions, you ask one question in your heart. You ask – you can call Me Shri Mataji or you can call Me Mother – "Mother, is this the cool breeze of the Holy Ghost?" Or else, second question is: "Mother, is this the all-pervading Power of Divine love?". Only one question you have to ask three times. Then you have to ask: "Mother, is this the Paramchaitanya?". Is the Sanskrit word. You can ask anyone of these questions three times, from your heart.

Now. Please put down your hands. Please put down your hands. Now, again put your hands towards Me. And now just don't think, you can do it; don't think, you can do it. Just don't see the silence, the nature is silent and you are also silent within. This is how you go beyond your mind.

Now. All those who have felt cool breeze or hot breeze on their fingertips or on their palms or out of the fontanel bone area, please raise both your hands.

All of you have felt it!

Congratulations. May God bless you.

(I told you, I tell every, they are very much vibrant people).

May God bless you.

Now you have to promise that you will develop yourselves into great yogis, into great enlightened people. And to thank Romano Battaglia for this chance to meet all of you. It is very kind of you.

Romano Battaglia: È il saluto dell'ultimo giorno del Caffè della Versiliana. (This is the goodbye of the last day of the "Caffè della Versiliana".)

Shri Mataji: Ah. May God bless you. May God bless you, Romano, specially.

Now this song you can clap. If this song if you can clap, this will help you. Now this is a Marathi song, which was sung in the 1900 and, I think 16 or so. It was written by a very, very famous poet. And is being sung all over in the villages of Maharashtra. It says that "Oh God, I am prepared to enter into Your Kingdom. So it works out in such a beautiful manner that You make my Spirit shine. Yoga is the union with the Divine. It is not acrobatic thing. Is a real connection.

(The bhajan group sings Jogawa. Then Shri Mataji meets the public and works on the people)

1999-0905, Shri Virata Puja: First of all, you have to rise above your ego

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5 September 1999

First Of All, You Have To Rise Above Your Ego

Virata Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Tonight, we are going to worship Shri Krishna as Virata.

First, it is important to understand the incarnation of Shri Krishna. The word 'Krishna' comes from the word 'Krishi' – 'Krishi' means 'agriculture'. He sowed the seeds of spirituality. And for that, first of all He had to think: "Where are we, as far as spirituality is concerned? How is the land?"

So, what had happened at the time of Shri Rama is that he had created lots of maryadas. And by these maryadas people started mentally thinking about it: "I am not supposed to do that, I am not supposed to do this" – it was just a mental binding; it was not spontaneous, it was not 'sahaj'. As a result, people became extremely serious. They wouldn't talk much, they wouldn't laugh, and they wouldn't enjoy anything. So, Shri Krishna decided that first of all he must remove them from this conditioning. And this conditioning had to be removed in such a manner that they enjoy themselves. Then he found out that there were three suggestions as far as achieving the goal was concerned.

So, first one, as he says, is to become a Realised Soul – Stita Pragnya – to go beyond all temptations, to go beyond all ego, to go beyond all kinds of conditioning, and to become a Stita Pragnya. Stita Pragnya is where he doesn't feel like ordinary people, attracted towards things, but he is absolutely detached. And this detached person doesn't take to any grievances, jealousies, and all these things. That he told. But how to achieve it he never told.

And the second thing he described it that you must work, you have to work. After all, you have got all the human tendencies that is (are) to work. But the fruit of the work you must leave at the Lotus Feet of God – or you can call it the Divine Power.

This was another trick of his, because he realised how human beings were twisted and how they had an ego if you told them something, how they would misinterpret it. So, he took the other way round – tell them something absurd.

Now whatever work you, do your ego is intact and with that ego you can never give it up at the Lotus Feet of the Divine – it was then impossible. So, he made an impossible situation that after some time people would realise that this cannot be done and they would give up this idea of leaving everything at the Lotus Feet of the Divine. This was the one that he prepared the land.

Second thing is that 'Pushpam falam toya' 'Flowers, fruit and water – whatever you offer me, I will take it'. But when you do that, when you do that you must have Ananya bhakti. Ananya means completely single-minded bhakti, when there is not 'the other'. This is only possible after Realisation. Only after Realisation, you can put the fruits of your work at the Lotus Feet of the Divine, and only after Self-realisation you can have Ananya Bhakti, means the Devotion, which is singular.

These absurd conditions he put for human beings, because they were so much complicated.

So many people tell me, "Mother we are doing Ananya bhakti" "How?" "Because we are singing on the street, we are taking the name of God all the time, we are going to Pandaripur in rags and for one month we walk, singing, singing, singing". These kind of absurd ideas about bhakti he never gave.

But it is the way he wanted to neutralise the absurdities of human beings that they thought that this was the bhakti – which it is

not. Ananya Bhakti is only possible when you are a Realised Soul, when you are connected with the Divine. When there is not the other. This is how he tried to make a three-way attack on human beings, on their stupidity. Because he thought if I tell them directly "Do like this, do like that," then they will say "Of course we did it and still we never achieved it."

In India there is a big 'cult', we can call it; people who go to Pandharpur. For one month they walk, in rags, singing the songs, and on the way, they go on eating food at different places. According to them this is Ananya Bhakti. And they achieve nothing. They become very sick and very tired and have a very bad old age. But who can tell them? They are all lost in it.

So, this is a way one could tackle human beings to show their stupidity. And so many people come and ask me, as I told you, that 'How is it that we do so much bhakti of Shri Krishna and we have achieved nothing?'

So, he is the one who prepared the land for sowing. We can say he was the one who was like a very great agriculturist. So, his name was Krishi-Krisht. There are so many things I have told you about him, how his name came as Krishna, then how he was called as Radhawal, who was Radha, who was Krishna and all those things. But when he talked of these things, also he told that you should become Stita Pragnya. That is what they call Gyana Yoga. Gyana means knowledge. So, you should get absolute knowledge. That he didn't say how. That you know what is absolute knowledge, which you can feel on your fingertips in Sahaja Yoga.

Another thing is, his specialty was to create discretion in people. He thought by doing all these things in a stupid manner they might develop discretion to know that this is not the way you can achieve anything. You have to get your Self-realisation. Discretion was very important.

At this juncture when we are facing a sort of challenge of this new millennium – that the whole world is going to be destroyed and all those things that people are talking – it is really very important to know through discretion what is good and what is bad. One may talk of something as very good, something as very bad. But the Divine Discretion is very, very different. Very different, and which acts by itself. Once you are in the realm of Divine Discretion, you cannot commit mistakes. Even if you want to do it.

I give you my example. We went to buy a house, and the fellow was like a beggar, he came and said "We have nothing, we have no food, they have taken away all our things, and we are just absolutely starving". When he said that 'we are starving, we have nothing'. So, I felt pity for him. So, I said, "Alright, increase the price". First, we increased the price and still he was saying, "No, no, give us more". Still we increased the price; I told my husband "You increase the price". Though reluctantly, he increased the price. The third time again we increased the price, and then he said, "No, we'll have something more than that, a little more".

Immediately this discretion worked and I said, "These are hypocrites". I just left them and sat in the car. At the right moment. That was not such a good proposition or anything, but they could see that I am buying it out of my pity, of my compassion, but above the compassion was this discretion that said, "Nothing doing, you'd better get out of it!"

So, this Divine Discretion is a very, very important thing, which we should see how it works and should be satisfied with that. Not to feel bad that you've missed a chance or anything, but you must feel very happy that this thing has happened and that your Divine Discretion has taken on.

So, sometimes it appears that in that Divine Discretion you may do something wrong, or you have done something wrong. But if it is Divine, ultimately it will turn out to be very good. I will give you a very basic example, but that is also very true when you practice Sahaja Yoga: the discretion of Divine Discretion is extremely important to play a very great part in our lives, because this Divine Discretion gives us the real joy of our being, of our self, of Sahaja Yoga.

So, the third point was for him to make people joyous and happy. But with all these maryadas of Shri Rama, he didn't know how to do it. So, to give people joy he said "Alright, let us dance, let us sing, let us play Holi [Indian Festival of dance], all sorts of things" and with that he really originated many things that were really not serious, may look frivolous, but in that there was joy expressed. All that he did, to give them a full idea as for a Sahaja Yogi, or we can say for a Self-Realised soul, what would be the

attitude towards everything. But it is not that you have to do it, but it just works out, it is like that. That in the state of Sahaj you enjoy everything. Enjoyment. And that is what his idea was, to create a sense of joy among people.

Many people, there are lots of critics, have criticised this part of his life, according to them religion means you should become old just at the age of twenty years – you should become an old man of 80 years, something like that. Funny ideas of religious achievement.

But he talked of joy, and he never talked of renunciation. He never talked that you give up your family, you give up your children, you give up everything – never, never. He said, "You must enjoy – enjoy with detachment". But for people it is very difficult to understand how can it be that it is without detachment (attachment?): with attachment you can never enjoy. If you are attached to something, you cannot enjoy anything in a full way.

Like supposing you are attached to your child. Very simple thing, you are attached to your child. If you are attached to your child then you will be bothered about things that should not be there, which will not give joy to the child either. You will not allow your child, say, to go out or to talk to people, whatever it is, all kinds of restrictions you are putting. But if you have really the Divine Discretion then you will know with whom he should talk, where he should go, what he should enjoy, and you will see that he enjoys that. Any attachment with anything doesn't give you the full view of that person, or of that thing. If you are detached then you can see things from, let's say, above, above the thing. If you are detached, you become thoughtlessly aware also.

As I said now see the carpets are there, they are very, very beautiful carpets. Now if they are mine, I will be worried about them, I will be all the time worried because I am attached, that these carpets should not be spoiled, something may go wrong. But if I am not attached, I look at those carpets, and what do I see? The joy! The joy that was put in by the artist who made them. And that joy really tries to reflect in me also. That joy comes in me.

So, to have an attachment to anything, there will be happiness but not joy. Because joy is single and happiness is double – happiness and unhappiness. So, even if I try to enjoy something I will think "Oh still there is this point [possible problem] is there". But joy is all pervading. It has no boundaries, and you just get dissolved in the ocean of joy. That was what was Shri Krishna's idea was, that to cut out these maryadas.

Nowadays we see the maryadas of so many things are really useless.

For example, you have discovered the maryadas of religion; see when they live in maryadas, then what happens they sort of coagulate, or they have all kinds of germination inside like the ponds, absolutely bound and it is not flowing like the river. So, like that you see it becomes a kind of a closed mind with these maryadas. And when you have these maryadas, you start thinking whether I should do it or not, whether I will enjoy it or not. But with these maryadas only you kill the joy.

Now we have other maryadas, say as I told you about the religion. Many people who would love to come to Sahaja Yoga, but because they have maryadas of silly things of their religion, they cannot come. They think this is our religion. Why, they don't understand. Falsehood becomes the maryadas and they don't understand that what is the maryada is actually made by the religion also. You see now in Islam what is happening. It is with maryadas they want to have another country, this thing, that thing. In other Christian religion same thing happened. Also, in Hindu religion all these maryadas are really stagnating them completely and they are getting crushed into it. There is no discretion, because they have said it – they do it. They are so much blindfolded bout it that they cannot see what is right and what is wrong. But after Sahaja Yoga you can laugh at them and you can see them

Then after we have social maryadas. Social maryadas are there, which are sometimes, when abandonment can become very horrid also. Like in the west now, the women think that the less dress they wear, the more beautiful they are. This is a new thing they have started. Now this is absurd, you should see the discretion behind it is very simple, that we have been animals and now we don't want to have any clothes because we were animals. It is an animal heritage, which is why so many women do not want to wear full dresses. It is just animal behaviour.

So, the maryada of good maryadas also – people can give up saying “We don’t want any maryadas, we are free, we can do whatever we like”. But in their freedom what do you achieve? Your animal instinct works in their freedom and you think you are a very free personality.

Then we have maryadas of our country. God has not made different, different countries at all. Neither is it true that there are different countries, but variety is there. Variety of people, variety of places is there. These varieties must be accepted as something very artistic and one should not get ruined and confused with those ideas that we are Americans, we are Indians, we are this and we are that. You are not. Now you can know after Sahaja Yoga that you are all Sahaja Yogis, and you don’t belong to any country as such. The country may belong to you but you don’t belong to the country.

I mean the work today is to understand that if you really want to care for all these countries and all that, then you must do some work, work of Sahaja Yoga, that people get rid of these silly ideas of fighting for territory, for this for that, all over the world it is going on. “We want this land. We want that land.” Land belongs to God, not to human beings, and what is the use of fighting for land, I don’t understand.

But this confusion is there and illusion is there and people work out on this confusion and illusion to such an extent that they ruin their lives, the lives of their children, so many people are lost, so many people are in a lunatic asylum I should say, because they end up in some sort of a refugee camp. They are having a good house, nicely living there, and then you become a refugee. Why? Because they believe that they can have their own land, they can have their own place, and they should live there. This idea I think comes from some stupid leaders who want to have for themselves these lands. And that’s how people fight for land. There’s no need to fight for land, or fight for your country, or fight for this, or fight for that.

But the situation is such that unless and until you fight you cannot get to the Truth. And that’s why, if you remember, that Shri Krishna told Arjuna that “You fight, you have to fight, that’s your work. You have to fight these people because they are the people who do not live with dharma. They are adharmeens. So, you have to fight”. And that is how this fighting was so much justified because after fighting the war, they got back what they deserved. They were deceived and this is what Shri Krishna said, that you should not by any chance become a slave of these people, but you fight with them.

So, fighting also is justified in the Divine Discretion. It is again the Divine Discretion, where you have to fight because you don’t want to be a slave. If you are a slave you are no good. So, for that you can fight. But when people start fighting for separation, for territory, it is not correct. On the contrary, one should never think of separating from the main lands. It creates lots of problems.

But now we believe in the global religion, we believe in the global territory. We don’t have to ask for anything. Anywhere you go you are the citizen of that place. Anybody who wants to go to Russia ever, the whole of the Russians will be with you; you go to America, they will be with you. That’s how, because all these are ideas of human beings, and if the human beings get transformed, there will be no problem of any war, or of any territory to be achieved.

This was the Divine Discretion of Shri Krishna, which is instilled within us, as you know that this is a part and parcel of the Vishuddhi Chakra, where Shri Krishna resides.

But when he rises to your Sahasrara, when he rises to that level, then he becomes Virata. So Virata’s chakra is placed in the head here above the Agnya. And this Virata is the form of Shri Krishna who has risen above the Agnya. When you are risen above the Agnya, you become a part and parcel of Virata’s land, we can say. Because unless and until you are above your ego, you are still involved with yourself, and with wrong ideas of maryadas. But when you rise above that and you become the Virata, the Great, then you are in the land of Virata, and Virata’s powers are tremendous.

As has been seen by Arjuna, the form of Virata. The power of Virata becomes so tremendous that it acts globally. It acts in such a manner that you sit here – and anywhere it can act. I have seen that now. Many a times people say, “Mother, it’s a miracle. My mother was sick and she was not here and I just prayed and she got alright.”

This is all the power of Virata.

The power of Virata is that it can penetrate into the subtle side of human beings in such a manner that we are connected with everything, we are not separate, and every drop is connected with the ocean. We are connected with the whole universe. And when you become citizens, I should say, of Virata, then all the things with which you are connected also get your vibrations, your ideas, your ambitions – everything passes through that. And it works, it works. You have seen how many miracles have taken place in your lives. It is the Virata Shakti that works.

Now for that we have to know how to worship Virata.

First of all, you have to rise above your ego. Very important. Otherwise how can you worship? There is your ego standing in-between, and how can you rise up to the point of Virata? You have to pass through that. Once you are above your ego, you enter into the Kingdom of Virata. There the king is the Virata and you are the subjects who are looked after completely by Virata Shakti, by the power of Virata.

But at that stage you become really a universal personality, in a way. Because whatever are the problems universally, now not necessarily that they should be attached to you or connected to you. Supposing a person is of that level. Now there may be a war in some other country, it can stop. Somebody who is feeling oppressed can win over. Anywhere your compassion moves, it works out. Wherever your attention will go, it will work out. And sometimes you are surprised as to "How it works, Mother, how these things work out, how these coincidences have taken place?"

Only thing is, you have crossed that state of your ego and have gone into the state of Virata. Which is a very important thing to do, is to enter into the area of Virata. Then you don't think this is your country, this belongs to you, that belongs to you – this belonging business finishes off. Then you belong to Virata. And he uses you for his own purpose in the sense that when your whole thinking is different, becomes global thinking, then he acts. And then his powers are manifold.

And Krishna's power is that he uses a conch to call people. I have given conches to all the leaders, so we have to now announce and call people.

But at the level of Virata, you don't have to do all that. At the level of Virata people just see, they will know. Just they will watch you and they will know. Just they will think you are human beings, and you are so sweet, so good, just like gems shining all the time, so they will be impressed. This comes through the Virata's blessings.

When you become that, then you forget about other things like you have big positions or anything, or you come from a very rich family and all that. All these nonsensical things which are actually not true. And all these things on which you want to exist, are no more. People like to show off their wealth, some people like to be very sort of demonstrative of what they think they are. But in the case of a person who rises above his ego and is a part and parcel of that Virata Shakti, enters into the kingdom of Virata, he knows he is very small. He is very small compared to that, and he just dissolves into that Shakti.

And this should happen to us, that we should humble down, we should humble down and know that our powers, whatever we have, if they give us ego, we should get rid of it. We should not have that ego. We should get rid of it and we should actually achieve that state where you can be called as citizens of the Virata's Power.

May God bless you all

Now, when you are entering into the kingdom of Virata, you have to be like children. You are children there. As children you enter. As Christ has said: "When you enter into the Kingdom of God, you have to be like children." And that is what you have to be today, all of you, to be innocent like children. You have to be innocent like children.

H.H. Shri Matji Nirmala Devi

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Interview

Milan (Italy)

Talk Language: English | Transcript (English) – Draft

Interview in Milan 18th September 1999

SHRI MATAJI: Have you talked to them about Sahaj Yoga?

GUIDO: She's a yogini journalist, she's been introducing.....

S.M.: Alright

G.: Also she has a miraculous healing in.....she was in Vashi

S.M.: Good, very good.....so....you'll be asked questions of....should we do this because.....

G: also two doctors in the hall, they are just coming up if you.....

S.M.: alright

JOURNALIST (INTRODUCING): She's the director of a very important review of natural health, she is the director

G.: she is the director of a magazine which is treating health and nature.

J.: Riza Psicosomatica, well known

G.: It's a very well known magazine, there were also articles before about Sahaja Yoga

J.: She is of Marie Claire, a magazine of Mondadori, the best in feminine magazine

S.M.: ah.....this gentleman there? There are all Sahaj yogis?

G.: yes, there are all Sahaj yogis

J.: he is not a Sahaja yogi, public relation with journalists and magazines, public relation man with many journalists

G.: public Relation man

S.M.: This lady?

J.: the wife

S.M.: who's behind?

A.: Sahaja yogis, all Sahaja yogis

S.M.:alright, so have you talked to them about Sahaja Yoga?

G.: She spoke

J.: yes, they know the name of Sahaja Yoga, they know.....do you want to ask to Shri Mataji.....

S.M.: ask it in Italian and he'll translate for me

G.: She's asking whether they can record.....they're asking whether they can record

S.M.: All this

G.: she's asking whether, even by mistake, Sahaja Yoga can be used in a bad way, in the sense, in the negative way?

S.M.: Can not, it can not, because the principle is that you have to raise this residual power of Kundalini, that is the principle. Now Sahaja means "spontaneous" and Yoga means "the union with the Divine", so when you are connected to the Divine you can't do wrong. But we have people who have failed in Sahaja Yoga, because basically they were, I should say not good persons, low level, very low level.....some, some.....and one was a criminal.....we found about him, you see.....we could give them realization, of course straight but he could not stay. They wanted to cheat people, all kind of nonsensical things. Then they go against Sahaja Yoga, very few.

G.: She's saying in a wrong person can be a sort of a power which can go against

J: like magic

S.M.: they can't get power you see. Supposing this electricity has some fault, the electricity cannot pass. They may firstly say:"They are Sahaja Yogis", but they are not.

G.: Would like to explain more about Sahaja Yoga, what are the aims.....

S.M.: this is for our evolution, the last step of our evolution, last.....now we have become human beings, alright, but still we have many things of the animal in inheritance and we have not got connected to this All Pervading Power which is subtle, these two problems. The third problem with the human beings is this that sometimes they profess untruth. So to find the truth, the reality, what you have to become is union with the Divine Ghost and then you become the Spirit. You are no more the body, the emotions, the intellect, but you are the Spirit, pure Spirit.

As a result, whatever are clinging to us because of inheritance maybe or whatever you are quite a little more thinking, drops out. So this is the last, we should say, last breakthrough of our evolution, last breakthrough.

For this there is a power within us, in the triangular bone, already placed, is there in this state. This one has to bewe should say....has to be awakened.

As one candle which is enlightened can only enlighten another light. In the same way once you are enlightened you can also enlighten another one. So is it....this is for the real resurrection of human beings because complete transformation takes place.

Firstly you become very creative, secondly you become a satisfied person, thirdly you may develop a very good music maybe....or anything with the throat once goes out in a way that you can sing very well, you can talk very well, also the voice improves. then your thinking process, which is very strong, whatever you see, you react. You see according to the past or the future

conditionings you react. What she says.....

G.: She's saying this Kundalini awakening can happen only through this.....through some ignit.... or through an expansion of the awareness?

S.M.: an expansion of awareness?....no no no...it is as I told you one enlightened light can enlighten another light, in the same way if you are enlightened you can raise our kundalini. That's why I'm coming to you now, that your awareness become collective consciousness, become collective, you can feel another person on your fingertips, you can feel it on your fingertips, the centres, centres are there within, you can feel on your fingertips but when you come to this point, then you become thoughtlessly aware.

Now as I told you with reactions, one thought like this from the past maybe from the future, another thought like this and falls. And in between these thoughts there is a little space which is the present. When you cross this point then you become thoughtlessly aware means you come in the present. Then you become just a witness, you don't react.

Like see, this is a beautiful carpet: if I start thinking about it and take from where they got it, how much money they had paid, how much I'll have to pay. Or else if it is mine I will be worried about why to insure it or not. But I watch it, just witness it without thinking and then what happens I become thoughtless. And all the joy that is put into this by the artists is re-joy. That's how you enjoy, that's how you enjoy.

This is the last point I would start the actualization of the baptism: when it opens out you get connected to this all pervading power of Divine Love. Then you become like a drop in the ocean, and you become very peaceful, you become absolutely peaceful. All the violence, all the jealousies and all the vengeance, everything drops out.

That's only the part of it but also these centres that are within you are responsible for physical, mental and emotional being. So many people who are seekers can get cured. So many people who are mentally handicapped can get cured, like lunatics, schizophrenics

G.: she's saying what about the karmic illness?

S.M.: Karma.....now when you become one with that Divine power all your karmas get dissolved, completely finished, there's no more left karmas. Because you are not that person what you were with karma. With the karmas I want to explain that you get a personality that is more either bent towards spirituality or towards violence or anything, do clear karmas, temperament but not any sufferings because you know Christ suffered so much, do you think he would have done by karmas?

So the theory that because you have done bad karmas so you suffer it's not correct. This theory was established by Shri Krishna especially karma theory but Krishna was a very clever man and he knew that all human beings have something up in their heads. So in his Gita very trickily he has put: like in the Karma, Karma Yoga he said that whatever work you do you put at the lotus feet of God, the pahlu, means the fruit of it. That's an impossible situation: because when you do something you know you have done it, so you cannot put the fruit onto some. So he wanted human beings to try this but it doesn't work. Second thing he's told about our bhakti, devotion. That you give me fruits, you give me flowers, you give me water, I'll take but here used very symbolic word: you should do this with Ananya bhakti, when there is no the other means you become one with Me. So whatever worship you do also, it should be after you are connected with the Divine. So this karma theory should be understood properly. Otherwise people go into guilt for nothing at all: with that you catch all this centre here or this centre here and you might get spondylitis or you might get even angina. We have already a hospital in India where many people go from all over the world and for outdoor patients we don't charge anything and for indoor patient we charge 3 compare.....300 rupees are.... 3 dollars, 3 pounds....about 3 dollars for indoor. But if they take a private room and all that, there is more. Because as it is we don't give any medicines or anything, just by giving you balance it works out. When you are in imbalance then you get diseases either physical or mental.

G.: She wants to have your definition about health and illness first of all and then the role of Nature in curing certain diseases?

S.M.: so what does she want to know.....

G.: your idea about health and illness

S.M.: I told you when you go into imbalances on the mental side or on the physical side then you get illness. If it could be corrected, then you are away.

G.: and what is the role of Nature.....

S.M.: Nature always try to help you but sometimes we go against the Nature, is very sympathetic, is very calm

G.: she says that human beings have forgotten the Nature, actually they go against the Nature. But in Sahaja Yoga we come to know again all the five elements and the Nature itself

S.M.: Nature understands us once you are one with the Divine because Divine is looking after the Nature. So whatever are your requirements, Nature gives. We don't respect the Nature, that's our problem. Say in India when we get up first we say salute to the Mother Earth because we are going to touch her with our feet to begin with.

G.: She says.....

S.M.: Who's coming.....who is there?

G.: maybe some doctors have come.....if somebody doesn't have the luck to meet Sahaja Yoga what will have? I mean is it possible that the Kundalini can rise by itself?

S.M.: no, I'm sorry. No, I mean somebody who is a realized soul, any realized soul may try to raise the Kundalini but so far I've not met anyone who is a non Sahaja yogi could raise the Kundalini. But I have travelled in every country, every country I've travelled it was all announced and told to people. But they are not so receptive as the Italians are I should say.

G.: she's asking who raised Your Kundalini?

S.M.: I was born

G.: She's asking who are You?

S.M.: that you have to discover.....you see once you know yourself you'll know Me also....you have to know yourself first.....what she said

G.: she said you don't want answer, you don't answer

S.M.: she's very innocent.....she has not asked me any question

G: she is full of emotion

S.M.: this lady could bring woman's baptism, the land of woman also

G.: she says it's very difficult to combine the life of a family, the family life with the spiritual life?

S.M.: not at all, it's much easier....see now I'm a grandmother, great grandmother, I've daughters, they have children, and they

have children....now my husband is here sir CP, come along, you tell how sort of family life..... she wants to record

G.: she says in family life it would be much easier if all the members are Sahaja Yogis?

S.M.: in my family I'm the only one...let's see Peter

Sir C.P.: I stand up to speak?

G.: you seat here Sir if you like

Sir CP.: She was born what She is but it took some time even for Her to know what She is but was inside Her. Once it happened to Her, She knew but for some time she was a family wife. But in 1970 She decided to enter the world and begin this new movement. From the moment we got married I found how to be a different person, you know, not the normal human being. For example I was and I'm still fond of good food but she would eat anything whether was not so good or so good or whether have some salt in it or didn't have. She wouldn't question, she was different. In our family we have two daughters to begin with small but we had number of relations whose children would come to our house to live with us and She would give them the same love as She gave to our own children, no difference. Because for Her all the children of the world are the same including our children, no difference. But I tell you the story which changed me 'cause I'm a bureaucrat, I'm a diplomat, I'm a trained service servant so I want to understand from my...everything. So one day I had an experience that changed me: I got the job, I got elected as secretary-general of the United Nations Maritime Organization in London so I'm going someday to London and we took up a house. And one day if you are living the two of us in the house, one evening when I returned home from office, I found a young man, quite young man sitting in my rainproof on a sofa and reading a newspaper and I didn't know how he had come because we had no plan, wearing my clothes. And I thought I was seen something wrong, so I went out and I went to Her I'm seeing something wrong with me and she said no no no. Then She told me he was sick, he was a sick boy with a cancer. She had gone to London Piccadilly Circus, there she saw a young man just lying uncareful, so she went up to him out of compassion, as I told you she has a lot of compassion for everyone and ask him: "What's the matter? Why are you lying here?". she didn't know who he was but he said: "I'm sorry I have nobody to look after me, I'm very ill". So She said: "Alright, come with me in my car, I'll take you home". So he came to the house in no clothes, he had to be given a bath and he had to change his clothes so he had to get my clothes, no other clothes with him. I was very happy, I welcomed that because it was a very compassionate act of Hers. And then I saw the influence of Her Divine Love she talks about, her love creating a new person out of that work. He stayed with us for about two or three months but he blossomed into a beautiful, healthy young man. He was suffering from jaundice probably and other diseases (S.M.: Cancer) probably but he got cured. He became a healthy young man and he went back to his parents in Australia. Now can you imagine the happiness of his father and mother that lost his son, he goes back transformed by Her, that changed me also. Saying the nice things many drug people, people who take drugs changing overnight, they give up drugs overnight not because they have to do something, they don't have anymore the need for drug. Suddenly they are changed by raising the Kundalini inside, the power, they don't want drugs, they don't want alcohol, they don't want immoralism.

S.M.: they don't smoke

Sir C.P.: they don't smoke. Why? Because she doesn't say "Don't smoke!", she doesn't say "Don't smoke!". They themselves don't need drugs, don't need smoke, don't need alcohol, that is the kind of transformation which takes place.

The most important need as I see of the world to come, on the Shri Mataji's world (?), is good human beings, people who will all want to live together regardless of religion, regardless of race, regardless of country, one man one earth one environment. We have to create a new human being and She is creating those new human beings like Mr. Guido.

G.: how much can the faith help us in this process and how much the doubt can be an obstacle for our growth

S.M.: Faith in what?

G.: the faith in Sahaja Yoga.....how much it can be a more help and how much the skepticism can be an obstacle for our growth?

S.M.: You see, once you get the experience, what I'm saying, once you get the experience, the actualization, then if you are honest you can be now, if you are dishonest it's alright. In that experience you can feel on your fingertips this All Pervading Power of Love. And then there are these five six and seven centers on the left side and five six and seven centres on the right side. Now on your fingertips you can feel your own centres and then you know what's wrong with you. That means the Self knowledge. Another thing is if you want to know what is right and what is wrong. Supposing some man is there and says: "I'm very spiritual" and doubt, you put both your hands towards that person and you will feel on your fingers heat, very tingling sometimes I get blister also for a while or sometimes nothing and sometimes also vibrations. Also if you want to decide whether this is right or wrong you put your hands like this and if it is right you'll get vibrations ,if it is wrong nothing. So you see it is giving you absolute, absolute truth, absolute knowledge.

G.: when we start thinking about then we create an obstruction?

S.M.: alright, maybe but you see you have to go beyond thought as Einstein said that you have to go to torsion area, beyond thought.

G.: how much the fear can damage us?

S.M.: Fear can damaged a lot but it can be cured completely....it comes by the centre heart, so once it is settled in, once it is properly nourished then you don't have any fear

G.: How do you nourish the centre?

S.M: you see, there are so many ways in Sahaja Yoga by which you can nourish your centre, you see and can get corrected by a Sahaja Yogi, he can do it or you come before the photograph also can work it out because the photograph has got vibrations.

G.: she's asking whether you are considering yourself a Sahaja Yogi? (to Mr. C.P.)

Sir CP.: I'm an apprentice Sahaja Yogi not as good as he is. I'm trying to be. I want to say something: you have to have faith in yourself (S.M.: and also time). If you believe there is an All Pervading Power, if there is an All Pervading Power and you believe in yourself then She puts you in touch with that. And once you are in touch with that Power you are part of the Power. And then one changes

S.M.: and we get the help of course. I think their responsibility is very great, they should realize it

Sir C.P.: for the guru of the all world

G.: she says it's very difficult to communicate through words

S.M.: you should write it down you should get the experience, write it down clearly that we have the experience. You should have courage to say that, you'll clear away nobler(?).

G.: do you think this is the only way to meet you up or there are other way?

S.M: As far as I know this is the only way, this is all created by God Himself. I'll tell you a simple thing: this is connected with the mains, if it is not, it won't give the light.

G.: she says Love is not enough?

S.M.: Love? No your love has to be Divine Love....that doesn't expect anything, it just flows and it works

G.: and she says this is enough without raising the Kundalini?

S.M.: no you can't because your love will be limited, you might be loving your husband maybe your children maybe..... limited but here you become like an ocean

G.: she is trying to understand because she saw in Bhagavad Gita that sometimes this selfless love is enough to give this connection to God?

S.M.: that same thing Krishna's tricks, it is Krishna's tricks you see because he knew that human beings are not easy to understand, so he has said all these things but is a trick. In the beginning only he has said about Stitha Pragnya, this is a realized soul or a Sahaja Yogi, he described and after that he doesn't say how. So he calls it as Gyana yoga, the yoga of knowledge.....so he says that you should get absolute knowledge and when you get the absolute knowledge what happens to you he describes. But he doesn't say about kundalini. It was 6000 years back, so you see if human being were not at that era aware, he didn't say anything. Also In 1902 (XII century) Gyana Devaki was the first man ,who wrote about it, taking the permission of his guru, he wrote a commentary on Gita and in the sixth chapter he described that with the Kundalini awakening you can become Stitha Pragnya or a realized soul. In those days the system was that one guru used to give to one disciple. This was the Param-param, means tradition, one person. Then Gyana Deva took permission just to write it. But in the XVI century there were many of them: Guru Nanaka was there, Kabir , all these, and also in Maharastra so saints came in and they talked about Kundalini.

Sir C.P.: even about bhakti, he said complete bhakti, complete union which means the same thing She is saying how to bring at about, complete union is bhakti , total merging that is possible.....

S.M.: because supposing you do bhakti you are not connected, how God is going to be save you?

Sir C.P.: this is the process: kundalini helps you to become one with God, this is a process.

S.M.: and without that connection if you do bhakti is fruitless....this is the reason why all religions have failed. 'cause they became very power oriented, money oriented but never spiritually oriented. That's why they are fighting among themselves widely

G.: there is a reason why God didn't reveal before all this ?

S.M.: you have to mature and these are special times of Last Judgement.

G.: if you can tell something about this period where we are living

S.M.: it's very precious

G.: she says it's a period of changing

S.M.: of course, this the period of truth also of great turmoil and of transformation, we should say this the blossom time, means many flowers are going to become fruits.

G.: she says you are travelling so much: there is a particular receptivity now for Sahaja Yoga and in which countries?

S.M: in which country? I can't say I would say in Europe, Italy and Austria because Italians have open heart. Same with Austrians

because they are farmers and they are down to earth. Especially Russians, multi, multi there. The reason is they were so much oppressed by communism that they went inside very deep, they are very deep, very very deep. And they have taken to Sahaja Yoga just like a fish takes to water. Thousands and thousands, very sensitive, very sensitive, absolutely I mean remarkable. Of course in India everybody knows that you have to get your Self Realization. Now I should say in India we have many more people, but Russia has also.....

G.: but you are feeling that at this particular time there is more....people are more open everywhere

S.M: of course, of course, thanks to (?) also.....horrifying news coming everytime, so many earthquakes, accidents

G.: she saying, she's mentioning Kali Yuga

S.M: She read a lot I think, it is, the worst kali yuga, kali yuga is that time, this is the worst time of kali yuga. The kali is the one who when it rains he pulls people into delusion (Sapram), confusion and in that confusion many get lost. Once Kali was called by Nala who were separated him from Damayanti, his wife. So Nala said "I'm going to kill you now" and cut hold(?) of him. So he said, Kali said:"Alright. Listen to my importance and then you can kill me". So he says that when I will rain, then many people will go into delusion and into mental problems but there will be many who will get their self realization specially those who are searching God and divinity on the dales and dales becoming sanyasis. He said "they will be householders not sanyasi, they will be householders and they will get their realization in my kali yuga. And because of delusion they will seek and seek the truth. There were never so many seekers before, there's the blessing of kali yuga in a way.

G.: if the doctors have some questions they can stay also

S.M.: this doctor is a Sahaja Yogi and this doctor can ask me, that I know

G.: if you can briefly explain the relationship between Sahaja Yoga and medicine?

S.M.: Medicine? Wow. It's a long subject....I'll tell you, listen, all physical ailments come to us through imbalances. As you know we have autonomous nervous system, and we have left and right side of sympathetic and central one's parasympathetic. Supposing you want to increase the beat of your heart in run you can increase, it's sympathetic but would you stay sit and bring to the normal, it's parasympathetic. But doctors know very little about parasympathetic and they cannot control it also. Now like this we have left and right vertebrae joint together to form centre in between. So whenever you exhaust the energy of the centre, you catch it. For example if you are very right-sided, you think for the future, all this thinking about money and progress and all kind, you become right-sided. So this overactivity can give you many diseases. he say give me at(?) a doctor who started working too hard also in the afternoon he used to work and this and that, not took any meditative district. So he got paraplegia, his right leg and right arm became absolutely I should say soon....paralysed. he couldn't walk but I have told him that now he has some age so he should rest in the day time but he didn't listen to me and continuously was working. And without telling me he was travelling all over. So then I told him what it is Sahaja Yoga treatment that put your right foot in the water and right hand towards the photograph. And also your put left hand up like that, so the vibrations will come from here and soothe this right side. so also he has bad liver on the right side so here other complications can develop so I told him take liver treatment as in sahaja yoga, there's a liver diet which you have to take. If you take the liver diet then the right side reduces means you take more vegetables and cooling things. If this heat treat this side, you get paralysis on the right side. So you have to put ice on liver and ice here and for liver sugar is very important, that is medicine. That's how now he's alright and he's walking about. That is how you can even cure paralysis on the right side. Now for example think of cancer which is a very big problem. Cancer can be cured with Sahaja Yoga: we have cured all kinds of cancer. But doctors don't believe and I tell them that our left side is all our past, but past from the....since all the creation was created. Cancer can come on any one of the centres, cannot say where it truly come but more that you use centre, it works. Say for example sore (throat) cancer, if you shout, if you use your throat too much you catch here. So what happens like this in the centre here like this do vertebrae with it, at the vishuddhi, now suddenly you are shouting, you are doing everything like that you see the energy get lost on the right side. And something suddenly happens to use some sort of a shock, maybe some sort of movement to the left side, emotional side, it breaks. When it breaks, what happens this become

solid(?) soon. It grows on its own, means malignancy. Same thing happen with the nabhi, with the stomach, nabhi, where these chakras are, they are working too hard with your nabhi, running after money, thinking about this, the liver goes out of work and maybe suddenly something can happen in your family or anyway in the emotional and it breaks. But now the main problem is liver. First you eat food which is not good for the liver, Indians also. Now this liver has a function to eliminate all the poison away in the blood, it is heat, heat of the body. But when liver goes out of order this heat starts rising up and there is a chakra on the right side here, we call it right heart, so the heat goes there and the person suffers from asthma. And also there is this left movement is there plus this heat. Now there is some young boy, say 25 or less than that, he's playing tennis and drinks and his liver is out. At that young age he gets a massive attack, massive which is mostly fatal. So now this heat can go to the heart and it can also pass to the left side and you can get diabetes. If it moves downward on the spleen it acts and one can get blood cancer. Alright? Blood cancer, you call it blood cancer? Alright, then leukemia, then if it passes onto intestines you can get intestinal troubles of all kinds: misery, constipation, biles. So with one liver so many problems are there. According to Sahaja Yoga the second centre of Swadishthana works for creating energy also for the brain, for the cells of the energy, for the grey cells, we never think or we think so much and how the energy comes. So firstly when all the organs are affected maybe that this job of sending energy to the brain cells might not work, when the liver is out. And all that she can accumulate on the left hand side because they cross like that. So you can get the paralysis of the right hand side. With this doctor Seth it happened but it has not reached that serious state of paralysis but paralysed, they call paraplegia. So what you have to use is ice here, ice here and you have to take a kind of a food that will not give you heat, you can take to vegetarian food, not for everyone but only for people who have liver. So by one centre being put into trouble how many diseases come, with one centre. But if you cool down, cool down your liver it immediately helps. I'm sorry to say that in allopathy there is no medicine to cool down the liver but in ayurveda there is and with that there are many medicines. I'm also going to start some ayurveda medicines because I know so many.....

G.: what is your idea, your opinion about meat?

S.M.: meat, they can eat in case they have no liver trouble, they should eat meat, there's no problem. But if you have liver, and avoid fish. Fish has potassium, it's a dangerous thing. What a sort of.....I'll have some water, thank you. Anyone afraid can ask me a question?

G.: she wanted to know something about you, about your staying in Gandhi's Ashram

S.M.: yes, you know we were 11 brothers and sisters and my father, he took us to Gandhaji, so he said "I've got", he said "you've got a complete team with you", he said "you can take anyone you like". He just pick me up, I was only seven years. And because of my cheek bones very high he used to call me "Nepali", he was very very kind to me and also with children, very kind. He was also a realized soul but very strict with others. He used to give full whiz(?) except for me nobody could tell relish in the ashram. The food was hard boiled and Indians don't like that kind you know but I used to eat. We used to get up at 4 o'clock in the morning, take our baths and go for the prayers. And there were snakes on the way and sometimes in the pair they would come in front of human just moving like that. But we could not complain to him. But with others he was very very strict because he said: "we have to have our freedom, for that we need discipline". And he used to say: "I'm very disciplined" so I said: "I'm like that" but everybody can't be like that. But he was also very meticulous, very meticulous. He had seven stones for going to the bathroom because we have bathroom outside so we walk on the mud, he had put seven stones. And then one day they put one more and he used to count while going count, while back. And then increase one, so he got very angry," why did you increase, seven are alright because of seven chakras". Like that he was a very very intelligent man and extremely honest, extremely honest. I remember so many octigens(?) : once there was, the meeting was there and that time it took some time so he said to all "alright, we have lunch here". and his wife had gone out and she had given the key of the store, so he went and opened the store. And according to the number of people 1600 charka we call it of a sieve was that much is to be taken out, to measure for all of them. So people said so " Sir we didn't know you'll have to do so much work we could never have lunch here". So he said "what? This is the blood of my country". He was extremely kind to Me I should say. For his bhajanaudi(?) to see the right potential, he asked me according to chakras you tell me what first, then second, then third and that's what yet. And he made them all vegetarians so I said "why do you force them like this?" he said "they are all liver patients". Another thing was that whenever he was unhappy or angry or anything he would not take anything to eat, that was the best way, very childish, so I had.....they would ask me to take the glass of orange juice for him, from me he would take. So according about Sahaja Yoga he said that it has to be done but after

the independence. Because just now we are a slave country. So you just wait. At that time i was very young also. What sort memories of Mahatma Gandhi.....what she said?

G.: How he accepted you?

S.M.: he was a realized soul, that's it

G.: she says when, how did you realize your inner power?

S.M.: I was born like that.....how do we realize we are human beings?

G.: how did you realize you were different from other people?

S.M.: because, you see, if you are a human being you know you are not animals, but I never show I was different but on the whole I was a peaceful person and forebearing way, forebearing apart for others, very compassionate comparing to them and extremely generous. And I has to be for the poor, so this is they thought I was different. I never used to get angry, never used to shout or anything.

G.: you were not worried about this diversity?

S.M.: I don't know what is worry

Sir C.P.: I'm so worried about that.....she would never worry about anything, give it to me

S.M.: I have no fear, no worry

Sir C.P.: so she was so different, that's how you know someone different. I told you about our house, in my office, everywhere so was different from the rest, that's how people get to recognize it. She is someone different from others. She can not count money, i'm not an expert myself anyway, she is much worse than me, she can't count the money, she doesn't know banking

S.M.: I don't know how to write a cheque. Banking for me would be really lost

Sir C.P: I'm not a very expert but still I can manage. But I want to say something you do ask why this time is so different. If you see kali yuga, if you see the world today, atomic powers in many countries, atomic

S.M.: so many

Sir C.P. : we have environment

S.M.: all kinds of problems

Sir C.P. be spoiled everywhere, all over, we have extra beating in the world, the world moving towards disaster. Unless human being reckon now and better you can better human being, start living better, start consuming less of this earth, the world will go to a disaster. So as Krishna said "When time comes I will appear from time to time". She has appeared now at the right time to tell people still time for you to think change yourself, become better human beings, come together

S.M.: and love, love each and everyone, without any expectations

Sir C.P. people are quarrelling, hindu, muslims, Christian, they are all children of one God. Why fight? What for? People are fighting in the name of one God. After the magnes(?) she says there one divine power they are all children of the same God,

please come together. That's the her message

J.: do you think it's possible all this?

Sir C.P: it's happening, it's happening, you see here, you see the Sahaja Yogis of the world you will find they are really different people from the rest. To me

S.M: yes they are

Sir C.P.: I call them angels, because human beings have been transformed, living in a very different way.

S.M. they are the best people, sahaja yogi, the way they love each other, they care for each other, all over the world

Sir C.P. it's one human family now. If you go from here to America or Australia, they meet each other and they are all brothers and sisters. It's not unnatural, it's natural, it's true, genuine. And look at his face, it's a different face, you know

S.M.: he is one of the first Sahaja Yogis

Sir C.P.: I find they are very different, I'm not yet there, that's why I said I'm an apprentice, I'm trying. But they are truly good transformed people and they are the future of mankind. I firstly think the most marvellous work not because she is my wife because I think the world needs a person to transform it and the time is now: if people take up really and they learn to live together, the world can change. if it doesn't change. (S.M. I'm already 77, how long I have to be at work) could you believe it? what do you see her age? she is 77. does she look 77?

S.M. but how long I don't know I have to work now.....

Sir C.P. many many work

G.: how can your skin is so beautiful?

Sir C.P.: Sahaj, approaching the source of Sahaja Yoga. (S.M.: skin?) and I'm 80 and I'm still alive

S.M: always you will have good skins if you take to Sahaj, yea it's true, isn't it?

Voce esterna: we have to go to program

S.M.: any other questions? the doctors do you have any question?

G.: if you can say something about acupuncture?

S.M.: acupuncture is this way that they put your problem on one centre so they take the energy of the other centre and you develop the other problem. so acupuncture was done before by Zen system of people and they were all realized souls so there was no sort question of imbalance, unless and until you are realized you should do that. So you will wide develop some other problem. So best thing is to get the mounting (?) through kundalini so you don't develop any problems like that. All these letters I tell you even they have Hatha Yoga , they have other yoga and all that is so artificial because they don't know where is the problem. Unless and until you are realized you won't know. It's very dangerous for anyone to do all the asanas, very dangerous. We took and recommend some, one or two asanas to someone who is in very bad shape but normally is not necessary. This is the problem is that so many books have been written, I've seen people have written books also against Kundalini. So all these methods without realization are very dangerous. The Zen system I believe in that, but you are not Zens you see, you are more than Zens. Because they have to use some rituals to make you thoughtless. Like they'll have a big piece covered with stones,

with all the lines and some stones here and some stones there. Now you have to sit there and watch there. the idea was that you should not react, you should not say anything just watch, because somebody can said these are like shapes, can say something, nothing to be said, just watch. but it didn't work. and to the realized soul this has to call "kalchapa" and the head of the Zen system came and he got six or they call me. So I told him "you are not a realized soul how could you head of the Zen?". He said "I'm not the kalchapa". and till the 6th century we had kalchapas, after that we had nothing. the Sufis were realized souls, Sufis were realized souls. and we have had many saints who were realized souls. you can make out on your fingertips if somebody is a saint or not. Now they say Christ was the son of God: was he or not, ask Him. He was. call and feel, just feel it, you put together, your feet, you should take out the shoes, just put your hands, just put your hands. Be comfortable, now see like this little low. now see if you are getting any cool breeze or hot breeze. please Don't close your eyes. Got it, are you feeling? now put your hand here, there might be hot coming out of you, maybe, I don't know. let's try on top, on top, here. now there is, cool or hot?

G.: hot

S.M.: oh dear, let the heat go out, yes. alright now you put another hand like this and see with your left hand, put your right hand like this, it's alright, it's alright, you have got already. now see, now better? keep your eyes open. now cooler? see hot, alright I'll do balance again. are you alright? now better, no here in the fontanel bone area which was so cool, there

G.: she feels hot

S.M: the other way round, the other way round, she has felt it? are you feeling?

G.: what is the meaning of the heat? one....

S.M.: Heat means that you are right-sided, you think too much, to work very hard, all this that, heat has to go out, alright, has to cool, that's the sign, futuristic, she is alright now, better. This gentleman has got. Walter you see this gentleman has got, your neighbour. from the very beginning she was very receptive, she's got. what about you madam? not yet. feel hot. don't think, don't think

G.: she is thinking too much

S.M.: don't think too much, futuristic, plan the future, it's alright...now? cooler? you see him, she cools down. got it, yes. to see it, what about you? you got it? what about the doctors? he's alright? there was one doctor here, he's gone out? right side, put him left to the right, put left high, put right down. she has the same problem, she has the same problem, put left to the right. now raise, raise, entangled. done. there is cool. you are alright, you all are alright. you are alright also, little heat will go, alright. where has the other doctor gone?

S.Y.: he has to go Mother, he has the small children.

S.M: thank you

Sir C.P: Thank you

S.M.: now you have to write about this, the fact, the truth, alright? so others can.....that is the best use of Vidya, we have to save also the young people. I'm trying to have a for drug addiction if the government gives the permission, we are trying for drug addiction. that is another courses. I got the place but your government has to give me permission. I beg pardon? yes. I hope they will. because we won't charge them much, just for their food and stay, because they must be corrected now once this drug is a horrible thing, thank you very much.

1999-0924, Evening Program: Don't criticise others, Eve of Shri Ganesha Puja

View [online](#).

24 September 1999

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Evening program before Shri Ganesha Puja, first part, Cabella Ligure Italy, September, 24, 1999

[After performance, on video at 2:51:29]

It was really very interesting to go through various programmes coming from different countries. I Myself was overwhelmed that Sahaja Yoga is spreading to all these countries where they have created such good artists and such good program. We didn't even feel how the time passed.

Lastly, the critic – of course I always say, "Don't criticize others". But specially the art, when people start criticizing, the art is dying out. [Cut in the video]

... And is now only the critics are criticizing is a fact. If not, the art that will come up will be so hideous and heinous that we'd can never enjoy that art, because it will be only for money – cheap type, which can be sold in the market.

And this kind of intellectual analysis of everything is responsible also to the decline of pure art. We are doing it all the time. We all think we are very intelligent and we can criticize, all the time correcting these artists – is a common thing. It's not only artists, but in every field of life we have become very much arrogant, and we think we know everything and we can criticize others. By which we stop their progress completely. Not only that, but we also stop our progress, because whatever you do with your mind, is not in any way global, in any way spiritual. So this mind has to be left alone and you have to go beyond the mind.

So many of these artists have done work through their torsion area, I can see that. Because they are so much spiritually developed that they can do this kind of a work. But when we start criticizing them, because people are not at all anywhere near torsion area and they don't understand the beauty of torsion area, they start criticizing - by that they are bringing down the level of high-class art.

Artists are, of course, very much strangled, but also other areas where we are, we think it from the point of view of only money. And ultimately you find that even that point or that aim fails. Because after all, even money, which is the Lakshmi principle, has to have the art. If you don't have the art of money, you are absolutely a useless fellow! I hear of so many people, today they are earning so much and tomorrow they are, just become bankrupt. How is it happening? What is the problem is that we don't understand the art of money also. Everything is an art in a way, life also is an art – that is you have to make everything look very beautiful, very sensible, balanced and energy-giving.

Here now, I saw some very nice paintings, behind, of Shri Ganesha, done so perfectly well, in every angle, in every way. And it is so joy-giving to see such a nice painting. Instead of taking the joy out of that, people start putting it into words. In the words they get lost and we can never see the beauty and the poetry behind that painting. Same about poetry, same about literature, same about all those things which are poured out of your heart. As I said, even the money: if it has no heart behind it, it's a horrible stuff. And you just can't bear to see such money, it's so gross, it's so ugly, you can't bear it!

So, in everything that you do, there has to be your heart. Without the heart, whatever is done has no meaning. You just, through your mental capacity, go on criticizing everyone, go on saying things about everyone. But how much do you enjoy, how much do you get that inside you, is only possible through your heart which must be open, which must be great, and which must be

enjoying.

So, for all of us Sahaja Yogis, it's quite an eye-opener when we see this. Because I have seen, even in Sahaja Yoga, people are very critical of each other, sometimes. Saying that, "You should not have done this, you should not have done that". It's not your lookout. You do it properly and others will also do it. There's no ritualism in Sahaja Yoga.

One thing one should know, there is no blind ritualism. But all rituals that so-called are there are from the heart. If your heart is open, you will do all the rituals in a very sweet manner and the – I would say, result-oriented. Otherwise, whatever you do with such a mental tension, and thinking what are you doing wrong or right, you can never achieve any ascent with that.

I'm very, very happy, very much satisfied, and - I don't know what to say - enamoured to see so many people, from so many countries, are Sahaja Yogis. And such good artists and such beautiful people. I didn't know Sahaja Yoga would be everywhere so fragrant, but to see all this you don't know how joyous I felt. I mean, compared to My – I should say – efforts, it is too much, really, it is too much.

And like a little seed becomes beautiful flowers, I see all of you coming up here, and showing this talent – not only the talent, but the talent of Sahaja [Yoga].

May God bless you all.

With all My heart, I bless you.

1999-0925, Shri Ganesha Puja: We must respect Mother Earth

View [online](#).

25 September 1999

We Must Respect Mother Earth

Ganesha Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Shri Ganesha Puja. "We Must Respect the Mother Earth," Cabella (Italy), 25 September 1999.

Today we have gathered here to worship Shri Ganesha.

You all know what a powerful Deity He is. His power comes from His innocence. When we see small children, we're automatically compelled towards them and also we want to love them, kiss them, and [have them] be with us. And very innocent they are, extremely innocent. And when we worship Shri Ganesh, we have to know if we have been really innocent or not.

These days people have become extremely cunning and they don't mind any amount of cunning. They play all kinds of cunning games on others who are innocent and simple. They can justify themselves always, that whatever they are doing is the right thing in these modern times when everybody is so cunning. This cunningness can take you to the other extreme of right side, which is very much punishable, in the sense that some people develop all kinds of problems which are physical, you can say. Like, their hands can get paralyzed or their leg can get paralyzed. Also they can have other troubles with their liver treatments and all that. All this comes up. Then to punish them, a disease of a psychosomatic nature might set in.

At this time, when you have these problems, all such people who suffer from the right side should worship Shri Ganesh. For example, these days the life is very, very much busy with all of you. You are extremely busy with your work and you are doing extra work, I should say, than normal. But you think you are doing a very great job about it. As a result, Shri Ganesha is neglected, and such a man can become either very dry or very self-indulgent. One of the two things comes up and he does not know where he is going. The only thing that keeps you in the middle, in Sahaja Yoga, is Shri Ganesha's puja, Shri Ganesha's worship, by which you can always be in the centre. All these diseases of the right side can be cured by Shri Ganesha's puja.

Now there are various ways people worship Shri Ganesha, but there's only a simple way: is to remember Him and sit before His photograph and take vibrations from Him. That's the best way you can balance yourself. There are so many worries, there are so many struggles you have—all this can be neutralized by Shri Ganesh. He's, though innocent, He is extremely clever, and when He comes to your help, you are amazed how He works it out and how He removes all the hurdles and all the worries from you.

So this is the most important Deity we have. Though it's a very simple Deity, the Mooladhara Chakra is very, very complicated. It's one of the most complicated chakras, I think, because it has many waves, it has many compartments, we can say, which all the time are vibrating and oscillating. So to steady down these, you should try to be absolutely dedicated to Shri Ganesh.

Shri Ganesha, as I have told you, was incarnated as Jesus Christ, and Jesus was also a very innocent person. If He was not innocent, He would not have been crucified. But He was not a cunning fellow to see the cunning of others. His own disciple deceived him and still, [though] He knew who it was, He never said who it was. If you see His life, it's full of innocent beauty. He is such a simple-hearted personality, He is such a good personality, and wherever He saw anything wrong done, He used to go all out to fight it. Same with Shri Ganesh.

Shri Ganesha's blessings are very important for all the people who are especially prone to some sort of a hurdle or sankata, as they call it. He's called as Sankata Vimochan: the one who takes you out of all the hurdles of life. So many of you have experienced how He has helped you in different troubles and hurdles and also different types of very, very difficult times. It is His

style that He manages things so well because He is a Ganapati. "Ganapati" means the one who is the Lord of the Ganas.

As I have told you, ganas exist within us, very nicely settled down as these bodies – small, small bodies – who report, if there is any problem, they report to the brain that there is a problem. And on the sternum bone is the residence, or we can say is the throne of the Goddess Durga. So whenever there is any problem, we are found into some trouble, the sternum bone starts vibrating and these bodies, which are ganas, get the information. "Antibodies" they are called in the medical terminology. Then these ganas attack. They can target also. They know how to target the trouble and attack it.

One may think that only the people who are suffering medically are helped by ganas – is not true. Also the people who are mentally upset, who are mentally suffering are also helped by the ganas. These ganas are so good at targeting their problems that sometimes one is surprised how things have worked out. For example, say something happens to someone, some child, somewhere: now, his parents start crying for Mother and the Mother is the Durga, say, then what happens [is] that they immediately rush to that place. And miraculously they cure the boy, miraculously they save him.

So many miraculous things that have happened in your lives you cannot explain, but they are all due to this Ganapati's ganas. They are also small like Him and they are very active and very alert. They never sleep. Any time there is any trouble, these Ganas will go and attack the problem and find out the solution for him. It is something unbelievable how they act and how they inform.

I can give you so many examples that have happened like this. For example, there was a boy who got drowned in one of our ashrams in America, in the swimming pool. These were all jumping for the swimming pool. I didn't like the idea of a swimming pool very much because there were children there. So one boy fell down into that and was inside for about fifteen to twenty minutes. Nobody knew he was there. So then they tried to find out the body of the boy, and then they found out he was not there: "Where is he gone?" Then they discovered that he was in that swimming pool. After that, they got so frightened and they said, "We just prayed to you Mother, that: 'Save this boy.'"

Surprisingly, I never telephone to any ashram. I didn't know even the address. But I asked to telephone to this number, on my own. I don't know anybody's numbers. And when I telephoned – see, one of the leaders came there and I told him, "I know the boy has fallen into the water and he will be saved." Nobody had told Me anything. "Don't worry he'll be perfectly all right." Then they brought out the boy and he was treated by the doctors also, but also with vibrations. And today that boy is perfectly all right, while the doctors had said, "He can never survive. If there is one chance of his surviving, he'll be like a dead body, in a coma all the time." This boy, I have met him this time [when] I went to America.

So, like this, so many things happen and people tell Me that Mother it's Your kripa, Your blessings, that this has happened. In a way, it is very distantly, I should say, but because of Shri Ganesha.

Now another quality of Shri Ganesha's is that [He is] extremely obedient to Mother. He does not recognize even Shiva, Vishnu, anyone. To Him, His Mother is everything. So He can fight with His Father, Shiva, He can fight with anyone because to Him is complete obedience and absolutely quick tatpar (). Just quickly He understands what is the desire of the Mother and He works it out.

His style is otherwise very innocent, simple, childlike; but His work is tremendous. Now these ganas are also very innocent people, very innocent. But when told that: you have to attend to a particular problem, they are extremely quick and they are very fast.

Another thing with Him is that He respects people who are chaste, who have chastity as the prime thing in their life. Chastity is very much worshipped by Him. It's not only in women but also in men, He expects chastity to be present. After getting realization, you should be absolutely chaste people. You shouldn't have your eyes roving around everywhere and what you can call a very bad method of communicating with young women and young men and spoiling your chastity. Even your eyes should be clean. Even your thoughts should be clean. For that, you should introspect and see for yourself what mistakes you are committing and what kind of an unchaste behaviour you have.

You have to correct yourself and ask Shri Ganesh to forgive you. If you ask for forgiveness, He can forgive anything. He is so innocent and beautiful that He forgives. But that is a very important thing. Our whole morality depends on our idea of chastity. We should be very chaste. So many religions have come and they have talked about chastity. But religions have become so useless now, have become without any basis, without any proper execution of what is written for them. They do all kinds of things and they call themselves Hindus, Muslims, Christians – all kinds of religions. Actually the religions have failed completely and that's why Shri Ganesha gets after them.

Another thing about Shri Ganesh is that He is created out of the Mother Earth. He is absolutely created out of the Mother Earth. So if He doesn't like people of some country who are doing black magic, or who are doing fundamentalism and where people are also having very bad morals, He creates problems for them. What happens [is] that He tells the Mother Earth to create the earthquakes.

An earthquake takes place in places where there is no respect of chastity, also where there are fundamentalists, and also where there are people who are worshipping the black magic. This kind of people are attacked by Him through his Mother. So the Mother Earth also understands. Now we have so many earthquakes – one in Turkey you know, one in Taiwan – but not a single Sahaja Yogi has died. So He protects them. He has discrimination. And only such people who are of this kind, He tries to destroy them. And He has destroyed many like this, even before.

Also, the Mother Earth's powers He has got is that He is magnetic. He attracts people towards himself. People take to Him very easily as we take to children very easily. So that is the magnetic power that He has got within himself. Now, you will be surprised [that] this magnet exists also in the birds, also in many animals, but especially in the birds. That's how they can follow the direction where they have to go. They are flying from, say, Siberia all the way to Australia. How do they fly and again they come back to the same [place]?

It also is in the fishes. Fishes also are found, say, in the waters which are coming from some hills. So they come to the plains for some time and again, God knows how, they go back to their own place. So going back to their own place is only possible if there's a way of knowing the direction. But they know the direction, they have a sense of direction.

Also, they are bound by their own qualities. For example, a snake will be a snake, a dog will be a dog, and a lion will be a lion. But human beings have, perhaps, all the animals within them. So they could be anything, you can't say, and they are too cunning to admit that they can be anything. And once they become anything like that, you are amazed how these people can be of such a low level when they are human beings. But it is so because Ganesha has not been respected in their lives. So they can go to any level, any place.

Another example I'll give you: a very big earthquake we had in India, in Latur. In Latur, this was the fourteenth day of Shri Ganesha where they take Shri Ganesha and put it in the sea or in the water of a river. So there in Latur, these people have been having a nice statue of Shri Ganesha. Before the statue, they dance. And they have now started playing very dirty, very bad, very, very bad music from some very funny films or something. It's so bad that you just can't bear it – very bad – and that upsets Shri Ganesha.

So, like that, they were doing to this one statue that they had and they were dancing before it. But when they put the statue in the water, they came back home and they got drunk, and when they got drunk, they started dancing with that drinking and saying, "Jay Ganesh! Jay Ganesh!" like that. At that time, the Earth moved and the earthquake took away all of them inside the Earth itself. They all disappeared into Earth.

Apart from that, there were many others also who were doing this kind of a thing [who] were taken into the Mother Earth. And our ashram was there, a kind of a centre, and around the centre there was a very beautiful land, but it did not touch that land. Around it, about at least quite a long distance, a big gap came in and there was an opening in the Mother Earth all around the centre, and nobody was harmed. They were all at home. They were all all right. But this happened, that our ashram was not at all touched.

And this is how He saved the ashram and not a single Sahaja Yogi died.

It is really very remarkable how the protection is given by Shri Ganesh and His ganas. So we must respect His ganas. It's very important, is to see that they are all around within us, they are acting within us. They see us, what sort of person you are, and in case you try to dislodge Shri Ganesha by your misbehaviour, they try to see that you again go back to normal. They give you a chance many a times, but even then [if] you go on with your cunning and ideas about your ego, you are very badly hit by Him. And that is the biggest, I should say, calamity for you people.

So you must worship Shri Ganesh. But I always say don't worship every Shri Ganesh which is being created by those, we can say, artisans. Because God knows what sort of artisans they are. For money's sake they might be making Ganesha and they might not have any idea of chastity. Such people make these Ganeshas and then you worship those Ganeshas, so we are not at all helped by this. That's why Mohammad Saheb has said, "Don't do any worship of any idol," because these idols are created by human beings who are not authorized to do that. They are not swayambhus. They are not created by the Mother Earth but are copied by people who are just wanting to make money out of them. So that's how any idol you get from the shops need not be worshipped. It's not to be worshipped: any idol whatsoever.

So whatever is not there, we should not worship because it's made by somebody who has very bad vibrations, who is a cheat, who is very cunning and thinks no end of himself. With such a person if you buy a Shri Ganesha, it's going to harm you, it's not going to help you. You can have it for decoration in the house but not for worship. There is no photograph of the real Shri Ganesha so far.

There are eight Shri Ganeshas who came out of Mother Earth. I have seen them. But in those places, the pujaris – the people who are the priests – are horrible, horrible people. I went to one of them and he said, "I am getting asthma, I am getting paralysis. How is it I am worshipping Shri Ganesha, my forefathers have worshipped the Shri Ganesha, and how He is doing this to me?" I said, "You just introspect yourself: what kind of a life you lead, what do you do, are you really worthy of Shri Ganesha's pujari?" And then he realized it. I said, "I will cure you now. It's all right. But afterwards you see to it that you become an innocent personality. Try to lead an innocent life, not of outwitting another and being very cunning and clever."

Shri Ganesha's troubles are, really, I can't count them even, how much it can hamper, how much it can give you trouble, how much it can take you nearer to your death. He is so powerful. He is so powerful. Because all of His energy is for the divine work of his Mother—all His energy. He doesn't do anything, He doesn't want anything. Just all His energy is for that. And He is asking for what is simple, what you can call modakas – a kind of a thing they make out of coconut. That's what He eats.

His body is so subtle and so, so powerful that He can move mountains after mountains. With His simplicity, with His sweetness, and with His innocence He can really change people. People who are very harsh can be changed.

His symbol, as we have seen, is a swastika of the right direction. But if it is the other way round swastika, then that can destroy. When it was used by Hitler in the beginning, it was the right type and he was successful. But then what happened, they had stencils and they started using it from the other side. So it was from the left side it started – the other way round – and then they were all destroyed. How powerful is Shri Ganesha's swastika, you can see.

Also we have proved now that swastika, if you see from left to the right, is actually from the carbon atom. The carbon atom has got swastika. And the whole of this chakra is made of carbon atoms, all put in series. Now if you look at it from the left side – we have proved it now – if you look at it from the left side to right side, what you see is Omkar written. If you see it from right side to the left side, you see the swastik. And if you see from down below upward, then it looks like a cross. So, it proves that Shri Ganesha incarnated as Christ. And He is the one who is worshipped all over the world. It's already written in the Devi Mahatmyam, if you read it, it's all clearly written about Him: how He became an egg, and out of half of the egg became Christ and half of the egg was Shri Ganesha.

All these things are there but we cannot understand it because we are confused. We don't want to see it in a proper sense, that

this is already written there. So those who worship Christ also worship Shri Ganesh. And whatever you say to Christ, you are saying it to Shri Ganesha. They are not two, they are one and absolutely, absolutely one with each other.

All the things I have told you about Christ, you can try to find out and you will prove it. Like, Christ had these two fingers [index and middle fingers]. This means, one finger is for the Vishuddhi, as we say Shri Krishna, and this one is Vishnu's, means this is his Father's. That means his Father was Vishnu or Shri Krishna. Very clearly, He used to do. Why didn't He do other fingers? Only these two fingers why did He use? Pointing out [skyward] towards His Father, who was Shri Vishnu and Shri Krishna.

It's easy to understand what I am saying if you see the vibrations of Shri Ganesh. If you see His vibrations and think of Him, you will be amazed that your Agnya will open out. You will become thoughtless, because He is the Jesus, He is on the Agnya, so it all opens out. And all the stupid ideas about breaking the Agnya and this and that is all neutralized, because you see for yourself: just the name of Shri Ganesh can open your Agnya. The cunningness that comes from Agnya is absolutely finished. You are no more cunning. When you see this innocence on your forehead, you are amazed at yourself, and all such ideas just disappear. You cannot think of something very cunning and harmful to others. You are completely changed when the Agnya is absolutely opened out.

This one is a very big blessing to us, that we all have this Mooladhar Chakra now put into proper thing. When you sit on the ground also, it helps more because the Mother of Shri Ganesha is this Prithvi, is this Earth, the Mother Earth. And that's why we should look after the Mother Earth. We don't look after the Mother Earth. We don't understand the value of Mother Earth. Actually, in Indian culture it is that, when you are getting up in the morning, you must say namaskar to the Mother Earth, saying that, "I bow to You, O Mother Earth because I am touching You with my feet." Such respect you should have for Mother Earth, then you won't exploit it, you won't have today's problems of pollution and this and that.

It all comes out of our ignorance, that Mother Earth is the mother of Shri Ganesh, whose chakra we have got as Mooladhara. If you understand this, you will be able to understand what is to be done. The Mother Earth itself we should look after. We can glorify Her, we can beautify Her, we can do all kinds of things. But the way we are exploiting the Mother Earth is a wrong idea. Is very wrong, because it is harming us with pollution. To cut down the trees, to cut down everything that Mother has produced and just to use it for money is a very wrong thing. One should think about it, and when you cut one tree also you should put another one there. That is the beauty of the Mother Earth, all the greenery, everything is the beauty of the Mother Earth. Many people have no interest in the gardening or in the nature, no interest. I don't know how they live, but they do, without taking any interest in the gardening or in the nature.

Nature is so beautiful. Just look at the nature: it is never smelling, it's never dirty. Every leaf is so organized that it should get the sun rays. There is no quarrel about it. They are so well organized, everything. It's so beautiful, and it is never destroyed also by any animals. You'll be amazed – the animals also don't destroy. At the most, they might eat some grass or something, but normally animals do not destroy any tree, do not destroy anything as we destroy the Mother Earth for our own use.

Whatever may be the cry for this, we have to understand that we have to respect the Mother Earth. Mother Earth is the Mother of Shri Ganesha, who is our, we should say, the eldest Sahaja Yogi. He never had to take yoga, but He is in yoga all the time. He is the greatest yogi we have. And the way He is doing right things all the time. He never does anything wrong, never. And He is so capable of getting to the position of any great Deity that is possible. I would say He is the greatest Deity we have. And we should really worship Him. Through Him, all Deities are worshipped and are made happy and blissful.

So, today's thing was that I was just thinking that nowadays, in modern times, how we have become shameless, how we have tried to put our chastity for kind of an honour. If we have any honour, you will have chastity. But you are dishonouring yourself and you think you have been very, very smart and modern by becoming so sinful. All the sinful act that is going on in these modern times is absolutely wrong and we should completely abhor it. You should go nowhere near because that's all wrong and that's how Shri Ganesha gets angry.

Decency is very important in understanding what is our important basis: is our chastity. In India, you know, thirty-two thousand

women got themselves burnt for saving their chastity. I come from the same family, and you can imagine what courage they must be having, what faith they must be having in their chastity, that: "If we lose our chastity, what's the use of our life?" So they cared for their chastity and have done so much sacrifice to show that chastity is the most important thing we all should have. It's not only for women but also for men—very much more for men, Shri Ganesha is a very important thing, because men can develop so many diseases if they do not respect Shri Ganesh.

Our health would be the best if we look after Shri Ganesha, because He is all the time repairing our body. He is all the time looking after, protecting us. And our Shri Ganesha is in the Mooladhara. [He] is the one who is looking after our Kundalini, He's protecting our Kundalini. If anything happens to us, the Kundalini comes up. But the one who supports Her, and keeps Her up, awakened, and standing is Shri Ganesha; He works it out. He is the one who is the protector of our Kundalini, which is also a basis of your Self-realization.

So how much important is Shri Ganesha, you should know. And you should find out about yourself, introspect, that: "Are we really dedicated to Shri Ganesh? If we are, what are we doing about it?" Then you will develop a real hatred for all these dirty things. You'll not like them, you'll not like such people. That is how a Sahaja Yogi should work it out.

The children are the best, as we know. Children are so sweet and so kind. They are so loving, so beautiful. In the same way, we should know Shri Ganesha is there. He is the one who is really innocent but extremely, extremely protective of you. Very much protective, with His innocence. So we should also try to cherish our innocence and not to feel hurt. Because sometimes such people are cheated, dominated, everything happens – doesn't matter. They will all suffer, [those] who will dominate innocent people. In the whole world, you see there is a big uproar about it. People are talking about it, that there should not be domination of the innocent, simple people. It has happened, but it all has to be changed, has to be brought to some last end, otherwise people cannot exist.

Like, everywhere they went and oppressed so many people. In America, I was surprised to see that there were so many Red Indians – who are called as "Indian Americans" – they were all oppressed. Oppressed so much that they had to run away to different places. And then I went to this place Canajoharie. I found the vibrations were so good. That means they were very innocent, simple people. And Americans that time, who went there, tried to completely finish them. So they went and hid in places like Canajoharie.

But the Canajoharie has such tremendous vibrations that I said, "Look at this! So many years have passed, still the people who lived there or walked about and were absolutely enjoying this place were Red Indians" – the ones who were Indians, we call them American Indians. But they are so simple and innocent, and they were so, I think, spiritual people because they used to worship the Mother, all the time. They worshipped the Mother. Even I have seen in other countries it has happened.

But I was happy to see that in Australia they are very secular. They have many Maoris and all those people, and they encourage all of them, and it's so surprising that they have so much talent. And they are bringing them to this state to show that they are equal in their rights, political rights, in Australia. It's a very good venture.

Now this Ganesha has appeared in Australia as Uluru. It's a very big mountain which looks like Shri Ganesh. It has also a very big trunk, going down. But the vibrations itself will prove that it is Shri Ganesh, from the Mother Earth. He has appeared in many places, Shri Ganesh, not only there. But there, I felt [He] is really the source, source of vibrations. That's what it is. And in Australia, I thank Him that because of Him only, Sahaja Yoga has worked so well and so easily. And the government also has never troubled us, or there has been no problem with them. I don't know what is helping them, but perhaps it is the Shri Ganesha as Uluru which is protecting Sahaja Yoga there and it's growing so much.

In the same way, everywhere, wherever you may be, Shri Ganesha should be worshipped. And you will be helped, out and out, miraculously. You will be helped miraculously. But must do something about our chastity, which is Shri Ganesh.

May God bless you.

1999-1015, Evening Program at Navaratri Weekend

View [online](#).

15 October 1999

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft

1999-10-15 Evening Program, Navaratri, Cabella

It was really a very unique day and wonderful program [unclear]. Actually, I did not know what sort of program they were going to have. Because Dr David told me in a great hurry. This is what we are going to have and it will take 3 and half hours but it turns out to be such a unique experience that We have so many artists of very high calibre. And that they are to be realised properly. I don't know what to say about our people from Ukraine.

The first time I came to Ukraine, I remember they were all suffering from [unclear] problem. And they were all thinking that they are going to die or I don't know what was the feeling they had. But I don't know-how by the grace of divine, Param Chaitanya, most of them got cured and they were all right but I could not understand that these people will one day become such great talented artist and to see them today, in this way, I am really amazed how they have developed themselves so well. The first troop, which here came also partly from Nagpur, was very surprised because they used all Indian talas and Indian music. And they were absolutely superlative you should say! Superlative! I can't imagine that in such a short time have these people who are absolutely foreign to Indian Music, can pick up so well and so dedicatedly do all these things.

Then also we saw some very old ancient instruments which I had not seen. In my lifetime I had never seen. Today, for the first time, I have saw them. I am enamoured the way the gentlemen played it. And after such a long time, you could see such beautiful instruments we have in this country especially in Ukraine.

In Ukraine, I found out perhaps it was Machindranath and GorakhNath who visited that country. Because they had their lot of paintings about all the chakras. And how could they do it unless and until there was somebody who knew about it? I am told that they both travelled a lot, they went to Burma also. But that they went to Ukraine, I don't know but I could see that - it is such a knowledge they have. But they said that after Christianity came in they stopped all this. They said this is all nonsense, should not be [unclear/related]. It's all absurd.

And that's how It all went to the museum, but you can see that there is something in the genes that these people have that beautiful rendering of Indian music which is very difficult! I can not sing like that even, I am [unclear/onto]. You have to practice for days together to sing like that! It's very remarkable. Then came the lady in the same group, was a piano singer. She is another remarkable person I must say. She has such a sense of 'swara' (whatever comes out of notes is swara). Such a sense of that which is - I mean, she never went out of tune and she sang so well. And then came another lady also, she was another remarkable person and I was wondering how these geniuses, are coming up from these countries where I least expected. Very Very outstandingly talented people I must say. And if it goes on, one day Ukraine can be a very great nation. The sign of people developing into spirituality in a very deeper way, and they will be all blessed! They shouldn't worry about day-to-day problems now. But a day will come when they will be very much respected and will be really blessed for there achievements.

Then, of course, we have this Polish gentleman, who was, of course, I know him very well. I have always admired him very much. And today also he played very well...And Baba Mama was absolutely drawn to him and he called him to his academy but he is a genius. Yes, he is a genius. I mean, he plays not according to any notations or any creation by some person. He plays on his own. And it's so beautifully done. It is so balanced and he has such a sense of rhythm. I was wondering that how this creativity is working so beautifully. This was from Poland.

And then we had these English, I would say so-called English because one was from Vietnam I had seen him as a small boy. Suddenly to see him grown up and singing so well, with full throat - I mean I don't know what's happening to them Rich Sahaja Yoga that has made them like that. Or so suddenly you can find somebody brings up in such a manner is very remarkable.

Then was the 2 Romanian girls. Romania always I said is a 'Gandharvanagri' means the celestial musicians live there. And the way they played also together on the piano. Because England is the place really for piano. I have seen people so piano minded, but the way they played together synchronizing each other so well that was also very very remarkable ...And I would say that their suppleness one must learn how they managed to play like that ...Then we had lastly, this gentleman who has sung his beautiful poetry in a very beautiful manner. His voice is very good and I am really surprised! How he could manage so well to sing...Because We had one or two singers only in England When I was there.Not much singing No! Mostly politicians use to be there on the Television but today to see him I was so very happy ...And he should also take some training in Indian music. Because Indian music makes you more intelligible to everyone, you see.

And the poetry was beautifully made So, we are having now poet, we are having musicians, and all kinds of artists. It's really amazing that how this area in Sahaja Yoga is so very well developed. I hope they all meditate and grow more in their art and understanding.

This, I can't name all of them, but all of them have been tremendously doing well. All the music everything was very well done! And we all enjoyed it, very much. Tomorrow again, they have a very good program here. And I hope you all enjoy that program also. But this one was remarkable! Because they are just what you can call them: amateurs. They are the ones who are not professionals but the way they sang I mean, they can beat any professional. I'm very much thankful to you all for attending this program. And also to the artist for keeping us in [unclear/wrapped] attention.

Thank You very much. May God bless you.

Good night!

[Remaining Programs ...]

1999-1016, Evening Program, Eve of Navaratri

View [online](#).

16 October 1999

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – NEEDED

Evening before Navaratri 1999, Cabella (Italy), 16 October 1999.

1999-1017, 8th Day of Navaratri, The Powers of Shri Mahakali

View [online](#).

17 October 1999

Navaratri Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) - Reviewed

Navaratri puja. Cabella Ligure (Italy), 17 October 1999.

Tonight we have gathered here to do the Puja to the Devi, that is Mahakali –we can call Her, or Durga. So many types of forms She has taken, to kill the negative forces that are trying to trouble or to obstruct, or even to grow the people who were gentle and good.

Her forms are of different types - that we know about, that She destroyed so many rakshasas, She destroyed so many evildoers. Also we do not know that, in the World Wars that we had, She was there to protect the right type of people. And that's how they all survived the ill-blood plan, ill-gotten plan of very cruel and evil people.

The evil people have a capacity to hate and to express their hate in every way that is possible. They are really born evil and there are also who 'become' evil. When they are born evil, you can make them out: that their whole style is so aggressive and so vindictive about things. But hatred has no limit, no limits at all. Because, if they hate, if they hate someone, then - just to justify that hatred – they'll say all kinds of things. Just to justify. But sometimes they don't even want to justify. They just feel that they 'hate' and it's a fundamental right they have got to hate.

But these forces join together sometimes to form a joint personality of evil, which tries to torture the human beings and trouble them. They might take any name. They might call them by anything, but they are absolutely hundred per cent evil and for such persons there's no pity or compassion from the God Almighty. These are to be destroyed. And that is the job of the Goddess –to destroy them—who is a Mother, full of compassion and love.

It's a very contradictory work the Goddess has to do - to kill these people- because, in the larger interest, it is important that all such evil people should be destroyed, completely. But they do not. They... like they go to jail for some time. Like that, they go to hell for some time, suffer and, again, they come back much more strong and then again try to trouble good saintly people. It's a common style they are all over the world.

They can come in the form of a very good man, of a very gentle man or of a man who "knows a lot about God" or they can also say that they can "give you Realisation". All kinds of lies they are capable of, because they have that power –evil—, power of doing evil. So they take to all kinds of falsehood and they proclaim that: "We are this and we are that" and "We can give you this or that."

Actually, they have come on this Earth to ruin people. We've had many of these false people and many stupid people followed them. They never talked against each other. Christ has said that: "The devil won't talk against its own house." As if they are in 'one' house. And in 'one' house they live and they cannot talk, they cannot talk of something that may disturb their collectivity or their fraternity. The fraternity is so great that, wherever they are, they 'know' that they are together. Just imagine: all the evil people should join together and behave in this manner is very surprising. That way, they are very collective.

Supposing one has taken a particular part of the land, then he dominates there. Another takes up in another way. Third one takes. There's no competition as such. Ultimate effort is, somehow or other, to destroy all the creation of God, all the good people of the world, who will ultimately get their Self-Realisation and who will have the Knowledge about Reality.

This kind of atmosphere is the worst during Kali Yuga and there are so many stupid, stupid people, who may be simple, who may be good-natured, but they get drawn by the evil doing of these people, while the good people also sometimes follow suite. They also try to follow them. It's very surprising. Why should good people not understand what is good and what is bad? But, that discrimination, many good people also lack and that's why they take to wrong things. And then they go on justifying all the time: whatever they are doing is the right thing, is the best thing, they have the proof of it.

Now, as you know, there has been many of them in Kali Yuga and so many of them have now disappeared from this Earth and now they cannot trouble us. But there are still some more, who are exposed. People have exposed them so much that nobody can expose anybody without any proof. But they have such courage and they are so full of confidence that they can do what they like, and anybody tries to expose them, they will definitely ruin that person.

A few things they are doing... First of all, they put wrong ideas into your head. They say: "We are very great people, we are this, we are that. God has sent us." All sorts of things they will talk. But there is no proof about it. And human beings never ask for the proof, as to: "How do you say? What is the proof?"

So the solution is the Sahaja Yoga. In Sahaja Yoga, you have the experience. You have the proof. Then you grow into it. Immediately you cannot be a great Sahaja Yogi, that's a fact. You have to mature. It takes some time for some people. It takes some more time for other people. It doesn't matter. But you do mature.

In the meanwhile, if you try to go to these wrong people, then there is no possibility, there's no way of again bringing you up. Especially those people who rise high in Sahaja Yoga, I think. If they fall, they fall so low. Then even an ordinary Sahaja Yogi could say: "Mother, look at him! Where has he gone?"

So, with all these things happening, what is our job is to worship Mahakali within us. Because, what does She do? Perhaps we are not very aware of.

First and foremost thing She does is to protect us. Wherever you may be, whatever you may be doing, in whatever peril you may be, howsoever dangerously you may be placed in life, She protects you. First thing, She protects you.

All the people who write to Me, how they were protected, how they were cured, how they were helped. It's this thing: that they should know that all this has happened because of Mahakali power within you. 'She exists within you.' When you are worshipping Mahakali, you are worshipping the Mahakali 'within you'.

With due respect, you must know that this Mahakali is a very sensitive personality. She is very sensitive. If you try to do any wrong to anyone, She'll guide you. She'll tell you by many ways that: "This is wrong what you are doing. Why are you doing wrong to some person?" But if you do not repent and come back onto the normal position, She gives you up. Once Mahakali gives you up, you are now exposed and become prone to all kinds of evil things. I would say...

[A baby starts crying: "What's the matter with the baby?"]

So, when you worship Her, what do you want? You want Her to protect you. In your discrimination, in your mistake, you might do something wrong. May do something that is not good for you, could be very dangerous for you. But She is the person who guides how to avoid all the dangers. Now, She protects your life, She protects your body, She protects all organs of your body, She is the One who gives you all the security of life.

In Her realm, you feel completely secure. You are never afraid of anything. Because you have left Her realm, you have come out of it, that is why - that is the reason you are afraid. But if you are under Her beautiful guidance and Her blessings, you will never feel afraid to do anything. You will never do anything wrong also. As soon as you'll try to do wrong, She will hold your hand. She is really the guiding person. She is the One who actually gives us our existence. Without Her, we cannot exist, because She is the

One who is the Power of Shri Shiva.

She gives us so many things. For example, She gives us the relaxation, the sleep. She gives you the Truth. She tells you what is the Truth and what is not. Sometimes people so much in their ego always try to believe that: "What I think is the truth." Then She is the One who points it out by creating a 'Maya', a kind of a confusion, that you start thinking: "What is this?" So She is called also the One who gives us 'Bhranti,' means illusions. She puts you to illusions also. She tells you - puts you to - illusions and She then ultimately takes you out of the illusions.

She is the One who relaxes you, because She takes over all your responsibilities. She takes over all your problems. She is the One who solves all the problems. It is we who forget to leave all the problems to Her. If you just leave problems to Her, all your problems are solved. Not only that, but you really feel blessed. It's not only physical - also it is mental - that She makes your mind absolutely free of worries.

'She' doesn't worry and She doesn't want 'you' to worry. If you worry, then She tries to show that, by your worry, you are denying Her. You are not accepting Her. Worrying is something very common and people take great pride in saying: "Oh, I was worried." How can you be worried when your Mother is "Sakshat Mahakali"?

She can kill all the demons. She can finish all of them. She knows how to manage things. And when you are like a child before Her, how can you worry about anything? So your worries are finished. She worries about you, you shouldn't worry about yourself. That's the point of it.

Her security is so great, She is so secure Herself, that She gives you all the security that you need. You can hold on to Her feet. You can hold on to Her image or to anything. You can even pray to Her. Many people are being cured only by praying to Her. Because She cures you. She can cure your diseases - which are very complicated diseases - She can cure.

Now what She likes? Mahakali likes the light. She is worshipped in the night, because then we can put on the light. She likes enlightened persons. Also She likes the light. She likes the Sun. She likes something that will be completely enlightened and brightened.

You must have heard about people who are called... I don't know what... but especially in the West they use them. They have big teeth and they... [somebody from the audience shouts: "vampires"] Ha! And they are the people, they -just imagine- they cannot exist before the Sun. As soon as there is a sunrise, they just want to go off and sleep. Yes, they cannot see the Sun, because, the light, they can't bear. Now, what has happened here, that Maha... Mahakali has departed from them. And when Mahakali has departed, then they are afraid. And such people are attacked by these people who know they are afraid.

The Sun itself is very important to work out this Mahakali thing. But, as it is, in the West especially, we are very hard-working and very much Sun-oriented and we worship the Sun. All this we do: worship the Sun and also go right-sided very much. Then it is She who gives us the balance. She is the One who gives us the balance, by relaxing us completely and protecting us.

Sometimes we are competitive and we are really worried and we want to do something which we cannot do. Then we get upset and we don't know what to do. Then it is She who brings sleep to us. So, when we sleep, She looks after us, She soothes us and She takes away our problems. So many things She is doing. 'But what are we doing for Her?' That we should see.

Main thing is that we are ourselves worshipping Her. She likes it that Her children should worship Her, that, on that level, She can be One with them. She can give them Her compassion, love and protection from all the evil.

But - it has to be understood - those who are not yet settled, those who are not yet belonging to that land of security of Mahakali, can be attacked. And they... once they leave that area, they can be very badly injured, killed, whatever way can happen. So, we are living - in this Kali Yuga - in very dangerous times. Whence anything can happen.

So we have to be very careful. We have to watch our mind, to see how it works. What does it teach you? What does it tell you? Try to understand: what is the plan of this evil person, that you are playing into his hands? How can you play into his hands and how can you do whatever wrong he wants you to do?

Secondly, against Her is the ego. The biggest problem is the ego today. Ego will show: "No, no, I can do this." Ego says: "I will work it out." Ego says: "It will be done." But the human beings - see - yield to ego. It's of a great satisfaction to them that their ego is so strong and they don't want to listen to the Mahakali forces.

[A baby shouts out. Shri Mataji laughs and tells Her granddaughter (Sonu) in Hindi: "Take the boy (Anant) outside."] He wants Me, you see. Children are like that. They can't leave you for even... You have to be like children. Really, that's the very best way, is to be innocent like children.

She loves innocent people. She is Innocence Herself. She loves innocent people and She looks after you much more because you are innocent. You are not cunning. You are not very much... trying to play your ego on others. If you are innocent, She'll help you. She definitely will help you. But this ego has to be brought under control, because he is the worst enemy She has. She doesn't like your ego. She wants you to be ego-less, to be innocent.

As you know that it is, first She came and She created Shri Ganesha. That's why we worship Shri Ganesha. We have to be innocent. Means: we are not planning to do something bad - or good - or anything, but we are without any intentions. We are just... It's a timeless activity. You just don't bother about what you are going to do, what you are not going to do, what you should do. Nothing of the kind! You are just existing in your complete innocence and enjoying yourself and making others enjoy. If there's one child in the house, he can make hundred people dance. It's like that. Because these children have the power of innocence and that is what She respects.

We sometimes feel that: "How people are cheats." How they cheat us! How they make all kinds of, - I should say - aggressiveness! Sometimes, how they try to also tell lies! All kinds of things they will do and they expect so much from you also. But all this is happening... is happening. You shouldn't bother about these things.

You should keep to your innocence and, you'll be surprised, you'll be completely protected. How? Because Mahakali will stand around you. She will look after you, if you are innocent. Innocent person doesn't get angry. What is there to get angry? Innocence has its own -I should say—strength, power. It's extremely powerful. Even a cruel man, if he sees a child, he becomes a little bit aware of it: "There's a child." The whole world is aware that children should not be any way tortured or troubled. Why? Because children are so innocent. So the quality of innocence is going to really help you very much, because She appreciates your quality of innocence.

Then another thing She loves in you is your compassion. Compassion for each other. Love for each other. Also caring for others. That is something She loves. If you are a Sahaja Yogi, if you are a Realised Soul, She is always with you. But She says: "What are you doing with your compassion? How many people you are giving Realisation? How many people you are curing? How many people you are helping?" She is quite aware of whatever you are doing.

I should say, it's such a tremendous power of Mahakali - that She knows everything about you. Everything! She knows your mind. She knows your heart. She knows about your health. 'Everything' She knows. Actually, She is the Mother, in every way, who cares for the little child. In that way, She knows that this child doesn't do anything. He's very innocent. So, like, when you are very small, your mother looks after you. In the same way, this Mahakali looks after you. Then the Mahasaraswati power comes in and She educates you. She gives you other ideas of knowledge... this, that. But, looking after the child in you, looking after your innocence and your compassion, is all done by this Mahakali power.

So, She is extremely sensitive about Her children. Nobody dare touch Her children! For Her, everybody is like a child. Those who are Realised Souls especially, She thinks are children and in no way they should be hurt. Nothing should happen to them. She is

always following them.

One can say: "If She is a 'person', how does She follow them?" Because She is 'omnipresent'. She is present everywhere. Everywhere in your life She is there. Especially with Sahaja Yogis, She follows them up and down. Everywhere, whatever you are doing. You are in an accident - She is there to save you. She is like an angel behind you and nothing can happen to you, if you really worship Her from your full heart. Not for any gain, not for any achievement, but for Her blessings. Her blessings are very great and they really have enriched human beings. They have enriched this Earth. They have enriched everything - because of the blessings of Mahakali.

Of course, then, there comes the Mahalakshmi. Her thing is that, in Mahalakshmi principle, you become sort of detached. You start finding that: "What is this world after all?" and a kind of a feeling of detachment comes into you and you start thinking that there must be something better, there must be truth beyond. Especially people who have been tortured by bad people always think like that. That: "There must be someone who will raise us from this." Here comes the Mahalakshmi principle in you - which is the principle of the Goddess - of 'Ascent'. She puts the ideas in your head that: "What is next? What do we have to do? After all, is this the end of our life? What is the purpose of this life? Why have we come on this Earth? What is so special that we should live on this Earth?" All such fundamental questions start rising and then he just takes to the seeking.

In that also, you have to understand the Mahalakshmi principle is very, very, very different from what people understand. They think -if they are seeking, it should be intelligible, it should be 'through their minds' or could be rational, all this, or scientific. That's how they move, seeking the truth. It's not possible. Mahalakshmi's principle is like this: that you should have earnest desire to know the Truth and Truth and Truth - and nothing else.

When you think like that, then you will not take to other things. So many people took to drugs, thinking that, by doing that, they will achieve their Self-Realisation. It's a wrong idea. How can you get away from your awareness? Can achieve that? Awareness is the most important thing. If you can go into the realm of awareness, then you have to understand that the basic awareness is not to be lost.

If your basic awareness is lost, through drinking or through drugs or all these things that people do - They think that they are seeking, that's why they are doing. So sometimes, they take excuse of 'seeking' to do wrong things. It's like a revenge on your Self, I think, that you want to revenge yourself by thinking that you are now 'seeking'. It's not the real seeking. In a real seeking, a person has to just meditate and should find out what is the right way. But, that too, not by reading some books or listening to some false gurus.

Actually, Kundalini awakening is the only way one can know the Reality. There's no other way out. But nobody tells them that it is Kundalini awakening. They'll tell you: "We'll go to this place, then to that place, then more to that place. Then this has to be done." And, ultimately, where do you come? Where you started. It's just like that: moving from places to places, moving from false to another false, to another false, to falsehood. Ultimately so many seekers have been lost. So many have been lost, because they thought that certain type of is very precious, seeking is very 'precious', because you can pay lots of money to the guru. I mean, you can 'purchase' the guru. And so: "All the rich people can become enlightened." That means that.

But I don't think that the percentage of good people are only rich. The people who are good are good. Whether they are rich or not is not the point. But such people try to gather round a person, because, I think, there's a subtle ego of their money, that: "We can afford to buy this, buy that."

Once I was in America and there was one lady who came to see Me and she didn't know that I was... a spiritual person. So she said: "Now there's a very good guru who has come to America." I said: "Really? What does he do?" She said: "There's a sale on." I said: "Really?" "You can pay him half the amount: he can give you his blessings. Alright?"

Then next week, she said: "Now the sale has come to one fourth. If you pay the one fourth amount, then he will give you the 'full' knowledge." I said: "How can it be reciprocal? It's not proportionate!" I said: "You were giving half, he was giving you half and

when you are giving one-fourth, he is giving you full." "That's the thing", she said, "he's very magnanimous, you see. That's the point." I said: "For all such people who think they can purchase Truth, they cannot achieve it."

You cannot purchase it. You cannot pay for your Kundalini awakening. No! Nor you should take any payment for that. Self-Realisation is absolutely the Divine Grace. And you cannot take money for that. You cannot sell it. It's not so 'cheap' to be sold. If you understand that, then the Mahalakshmi power works.

And Mahalakshmi power is really meant for people who are really genuine seekers, who are really seeking genuinely. It acts and works so well that they achieve a kind of a very, very spontaneous Realisation.

This spontaneous Realisation, you all have got it. You don't have to go to Himalayas. You don't have to do anything like that. All those things are over. You have done it. In your previous lives, you must have done it. Now you don't have to do anything. You can get it, you are getting it just sitting down here. Wherever you are in the whole world, you can get it and it is spreading very fast.

Now, it's also the duty of Sahaja Yogis to spread Sahaja Yoga. Now, this one is to be understood: that Mahalakshmi and Mahakali both go hand in hand. When, you see, Mahakali blesses you and She is with you and you are in Her realm, the Mahalakshmi comes forward and She definitely helps you to achieve your Realisation and also to improve your problems, to help you. I mean - the financial side of it, you can call it, or in any way - other problems also She solves. The greatest problem She solves that your greatest desire - to achieve Self-Realisation - is granted.

So, there is no competition between Them. All these three powers work together and, whatever is needed, they work it out. But it is the Mahakali who guides where what help has to go and that's why the power of Mahakali is very much respected. As it is, She has killed so many devils and so many rakshasas and there are still more - some of them are existing - but I am sure they will be all finished. There will be none of these horrible ones ever existing.

But still we have to be very careful and alert and try to find out what's wrong with these people. What are they doing and what they trying to propagate? You must mature in such a manner that you should know everything of all these evil doers. You must find out what these false people are doing. See, it's really easy, because you are enlightened. And with your enlightened attention, you can definitely find out what's wrong with what organisation, with each evil man, evildoer.

It will be... the best way is to meditate. Not to be aggressive in any way. But just to meditate and ask Mahakali: "Destroy! Destroy him, for he is destroying the world. You please destroy him!" That's Her job and She'd love to do it, but somebody has to tell Her and ask Her. It's very good, because there are so many, that unless and until you point it out, She may not be able to put Her attention to that - possibly.

So it's best is always ask Her to help you. On individual basis. On a national basis. Maybe on a collective basis or maybe on a global basis. That's what: She exists everywhere. She is globally available. Anywhere: you may be having any colour, any race, any nation - anything - but She exists within you all the time.

And to worship Her and to awaken Her, is only 'your' due, that 'you' have to do. If She is awakened within you, you'll be a humble person. You will see what mistakes you have been committing and you'll feel bad about it. You will not feel 'guilty', but you will feel 'bad', that: "I will never do such a thing. I have done very great wrong." And then you will try to correct it.

All this works out very well when you are pure in your heart. Your heart should be pure. If your heart is not pure, if you are doing Sahaja Yoga to have some competition with others or with some sort of material achievements, it will not work out. You have to do it in a way that is an innocent act, that you are worshipping your Mother like a little child worships and loves his mother. It's a very simple relationship, which all of us have felt: how we should love our Mother and how we should be under Her guidance and under Her protection. That is something very simple you have known in your childhood and that childhood has to come back in you if you really worship the Mother.

May God bless you!

1999-1105, Diwali Evening Program and Talk

View [online](#).

5 November 1999

Evening Program

Delphi, Camping Apollon (Greece)

Talk Language: English | Transcript (English) – Draft

Evening Program Day 1, Delphi, Camping Apollon, 05/11/1999

Gregoire: Shri Mataji, about fifteen years ago, some of us wanted to seek the blessing of having a puja in Delphi and I remember we had prepared the program but it was not then to be. It was to be now. This is the last puja in the occident, in the west, and it is the last puja in the west in this second millennium Shri Mataji, and it feels like long time back you opened a page in Delphi and now you are closing a page, opening a new chapter of world history.

Of course, we are still completely baffled at your mystery and completely fascinated by your magic Shri Mataji. We do not understand anything, but we feel that this moment is completely historical.

And in the Greek civilisation, there were two trains: one Apollonian towards the heavens and the light and the other one Dionysian, more earthly and much more ambiguous. But, basically, it was right side and left side and the whole Apollonian, the whole development of the right side, somehow, was initiated in Greece and we pray that now, both right side and left side will be brought under the guidance of the Spirit Shri Mataji. Thank You for permitting us all to welcome You here in Delphi.

Thank You Shri Mataji.

5:42

Pascal introduce the program:

Benin starts. Ivory Cost. Greek collective. Video about Greece. Indian dance. A Qawali from Babamama.

1:46:45

Shri Mataji: After such beautiful divine music, I don't know what to say. The, even the heart of all the Deities must be jumping with joy as you all were jumping with joy. It's such a unison, the oneness with all the musicians and the celestial musicians it was. It was really a tremendous experience of joy. I must thank the people who have come all the way from Benin, they did so well, I mean, I just don't know how rhythmically they always have been dancing.

And in something in them, in the African people I've seen, they have such a lot of rhythm, all the time they are rhythmic: they'll walk rhythmically, they'll talk rhythmically. It's sort of- I think sometimes - Shri Shiva is acting through them. All the time this rhythm is so beautifully done and the way they change it, make it patterns, and double it, triple it, and suddenly new patterns come out.

[Aside] Now what is the other country, this one I don't know. Other country?

Sahaja Yogini: Ivory Coast

Shri Mataji: Then comes Ivory Cost. And the people of Ivory Coast are also very remarkable. I was surprised the way the ladies also were dancing absolutely full of, full of rhythm. I mean all of you should learn rhythm from them. That is something so

important to understand and to enjoy music and to enjoy Sahaj.

You see, it's like - I see so many lights there as if I felt you all got the lights in your throat, in your eyes, also in your Sahasrara.

It was a wonderful time so we must thank them especially these two people who have come all the way to entertain us and to make us enjoy everything. So we have to be very thankful. And how, see so much far away they are otherwise, but how they have become so much one with us.

We must thank the French for this that they went and governed those countries. By their governing them, they came close to us! If they had not governed them, there would have been no possibility of meeting them so soon.

So it's such a beautiful combination, oneness with all of us and I must thank you again and again.

Then we have another little thing which is very important at least to do. I've seen now such a genius, there is one genius born and he must be a great musician in his last life I'm sure! The way he handles the violin, I can't believe it.

But [unsure] he can play without notations or without something, is a miracle. And if that has happened because of Sahaja Yoga, I must say Sahaja Yoga itself is a miracle. And then he took to Indian classical music, he was playing very deftly, absolutely so well, I was amazed how a talented person like him can take to any kind of music.

And Babamama has already told Me that: "Your Sahaja Yogis are really talented. They are very talented people. Otherwise, how could they take to this difficult, classical, Indian music? Not only they have taken it but they have mastered it."

Now, we had on tabla another French man whom I had not seen for the last - I think- three, four years, but I think now he has mastered it. The way he plays is really very remarkable. I was surprised how he could play. And then is this gentleman who played " [raag] Malkans" to you. It's a very difficult raga.

In that one swara, we call them "madewa", that is being taken away from the main team [range] and also the- I don't know English word – the "pa" [sol] is also removed. It's a very difficult, very melodious and not easily learnt his Malkans raag. I'm surprised how these people in such a short time have mastered such a difficult raga for which in India, Indians, have to work years together!

But you, being even not Indian, you have never heard these notes and how you have achieved this mastery is beyond Me. It's a real, I must say, the greatest blessing of Sahaja Yoga is that it has given you rhythm, it has given you "swarasasana", means the notes. You are not weaving out from the notes.

I'm not myself, I myself don't sing myself, I used to once upon a time, but my family is so much in music that it has gone into my heart, into my mind. And when I see this, I say: "Look at that! How these people have come out!"

The last but not the least is this lady, Ana,

Sahaja Yagini: Anne.

Shri Mataji: Who is another master. Well, they're all masters can you imagine? This little boy is already a master. But the ways he's accompanying Indian music, I mean, I'm amazed at him. In the same way, this lady the way she was rendering very difficult ragas, with such deftness with such perfection. I mean, I'm going to now take this film to India.

They have been asking Me: "Mother why don't you give your episodes, your programs to us. We'd like to broadcast it from the Television."

Now I'll say: "Look at this, you see this. And they will all jump at it I tell you. They will have it and they will do it. And they'll be so amazed that how could, with Sahaja Yoga, you could master these things.

And see the oneness of us. You are from this country you are from that country, and also speak different languages and you understand different words, everything differently. But when it comes to Sahaja bhajans, I don't know how you get completely one with it. That shows that Sahaja Yoga is going to bring the whole world together through its music and through its manifestation.

I am really very much honoured, I am thankful to all the artists, all of you for such beautiful rendering.

For all the ladies who have come here, I wish I was young to learn their dancing. But I'm not.

[Laughter; applause]

Also, I used to sing very well but because of lecturing and all that I think I've lost that capacity to sing.

Now you see, after you see this, it's like a reflection of your heart, it's the reflection of your ideas about your ideal, your visions. You see this world singing together the song of Divinity. It's something nobody will believe that we have such a good group of people here.

I'm thankful to you all and to the audience who have joined and have shown their beautiful oneness and also the expression of their joy.

May God bless you all.

1:55:53

1999-1106, Evening Program and Talk, Eve of Diwali Puja

View [online](#).

6 November 1999

Evening Program

Delphi, Camping Apollon (Greece)

Talk Language: English | Transcript (English) – Draft

Talk during Evening Program Day, Delphi, Greece 2, 06/11/1999

So first of all, I wish you all a very happy Diwali and a prosperous whole year, after this New year day.

[Applause]

The whole program, I must say, was overwhelmingly joyous and happy and such beautiful words have been said about enlightenment. You don't know how happy I feel to see you all develop your enlightenment into such a joyful establishment of a, absolutely, a new generation of people.

Tomorrow of course, I'll tell you about Greece and about Adi Shakti. But today's program, one after another, started expressing your higher awareness in everything. Of course, to begin with, we had very good groups from Benin and – who I have seen there?

Sahaja Yogini: Ivory Coast.

Shri Mataji: Hum?

Sahaja Yogini: Ivory Coast.

Shri Mataji: Ah!

I always, I don't know why, I forget this name "Ivory Coast". I've been there, once, I've been there. And somehow, Ivory Coast, I don't know why, it makes me feel that it is a place where people are like Ivory and their hearts are shining and glimmering with the hope for Me and for the whole world at large. I'm so overwhelmed that I don't know what to say about everything.

Then, the dramas that you had, the first one was so touching and so much realistic and the feelings that you have for India also made Me really crying with joy.

I never expected that the sacrifices of these great men of India would be one day recognized and resounded in such a beautiful manner. Every Indian will be so enamored when they will see these renderings of different people and of this great, very, very great people.

And also, I love to hear about Abraham Lincoln. I know about him very much because I've read a lot. I never had a chance to meet him. I think, much before my birth he was not there. This is alright but in thoughts and in his work, a greatness of a great soul is shown. And such people are never lost to the world.

There have been so many great people in this world, so many great, so many enlightened people. And their lives, if you want to depict, you won't know how they have become so great. Unfortunately, they had no Mother to guide them, to save them, to protect them: that's what they thought, but it's not so. Because all these great people are always protected, always given encouragement. Because this is what is very much needed for their life.

The Greek Collective has done this program in such a short time and shows there, very, very old traditional authority in organizing things and working out things with a minimum of minimum.

Also their music was very enchanting. I wish we had some more of that, because it is the mixture of the Western and Eastern music. And so many Greeks who went with, I should say, a great warrior Alexander, stayed back in India. And they still sing songs like this. And their styles are the same and they make terracotta. And I am selling that terracotta all over the world because they're in a very miserable state. Perhaps, they have not much clothes to wear and they live on the trees.

But now it's better, much better.

These people came to India and they wouldn't return with Alexander and they settled down.

And when they were asked: "Why do you want to live with this miserable condition?" They said: "There is peace in this country." There is peace. There is light in this country. We want to live there. What do I, [unsure] we need all the materialistic things? We are very peaceful. We are very happy people and we are making very simple things.

I was surprised how these Greeks have become so much detached from all the worldly pleasures that they could have here, and that they never felt that they were sacrificing anything or getting detached. So much sahaj they were it's remarkable. I met them long, long time back, but I was surprised that there were such sahaj people. And they liked India very much.

This country has been also blessed, as I told you, by the greatest advent of Adi Shakti. But it, somehow or other, was later on finished off.

I personally think all great saints and all great reformers, you can say, or also incarnations who came on this earth faded [unsure] out. The reason is, the one on whom they work was human beings and human beings had limited lights I think, and they got finished. But now all the human beings can be enlightened in a full way and that this light cannot fail. So the light of Sahaja Yoga will never fail.

It's very, very much to be appreciated and understood that these people who speak different languages, come from different places, are so integrated together and working out such a beautiful entertainment. I didn't want to leave the place at all! I felt: "What an entertainment it is! After all, I also need entertainment sometimes!"

Now as it is, they have seen, in the drama also, that how the politics can be brought to the level of spirituality. This would be the best thing that can happen that one day spirituality governs in the politics. If you ask Me to be a politician, I cannot be. But, to handle this politician in a spiritual way is the only solution I feel to solve the problems of the world.

First of all, I'm going to try it in India. Let us [see] how far I can go with this politician. But, if you give them Realization, if you mature them, they could change the world. I mean they will stand no nonsense and they will all the time trying to help them.

So after seeing Lal Bahadur Shastri, Mahatma Gandhi, and all these great men and also Abraham Lincoln, I feel that these people were not so much supported as you are. Because you are all collective, you are helping each other, and you have understood everything and your Mother is there. Despite that, they worked hard and tried to do something. But because they were not collective the whole thing fizzled out in a way because there was only Abraham Lincoln, there was Mahatma Gandhi, this, that, doesn't matter. But their work has stopped.

Now in this drama, you can see that it has been shown that we still remember them. But if you are so many like Mahatma Gandhi like Abraham Lincoln like Shastriji, then I think, I mean this world will change. We have to change the world. That's important.

Tomorrow, of course on Diwali, I will speak to you what is the significance of Diwali. But today's program shows your

enthusiasm, your cooperation. I mean your spiritual qualities were very, very evident and clearly that I enjoyed so much! You know, like a gardener who plants all the trees and beautiful flowers and this and that.

And then, you see the blossom coming through.

They would tell: "What is the joy of that gardener! It's tremendous!" That is what I felt. Really, I thought I wouldn't be able to speak to you at all tonight because I'm so overwhelmed.

May God bless you all, all the people, all the hosting people. The way you have done such justice to us is really remarkable.

I am very much, very much thankful to you for imbibing these great qualities. Even the orchestra, you had everything. It was so collective, so beautiful, so classical. Absolutely top class. You can say that it- nobody can produce such beautiful things.

So congratulations to you all and enjoy the Diwali.

May God bless you.

1999-1107, Diwali Puja: Remove all the darkness of Kali Yuga

View [online](#).

7 November 1999

Remove All The Darkness Of Kali Yuga

Diwali Puja

Delphi, Camping Apollon (Greece)

Talk Language: English | Transcript (English) – Draft

Diwali puja. Delphi (Greece), 7 November 1999.

It is very, very fortunate and auspicious that we are celebrating the Diwali in Greece, specially in Delphi. It has a very ancient history, and as you know Athena resided here.

She was the Primordial Mother. "Atha" in Sanskrit means "primordial." So this place has been described, has been described even in the Puranas as "Manipur [navel] dvipa [island]." Manipur is the Nabhi. Also in Sanskrit Manipur means the Nabhi Chakra. So it's described as the Manipur dvipa, is written "Manipur e dvipa."

Just imagine these Puranas, these ancient-time books – God knows how old they are, must be at least eight thousand or maybe more – and they have described Greece as the Manipur dvipa [the island of the navel], is the place of Nabhi and where resides the Adi Shakti, that's the Athena.

So I mean, how it was known to them – maybe through torsion area, I would say; but it is written very clearly, and same we find here is the place of Athena which is in the Nabhi.

Also Athena is the Primordial Mother, they say expressed Herself first in the sea on the Nabhi itself. From there She did all Her work.

Now we can say that in Her movement, when She came down as existence [as Mahakali] She created Shri Ganesha and then She went to the right side and created Mahasaraswati, the, we can say, the whole universe, all creations She created.

And then She came down, came down and settled as Kundalini; but coming down She created Mahalakshmi Principle, which is for our ascent. This was Her movement, but it is said that She incarnated in the Nabhi, because maybe after doing all this She incarnated in the Nabhi, and also we see that Ganesha's Kundalini is in the Nabhi.

She incarnated in the Nabhi, they say, because the first pure knowledge- pure desire of a person or animal or anybody is hunger. That is in the Nabhi. And this hunger She wanted to satisfy or to direct or to handle, and that might be the reason She might have first come to the Nabhi.

Now this Primordial Mother that we have as Athena also has in Her hand a Kundalini, also She has one trident. All this is sign that when She was born She knew that She has to fight the evil forces in the Nabhi Chakra.

All this history is really shown very clearly in the Greek mythology, but later on this mythology took a very, very wrong path through human beings, as they know how to spoil everything. So what they did is to make all the gods and goddesses look like human beings, and so we have here, many gods which are in India – they are represented even in the Greek mythology. But the Indian gods are kept very pure and really godly and saintly, but here it was brought down to the level of human beings. And so many gods who were there were shown to be little different from Indian gods, because they made it human.

It's very surprising how it was deviated gradually from one to another. Even in India it's done but it doesn't stay, because we have

Puranas. So every time people try to ruin it and spoil it, it goes back to the normal state because we have Puranas.

But Puranas are not worshipped like Bible or like Koran or like any other such religious book, but they are just relating the history of the ancient times; and one has to just see it that it is intelligible, this can be explained, people can know about it.

But the way they have described about Manipur dvipa was very much really great, and even at the time of Alexander, Greece was a very prosperous, extremely beautiful state.

Because it is described by Chand Bardai, one of the poet who came with him here, and he has described into all details what things are. And he has also described that there's a temple of the Primordial Mother, very clearly, of the Adi Shakti, and there is the Ganesha is also sitting there. He has described it in all details. Also the steps going to the temple are three-and-a-half, he says. Three are big ones and the last one is half way. And if you make, extend them to the whole world it can make a three-and-a-half coils. Also very clearly he said that there are swayambhu, swayambhu of Shri Ganesha. And also about Oracle of Delphi they say that in the Nabhi Chakra the gods speak. All this is described in India much before, much, much before Alexander came to India, and from that we can understand that there might have been much more rapport, maybe; maybe many people were going abroad or maybe coming here, or may be from the torsion area that all the Puranas were written down.

So it's absolutely an ancient place we are in, which is truthful in its description and everything, no doubt, but later on the deterioration came, took place.

Also here there is question of Kundalini was there, and the chakras were painted also.

But when Christianity came they said, "It's all bogus, forget it," and they didn't want to see to the other side of it. And that is how it became just a kind of a history also, that was not so clean and clear. The faith in Athena subsided, faith in all the gods and goddesses also subsided and it started becoming this, actually we can say it was disappearing nicely.

This was the situation of this Greece. Now again we are back. In the "Manipur e Dvipa" we are sitting down nicely, and for Lakshmi Puja, which is in the Nabhi.

Lakshmi came out of water, no doubt, but Athena is the Mother of Lakshmi. She is the One who is all-pervading, and She created Lakshmi, and this Lakshmi is the One that ruled here and She was very much manifesting. And She created beautiful things here, because they were very rich people, Greeks were very rich; and they were indulging into all kinds of things, specially in business, then in shipping.

Shipping is their one of the most important business, and I came with My husband here because he was a shipping man. And I was surprised that at the airport we had the minister's wife, another minister's wife, Prime Minister's wife. I was surprised, normally they never go to receive any lady missus who comes.

"No, no," they said. "You see what happened that our husbands told us, 'If you really want to see a lady who is absolutely, immaculately feminine and very auspicious and very serene, then it is Mrs. Srivastava.'" So they came to see Me, imagine them!

The idea of serenity doesn't exist now for women in the world, but these ladies came to see Me that "who is this serene lady who has come?" And they looked after Me very well, and then afterwards there was an election coming also.

But I don't forget the way they told Me and very respectfully, they said, "How did You develop this serenity?" I said, "I didn't develop. It was just existing. I didn't do anything to look serene or in any way work it out. There is no beauty parlor for that but it is something innate in Me, what if you think it was serenity." She said, "No, no, all the men praised about You that 'She is a person who is, even in these horrible days, is extremely serene.'"

Now Diwali is very significant because today is the darkest day, darkest night and longest night, and to end it up they put lights.

Now in the atmosphere it's all very dark, black, the sun is gone. So they put on all these lights. In the same way it is Kali Yuga. Now, Kali Yuga you can consider as one day. It's very dark, horrible, it has lots of problems, it's made our lives miserable and we don't know how to move with life. At this moment what is necessary is to enlighten people. Kali Yuga at its worst now. The kind of things people are doing even in the name of God is shocking.

But that is Kali Yuga, where we have lost all sense of direction. We don't know which way we are going. All kinds of wrong things we are doing and we think it's all right, after all what's wrong in it?

Everything you tell them – "what's wrong?" You tell them, "Don't do it." They'll say, "What's wrong?"

And that's how every human being has very, become very individualistic. In a way he's not, because they follow a fashion, they follow a style – I mean they are not, they are slavish – but they believe they are very independent, they are free people, they can do whatever they like.

As a result of this freedom in this Kali Yuga or the idea of freedom, what has happened with them is that they have become extremely ugly. The kind of things they are doing in Kali Yuga is unbelievable. Even when they are priests, they are in the churches, this thing, that thing, they become so horribly immoral that cannot believe how can that be in the name of God, under this roof of God?

But it has started, that is Kali Yuga. And this Kali Yuga has to be finished.

So what do we do to remove the darkness of the night is to put lights. In the same way people should be enlightened. There should be light in the heart of people. Once they're enlightened, this darkness from which we are suffering because of our ignorance will be finished and we'll have the absolute knowledge. So this is a new age that they are talking about is here right now, here, that it is going to work out in such a manner that it will be all enlightened personalities together, and they'll know what is light is, what is real knowledge, gyana.

So ours is a path of knowledge: knowledge that is love, knowledge that is compassion. This is what we have to understand, that we have come into another area, arena, where all the skirmishes and the troubles of Kali Yuga cannot enter.

It's raining outside, nothing inside – it's like that, that we are now not only free, but whatever we are doing is nothing but freedom; where we are not attached to anything that can debase us, make us lose grip over truth.

When such a personality is brought in then what happens, that all these ideas of Kali Yuga will disappear.

But I must say, it's the Last Judgment at the same time. Those who accept the truth and reside in truth and grow in truth will remain, all other will be perished – is said already.

Like you see a garden in which there are some trees who are nourished well, who get lot of water and love, and who give also so much to people they exist. The others are burnt down and finished. In the same way you have to first accept the love, take the love, nourish yourself with that love and then you give to others.

This is a simple way you can overcome the Kali Yuga's curses. Kali Yuga is so much full of darkness that we start hitting each other. For example you are all sitting here. Suddenly it becomes dark. You don't know how to move, whether you are hitting others or not, with whom are you sitting, nothing, in the same way.

With the darkness in the heart, darkness in the mind that you don't know where are you, what are you doing and what you should be doing, just like going amok you go on hitting each other. This is what is Kali Yuga, and the one who recognizes it and gets out

of it is the Sahaja Yogi. Otherwise you are just like other people if you are still indulging into the same periphery, in the same circles of imbalance.

Now another thing with Kali Yuga is this, that even if you are hit or even if you are destroyed they just don't blame themselves. Is a another horrible temperament one develops that you blame others, never yourself. That it is your mistake that you hit yourself. It was you did wrong and that's what it is.

This is the, what we call is the illusion, is the bhrama, and this illusion has to go away. And for Kali Yuga it is said this is the era of illusions, and this illusion, if you fall into it you are finished. But if you see the illusions then you try to seek the truth. That's why today the seeking is very strong, because they can feel it's an illusion. It's not the truth, they know. And once they know it is not the truth, what do they do? They want to know what is the truth, where is the truth and they try to find it. That's how also in this Kali Yuga the seeking has started.

The story about Kali Yuga is told in also another Purana, of Damayanti Purana where Damayanti, the wife of Nala, was separated from him because of the same illusions created by Kali. So one day it happened that Nala got hold of this horrible Kali and he said, "Now I am going to strangle you and finish you off."

So Kali said, "All right, you can do it, but first listen to my importance, my mahatmya – what importance I have, why I am there."

So he waited. He said, "Now agree, if you listen to me I'll tell you. When I will come and I will rule the world – means when there will be Kali Yuga – people will get into bhranti, means illusions. They will not know whether this is truth or not and they will then try to seek the truth. But not only the people, those who go to the jungles and those who renounce everything; but there will be another type, the same people who are doing this, who are doing this kind of seeking will, in the Kali Yuga will take birth and will be normal householders, and they'll get into these illusions of every kind. And at that time when they get into this illusion, then only they will start seeking, realizing that it is untruth, and they will seek the truth at that time. At that time only they will get their Self Realization." He told very clearly, I mean thousands of years back.

So Kali Yuga is the time where people can get their Self Realization, they will know their Self, they will know the truth. This is said long time back and you can see now it's happening.

So this was the time meant for that, because if you are all right like in Satya Yuga and all that, so you don't seek; you just accept, you are obedient, you are good people – finished.

But in Kali Yuga you really start seeking the absolute truth, and that is why these lights depict that character or we can say that soul which are being enlightened.

So you are all enlightened souls. For Me that's the Diwali. If the people are enlightened that's the Diwali: that they remove all the darkness of Kali Yuga and you all enjoy the beauty and joy of Kali Yuga.

It's very, very symbolic I should say, that Diwali has already started. We have many lights, and we have to get more lights – not because it is short of light; why are we taking more lights, why do you want? Because all must be saved.

Our effort is to save every one of them. Very difficult, it's very difficult.

But you can see now how like seeds realized souls go and plant themselves in very far-fetched places and there they prosper, become very beautiful trees, fragrant, and which are giving shade to others. That's why you see people from all sorts of places are being awakened and they become realized souls, and they awaken others. Is all the process it's so well built in, it looks like that and it's working out well. The only thing which is doubtful is, how many will come to Sahaja Yoga, and how many we can salvage and save? Is the only problem and for that you should be prepared, that every one of you should decide that "I am going to save at least one soul every day, one person every day." Supposing we are some, we have some people who are getting

drowned, say, in a river or in the sea. What do you do? You all rush together to save. You go all out to save his life. In the same way we have to understand we have to save the lives of all the people, and for that we have to work very hard.

Now in this rising from illusion to truth also we have certain problems which must be faced in a proper way.

One of the problems that arises out of this, as they say, is the hunger. Hunger could be for money, could be for food, could be for anything. Now if there is a hunger for money is going to settle [in] you permanently because it is never satiable, you can never satisfy it. But in the modern times people are just going mad, I tell you, real mad for money.

They do not care whether others have it or not, others have this convenience or not, but just like to show off, they want to show off – they're very rich, they're very good – and do all kinds of things with all their ego.

They think, "Nothing wrong; what's wrong? What's wrong?"

This is one of the biggest hurdles you have, is that your mind which is ego dictates, and you try to do it without even verifying what is this, what is that. So the mind is under bhranti, in illusion, and then you have many ways to understand.

So I have said that in Sahaja Yoga if they want they should get their Realization, and also they can go about with their shoes anywhere they feel like, specially on the day they get Realization. It has worked wonders, because that day you are in a stronger mood and you avoid all wrong things.

Now so many of you have grown up in Sahaja Yoga and are transformed completely. So very happy to see that. I haven't worked like... I have not done much, I don't think; I have just enlightened in a way, that's very far-fetched, but I don't do anything. Without doing anything if you get enlightened and if you say, "You have done it," I can't believe it. How can that be? I didn't do anything, just you got your Realization.

But now when I see, then I reflect and find how beautifully you people sing, how beautifully you have become sweet and how beautifully you have become friendly to each other, I am now convinced, and I feel this won't take much time for you to establish Sahaja Yoga.

It is very high time that we should understand that we have to expose ourselves to Sahaja Yoga much more often than otherwise.

And you see the other problems are there also. Like they have some problems, they are saying, "Mother, there should be some written laws." I said, "No. It is through your experience also you can know."

For example, the other day I said that there's a Lakshmi Principle. Now let us see how the Lakshmi Principle goes out. Very simple, very easy if you want to know, it's very simple.

Because this Lakshmi is very volatile, chancala [movable]. Once you give a hundred rupees to a servant, immediately he'll go to the pub and drink : the Lakshmi is dead; as soon as you give the Lakshmi, he tries to go and drink in a pub. So you can imagine what is the situation is with this Lakshmi.

She is very good but also She tempts you. She tempts you very much. So, you see, you have to watch: whatever money you have you should put in the bank or do whatever you like, but just don't spend the whole lot. Just don't do it. Secondly you must know also, if all the doors are closed and you get Lakshmi from one door She will stay, no doubt She will stay; if you are miserly She will stay, but She will rot because She has no outlet. So if you open the other door, you will be amazed that not only this Lakshmi can go out but also can get much more air, much more freedom from outside, because you've opened the other door.

With one door you just experiment, nothing comes in it. You open one door, no air will come, nothing will come in. But you open

the second door, then you will find that there's gushing of currents inside the room.

In the same way a person who wants to have money should first learn to spend whatever money he has. And in this Kali Yuga this is one of the blessings, because the job of Kali Yuga is to create doubts, to create illusions, bhramat [wrong impression, error or mistake] so it will go on creating. But if you stick on to the truth, then it won't work out, it won't work out. So it is important to understand that all the time we are under a testing ground.

It is a thing just to be witnessed. It's very interesting to see how this Lakshmi wants to run away from the house of a man who is only interested in cheating, interested in grabbing, in telling lies. So this Lakshmi doesn't stay with him. She goes away.

All these things are happening around us. I am not saying this offhand, it's all there – horrible! You see it's to see, we have to clearly see the movement of your mind. Where is it going, where is it thinking? Lakshmi is the One, She makes you think about some things which you should not think. As I told you people will start drinking, they will go to races, they will drink a lot – I mean they'll do everything. Why? Because they have money, now they must spend somewhere. But they will put it into things which has no investment in the real good, in the real achievement. And that's how we have now people who are spending so much money, so much on wasteful things.

So wastefulness can never, never achieve the goal that is yours; and the goal that is yours is the fulfillment of your being, to become the Spirit. It's very, very subtle to understand.

You think you are doing nothing wrong; what's that? – after all, while I am doing something wrong or something serious, the body should react. But no. Nothing will react, neither your mind nor your body.

You see, all these years My experience has been very simple, that there are some Sahaja Yogis still involved in the Lakshmi Principle: like they want to cheat Me, they want to make money out of Sahaja Yoga. Then there are some people who want to do business among themselves. All of them have failed very badly, failed so badly that they are like bankrupts or they are in jail, and all kinds of things. So, never do business with a Sahaja Yogi. For Sahaja Yogi it is very important not to do any business with the Sahaja Yogis. If you understand this simple principle you will not do business with Sahaja Yoga.

Of course you can't do business with Me also. So this is a very, very simple thing in which people start doing. For example they meet, two Sahaja Yogis: one from say, from Japan, and another from say, America. And they start saying, "Oh, you are a Sahaja Yogi, I am also a Sahaja Yogi. Can you give me some, a false paper, or you can give me some report?" They go on asking you questions. "But why? We don't want. We don't want to do that." They are not interested [in you?], they are interested in what you have.

And this is something one has to learn very cleverly and intelligently, when people start communicating to you about the business part.

In Sahaja Yoga there is no business among themselves, except they have business with Self Realization. If you understand this point, small, the money part of it which is quite illusive will disappear.

It all works out beautifully if you are surrendered, but otherwise also it can be worked out, even if you are not surrendered; because you see the result and you are hurt, you are troubled, and so you give it up.

So whatever happens, it's our watching system – I should say, one of the chakras – here you can see clearly: by watching. Clearly you see how much you have gone into trouble, so you give it up. But before doing that we have a very good way of seeing through our vibrations. You just feel the vibrations and see for yourself: if the vibrations are good, well and good. If they are not all right then should know that there is something wrong. You can judge any human being you like, you can judge any pastor or if you want to see any one of these millionaires and all those things, but first you must find out: that one, is he a perfect Sahaja Yogi or not? This happens with the individuals. It can happen in the collective also. I have seen in the collective people are so

much misled, and one negative person immediately knows who is the other negative, and then he gets hold of that negative and they start working together.

So you have to be extremely cautious that you have got your Realization, you've got everything, you've got also lot of money in Sahaja Yoga. With all that you should know it's a very, very good sign for thieves to walk in. So you should be very careful and don't get charmed by all these nonsensical things. That's what is the protection from your Mother, that She wants to protect you in this way.

Our whole attitude towards life has to be that of a witness – you see everything clearly. Gradually this seeing will become so very sharp, so clear-cut, so understanding that you will be amazed.

Then you will be using some thing there, anything you are using. Then you don't have to think, only you have to know the vibrations: what are the vibrations are, what do the vibrations say, because they are there to guide you. Those who are not yet very good at vibrations should try to establish themselves. If you are not good at vibrations that means you will not judge people rightly, nor will they have knowledge properly.

So first you must get your, all your vibrations corrected and also chakras corrected. After that you can see what are your associates, who are they? See actually, your mind now is so enlightened that you can straightforward see everything before you.

But if you don't use that enlightened mind you will be amazed, there are some forces of negativity, and once these forces start. You see, actually I should say we are at a juncture now that these things won't happen any more. But when I started Sahaja Yoga it was very bad, very bad situation, and we had half-baked, quarter-baked, one-sixteenth-baked people [Laughs]. And I just didn't know how to tell them, because if I tell them anything they would just run away. They would not come to Sahaja Yoga.

While in the other places like gurus, what they do, they take money and – "bas" [Hindi word, enough], that's all.

Now people think: "Now we have given money to the guru, how can we leave?" Maybe they go on giving money and sticking on.

But in Sahaja Yoga there's no money involved. So they come, then they disappear. Very common; it's very, very common that they come for a short time to Sahaja Yoga.

But if they are really special people they just stick, and start seeing everything from the right angle because they are enlightened, they have grown up, they are mature.

So this is how we have to come back to this horrible night of Kali Yuga through Diwali. This is what we have to do, to be humble and to find whether you are all right or not, whether you are going in the right direction or not.

It is you only who can decide. With vibrations you can immediately know that you are catching, or you will know you are right.

Whatever decision has to be taken, you have to use your hands fully. It's not talking that is going to help, it's not giving lectures that is going to help - no. It is through experimenting, through understanding, through the feelings or the deep, I should say the deep impact of everything that will communicate to you what sort of a people they are, what they are talking about, what you should do. This could be a little mental, but later on it becomes absolutely beyond the mental activity.

Now as it is, I said that Kali Yuga is over, is about to finish. But still there may be people who will try to go back to this kind of normalcy, so-called. But there is a way out for all this, is simple meditation. With meditation you can achieve whatever is to be achieved, and then you'll be surprised that we have been given very, very important thing to be done.

And the most important thing is to be watchful about yourself, that I hope you are not falling into the trap of Lakshmi. The same Lakshmi that decorates you can also disfigure you.

So we have to do everything to keep this beautiful Lakshmi, this decorated Lakshmi as our ideal, and it works out.

Our aim is this, our ideal is this and we have to do this, so we can establish the new government, very beautiful government.

Our whole attitude should be such that we have to be alert, because you become meditative.

As soon as you start thinking about something you'll become meditative. Your thinking will go away. You won't be able to think, and then you can be lost? But no, when you are meditative then you cannot be lost. Why?

Because then you have given your life in the hands of truth. You have given your hand into the hand of reality and that guides you, that protects you, that watches... that watches you, that helps you - you can never go wrong. Even if you are meditative don't you worry, nothing will happen to you.

But if you are never meditative, then it's impossible to save. It's impossible to save, it's impossible to mature; you have to be very meditative to mature. That's very important.

I would say that all the Sahaja Yogis here today are doing this puja, and then there will be also another puja of enlightenment I have been called, or whatever it is; but you have to be very, very careful not to renounce your meditative mood.

What you can do is to watch how far you have gone, how far you have solved your problems. As soon as you see that, immediately you become a complete realized soul.

So the guideline is such that we should know that we are realized souls. And what is so important? Why have we become realized souls? Not only for our desires, for our pure desires but also for others.

And in that understanding that we are not only for ourselves but for others, you become collectively conscious, and you start helping others. You'll stand very well; otherwise you are lost and the others are also lost.

This way is the way we have to really go ahead, go ahead towards the truth and bring that truth for the other people, for other people, and save them.

This is how you can express your love to them, all your caring.

It is a subject which is very difficult to handle, I think, because of - I should say that to talk about this subject is much easier than to assimilate this within ourselves. So now when you are listening to Me, please try that you have to meditate afterwards. In meditation you will assimilate, and the same power that you think is within you of discrimination, of giving vibrations, of doing all kinds of things out of Sahaja Yoga will be completely, continuously be acting. But if you do not meditate, if you are somewhere else, it won't work out. It won't work out.

So today is the day to celebrate and to be happy that we have so many Sahaja Yogis all over, there is hope for the whole world, and we can save all people who are lost in the wilderness. That's a fact, no doubt.

But after that celebration and everything we should sit back on the, we can call, on the asanam or anywhere and watch what is happening; and you will be amazed that in meditation you will be revealed with all the beauties you have achieved, all kinds of things that you have achieved. And all the worries and botherations of things disappear. This should happen to you all, and this is what I request you all to have this special capacity to understand yourself.

My own hope is fulfilled. To see you sitting down here I feel overjoyed, and same way you will also feel when you all will try to

raise the Kundalini of others, establish them in Sahaja Yoga – to be amazed what will happen to you.

It's so joyous to give Realizations to others. For that you don't have to do anything, you don't have to pay anything, nothing of the kind; this power you have which is awakened, that's all.

I mean, what you have to do is to, wherever you go you have to just awaken the Kundalini of the person, give Realization. Nothing needs to be done. And that's so joy-giving, you feel so happy about it.

So today I bless you all with this special power that you give Realization to people and look after the Nabhi of the people, and whatever it is. It is very, very important to understand how far you can go. We have to change the world, we have to save the world - it's your responsibility. You have got Realization, not the others, so don't try to find faults with others. Think about you, that you have Realization and it is expected that you should spread Sahaja Yoga.

Thank you very much. May God bless you. Today, I'm getting so meditative that I don't know!

May God bless you all.

VERSION 2 (part of a talk)

...The goal that is yours, and the goal that is yours is the fulfillment of your being, to become the Spirit. It's very, very subtle to understand. You think you are doing nothing wrong what's there, after all, why are you doing wrong or something serious? The body should react. But No, nothing will react neither your mind nor your body.

You see, all these years, my experience has been very simple, that there are some Sahaja Yogis still involved in the Lakshmi principle. Like, they want to cheat me, they want to make money out of Sahaja Yoga. Then there are some people who want to do business among us. All of them have failed very badly, failed so badly, that they are like bankrupts, or they are in jail and all kinds of things. So never do business with a Sahaja Yogi. For a Sahaja Yogi it is very important not to do any business with the Sahaja Yogis. If you understand this same principle you'll not do business with Sahaja Yoga. Of course, you can't do business with me also. So, this is a very, very simple thing in which people start doing. For example, they meet 2 Sahaja Yogis, one from- say from Japan, and another from, say- America. And they start saying: Oh, you are a Sahaja Yogi, I'm also Sahaja Yogi, can you give me some false paper or you can give me some report", they go on asking you questions. "Baba, we don't want, we don't want to do that." They are not interested in ...they are interested in what you have and this is something one has to learn, very cleverly and intelligently, when people start communicating to you, about the business part. In Sahaja Yoga there is no business among themselves except they have business with Self Realization.

If you understand this point, small, the money part of it which is quite illusive will disappear. It all works out beautifully if you are surrendered, but otherwise also, it can be worked out even if you are not surrendered, because you see the result, and you are hurt, you are troubled, and so you give it up.

So whatever happens, it's our watching system I should say, one of the chakras here, you can see clearly, you are watching, clearly you see how much you have gone into trouble, so you give it up. But, before doing that, we have a very good way of seeing through our vibrations. You just feel the vibrations and see for yourself if the vibrations are good or not. If they are not alright, then you should know that there is something wrong. You can judge any human being you like, You can judge any pastor or you want to see any – one of these millionaires and all those things – but first you must find out, that one, is he a perfect Sahaja Yogi or not? This happens within individuals, it can happen in the collective also.

I've seen in the collective people are so much mislead, and one negative person immediately knows who is the other negative and then he gets hold of that negative, and they start working together. So you have to be extremely cautious, that you have got your Realization, you've got everything, you've got also a lot of money in Sahaja Yoga. With all that, you should know, it's a very, very good sign for thieves to walk in. So you should be very careful and don't get charmed by all these nonsensical things. That's

what is the protection from your Mother, that She wants to protect you in this way. Our whole attitude towards life has to be that of a witness, you see everything clearly. Gradually, this seeing will become so very sharp, so clever, so understanding, that you'll be amazed. Then you'll be using something... [??] anything else, then you don't have to think, only you have to know the vibrations, what are the vibrations are, what do the vibrations say, because they are there to guide you.

Those who are nor yet very good at vibrations should try to establish themselves. If you are not good at vibrations that means you'll not judge people rightly, nor will have knowledge, problem. So first you must get your, all your vibrations corrected and also chakras corrected. After that you can see what are your associates, who are they. See actually, your mind now is so enlightened that you can straight forward see everything before you.

But if you don't use that enlightened mind, you'll be amazed there are some forces of negativity and once these [??] forces start-see actually, I should say we are at a juncture now that these things won't happen anymore but [Shri Mataji laughs] when I started Sahaja Yoga it was very bad, very bad situation, and we had half-baked, quarter-baked, one sixteen-baked [general laughs] people. And I just did not know how to tell them because, if I tell them anything, they would just run away, they would not come to sahaj yoga. While in the other places like guru's, what they do, they take money and "bas" [Hindi word meaning "finished"] that's all. Now people think now we have given money to the guru, how can we leave and they go on giving money and stick around. But in Sahaja Yoga there is no money involved, so they come then they disappear. Very common; it's very, very common that they come for a short time to Sahaj Yog, but if they are really special people, they just stick and start seeing everything from the right angle, because they are enlightened, they've grown up, they're mature.

So this is how we have to come back, this horrible night of Kali Yuga through Diwali. This is what we have to do, to be humble and to find whether you are all right or not, whether you are going in the right direction or not. It is you only who can do this, with vibrations you can immediately know that you are catching, or you will know you are right. Whatever decision has to be taken, you have to use your hands fully. It's not talking that is going to help. It's not giving lectures that is going to help, no. It's through experimenting, through understanding through the feeling or the deep-I should say- the deep impact of everything that will communicate to you what sort of a people they are, what they are talking about, what you should do. This could be little mental, but later on it becomes absolutely beyond the mental activity.

Now, as it is, I said that Kali Yuga is over, is about to finish. But still, there may be people who would like to go back to this kind of normalcy – so called. But there is a way out for all this, is simple meditation. With meditation, you can achieve whatever is to be achieved. And then you'll be surprised that we have a very, very, very important thing to know and the most important thing is to be watchful about yourself, that I hope you are not falling into the trap of Lakshmi. The same Lakshmi that decorates you, can also disfigure you.

So we have to do everything to keep this beautiful Lakshmi, this decorated Lakshmi as our ideal and it works out.

Our aim is this, our ideal is this and we have to do this so we can establish the new government, very beautiful government, our all attitude should be such that we have to be alert, because you become meditative. As soon as you start thinking about something you'll become meditative. The thinking will go away. You wont be able to think. And then you can be lost. But no. When you are meditative then you cannot be lost. Why? Because then you have given your life in the hands of Truth. You have given your hand into the hand of Reality, and that guides you, that protects you along, they watch – that watches, that helps you, you can never go wrong, even if you are meditative, don't you worry nothing will happen. But if you are never meditative, then it's impossible to say. It's impossible to say, it's impossible to mature, you have to be very meditative to mature. That's very important. I would say that all the Sahaja Yogis here, today, are doing this puja and then there will be also another puja of enlightenment I have been called or whatever it is – but you have to be very, very careful not to renounce your meditating, no. What you can do is to watch how far you have gone, how far you have solved your problems. As soon as you see that, immediately, you become a complete Realized soul.

So the guideline is such that we should know that we are Realized souls. And what is so important? Why are we, have Realized souls? Not only for our desires, for our pure desire, but also for others. And in that understanding, that we are not only for

ourselves but for others you become collectively conscious. And you stand with others. You stand very well. Otherwise, you are lost and others are also lost. This way is the way we have to really go ahead, go ahead towards the Truth and bring that truth for other people and save them. This is how you can express your love to them all your caring.

It is a subject, which is very difficult to handle I think, because of – [Shri Mataji laughs] I should say that to talk about this subject is much easier than to assimilate this within ourselves. So now when you are listening to me please try, that we have to meditate afterwards. In meditation you will assimilate and the same power that you think is within you, of discrimination, of giving vibrations, of doing all kinds of things out of Sahaja Yoga will be completely, continuously be active. [Shri Mataji claps in Her hands?] But if you do not meditate, if you are somewhere else, it can't work out, won't work out.

So today is the day to celebrate and to be happy that we have so many Sahaja Yogis all over, there is hope for the whole world, and we can save all the people who are lost in the wilderness. That's a fact no doubts. But after that celebration and everything, we should sit on the – we can call- on the asana anywhere and watch what is happening, and you'll be amazed that in the meditation, you will be revealed with all the beauties you have achieved, all kinds of things that you have achieved. And all the worries and botheration of things disappear. This should happen to you all. And this is what I request to all: to have this special capacity to understand yourself.

My own hope is fulfilled. To see you sitting down here, I feel overjoyed. And same way, you will also feel, when you all will try to raise the Kundalini of others, establish them in Sahaja Yoga, to be amazed to what will happen to you.

It's so joyous to give Realization to others. For that, you don't have to do anything, you don't have to pay anything, nothing of the kind, this power you have, which is awakened that's all. What you have to do, where ever you go you just have to awaken the Kundalini of the person, give Realization. Nothing else to be done.

And that's so joy giving, I feel so happy about it.

So today, I bless you all with this special power that you give Realization to people and look after the Nabhi of the people and whatever it is. It's very, very important to understand how far you can go. We have to change the world, we have to save the world, it's your responsibility. You have got Realization, not the others. So don't try to find faults with others, think about you that you have Realization and it is expected that you should spread Sahaja yoga.

Thank you very much.

May God bless you.

1999-1109, Athena - the Primordial Mother

View [online](#).

9 November 1999

Athena – The Primordial Mother

Public Program

Athens, Caravel Hotel (Greece)

Talk Language: English | Transcript (English) – VERIFIED

Public Program, Greece, 9 November 1999.

I bow to all the seekers of truth. First of all, we have to know what is the truth we are seeking and how we are going to seek it and what is the proof that you have got the truth. Firstly, we must know that you cannot purchase the truth. It is, you cannot market it, because truth is love and love is compassion.

So now, I am going to tell you about the truth, about how in Greece they knew about the truth. Yours is a very, very ancient country. And in our country also, in our old books, the ancient Puranas, it's mentioned about your country. They have described Athena very clearly. And gradually this great country became absolutely ignorant of whatever they knew. Now between you and Me, I would like to tell you that there is a power within us in the triangular bone.

Shri Mataji, aside: If you can move out then somebody can show you. OK?

[Hindi]

That is the bone which we call as sacrum. This name "sacrum" was given by Greeks in those days meaning sacred. That means they knew there is a sacred bone below the spinal cord. This is the triangular bone that existed and was having this power, which in India we call it Kundalini.

Shri Mataji, aside: So soon? [Laughter]

Sometimes Greek language is very long and sometimes very short.

[Laughter]

All right.

Now this bone has this power and if you see Athena on her shield, she has this power and also, in her hand, she has this power she shows.

This power was known to her and we call Athena as the Primordial Mother. The word "atha" in Sanskrit means primordial. But this knowledge was lost later on. Now, from your country went Alexander to India.

And he was Parthenian, Parthenian. [Parthenon was the temple of Athena in Athens] He was Parthenian, and he was following Parthenian religion, Pagan you can say. But when he went to India, he found that purity was the most important part in the Indian culture. And he had married an Indian lady. Also, he had brought a poet, a very well-known poet from India. He described the Persepolis and also, he described Athens, everything in his poetry. But when Alexander came here, he wanted that this Catholic Church should be made into a purer Orthodox style. And I'm sure he must have written some book or he must have said that to maintain purity what we should do. All that code is the same what we follow in India. And the Orthodox Church didn't believe in conversion. We also didn't believe in conversion.

This is the connection [which] took place in the existence of your Orthodox Church. And they respect, respected, all the religions. Now, I don't know what are the changes. But whatever they have been saying and doing, is very met on Indian culture.

I think also they got this "sannyasi" or the renunciation from Buddhism. There's a very little difference I find. But then the Western culture came in and everything went upside down. Moreover, even in India we had the same problem. The gods they had is the same as we have in India. But the gods, they made them human beings, you see, with lots of weaknesses. But India, in India we don't think that way. Gods are gods.

So, this is the basis on which you are here. It's easier for Me to talk to you than to talk to English. Now this power existed in the triangular bone and is called as Kundalini. It is in three and a half coils. And when it rises, it passes through six centers and pierces through the last centre, which we call as Brahmarandra. This is the actualization of your baptism, actualization. It is not just somebody can say, "Now, I bless you." It's not like that. You have to have spiritual authority. And now it is happening everywhere. Somehow it is spreading very fast and I think now we have about, they say so, seventy-two nations where we have Sahaja Yoga.

So, when she rises, she nourishes all the centers. She nourishes all the centers and integrates them. When they are integrated you become a personality of integration. But by that your Spirit is enlightened. And you become the Spirit. So, the truth is, we are not this body, this mind, these emotions, your thoughts, ambitions, but you are the pure Spirit. That you have to become. As soon as you become the Spirit, all these problems, human problems, drop out. Physically you get perfect health. Mentally you get absolutely balanced, and emotionally you are absolutely satisfied. You become a saint in the real sense of the word. But what you feel is the, in your hands, you see, you feel the cool breeze of the Holy Ghost.

There's another thing great that you believe in the Mother, Holy Mother. But in the Bible, she is just described as woman. But on the cross Christ said, "Behold the Mother." But due to the human feeling and human understanding, you have Madonna. Especially Orthodox Church respects Madonna very much. The only maybe difference is that in Indian philosophy you have to achieve your Self-realization. That part should have been stressed. And you should get the actualization, actualization of your baptism. You have to be born again. But if you just, say, take a sort of a certificate, "I'm born again," you don't become it. It has to happen really that you are born again as a Self-realized personality.

Now the time has come for it and it is working out in so many countries. Why not in Greece? All this is very simple. We call it "sahaja", meaning spontaneous, like one candle, one candle, which is enlightened, can enlighten many candles. But, by itself the candle cannot get enlightened. If you are enlightened then you can enlighten others. You can also then start feeling the others on your fingertips because your attention and your personality becomes collective. Who is the other? But this has to happen, this has to work out. Everyone is endowed with a Kundalini and everyone can get Self-realization. But Kundalini is the pure desire and if you have the pure desire to become the Spirit, you will get it. All desires are impure. Today, you want to have a car and you are not satisfied. And you want to have a house; you are not satisfied. It goes on like this, you see, it's economics. So, there is no satisfaction. But after you get your Realization then the satisfaction settles in, because you become thoughtlessly aware, because you become a witness. You just watch, you don't react.

For example, see, there's a beautiful carpet here. As a normal human being, I'll think, "Oh, my God, this' a nice carpet. Where will I find it? How much will I pay?" And if it is mine, I'll be more worried that, "This should not get spoilt. I'll get insured or something". But if I am a Self-realized person, then I'll just watch it and don't react. The beauty that the artist has put in it gives such joy! So, you become full of joy.

Your attention becomes enlightened, attention. Wherever you pay attention, it works out. All your problems are solved. Very surprisingly how they are solved so easily! And you get rid of your worries, all your problems.

Also, other bad enemies we have, like anger, jealousy and all that, six of them, they all drop out. You start laughing at yourself

and nothing but compassion and love flows from your heart. This is what exactly happens to you. And when that happens you really enjoy yourself and you enjoy others. You are so much filled with joy that you become enthralled with it. You become enthralled. I mean, we have now people from all over the world, also sitting here. Some have come even from Australia. But they are so much one with each other as if a drop has become the sea, ocean. It has to happen.

We talk of peace; we talk of this and that. By talking is not going to work out. Only when we cross the limits of our human personality and become one with each other, automatically the peace comes in. This is what one has to achieve. No arguments, no payments, nothing needed. Only this Kundalini has to rise. It is the living process of your evolution. From this human awareness you have to rise to a collective awareness.

I must say, this subject is very much deep and very expansive. I must have given thousands of lectures in my life time. But in short one has to know why are we here. What do we have to achieve?

And once you know what you have achieved all your problems, all your questions have vanished [unsure?]

So, we have to have our Self-realization. Everyone has said that you are to be born again but you cannot just certify yourself, "I'm born again". Because there are powers that are bestowed upon you by Kundalini that you start feeling the All-pervading Power of divine love. It's not falsehood; it's truth. And that surprises you that how you have suddenly transformed yourself. We don't believe in conversion but in resurrection and the time has come for you to get it. So, it will take hardly ten minutes for you to get this. There's nothing that can be harmful in this.

All kinds of diseases have been cured, all kinds of mentally affected people are cured and also emotionally people are now so much detached. You don't have to wear these saffron clothes, nothing. It automatically happens inside and you lead a very, very normal life. Now I've got great grandchildren. Great grandchildren I have got. And now I am seventy-seven and I'm travelling everywhere, going everywhere. So, you lead a normal life but inside you are peaceful and joyous and you give joy to others. That is the need of the day. Because this is the Last Judgement. Whether you take to falsehood or to truth, it's your choice. But if you take to truth then you are in the heaven of joy. And at every moment you'll feel you are blessed. Unless and until you are connected to the Divine, how can you get the blessings? You can go on praying, doing everything; you are not connected.

Supposing this instrument is not connected to the mains, it is useless. In the same way if you are not connected to the Divine you don't know anything. So, you have to decide, "Would you like to have your Self-realization or not?" If you don't want to have, nobody can force you. You cannot pay for it, nothing of the kind. So those who don't want should leave the hall. Then we'll have the session for ten minutes. Of course, in the beginning you'll do feel the cool breeze and everything, no doubt, but sometimes people take little time to mature. Also, the bad habits of destruction all fall off. I've seen young people giving up drugs overnight, overnight. That's it. So, this is for our complete emancipation. Again, I would say, those who don't want to have Self-realization can leave and nothing can happen to you, nothing that is disturbing or in any way physically harming. Nothing can happen but only thing you'll get your Self-realization.

[Realization part]

Now the first thing I have to request that you have to take out your shoes. It's nice. We are in the basements, so, we are very close to the Mother Earth. Because She is - She helps us a lot.

I'm surprised, if you ask them to take out their shoes, they don't like it.

Worse was in England that half of them left when I asked them to take out the shoes. [Laughter]

They are so much attached to their shoes, there.

All right. So, just be comfortable. Be very comfortable. Now put both your feet apart from each other. I know it will work out very fast, because you are sincere seekers of truth.

Now please, put both your hands towards Me, like this, little higher, little higher.

And now you put your left hand on top of your head and bend your head and see if on your fontanel bone area, which was a soft

bone in your childhood, you get the vibrations or, you can call it, the cool breeze or could be the hot breeze coming out of your own head.

Now, you close your eyes or you don't close your eyes, it makes no difference. Put the left hand towards Me and put down your head. And see for yourself if there is a cool or a hot breeze coming out of your head.

Now, hot breeze is coming because you have to forgive everyone. So please, forgive everyone. Some say, "Mother, it is difficult to forgive". But whether you forgive or don't forgive, what do you do? But if you don't forgive, then you play into wrong hands.

Now, try to feel it now, if it is cool or hot breeze coming out of your fontanel bone area. Again, you put the right hand towards Me and see if there is a cool or a hot breeze coming out of your fontanel bone area which was a soft bone in your childhood.

[Missing sound for few seconds].

Again, now you feel if there is a hot or cold breeze coming out of your fontanel bone area, with the left hand on your head and right towards Me.

Now put your left hand towards Me again, and see with the right hand. Bend your head, please. Bend your head. And see if there is a cool or a hot breeze coming through your fontanel bone area. If it is hot that means you have not forgiven.

Now, raise both your hands like this towards the sky. And put your head upward like that. Now you have to ask one of these three questions, or one question, three times. First question is, "Mother, is this the cool breeze of the Holy Ghost?"

[Louder, louder, louder, they are [unclear]]. Ask this question three times. Or you can ask, "Mother, is this the All-pervading Power of Divine Love?" Ask this question three times.

Or you can ask, "Mother is this 'Ruh' or Paramchaitanya?" Ask this question three times, one of them.

Now put down your hands and see for yourself, in your hands, if there is a cool breeze coming in or a hot breeze coming in.

Now, those who have felt cool or hot breeze on their fingertips, or on the palms, or out of the fontanel bone area, please raise both your hands.

Oh, my God! May God bless you. Thank you very much.

All of you have got it, nearly all of you except for very, very few. Probably, they have some troubles which can be mental or emotional. Or maybe, they must have been to some false gurus. Possible. Or whatever it is, it can be corrected.

The song they sang when I came, was written in the twelfth century in India- [to the translator] it concerns this song. And it was written by a poet and what he says that, "Mother, I will ask you for my Yoga," means this is the 'Yoga', is the 'union' with the Divine. And he says, "I'll cleanse myself. I'll do this, I'll do that. But you give me the Yoga, the union." And they have been singing for so many years in the villages of India. Of course, now it is working.

So may God bless you all. I am very happy.

Aside: Can you sing a small song now? A small one.

[Mahamaya song is sung.]

Shri Mataji: Enjoy yourself, enjoy. And now, please go to them and grow. And thank you very much.

May God bless you all.

May God Bless you all.

1999-1123, Guru Nanak Birthday Puja

View [online](#).

23 November 1999

Guru Puja

Noida House, New Delhi (India)

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

[English translation from Hindi]

Today is the birthday of Adi Guru Nanaka, and it is being celebrated through-out the world surprisingly with a zeal that I have not seen before in India.

First time, it was announced in many newspapers and a lot was done. Guru Nanaka only spoke about Sahaja Yoga, and said that everything else is just a superficial display. About religion He said that observing fasts, going on pilgrimage, going here and there, all are meant just to show off. Now you need to find the (Spirit/the power) within you and establish it inside yourself. Again and again he kept saying this. He did not say any other thing, even to the extent that He did not talk of any rituals. But when after Him, Guru Teg Bahadur became the guru - I think today is His martyr's day? SY: Tomorrow. SM: Tomorrow, tomorrow is his martyr's day. He was also of the same opinion, but the person who was the last guru, because war was being fought, he created rituals.

So he prescribed Kada (iron bangle) to be worn, not to cut their hair. All these were prescribed by him. All these were imposed by him. But Guru Nanaka only talked about the Spirit. Everything else is of no value, He explained it very clearly. But no one reads what He wrote, what to do? They will just put a finger on the verset in the book, move it along the line, recite it and then go to the next verset. Can anyone understand it in this way? If we go through His writings properly and absorb them, then the whole confusion from Shabad-Jala (web of words) will end. But most people are still caught in that.

And in that confusion see the condition of Sikhs! They have no desire to look inside, which they should have. If there is no inner search, how could one follow Sikh dharma? This is His actual teaching. His teachings are called "sikhi" (path of learning), meaning "I have written this for you to read and learn". And all the big saints who came at that time, and afterwards as well said the same thing. Big saints were born and He knew who was a saint and who was not. He included all their poems and experiences in His book. That is why the Granth Sahib is worthy of worship, because such people who were recognized and followed as great gurus at that time who had done great work and were spiritual, all their work was consolidated and put into Guru Granth Sahib. That is what we do in Sahaja Yoga as well.

We do not follow any particular saint; we respect them and merge their teachings. This is what He did at that time. But whatever He said and wrote, was lost in words, because people did not go beyond the words. That is why Kabira wrote: "By reading too much, the pandits became foolish". It is that only. They have become fools. Now there is no fight or anything else so what is the need to wear a turban? Or what is the need to be conditioned to have "Kachhehra" (underwear) or to carry a comb all the time? They do all these things as told but they drink alcohol. They have no problem in drinking, though their guru forbade alcohol.

One who talks of self-consciousness could never support alcohol. They drink alcohol but are very particular about these other things, like wear a turban or doing one thing or another. They want to create a clan and live in that clan. And by doing all these outward things, they pay less attention to the inner ones which were preached. Like that they have continued - I don't know how, they have taken to this kind of ritualism and became completely outside oriented people. Their attention is outside so they perceive only the outside view. Now to turn these people towards Sahaja Yoga should not be difficult as we are already doing all the things mentioned by Him. They have not done these things and we are doing them - it is the only difference. They talked of achieving "Sahaja Samadhi", but how? He has also said that it will be done by the Kundalini.

But who would raise the Kundalini? Guru Nanak did not give Realization to anybody, as far as I know. He had only two disciples. He gave Realization only to these two disciples. If one person gives realization to only two of his disciples, what effect will that have? But people took only His outside things and went on. They built big, big things, you can see all over so many temples and so on. What is the benefit in that? But they built few evolved people only and the remaining is just a race of Sikhs. How to explain this to them?

But now I have seen that they have started coming to Sahaja Yoga. At least 8-10 Sikh people have come to Sahaja Yoga. I recognize them as they wear turbans, but maybe some are without. One branch of Sikhs are the Namdhari. They believe in Me. Many of them are in Bangkok. Maybe fifty or sixty came to the programme, wearing white turbans. So I do not know what is their speciality, but they follow what Guru Nanak had said. Like that diversions keep on coming in religion but what have they achieved like this? They are fighting with each other.

What is the use? While Guru Nanak said that He is a "pir" (saint) for the Muslims and a guru for the Hindus, and their "pir" (saint)... None will understand this unless they are realized. But this was necessary to happen to prepare us. All of the gurus have helped in preparing you. In the end our duty is to follow what they have said. But the condition of all the gurus' teachings became the same and many seekers were lost, no one knows where! I was talking about Gyan Deva (Gyaneshwara), how great He became. He belonged to the Nath-Panth order and He wrote about Kundalini. But His disciples used to call themselves "varkaris" (pilgrims). Nowadays they make a show out of it, carrying heavy bronze cymbals, weighing 1kg total, beating them all the way to the temple Pandhari Nath in Pandharpur.

And the clothes they wear are called "lattar", made up of jute and all torn. They consider it a big sacrifice, beating the cymbals during their month long pilgrimage. And they keep on chewing tobacco all the way. Such are the "varkaris". And then they created their own religious sect. What is the speciality of this sect? They take out a procession with a palanquin for Gyan Deva, who did not even have shoes to wear, but they carry His padukas from village to village in the palanquin. They take the palanquin through 25 villages and demand food there. They go from village to village and eat food everywhere. This is a new method of begging, these type of things are just another way of begging.

Thirdly, He was born in Alandi, near Pune. Later he went to Niwase, but He was born here. Women there take earthen flower pots with tulsi growing in it, completely filled with soil weighing at least 3-4 kg, and carry them on their heads all the way to Alandi. I have seen it with My own eyes. I do not understand why they do it. And so many people have earned so much money using His name. How do people believe in someone taking a guru's name to make money? And because of this all His work got finished. Not only that, one fellow gives big lectures on Gyan Deva and earns a lot of money just by giving lectures, but he speaks whatever he feels like and people keep on listening to him. People are filled with this type of blind faith.

The same thing happened to Shri Guru Nanak. I notice that no one actually knows what He said and did not say. To this extent that they made a city called Chandigarh, while He was referring about My coming as Chandi (Devi). He has described everything - nobody even sees that. The same way all gurus end up. But now, to those who are realised it will not happen, because now that you have got the truth you cannot accept falsehood. And anything false emerges then it will be finished. So many people have got Realization around the world that now no one can spread a lie. Everything that I have said is taped and recorded so nobody can alter that. That is why I did not write a book, because you have to listen to the tapes, but a book you can keep on reading but without understanding it.

Just staring in the books...that is why I thought its better I write less. The more you listen to the tapes the better it will register in your brain. Otherwise just by reading you get only entertainment. What is the use? Let's see what becomes of Sahaja Yoga in the future. I don't know but things can go wrong. But as Sahaja Yogis have reached a level, I believe they cannot go astray. You should not do wrong things. This is one thing you have to learn from His life, from what Guru Nanak said, He wrote book after book. If you read the Guru Vani (words of the Guru), it says only that: "Know thy Self, recognize your Self".

But what are the people doing? But this will not happen in Sahaja Yoga. Now I have established everybody so they cannot change

back now. Even if they want, it cannot happen now. Whatever had to happen has happened. Despite all the disrespect, all the troubles and adversities Guru Nanak faced, He did so much. But He did not give Realization as I was telling you earlier. He did not give Realization, so people did not experience it. Now you can say what you want, say what you may, by taking anyone's name from the scripture you will not change. It will happen only through Realization.

This is one lesson we should take from Him that we should not go on the wrong path or hold other beliefs. This is very important. We are Sahaja Yogis, we understand Sahaja Yoga so proficiently and deeply, so there is no need to come up with something new from it. Even now there are one or two people who say: "Do this, do that". This is all useless talk. How should I say this? In a way... ...their behaviour is completely false. There is no truth in it. Like: "Keep the water this side. Keep something else there".

I have never said anything like this. Those things I have never said, they are doing. But now if they hear My speeches with their ears they will understand as from the ears it will go in their brain. They will not learn the true meaning by reading, but by listening. Why do you do things I have not said? It is because of old conditionings. It happens because of that also. You move ahead with old conditionings developed since your birth. Until these conditionings are dropped, the true form of Sahaja Yoga cannot manifest. And I have made you special.

You are special people; special because you know dharma, you know everything. you know about yourself, you know about others, you can give Realization, you understand everything, so you are fully accomplished (sampoorna). So after this why should you go astray? There is no reason for it. We should also reflect to how hard Guru Nanak worked and how much He had to endure. His wife was also not good and gave Him lot of trouble. And what is the state today of what He created from His hard work? Same about Jesus Christ, about Mohamed Sahib and all the others. Guru Nanak's work was distorted the most even though He was one of the last Gurus who came. He explained a lot, did everything.

After Him, Shri Sainath came who said there is no need to follow rituals, they are all useless. He said clearly that if one starts anything, people will spoil it, because they are not awakened. It's different after Realization - all become one, all become wise. Without Realization it's a very difficult task. So He did not do any of that, He did not organize people or anything else, He had His disciples and that's it. And even I have not organized anything. Even though we don't have an organization, after Realization people become organized on their own. Like in the human body all the organs get organized automatically. Just like that - there is no separate organization or anything else. Everything works on its own.

My eternal blessings to you all. And you need to take care that what you have received you should not distort. There can be no bigger sin than that. And we should not distort it for any reason. We should not allow distortion to come. Eternal blessings to you all.

1999-1205, Talk: Paane ke baad dena chaahiye swagat samaroh

View [online](#).

5 December 1999

Talk to Sahaja Yogis

New Delhi (India)

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

1999-12-05 Talk in Delhi: After receiveing you have to give

Sir CP: Dear Sahaja Yogis, returning back home is a very big thing, I get very emotional when I see your overwhelming love for your Shri Mataji. Then I feel the world is going in the right path. You see, another year is coming to an end, and another century and another millennium is going to start. I just want to say that in this century or in the previous ones, some people came, who started new religion – Mahatma Gautama Buddha came , Lord Jesus came, Christ , prophet Mohammed came , Guru Nanak came . All these people came and started religions because human beings needed all these religions.

The mind of the human beings is very wandering from the beginning, and to take care of this mind, religion is needed. But whatever religion came, though they handled the human beings, but from inside, from inside the human beings, whatever they were they remained the same. From outside a little impact came. They went to temples or churches or to the mosques, but from inside, it is very important for the human beings to change, because to go to Almighty Father, Paramatma and to get connected, the inside change is very important. And this work somebody had to do, and God has sent Shri Mataji to you for this work, for the rise of the human beings above everything else, and after rising to bring them together.

You see, whichever religion came, they were doing things differently. Some say they will do conversion. Whom will you convert? All Gods are the same. What will you convert to and whom will you convert? Can somebody convert anybody else? If you want to convert someone, it has to be from inside. And so it is very important and the time has come that all the human beings, whatever caste and religion and language may be, we should rise above these standards and bring a change from inside and become one.

This is a very big work. There are one billion people in our country. Around the world there are 5 to 6 billion people. To change them it is a very big work. For this work Shri Mataji has come here. She is doing Her work. You all are sitting here. I travel around the world and I see how people are changing, in Africa, in Asia, in Latin America, in Europe. You see how they are singing in Hindi, in Sanskrit, the art of India, the music of India. They sing and they understand that what She is doing for them, for the whole world, for the human beings, for the whole universe, is a very important thing . So this is the work that She has started in this century, and in the next century She will be there near you all, She will be happy and complete Her work, these are my prayers.

My only request to you all, is to please spread Sahaja Yoga more. You are thousands here. Let it be thousands more all over India. This is the only thing which is good for us. I thank you all. I was not able to welcome you all. I just stayed with Her. And what is my status, what is more important for me than to stay with Her? Then also I thank you all for welcoming me. I did not know about all these you are doing for me otherwise I would have said "No", but you all have taken care of me. I am very, very thankful to you all. I did not know all this is going to happen. Thank you all very much.

Shri Mataji: To all the Sahaja Yogis who have found the truth, Namaskar to you all. You all are gathered here in such large number. Seeing this I am really overwhelmed and think that in my lifetime itself so many people, so many from far off places have received the truth. Without truth, the life of a human being is useless, is like searching in the darkness. In the same way, without truth the human being is always wandering. In that I don't agree it's the human being's fault. The fault is of that darkness which has surrounded him.

Like I said, you all and everyone of you should spread Sahaja Yoga. This is also My desire that you all can spread Sahaja Yoga. Everybody should think that, "I have received this and I should also give it to others and spread it". With this Sahaja Yoga will

spread and also a peaceful and beautiful feeling will come in this world. This is now in your hands, that you all should do this work completely. And in India this work is happening in full swing. The reason is, India is a yoga bhoomi (land of yoga), it's a punya bhoomi (land of good karmas), and in this punya bhoomi, this kind of work it is to happen. It is already written, destined to. Then also, with a great force, this will spread and this family will be bond together and this is happening and is going to happen. This joy you all are receiving, you should also give it to others.

This is Hindustan (India) and the whole country, and to come here the joyful feeling that comes, one cannot express it. But when I see you in the airport, then I feel in how many hearts this joy is manifesting, and how many people are drenched in this joy. With this, our children are also saved and our yuvas will also be saved. Not only this, in our country, protection and real meaning of swaraj – swa means atma and kingdom of atma is called swaraj and swatantra means the technique of atma - these two have to come. And it has come. You all have accepted it. Your life is enriched and now others also have to enrich and ascend. This is the time and we should do that.

Now, I have seen in many places and I was surprised, that the effect of the millennium is in full force. Like many Sahaja Yogis have come from foreign countries also and went to Odessa. There they gave Self-Realization and they opened nine centers and thousands of people came in Odessa. And there is a reason because a lot of wrong things happen there. But not even one Sahaja Yogi had any doubts to tell about it and to assert they are Sahaja Yogis. In the same way, in Turkey, they were Muslims but now they became real Muslims. When they all came to Sahaja Yoga, around 2000 of them, there were two severe earthquakes, but not even one Sahaja Yogi or their relatives, had any trouble in that earthquake. They were all saved.

Same thing happened in Italy also. But everywhere I see Sahaja Yogis are fully protected and in this protection they all are flourishing. That means that the Last Judgement has started and is happening in full force. You all are meditating but after receiving all this, you all should desire to give to others. Desire is there but due to some reason this desire is not accomplished. This you all have to do with full motivation. When it's raining you are still working, homely things you are still talking, but to rise from all these and to give Realization to people and to care for them and help them ascend is your prime duty.

And this responsibility lies with you, you all can only do this and many of you are doing it, but you have to do it in thoughtless awareness (nirvichar). And more than that, the joy that you have got, others should also get it. With this thought you all should direct your vision, and then many things can happen. And I think that this work will happen. There is no fight, no obstacles, no noise, no alcohol, in this. You only have to rise the Kundalini of people and this power you all have within you. And you have to use it. What is the purpose to have these powers within you if you do not use them. You all should use these powers and decide that each person, each Sahaja Yogi, minimum of minimum give realization to 100 people. Talk to everyone, there is nothing to feel shy about it, nothing to worry, because we are standing on the truth. Now and then this guru shopping is going on. For all this, the only remedy is to talk to everyone openly. Talk to everyone and tell them to stay away from these traps, otherwise they will also be finished. This is our duty. Like in the rain the boat sinks and you all are the saviors. We have to keep trying to give realization how many people we can. This joy should not be only in our heart. If it was so then why should we leave our place and jump mountains to give Realization? This is such a state that only in the company of others we can enjoy, and if you are in such a state, you should make use of this state and become like that. Hope that when I come to India next time, there will be many more people in Sahaja Yoga.

You all have welcomed Me with so much respect. What can I say? This is not needed, but since you all insist, I agree. But I already saw, the day you all came to the airport to greet Me with so much love, this is the greatness of love. So to give love and spread it, it's a big thing. And in this birth if it happens I don't know how many generations will be benefit out of it.

My infinite blessings to you all.

1999-1225, Christmas Puja

View [online](#).

25 December 1999

Christmas Puja

Ganapatipule (India)

Talk Language: English | Transcript (English) – Draft

Christmas Puja, Ganapatipule, India, December 25th 1999

Today we are going to celebrate the birth of Jesus Christ. He came on this earth in a very special way, that He was born to a Virgin. And we can understand as you know as Shri Ganesha was also born in the same way, and as Jesus is a incarnation of Shri Ganesha He had all His powers when He was born, He did not have to bring any outward weapons to show that what powers He had. But He had all the powers with Him, but still He tried to show tolerance and understanding, because at that time the people with whom He had to deal were absolutely ignorant of spirituality.

They were actually Jews and they were instructed by Moses, Abraham, all these people. But they had lost their moorings, and they didn't know what to seek, how to seek, and they were not seekers. They are quite satisfied with all the Jewish ritualism they had as also in other religions we do the same. There was no seeking at all for anything great. And so He had a very difficult life, extremely difficult life. When He was born there was a sign, of a star which three men saw and they followed it and reached that place where they found that He was born in a manger, the very simple, simplest possible place to be born. Was born in all great difficulties but it was shown clearly through a star that He was something great.

The other day somebody was asking Me how did You find Ganapatipule. Actually I didn't know, and in Maharastra this is not a very well-known place. They go to Ashtavinayakas but not to this Mahaganapati. They had no idea. But I was coming back from Ratnagiri and I saw really a very big star on top of this temple. But nobody could see it, that's the problem is. At that time no sahaja yogis could see it.

So I told them, let us follow this star. It was a very big, big one, unusually big, not like a star, but quite a big, big star, very unusual. But they couldn't see it. Other people who were with Me they said that we can't see it. I said, doesn't matter. So I told them to turn it, turn it from this Hadkamba they call it, and let us go on this another road. And we just followed it. They of course listened to Me, and they did not argue. And we were travelling, travelling, we were quite late, but still I [said], "Doesn't matter, it's alright, let's go".

By the time we reached Ganapatipule, it was the dawn, beautiful dawn, I can't forget that. And in that dawn we see such a beautiful place here where we are now. And I said, this is the place where we have to be, where we have to get all the sahaja yogis to. Of course you know that Rabindranath Tagore has already described about this place that people will come here from all over the world and at the shore of Bharat this will be done. All these are predicted, have been done already, but how miraculously I discovered this place is very surprising as those three great men discovered Christ.

And the place was really blessed and was very beautifully vibrated. I stayed here for two days and I decided that this is the place we have to take. Ultimately we got this land and we got all these things here but people troubled us a lot. Such negative people they troubled us. Like Christ also was troubled and tortured, very much tortured by people. So at a very young age His parents took him away and they say that they were in Kashmir. And then He came back from Kashmir later on, is described in one of the books I've read about Christ being in Kashmir, where He met Shalivahan, I would say our forefather. Is very well described, and in Sanskrit it is written. I think the writer didn't know what he was writing. And the whole thing was the conversation between Christ and Shalivahan, and Christ told that "The country from where I come is spiritually dead. And the people are running after all filth and dirt. This is My country and I want to live here". But Shalivahan told Him that, "You are such a great saint". He also told His name, as Issa. "But You should go back to Your own country. You go over back to Your own country and" – the word he

has used – "You teach them Nirmala Tattwam, the principle of Nirmala". Is clearly written in Sanskrit language. But He went there, and the people were so negative, so negative, that they crucified Him just after three years. This is the sad story of His incarnation. But after that there were twelve disciples He had. And out of these twelve disciples the weakest was Peter. Very weak and he denied Christ thrice. And Christ had told him that, "A satan will come and meet you". It was Paul who met him. And the whole thing changed into a satanic anti-Christ force, as Catholic church.

This Catholic church when I read about it I am shocked, how can a religious movement be such a criminal thing. It is absolutely criminal, it is anti-Christ. It has been making all money, everything, deceiving people, and brought what, nothing but their own kingdom. They live like saints to show, but all kinds of filth is going on in that Vatican, I have read another book recently. But I can't imagine how can they call them Christians when Christ was innocence and purity. Such a shame in the name of God to do all these things. They also made artificial, we can say artificial notes and distributed them through their own bank, they have a banking system, they have all kinds of things, I lived there, I know how terrible they are. And this is what is the outcome of such a great soul that sent by God. They changed the Bible also – not only that, but they tortured the Gnostics, the people, the early Christians who have had a religious experience. All nonsense they are doing morning till evening and people are absolutely slavish about it. They are talking of conversion: what conversion has brought good to them? In Italy there is mafia, there's all kinds of nonsensical things and the Catholics are all full of sins and they have to just go and confess. When they are celebrating His millennium I was not at all very joyous about it, because this is another way to make money, to make money out of this festival. Actually Christ's Birthday was not celebrated for 347 years, and they thought it's a good idea to celebrate His birthday so that we can make lots of money. First of all they are all allowed to drink and be merry, all these systems started of immorality there. They also make a wine called Benedictine. They are making all kinds of things which are filthy and bad, and they have amassed so much of money with them that no-one can challenge them and can ask them to get out of the lives of people, but is the people who has seen it through and through and have given them up.

This is the beauty of Christ. He has saved really these people, they were seekers of truth, and they have been able to take to Sahaj, to understand that there is truth in it, and we should not anymore cling on to something that is untruth. And now we have so many here who have been harmed and who have been tortured by this Catholic Church.

They are quite frightened of Sahaja Yoga I must tell you, they know that we are standing on the truth. They are very much frightened and they are trying their level best to harm us. But so far they have not done anything, they couldn't achieve anything despite everything. At the end they had one argument through the newspaper about Sahaja Yoga. They said, 'We don't want to have one religion all over the world'. I said, 'Yes, because how will you fight then? You must have many religions to fight'. Then they stopped. The newspaper they were arguing, they all stopped it. All these nonsensical ideas came, and it became so much of an extreme that people saw through it 'This is wrong', and they really took to Sahaj. If there is no truth, why are they converting people all over the world? What have they achieved by conversion? And that is why one has to understand that all religions are equally the same. In its manifestation may be different, but in its essence they all say that you have to have your self-realization. Whatever words, this way or that way, it has said you must seek the truth, in the Bible if you read – even, you'll be amazed, in Koran though they have tried to camouflage lots of things, it has not been possible.

Now Muslims also have taken up another view, worse than even Christians. That they are saying that Mohammed Sahib was the last incarnation. If He was so, there were so many others afterwards they may not accept: we had Guru Nanaka, we had Gyaneshwara, we had Shri Shirdi Sainath. How these prophets came on this earth? How can you deny it? If you say we don't believe then you are stupid. Because if He was the last, how did these incarnations came here?

So many things Christ has said. On the cross He said, 'Behold the Mother'. Behold, is a very good word, meaning that look forward, see the Mother. At the time of His death also He said this. And all these people are just trying to create violence, torture, all kinds of things which cannot be Divine. So one has to understand that you cannot spread any religion with violence, with force, you cannot. Only with love and compassion.

You can spread Sahaja Yoga only through love and compassion. And that compassion is not a mental stuff that we think we are better than others so we should change them. No. It is more love and compassion. That you feel that we can really resurrect

people, not trying to change anything, but to resurrect, as they are, we will resurrect them. This is our work: to resurrect people and to give them the truth. There are many, many people all over the world, and you have seen now, we are working in the 86 countries.

In a place like Benin we have got seven hundred sahaja yogis, seven thousand, sorry, sahaja yogis, who were Muslims. And I asked them how did you take to Sahaj. He said, 'Obvious'. I said, 'Why'? I said, 'First of all, why did you become Christians?'. He said, 'No, we didn't. We just became Muslims'. 'But why?'. 'Because the French who were ruling there were extremely immoral people, very immoral. And we thought, what's the use of following their religion, who drink all the time, and do all kinds of filth' so how can we be better off? So we took to Islam'. But they are now in Sahaja Yoga, because whatever it is they have discrimination. They are seekers and they have discrimination. Imagine, they are all, we can call them as people from the black, black people. But they have such enlightened mind, I was amazed. They have made poems on Me, they have made lots of things about Me, and seven thousand of them have become, and they said one day the whole country will become, sahaja yogis. (Applause)

In Turkey you know there is Islam, so-called. But there was their leader Ataturk Kemal Pasha, who was an enlightened soul and he talked to them that all this is nonsense, this purdah system, this, that, oppression of women all is nonsense. And he really made them much free. They are extremely creative people there, and imagine, there are two thousand sahaja yogis in Turkey. When there was this earthquake, you'll be amazed to know not one sahaja yogi was killed nor anybody's house was destroyed (Applause).

In our country also we have four, four states which were all converted into Catholicism. Now I have talked to them, and they said, 'No, these people only told us how to dress up well, go to church, sing hymns and come back home'. I was surprised: they are dressed better, no doubt, than other people, but how could they accept such a thing? Because they are aboriginal, they are people who are not yet open to light of the modern times or anything.

And then after that, after that, they were trying their hands on Orissa. In Orissa there were already 35 to 40 persons who were Catholics. And I asked some sahaja yogis from Australia to go and do some work there of Sahaja Yoga. And they established nine centers there. Nine centers of Sahaja Yoga were established. But the best part of it, when there was a huge big destruction through a hurricane that came, all the sahaja yogis who have newly accepted Sahaja Yoga, are all safe. (Applause). All their houses are safe.

So now what is going to come is the Last Judgment. In that all people who still are trying fundamentalism, who are fundamentalist, they'll be destroyed, I think so. Because the way they are destroyed in all these countries, I just don't understand what is happening and why these people are getting destroyed, their families destroyed, their houses destroyed. Is the Kalki I think is acting, and working it out in all these places in such a severe manner. Those people who do black magic and all that they were also destroyed.

Is very surprising that in Orissa not one sahaja yogi was hurt. It is such a big protection of the Divine on sahaja yogis, which was to come, was told long time back it was going to come.

But people got lost in ritualism, in the priesthood, and its all kinds of talks. By talking you cannot get a spiritual experience, by reading you cannot get any spiritual experience. Guru Nanaka has said it, Kabira has said it, even Adi Shankaracharya has said that this is Shabda Jalam, this is the web of words. "Oh Mother, take me out of that".

All these people who knew the truth have said the same thing, they have repeated the same thing, if you read their lives you'll be surprised. Even the Sufis who were Muslims have written the same thing all over. It's surprising, how can Sufis living in Turkey or living in, even they were in Pakistan – now is Pakistan, that time it was India – they all have written the same thing, some great poets even from England have written the same thing, that truth is truth, and truth is love. That's what Christ wanted to establish, but He was born in a very, very difficult situation. And the people who took over, as priests and Church and all that, made full advantage of that and have really oppressed all the people.

There's no oppression in Sahaja Yoga. It's your free will by which you come in. And you have to find the truth, truth about yourself, you should know yourself. All the time Christ has said, 'Know Thyself'. And they don't try that at all anywhere, Knowing Thyself, because they don't know themselves.

This situation we have in every religion. They all came to fight it, to tell us what is the right path what to follow. What Christ did was a very remarkable thing, that He told the Jews that He is the Light, He is the Path. But He didn't say He was the destination, clearly, because He knew that somebody has to come, and He said the Holy Ghost will come, and She'll have three things as you know: that She'll be a Comforter, She'll be a Counselor, and She'll be a Redeemer. He didn't use She or He, but in Hebrew language it says "It". So people have misused Bible to such an extent that in England a king wanted to divorce his wife so he authorized the Bible. How can such an adharmic fellow authorize such a holy book like Bible?

Because the power: with the power he want to control, want to control all that is reality. This is a blind power. But if you have a real power, then you know what to respect, what not to respect. Which way to go, which way not to go. Because you have a sight, you know a very bright understanding of the whole thing. Which road you have to follow, where you have to go, and which is the right thing.

Thank God through this Kali Yuga, because of all kinds of horrible things, as also among Hindus lots of funny, funny rituals they have, that people have seen through that this is not the end of it. You have to seek, you have to seek. But the only thing which is very important is that all of them have said that you have to seek, you have to find out your Self. Which is very clearly written in some of the Indian scriptures. Some of them, I would say not all of them. Some of them it is written that you must seek your Self, specially the saints who came on this earth in India, they have tried to say all the time that you must seek, you must find out the truth. Because they knew the truth and they wanted others to find the truth.

So in every religion there have been enlightened people. Among Buddhists also there has been a Veditama, Lao-Tse, and many others, who have talked about seeking, seeking the truth.

Christ has said it very clearly, very, very clearly, and at His birthday I feel very happy that so many of you have already found out the truth and that you know the path of love and compassion and humility. As it is we know where Christ resides within us, and how to respect Christ, and how to worship that. With this Agnya chakra you can make out a person whether he is a seeker or he is a dominating arrogant Christian. You cannot do that, if you are a Christian you cannot be that. If you are that, then you are not a Christian. Look at Christ, how humble He was. He could have finished them off - He had such powers - all of them; but He got Himself crucified. The reason was Agnya chakra was to be broken. Was to be crossed. And so He accepted. As I told you He had all the powers of Shri Ganesha, which are the most destructive powers. All these powers come from Mother Earth, and the Mother Earth can shake the whole world.

But He was the One who came as Mahavishnu, as described in the Devi Mahatmya. What a person He was, and what He did, all His work is beautifully described in Mahavishnu. Now, when they do not know, want to connect the Devi Mahatmya with Christ's work, it's alright, they are lost. There's such a disintegration, and there's no collectivity, nothing. And they call themselves as the disciples of Christ: you cannot. You must have love, compassion. And not for a purpose. They have missionaries who go and talk of compassion, love, and what they achieve is nothing but conversion, because it is democracy and they want to have more heads. It's so despising, the whole attitude towards Christ, is so criminal to have such an attitude towards Christ, who was the One who came to give salvation to the whole world, to unite the whole world, and to make so many different, different efforts to spoil His name.

Now I would tell you this, that if Christ is born and He came on this earth, it's a very, very great occasion. He gave His life for us, He did everything. And how are we following Him is by forgiving. You have to forgive others, you forgive yourself and you forgive others. Is very important if you want to open this Agnya chakra, where resides our Lord Jesus Christ.

If you cannot forgive others and you cannot forgive yourself, then this Agnya won't open. And the best part of it, all the Christian nations I have seen, where there are so-called Christians, they all have a very bad Agnya. If they are really following Christ, why should there be a catch on the Agnya chakra? And they are extremely dominating, arrogant people. They cannot be the disciples of Christ. He was so humble, He was so much one with God Almighty, that He accepted His crucifixion. His birth itself is a very great miracle, and His work is even greater. We have to win over all the Christians and tell them what is real Christianity, what is reality, and what they should take to, and how they should justify their following of Christ. It is very big organizational thing, and it's a big, I mean, political thing, I mean, all kinds of things are going on. And all the bad things they have from, say Hindu religion, they carry on. So what is the use of conversion also? So from His life we have to learn that He took a birth in such a situation that nobody would have dared to be born like that. So much of darkness and ignorance, so much of cruelty, that He took His birth at that time is extremely remarkable. Such a brave, courageous personality.

Nowadays they make Christ look like a TB patient, I mean, just to beg, you know. Because they are beggars. All the time they are begging. And I was in Bombay this time, some little, little girls and boys were singing songs and they came up, and they said, 'Give us some money'. I said, 'What are you doing?'. 'We are singing carols'. 'So you sing! Why do you need money for?'. 'You know, we need money, we have no food to eat'. Imagine. Then why sing songs of Christ? All kinds of begging is done. Christ, did He beg for anything? Did He want to create beggars on this earth? He died, lived with self-respect. All His qualities are never studied and people take to something which is very mundane, sometimes absolutely degrading, degrading. He came to give us a very dharmic, very... I shouldn't say religious because has different meaning, but I would say a very pious and beautiful life. He is the model, He is the model we have to follow. Not that to become beggars and go round and ask for alms.

Even in the schools which are Christian schools they teach this to children, that you go and ask for money, ask for money; all over the world they are asking for money. And what do they do with their money God only knows. Money can never be so important, never so important – it is just that we use it, but it cannot dominate us.

He came in a very, very humble way, in a manger He was born, to show that money is not important. Though in the Sanskrit literature it is written that a God, or God Almighty when He incarnates, He has aishwarya, means He has wealth, He must have wealth. It is meaning the spiritual wealth. He must be born with the spiritual wealth. If he has spiritual wealth, then He is the real incarnation.

If you don't have the spiritual wealth of love and compassion, and detachment, you cannot be called as an incarnation. It's a myth. So we have to test it on people who are saying they are incarnations, they are gods, they are divine, that they will take you to divine life. See their own lives, how they live. See their own temperament.

You can see how Christ knew about: He told Peter that you'll meet a satan. And that's what he met, this Paul. In every incarnation's life there has been negative force curbing the activity of that incarnation. We too had lots of negative forces, but gradually we have surmounted it and still I am there living, it's no, there's no crucifixion for Me at least. So this is what it is, because you are seekers and you have found the truth. This was My job, is to give you the truth. And you have got it, you have got the spiritual experience, which is the greatest thing one can ask for. You know yourself and you are so one with each other. This is the completion of the work of Christ, that He said 'I will send you the Holy Ghost'.

So this millennium for Me is mixed with funny feelings, because all created by this Catholic Church, saying 'this is the Millennium'. Who says so? Because it is already not was celebrated for four hundred and something, forty-seven years, and now you say 'this is millennium'. So the whole world has said, 'Now is millennium, millennium, millennium'. If it is, if it is really the millennium, then what Christ wanted to do is to take a hunter in His hand and hit all the people who are negative or making money in the name of God. I am unhappy because is created by Catholic Church. They have already made so much money out of Christ, out of His name, and if you meet people say in Brazil, or Argentina, of Peru and all these places, wherever there is Catholicism, they are very, very poor people. Catholics are mostly very poor, except in Switzerland I think, where they must, they have banks, maybe that is the reason. Even these banking people are all Catholics. Can you imagine?

And Italy also has lots of it, but now, Italians are that way much more open, much more open and they have been attacking by so many ways this Catholic Church. France I don't know, France partly, they are not yet so many, but one day will come this France will have to learn a lesson, a very serious lesson for whatever they are doing. They don't know what is freedom is, actually they don't know laws. They are going at random like mad people. Firstly they drink such a lot. Drinking according to them is allowed. How can it be allowed, drinking, which is the greatest curse on human beings?

They said that He went for a wedding and in the wedding He created wine. In Hebrew language wine means the grape juice. Not wine which is fermented. And instantly, how can you create wine? There's no logic. You have to ferment it, you have to rot it. But the Christians are the worst in this. If somebody dies they will drink. If somebody's born, they will drink. Anything that happens, whether good or bad, they will drink. Drinking is their religion, specially in France. Now they have no money, French have no money, because this drinking business takes out all your money, everything. Christ never said you should drink. Why will He say? It goes against your awareness, must understand, you can't bring such a bad name to Him saying that He had agreed to people who were drinking. No, never. He cannot. He was an incarnation of purity: how will He say such a thing?

I can't understand the licentiousness, the immorality that people are doing. They'll go to church, come back and become immoral. There's no restriction on them, because they don't know, because there is no light, light of the Spirit in them, to see what is destructive and what is constructive. That's why Christ came on this world to show, and they put all these things on Him, and take a license to do whatever they like.

After Sahaja Yoga you realize what is wrong, what is good. Unless and until you become a sahaja yogi is difficult to have this discrimination. That's how so many people are lost in the name of Christ, lost in the destructive forces of their being. As it is we call them all the six enemies that we have. So today, when we remember His life, His birth, His work, His greatness, His sacrifice, we have to know that we have to follow His life. He is our model, we have to bear lots of things, we have to be tolerant, we cannot be aggressive, we cannot be threat to the freedom of others.

I know there's some are satanic people, but we should not be a threat to them. Our truth will fight. This is a very, very simple thing we have to do. In Sahaja Yoga see, I have seen people have taken more to a very moral life, and a moral behavior, and a whole culture also. Sahaja Yoga culture is a very moral culture, very loving culture, very compassionate culture. And I am sure Christ within you will be happy to see you in this manner.

May God bless you. (Applause)

1999-1226, Haldi, Weddings and Talk to Brides

View [online](#).

26 December 1999

Wedding

Ganapatipule (India)

Talk Language: English | Transcript (English) – Draft

Talk to Brides, Ganapatipule (India), December 26th, 1999

[Starts at 5:21]

On one [inaudible] is that, if you have accepted this marriage, you'll have to make it a very successful and beautiful marriage. And as I told you that women are for the preservation, preservation of family, of their country, and preservation of all of the value system of Sahaja Yoga.

For that, you should be prepared. You may have to be [inaudible] sometimes hurt, sometimes people might try to say things to you which you may not like, but you have to be very wise about it. Only the wisdom can help you that you are responsible for building up a good married life. And once you know that, you'll understand the importance of your being married in Sahaja Yoga.

It's not like any other marriage. It is not just a convenience or it's not just matching for you. It's much deeper than that. And if you have that feeling within you, that you have to have a very loving relationship. If you love somebody, you won't grouch anything, you won't demand anything, you won't react for it.

You have to have love, you must excuse and forgive, if something is done wrong. After all, men are not that practical as women are, you know that. But you are their support. You are their help. And you have to look at it from a very different angle that you have to build up this married life yourself.

Sahaja Yogis are men who are all right here; they are Sahaja Yogis and they understand what is to be done. But your understanding should be much more, much deeper, then only it will work out. So, I have to tell you very, very frankly that if the marriage would fail, it will be because of you and not because of him. It is how you handle, how you behave, this thread [unsure] and what will support you and what will help you will be the loving attitude. Then you won't mind anything because you love a person. You want to have a very loving family and loving children and everything is so beautiful. If you want to make yourself miserable, it's very easy. But if you want to make people really much happier, very much respecting each other, for that you should show much more maturity than the men can do. Because it's your responsibility. Marriage is mostly your responsibility. And how you make it is your own doing.

So, I have to tell you that at this very beautiful time, this auspicious time, when you are going to enter the married life is the first step and then for your children is the second step. In every way you should try to express your love, in every way possible. And all of you should develop a new technique of sahaj, how to express your love to them and to each other because we are all one family. And we have to show that we are, we are very conscious, aware of our responsibility because Sahaja Yoga is the only way we can resurrect people and save them.

Now, you have become part and parcel of the ocean and in the ocean, whatever is the way, you have to move with that. And this collective understanding should be there. There should be no problem on that thing. You'll enjoy all the collective, you'll enjoy all the love that collective wants to give.

I am sure you will make it. You look very promising to Me and I really bless you from my heart that you become a very good wife in Sahaja Yoga.

May God bless you

[Starts at 17:25]

I am overjoyed to see all of you so much enjoying and expressing their feeling about your marriage. Also, I am thankful to all the people who are here and who have been witnessing this beautiful, fantastic festival of marriages. And to thank all the organisers who have organised it so beautifully so many marriages without any problem, and all the volunteers who have worked so hard to look after you with very gentle care and instructions.

In such a big congregation of marriages, there could be some handicaps maybe some mistakes. But you people have very verily accepted the whole thing without gouching about anything and working it out so beautifully. I am thankful to you for that and ultimately, I have to thank all the musicians who have worked it out with their music, enhanced your enjoyment and the [guyalis?] who have valued in such a beautiful manner for your marriage which was getting confusing I think, it was for some of you. Doesn't matter, it all worked out and I think done with such good feeling and sportsmanship I should say.

So, may God bless you all.

And now enjoy your marriage, enjoy your life, may God bless you.

1999-1230, Interview Newspaper

View [online](#).

30 December 1999

(India)

Talk Language: Marathi | Translation (Marathi to English) - NEEDED

<https://www.amruta.org/wp-content/uploads/2025/03/Marathi-interview.jpg>

2000-0305, Mahashivaratri Puja

View [online](#).

5 March 2000

Mahashivaratri Puja

Pune (India)

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

Shivaratri Puja, Pune, India, 5 March 2000.

First, I'll speak in English language, because we have so many people from foreign countries, and especially from Madras (Chennai) and also from Kerala, Hyderabad and Bangalore. All these people have come here, and I don't know what other people are here, who have come from South and who do not yet understand Hindi language.

This Shivaratri has a special meaning, I think. Because there is so much – if you read any newspaper in the morning, such horrible news is there about the people who are trying to create all kinds of violence, corruption and immoral behaviour. You are surprised how, these days, it is so full of all these criminalities going round us.

This is the time, as if come, for the "Taandav nrutya" [, cosmic dance] of Shri Shiva. Otherwise, one feels things cannot improve. It is His anger, if it starts, throwing wrath on people of this character and this type. I don't know how anyone can save from His wrath. He's a God who is full of love, full of tremendous compassion, but also the another extreme of very destroying character. He can destroy the whole world. He can finish all the creatures that have been created if He gets into a temper.

You all must be knowing the story, how He went into ecstasy. There was a devil who had taken a form of a child. And a Mother cannot kill the child, She cannot. And She thought She won't be able to save the world from the wrath or anger of Shiva if He sees the whole world destroyed by this devil. So She withdrew from Her act of sacrificing the child or killing the child and it was Shiva who took over. And He just stood on the back of the child and killed him. That child was a devil. And so, He saved the world from the destruction of this horrible rakshasa. And then He danced with joy. That's what they call as a cosmic, cosmic joy.

Many people don't understand why He's standing on top of a little child, but the reason was this. So, even people may camouflage today as small children, as very innocent people, as very holy gurus, Shiva can destroy all of them.

This destruction has already started and is going with a full speed, I think, all over, through so many things that are happening: we have got hurricane, storms, earthquakes, many accidents, and so many destructive things are working out which are the outcome of Kalaki [Kalki] incarnation. But, at the same time, there is another work going on, of the same incarnation: is the resurrection of the people. Such people can never be hurt, nothing can happen to them. They'll be always saved. Everything will be saved for them because they are under the protection of their Mother.

Now the problem is how can we the Sahaja Yogis deal with such people and could see that they go out of the circulation of evolution? Only solution is raising the Kundalini. If you raise the Kundalini of human beings, who are even very bad and gone cases, either they'll be destroyed or they will be saved and they'll become good people. They will stop all this horrible things they are thinking and planning in their heads and they'll become really very, very good people. It may fail in some cases – I wouldn't say that Sahaja Yoga would be successful in every case. But if Sahaja Yogis meditate and keep themselves in complete peace and also completely surrendered, nothing can happen to them. They are always protected and you all have an experience of that protection. But first you should have faith in yourself and complete surrendering to Sahaja Yoga.

We are so many Sahaja Yogis sitting here, mostly from North, South, East and West of India, and also from other foreign

countries. Every country is, today, is under the, we should say under the control of these negative forces. What we have to do is to make people positive through Kundalini awakening. This you all can do. This you can achieve.

For this, you don't have to do something special. In day-to-day life, you can achieve it and you should do it. This is the only thing that is needed today, is to transform people and you all can do it, all of you can do it in a very sincere and a good manner. Don't have to get to temper, jump at people, get angry with rude people, but with peaceful attitude, you should achieve it; so that this wrathful temperament of Shiva, as they say, the third eye of Shiva won't open. That's something horrible. We all can do it in a very constructive manner, extremely in a constructive manner. So what we should do is to, first of all, establish our own Shiva principle, is the principle of joy, principle of love and principle of truth, I should say.

There are big problems, also, because people have no idea as to Shiva's global temperament. For example, I have heard people quarrelling and fighting over Shiva principle and Vishnu principle.

Now, Vishnu is there, His power is there for you to rise up to this Shiva Principle. Both are not different, One is supplementary for Another. But if you go on fighting even on that point, I can't understand. You cannot reach Shiva without Vishnu. And if you cannot stick to Shiva's Principle, if you have not understood the Vishnu Principle – Kundalini itself rises through the Sushumna Nadi. She is the Principle, she is the "tattwa" [essence] of Shiva. And she rises through the channel that is made by Vishnu out of evolutionary process. So, how can you do away with One of Them? One is the road, another is the destination. So, I hope you understand how important it is that your centers should be corrected, your road should be all right, that your Sushumna should be cleared, because we are "madhya margis" [guides of the central path]: we have to go by the center, by the central path and we have to have the balance – not to go to the left and not to go to the right. This balance we must keep and go on moving till you reach your "talu bhaag" [Brahmarandhra] where sits Sadashiva.

You can experience it, you can see for yourself. Whatever I am saying, you know it very well. Only thing is when I am telling you, you can verify. Sahaja Yoga can be verified very easily, and you know that, that you now know the only Truth. The Truth which is absolute.

This is also the principle which starts showing results when these two Powers meet. Is very surprising that, when these two Powers meet, or when you reach Shiva Principle through the Vishnu Principle, then you realize that these two Powers are so complimentary and so much related to each other. There's no difference, in a way, between these two Powers. And, so, keep your road "madhyamarga" [central channel] clean and let the Kundalini pass through it. When the Kundalini will pass through it, you'll be amazed that the same Kundalini is going through the Vishnu path and reaching at the lotus feet of Shiva.

Time :14:33

Translation from Hindi:

All of you recognise Shivji, and He is worshiped. But you do not know the different aspects of His virtues and qualities. That is why many times you make mistakes. The most important form of Shivji is bliss and joy. And this joy of His is spread everywhere in subtle and subtlest forms. But until you become spiritually subtle, you will not be able to recognise these various forms, nor will you be able to understand them. He resides in every particle. In everything, we can say, He creates a joyful Universe. And when you move around in that environment you find that you have been transformed into something else.

Other people find happiness in different things. For instance some people find happiness in destroying themselves. By taking to wrong paths, and doing things which are against the Spirit, they think they can find happiness in it. But the Atma [Spirit], Which is verily Shivji, finds joy in a different way. And only that can touch our heart.

Like there are a lot of people who are immersed in material things. Some take to alcohol, some indulge into sinful activities, they keep doing all wrong things and they think that there is a lot of happiness in that. But it is not so. Slowly, slowly they get destroyed. And slowly, slowly they are finished.

But Shivji comforts us, He gives us peace and He gives us joy. And when the Shakti [Power] of Shiva and the Shakti [Power] of Vishnu - like Kundalini and Sushumna Nadi; when they combine, then you can feel the Truth. The absolute Truth. Such that you cannot refuse to accept the Truth. Because it is the absolute Truth. Which you can feel on your fingertips, on your hands. You will have many experiences by which you will understand that in the absolute Truth there is not even an iota of doubt. You can know it in you; you can understand it. This is the gift given by the Kundalini.

This means that the Kundalini, which is the Shakti [Power] of Shiva, when She rises through the central channel, She awakens all the chakras, aligns them in its entirety, assembles, and unites. Who looks after that Shakti [Power]? We can say that Shri Vishnu is the one who looks after Her, because She moves in the central path, which is the path of Shri Vishnu. And then She reaches the Brahmarandhra, and manifests. And on reaching there we can understand that Her journey is now complete. So we can see so much cooperation and understanding among them.

But we people have contracted a new type of disease – everyone is running after money. Running after money has become a very strange disease. And for that we are willing to go to any lengths for it by taking any support. Even in Sahaja Yoga people do that. The reason for this is that some sort of defect has crept into us. A lot negativities have accumulated in us. And the cleansing of these negativities can only be done by Kundalini. But if you do not fully absorb and assimilate this Kundalini shakti; through meditation if you do not grow It, then you cannot reach that state where the Power manifested in you which is the truth, joy giving, peace giving – a weakness remains in that.

When the Kundalini rises, She cleanses everything. With the Power of Shivji, everything gets cleansed. But still some people suffer because of their old habits or because of wrong ways. And those people - with whatever that is wrong, whatever bad habits of theirs, even with the slightest temptation they fall from their ascent. Even if an atom of negativity is left within us, they can fall and get completely destroyed

Those who come to the Pujas and meditate, those people always make progress. If there is no peace, even a tree cannot be saved, it cannot grow. Even germination cannot take place. That is why, if you do not have this meditative quality, if you do not have high ideals that I will not be swept like a kite, I will not succumb to any bad habits, then you should attend all the pujas - as many as possible and you should be in meditation. Because now you have the right to do puja. Everyone doesn't have the right to do Pujas. Anyone and everyone goes to do puja. But when there is no connection, then how can you be authorised to do a puja?

But many people go to this temple or that temple; go to this guru or that guru. Nothing comes out of that. You are your own guru, and only you can introspect and think, 'what is the problem in me'? . 'In our heart are we completely accepting Sahaja Yoga or not?'

I have seen a lot of people come into Sahaja Yoga and after reaching a certain height, they fall. The higher they rise, the lower they fall. The reason is that the hidden tendencies in you have somehow become active without you being aware of it. That is why you must pay attention – 'hope I am not falling into wrong things', or 'hope I am not doing anything wrong which is aSahaja [against Sahaja Yoga]', or 'have some bad motives arisen in me that I have come to Sahaja with the idea of making money?'. Or ,I have come into Sahaja Yoga to do something bad?' Our attention should be towards these things.

The best thing to follow Sahaja methods, whatever are the activities of Sahaja – like meditation etc., you should do all that and establish yourself individually . In you there is a special type of – one is individuality and other is totality. Once you are established individually then you can become a collective person. Those who do not attend collectivity, they cannot also grow individually. This I have seen. Those attend collectivity, only they can grow.

For some time maybe you'll get some benefits, like you get some money, or fame or something. Especially in Sahaja Yoga some people have this ambitions –,'how many people can I control'. Even that also happens. But your personality does not improve. There is no depth in you and you are not a Sahaja Yogi of high quality. Till the time you are not of high quality, all your talks are of

no use. Because, don't know when you will fall from the brink and when you will be destroyed completely.

That is why we should be cautious and try to achieve high spiritual personality. There is one more thing you should do. If you have got your Realization today, then 'tomorrow' you give Realization to thousands of people. Then your Powers will increase. If not, whatever little you have achieved, will also be finished. This is a very unusual rule. It cannot be compared with anything else. Like if one lamp is enlightened and from that another is enlightened; even then you cannot say that the light of the first lamp increases – it is not so.

But in Sahaja Yoga I have seen, that if anyone opens his heart and sincerely does Sahaja Yoga and not only that but gives Realization to others, he shines. Because you have been made a Sahaja Yogi so that you transform the entire world. That you create a great wave of transformation in the world and make it a beautiful place. The world should become a new and special world this should be your pure desire.

Once you have this pure desire, your Kundalini becomes activated. I have noticed that even a very simple, normal people, when they narrate their experiences, I am surprised – how did such a thing happen to them? How did they give such a suggestion?

In Sahaja Yoga also there are some people, who come for power. Some come for money. With all these things, the personality of a person is not developed. There is no glow in their personality. Because the light that you have received; till the time you do not share it with others; within yourself also if you will not be enlightened, till then no efforts will have any success. Which is to say that our only work is to change the world; to transform the world. We have to build a special world and you are special people. When you begin to understand how important you are, then with that understanding, you will make your life beautiful.

[Talk continues in Marathi]

Translation from Marathi:

Have spoken in English, Hindi and now shall speak in Marathi. There are so many Maharashtrian's here that it is apt that I should speak in Marathi. It is My wish that all the Sahaja Yogis who live in Maharashtra should learn the Hindi language as it is our National language. We should love and be ready to sacrifice anything for our Nation. This was the speciality of Maharashtra.

Now the Maharashtra state, which I see, I don't know where those people have gone. They took to the Gods and started doing their puja. After this was done and didn't work out, then used another way; they have started going to this guru, that guru, then going to temples and all. We should see what these people have achieved by doing this and what you have achieved by doing Sahaja Yoga. So now just leave and forget everything and sincerely think about ourselves and keep your Kundalini in such a way that you can help and contribute to the great work of Sahaja Yoga.

I am Maharashtrian by birth, was amazed to see how Sahaja Yoga has spread in North of India. Have hardly made any effort to spread Sahaja Yoga, but it has spread like fire in north India, which is very surprising. It is very sad and has failed to understand as to why it has not worked out in Maharashtra, as it should have been.

Sahaja Yoga has spread in all big and small villages of Maharashtra. One day a man had come to work at My Place. He touched My feet so I asked him, "What happened?" He told Me that Mataji Your photo is in every big and small village of our district, Your disciples are in every village. All of them say that we are Sahaja Yogis, don't tell us anything about stupid practices. I was wondering how this has happened, because of whose blessings as I was thinking nothing would work in this country as too many people are ill-affected.

People are sitting in Maharashtra who are so deep-rooted, the knowledge they have about everything is so deep-rooted, but I don't know where it has gone. Have always said that all Sahaja Yogis should always be together, be in collective and should give Realization to thousands of people. Every morning you should only think, 'how many people did we give Realization to, how many people's Kundalini, is awakened by us!'

You have a job to save the whole world, as the Kundalini of the world is sitting in Maharashtra i.e. we have 'Ashta Vinayak' (eight Ganeshas) in Maharashtra, and three and a half Goddesses sitting in Maharashtra. All the arrangements are done but, surprisingly, people do not understand it. People are so much pretentious and waste time doing false things. Instead of doing this, try to achieve the truth. Watch and follow the truth. It will be your wealth, if you change from, within. This wealth should grow and mature so much that its fragrance should spread in the whole world.

We get involved in petty things and fight among ourselves. We should stop fighting amongst ourselves, for petty things. I am watching Yuva Shakti and their activities. It looks like due to them the whole of Maharashtra is changing. People who are sitting in high positions are very arrogant, have failed to understand the reason for their arrogance. Due to this very attitude, we were not able to do something special in Sahaja Yoga in Maharashtra. So it should be your motto, to spread Sahaja Yoga.

Today is a very special day - Shivratri. We should all take a pledge and pray to Shiva and get His blessings, by getting which, you would feel, the flow of happiness and love in your heart. First of all, you have to be deep-rooted in Sahaja Yoga. The light which we have in our hearts, if we don't spread it then we will be in darkness, along with others. So we should decide and give Realization to a minimum of 100 people, till next year. We need to understand that, if we go and speak to people about Sahaja Yoga, many over smart people may not agree to the teachings of Sahaja Yoga. If you explain to people the benefits and your experiences of practising Sahaja Yoga, especially what you have achieved, then people may start believing you and mend their wrong ways.

This is our main responsibility, for this, you have to come forward and spread Sahaja Yoga in Maharashtra. If this change does not happen then I am not sure in what condition this state will be in? While taking a lot of pain, Shivaji Maharaj has done a lot for this state. There have been many saints in Maharashtra, the numbers not seen in any state or any country, who have shed their blood for this place, such a blessed place! It is rightly called Maharashtra (Maha means great & Rashtra means State) and see the dilemma that you fight for petty things, in this blessed place. Kindly note that you people are Realized souls. Earlier there were no Realized souls, but there were Malva's (foot soldiers) of Shivaji Maharaj. Fail to understand, where these people have gone, the people from the royal community, who never used to touch drinks or had any vices, these same people are now drinking and behaving senselessly and by doing this you are going away from Shiva.

That is why old people have said that God has taken lots of efforts, but if you are facing in the wrong direction then how it will work out? You should explain it to people from all your heart, and this is what I have been telling you, in this Shiva puja. If Shiva gets angry then Maharashtra state will be the 1st one to get destroyed, as this is a special place for Shiva. You know how much you believe in Shiva and Shri Ganesh is the main Deity to all of us and if He gets angry then I am not sure what will happen.

Don't know when all this started happening in Maharashtra, am seeing what people are doing with Shri Ganesh's idol. If you people disrespect Lord Ganesha then, who is going to save you from His wrath. So you need to tell the whole world that they should join Sahaja Yoga, to get their Kundalini awakened.

Everybody is aware of Kundalini right from Marchrindra Nath to Gorakh Nath, as all these people have worked on Kundalini, there are books on Kundalini, but the knowledge has remained within the books, it has not spread out to other people. You should tell people about Sahaja Yoga and the rising of the Kundalini.

On this auspicious occasion of Shivratri, we should all decide that we will spread Sahaja Yoga in Maharashtra and work hard on it. This is the only job we should do and then see how your other jobs are done, unbelievably! We should meditate if we don't meditate what is the use of coming to Sahaja Yoga. There is no meaning if you just come here dance and sing and don't meditate. The main thing is you should feel this change within you, this change in your personality will make you will feel so happy and proud of yourself. This work of Sahaja Yoga should be done by you. On this occasion on Shivaratri, if you want to make Shiva happy, give Realization to a lot of people, spread Sahaja Yoga. Kundalini is His Shakti.

Instead of wasting time on unimportant things, give Realization to people, awaken their Kundalini. By doing this, you will change the whole of Maharashtra. There are few people who are creating problems, but they will perish. First of all, you should awaken the Kundalini of others, giving them Realization, is your duty. On this Shivratri when we are doing Shiva puja, think of Shiva in your heart, so that there will never be heart-related problems.

You have to keep, Shiva in your heart so that when you are getting Realization and your Kundalini is getting awakened, the changes that are happening internally, is happening because of the light you are getting from Shiva, the Spirit – Atma. He is the Spirit – Atma and He is reflected within us, in our heart. So watch yourself in that reflection. Why are you lying and making a fool of yourself? Have tried explaining this to people, they just don't understand. Only attending lectures won't help. If you want to help yourself, you should follow and spread Sahaja Yoga with full dedication. This is My request to all Sahaja Yogis, a request with all My love to spread and follow Sahaja Yoga.

May God bless you.

2000-0307, Public Program

View [online](#).

7 March 2000

Public Program

Pune (India)

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

I bow to all the seekers of truth.

[Marathi]

Please let me talk for some time in Hindi, and then I will speak in Marathi.

[Hindi]

Nowadays, truth is being searched all across the world. This is because people think they are in confusion, and that the confusion is because they do not know what the truth is. It might be that this feeling might not be so high in our country, but this is a very powerful sentiment in other countries across the world. And it should also be so in our country. Now, if you read the newspapers every day, all you will hear is about how so many people are involved in thuggery, in thieving, and are living their lives by indulging in all sorts of wrong activities. There is corruption; you hear so much about it. It wasn't so in the past. The reason for this is that man has lost his way. He doesn't know which way to go. He doesn't know the reason why he has received this body, this intellect. And this is the reason why with this same body, he carries out all sorts of wrong activities. Now there must be some arrangement or some setting within us to right this wrong, simply because the God who has made us, isn't going to throw us down on this wrong path. He will definitely have made some arrangement or the other to ensure that we remain on the right track.

Now people will argue whether it is necessary to walk on the right path. If you do not walk on the right path, the person who will have the most damage is you yourself. Of course, society is hampered too. But the most damage that you do to yourself is that you will have lost your self-respect. You will have lost your righteousness, or any sense of shame that you might have had. This is not a sign of humanity. But everyone talks about this; there isn't anything new about this here. Reading this sort of thing everyday is very troubling. I haven't never heard of such unethical behaviour. People have become so unethical; your children have become unethical. Their behaviour has become unethical. At least now we should begin to understand. And we should begin to think about why God has given us so much independence in this world.

The reason we have so much independence, we should understand that we should become enlightened ourselves. We should make ourselves more mature. We should have a new awakening within ourselves. He (God) has also made this arrangement within us where we have this Kundalini lying within us in our sacrum bone. We have had so much written about this in our country since so long ago. We should awaken it, and through this enlightened awakening, we should, automatically, become a person of a special personality. Automatically. This is your own power that is helping in your evolution. When this evolution happens, Man will change. There is a complete transformation. Just think - if the politicians and governors of today become evolved, then our fortunes will prosper. Nothing wrong will happen. There will be nothing to worry about. And everything will become beautiful. So much so that when this power starts flowing through you, you become so able, that your farming becomes OK, your household becomes balanced, your relations become OK. A beautiful feeling of love prevails everywhere.

A big problem of current times is that people are forever running for more power. Somehow, power had to be obtained. But what is the use of giving power to someone, if that person doesn't have any power over himself? If one cannot govern one's own self, control one's own self, then you can only bring about destruction for everyone by garnering power. It is important to have introspection first before you get this power. Now it has been said that there is a spirit within us, and that we should be able to

see this spirit, and that we should have self-realisation. All this has been written about. And also about how your body, mind, intellect and soul should become blessed. God has made a full arrangement for all of this within us. You are now aware how beautiful an arrangement has been made within you. You will be astounded when you find the wondrous ecosystem that has been created within you. And you cannot pay for this experience of having your Kundalini awakened. This is something spontaneous. Now if a seed germinates, do you give anyone any money? Do you pay the ground, or do you pay the seed? It germinates spontaneously. Similarly, this living power (Shakti) germinates automatically within you.

However, just as only a lamp that has been lit can give light to another, similarly.. This awakening can only be given to someone by a person who himself is awakened. But there is no give and take in this. Nor will his power be diminished, nor will he be adversely affected in any way. People say that there is a lot of danger in the awakening of the Kundalini. Now, I have been doing this for 30 years. I have never seen anyone having had any problem or being affected badly. Nothing.

So then, you should realise that you really haven't understood yourself. That there is this power within us. Just think.. If anyone told a person that he has this big treasure hidden within him. He will start jumping around. But I am saying that this power is manifested within you, and you are verily going to experience it today. Now. These subtle chakras that reside within you, that control your physical, intellectual, psychological and spiritual elements - they will all become enlightened. And it makes them whole (complete). Just as a pearl is tied into a necklace with a string, similarly, this Kundalini ties everyone together using its own formula. And when She (the Kundalini) does this, there is no certificate required from anyone. You just know. Your physical, intellectual, psychological - all 3 elements - become OK. And your fourth power, which we call spiritual - you come into that spirituality. I mean that your spirit enlightens your attention. Your attention becomes enlightened and wherever this attention goes, it starts working.

Now surely, you cannot blame God if you do remain ignorant of this great energy residing within you or if you choose to stay away from it. But this darkness of ours, and this extreme encroachment of our intellect will slowly turn our intelligence into an idiocy. This wisdom also comes about due to the awakening of the Kundalini. The reason is that with the awakening, the Kundalini pierces the Brahmarandra (the Sahasrar) and creates a union with this all-encompassing divine presence, which is also called the Param Chaitanya. This creates a relation between you and this supreme power that is running the whole universe. Einstein has called this the Torsion Area. When you create a link to this, it will only know the truth. This is the infallible truth. Oh yes! This much is true, that sometimes a mistake might happen if you give it to a person without checking his vibrations or has negative energies surrounding him. Then surely, a mistake might happen. But if you do pay attention, you can figure out what kind of a person he is. You will always know the subtle truth about everything, and you will be drenched in that truth. You won't believe that truth and love are the same thing. If you love someone, you know everything there is to know about that person. But here I am talking about this truth that is all-pervading all across the universe. But the power that resides in this truth is that of love. Just think that you are completely overwhelmed with that love. But you are currently not touched by it because you are disconnected from it. Now this event is going to happen.

[Mother now switches to Marathi]

Now I will speak in Marathi, because you have not yet properly learnt the Hindi language. You should learn it. Hindi is our national language. You should know that language. People in the south of India have managed to learn it, but not so in Maharashtra. This is very surprising. On the other hand, there is no other language like Marathi. Extremely optimum language. There is no doubt about it. But Hindi is our national language, and if we can speak our national language, that will automatically improve our own language. And then people will understand the importance of Marathi. But if we will only create a link with Marathi, and say that we will only speak Marathi, then.. We are citizens of this country. We should properly understand the national language of that country. Me... I learnt everything in Marathi. I was taught in Marathi in class attending a Marathi medium school. But my father was a very prominent freedom fighter (during the struggle for Indian independence). He said..."Nothing down. You absolutely have to learn Hindi." And I too had a love for it. So everyone in my household knew both Hindi and Marathi languages. So it is important that we should swear an oath to ourselves that we should definitely learn the Hindi language. This is my request to you all.

I feel very sad seeing our country having been separated into many small corners. Especially, in Maharashtra, that love for your motherland does not exist any longer. Not in the form that it is required. It is surprising. Brave men like Shivaji Maharaj have taken birth here. That love for the nation does not exist now. The whole attention is towards money. Any which way, the attention is towards money. I haven't ever seen anyone who is at peace because of money. Once money comes into the picture, then all sorts of activities begin. Drinking, this thing, that activity. I have very rarely seen anyone who is prosperous who might also be a truly charitable person. Otherwise, they are all drunkards or whatever other activities they indulge into. Lakshmi (prosperity) is a fleeting thing. To sustain it, you should have a sense of balance within yourself. Until you have that balance, it doesn't matter how much money you have, or whatever you might have attained. You will not be able to attain that joy.

Ananda (joy) is not something that can be defined because there is no analogy for it. There are no two sides of happiness or sadness in this joy. There is only joy; nothing else. And like Dnyaneshwar has said: "Soni Yaacha Didhan Yei". (A golden day will come). That has now come. That has now manifested. All you have to do is to realise what it is, and obtain it. But you are not subtle. Your attention is not on the subtle. Then what should we do? You will be surprised to know that there are so many saints who have taken birth in this land of Maharashtra. And they laid their lives down for this divine work that they carried out. They shed their blood for it. Nothing of the sort has happened in the North of India. But Sahajayoga is spreading like wildfire there in households across the land. I am surprised as to where they have come from and whose blessing is it? After all, we had so many saints here. Of course, all of them were tortured. It is not like they were really felicitated then. All of them were tortured. And now I wonder what has happened to all that work all of them did.

Now this is something that has to be understood - what are these problems that we have within us? Mainly, it is ritualistic people. They will have an array of gods kept in front of them. They will have a bath at 4 in the morning, because then they need to cook at 6 AM. So they will wake up at 4 and start their prayers. A full array of gods. I know, I have so many Sahaja Yogis who used to have them too. Continue praying to all these gods. Then they will have to visit one temple after the other. Now how are you going to figure out which is the real temple, which god actually exists there, or whether one actually manifests in there? Anyone says anything - they will start following that path. There are long queues formed. I saw once - there was this procession of women carrying this big platform and walking towards Alandi (Alandi is a village outside Pune where St Dnyaneshwar lived). One woman fell unconscious. What is going on? What is this madness for? If not that, then they are continuing with their cymbals on the way to Pandharpur (another village where lots of saints lived during the middle ages). One should see what these people actually obtained with all this clanging of their cymbals. Who put this ritual up? Did they get something out of it? Did they have any benefit from all of this? All this should be checked, shouldn't it? This is all just a waste of time. Then... they have this procession via palanquin for St Dnyaneshwar. My dear, he didn't even have slippers on his feet. How did we forget all of this? "Now they are taking processions out, and then they will go to random houses and ask for food. They will go to each village and eat over there. Why? Because we carried the palanquin?!! And some "paduka" (footwear) is kept in it. So suddenly we have a right. Any village that we go into - you have to serve us food." The kids are laughing... but there are many who act like this. Now please leave this all behind, for god's sake. I have come to Pune just for this. One gentleman asked me why I had come to Pune. I told him that this is called PunyaPatnam (the land of blessings). That is why I have come here. There is no other relation here for me here, just a relation of blessing. He replied: "Dear O Dear. Frauds - this is a word that can be associated with people from Pune." I was left speechless. "If you call someone "bhampata" (a fraud), he has to be someone from Pune." Now what is this going on? "My dear Mataji, you just have a look. This is very well known." I was flabbergasted. How did "Punyapatnam" become famous for this sort of thing? Where has all the wisdom gone? And where did that sacredness go? You do not get blessings without something sacred.

So now you should realise, that if you want to transform this Maharashtra really into a MahaRashtra (a great state), then you have to get ready for the awakening of the Kundalini. Not just your own, but also others. I have been struggling here in Maharashtra for the last 20 years. Going into villages everywhere, but no one seems to understand it at all. Now someone will come in - they will give me one rupee. So they will be told that Mother doesn't take one rupee. "Ok, then should I give her 10 rupees?" I mean, something completely different is sitting there in their head. That has to be removed. Only once that is removed will you realise that you haven't actually gained anything yet. What do you need to obtain? Atma-Sakshatkar (the awakening of the spirit, the self realisation). And you should experience it. It cannot happen just by someone coming along and saying that

they will give it to you. It will not happen like that. It has to be experienced. AdiShankaracharya has described it clearly saying that you should have this vibration in you. He has described it as "Spand", which we describe in English as vibrations. You should have those vibrations in you. Once you experience those vibrations, you will find out what chakras of yours are catching, and which ones of other people. And you should be able to heal those chakras. Now it has been many years since he has said this. All his teachings have been closed and put away and people just have readings of it, that's all. One they have these readings, then you have these big intellectuals. That's what I would call them. It is impossible for them to get this subtlety because the brain is continually working around in circles. He had asked to go beyond it all. Einstein said this, a lot of other people have described this. There was one called Jung; I mean even in other lands people have spoken about it that unless you go beyond this brain, you cannot obtain the truth. You wont get it using your brain.

It doesn't matter how long I give you speeches. That is no guarantee that it will give you self realisation. YOu have to get that awakening. It has to happen. Only then will you become self realised. Someone told me that he would give me 100,000 rupees for me to awaken his Kundalini. I told him that even if you give me double that it is not possible. She (the Kundalini) doesn't understand all this - 100,000 or 200,000. All She understands is whether you have the pure desire. Because the Kundalini is pure desire. If your pure desire is to just obtain the truth, and nothing else, only then will She awaken. But nowadays, there are a lot of different kinds of people who are talking. Just a couple of days ago, I listened to a speech by one Sadhubaba (a religious leader). I was very surprised to see how he was attracting people towards him. How he was understanding these people. He clearly told them: "You are not on the road for Nivrutti (salvation). No, but you are on the path for Pravrutti (the path of action with a focus on the outside world)." Now isn't that just an insult? If you are on the path for Pravrutti, that just means that you are running after each other all the time. So he said: "You should not take to the path of knowledge (Dnyaana-maarg)." Now Sahaja Yoga is the path of knowledge. So he was saying not to take this path. Krishna has told everyone to take the path of knowledge. So this Saadhu was telling his audience not to take to the path of knowledge but to remain servile to him. Be servile to him, the Guru and treat him and feed him very well. So maybe in the next birth, it would be very possible that you might then take to the path for salvation (Nivrutti).

But this is the identity of a Maharashtrian. To be on the path for salvation. Since childhood you all have been reciting the verses of Shri Ramadas. You have been reading the writings of all the great saints. And how then can you ... you will have to become Nivruti (attaining awakening), because everything here is awakened. Who can say that this is not possible for you? If you want to be trapped in this external world, that is your choice. This is not proper though. You all know this because this land where you all have been born - this is MahaRashtra (the Great State). So you have to maintain it's respect. Now what will you have gained if you go any other place like Delhi, but if you are behaving nonsensically? People will not even look at you tomorrow; this will be the situation. So you have to remember that you are from Maharashtra. And according to me, a person from Maharashtra will always be on the path to salvation. On the path to salvation...

But even that is now difficult. Why - because someone is just singing bhajans, someone is sitting elsewhere. Not like this. Today, the time has come that all such people absolutely will get their self realisation. If you have the pure desire, you will get the awakening. There will be no other way. But it has to be spread. It should be given to others. I know there also are a lot of Sahaja Yogis here. If each of you gives this to a hundred people, then this will spread all across the land. Now what is the need for this? The need is so because the subtlety within humans is all tied up. All the Shadripus (the 6 enemies of the mind) have tied this subtlety up. Now the only way out of this is to obtain a union with the spirit. Otherwise even these minuscule things will be the reason for your destruction. I will not tell you to behave one way or the other. Nothing of the sort. Do whatever you want. But once you attain realisation, you will not do this yourself. Because then, you will be the spirit. How will you do these things when you are in the light of the spirit? You will automatically get the discretion that this is something wrong and not to be done. There is no restriction on you. Just come here and get your realisation. And then we can talk about it. People have weaned off alcohol and other such vices. They have become good and come on to a righteous path. All their vices have fallen away. They say there are a lot of unethical behaviours on display here in Pune. All of that will be destroyed right from its roots. You just have to begin your journey with Sahaja yoga. Whatever be your situation, Sahaja Yoga should be spread.

I have been giving speeches in Pune for so many years now. It has spread of course. But it should go to each and every village. This is Maharashtra. In all of India, there is no other land like Maharashtra. But I cannot say that now. Everything has to be seen

in balance. In my childhood, we used to sing this song - "Priya Amucha Maharashtra Desha" (My beloved Maharashtra). And it was so well described. I don't know where all that has gone. It all looks so different now. So again, this is a request from the bottom of my heart to take your realisation. You know everything there is to know about Sahaja Yoga. There is no need to tell you anything about it - that the Kundalini is awakened, and that this leads to your chakras being cleaned out, and that you start feeling the vibrations in your hand. And that due to this there is the manifestation of a new realm within you. And I call that status as Sahaja-Awastha (a state of Sahaja). You are simply in joy. That is what should happen. Then you will see what all you get, and how much progress you see. All the benefits - see all of that. But then you aren't even ready to come into Sahaja Yoga? Leave aside those intellectuals. Let them be with their brains. Who is going to go and argue with them? Dynaneshwar has written such great things - Amrutanubhav. Maybe they (the intellectuals) should at least read it once. What use is this intellect? If this was useful, would our country be in such a state? So, if you really want to make this intellect something of a miracle. If you really want it shining, then you have to ensure that it sits in the light of the spirit.

And you all already have this in you. Imagine there is this machine in you. Everything is already set in the right place for you. And if you were just to start it once, only then will it start working out, won't it? But even though you have it, if you are not ready to start it, then what can one say? Crying out night and day. You don't feel like reading any newspaper. Night and day, it is the same sorry state. Now, once you get awakened, then let's see what happens. Then let's talk. What are you going to say standing on the sidelines?

But those who are drowning - shouldn't they be saved? There is a dire need for this. I have told you this many-a-times that this will have to work out from within Maharashtra. We have the blessings of the saints with us. There have been great saints here. But people will go to their samadhis (the place of final resting for these saints) and sit down and cry. But shouldn't you first understand who they were, and what they obtained and how they obtained it? Now these people can sing Marathi bhajans very nicely. And they can sing it in 1 or 2 days. How did this happen? After all, forget Marathi, they didn't even know how to speak Hindi. How did this happen? How? You should understand this. So these people (Mother is referring to the Western Yogis), they went to Tukaram's mount (Tukaram is one of Maharashtra's most revered and famous saints) and they kissed the ground there. So the people who went with them were surprised - what has happened to these people? They were kissing the ground there. So I asked them why they were doing so. They replied: "Mother, there were such vibrations emitting there. Fountains of it. From within the ground.." Now you haven't even recognised Tukaram. These people have recognised him.

So if we want to bring peace to this society, this country, this world, and if we want to bring in a kingdom of peace and joy, then everyone should get their awakening. And not just getting their awakening. But getting their own, and then giving it to others. This is half-heartedness to come to Mataji's programs, getting their awakening, and then they are nowhere to be seen. After the program I asked how many people came. They will say that a lot of people did come for the program, but only 10 people followed up. Is that so? So only a few handpicked people come in. So I have said this to you a lot of times about Kundalini, but again I should say that the time has now come. Now when are you going to get your awakening and give it to others? And giving awakening to others is a very important task. There is no other act of virtue beyond this. Everything else is worthless. Ask those who you have given realisation and helped bring them back up.

Recently there was this gentleman who came to meet me from Mumbai. He ran a school for the mute. He had brought one such kid along with him. He might have been able to speak a little or hear a little. But still he got a job with a salary of 12,000 rupees. It was a wonder. The gentleman said: "Mother, this kid is so singularly minded, that the employers immediately took him on. He couldn't really speak. He had started speaking a bit due to Sahaja Yoga, and he was still a little deaf. But still that didn't matter because he was a good human being. He was steadfast. He had a personality. So that is his value for them."

To be like that, you should know yourself. You should understand yourself. You will feel so proud of yourself. Sometimes people say: "Mother, what have we done to achieve all this? It is so important." You are humans. This is for humans. All across the world. THen why not for you. Again, there have been so many saints in Maharashtra. They must be feeling such sorrow in their hearts, that why don't people here in Maharashtra not understand this. Why doesn't it progress? So Sahaja Yoga should be spread. This is the main thing I want to tell you about today. I have a speech every year. I tell you everything there is to say about the Kundalini. Even so, and even though I live here in Maharashtra, and speak Marathi.. There is such a depth for spirituality in

Marathi. The Naathpanthis started their work here and only then went on to Russia and all the other places around the world. Bolivia - even in that part of the world they went - Machindra Nath and Gorakhnath. And you are all sitting here doing nothing. The two of them went there and spoke of Sahaja Yoga. So when Sahaja Yogis went there now, they were told: "We already knew about Chakras. We know everything." Who told them? "Two of them had come - Bairaagi (ascetics). And what did they do? They gave us all the knowledge. But we cannot give awakenings to others." I think I'll send them to Maharashtra. Send them all to give realisation. And that is actually being arranged. So you should all go and give realisation to others. This is your objective. This is why you were born in Maharashtra. You should understand this. You should have a longing for this. I am going to give you realisation today because of the virtue of this land that you are sitting on today. It is so difficult for me in England. But here.. The land itself is so pure. So I don't understand what I should do now.

Now everyone here today, who makes up their mind and takes a vow to spread Sahaja Yoga, and give everyone realisation, only their Kundalini will get awakened. Sometimes one has to be a bit adamant. So look at yourself with love. Don't just cry. There should be a steadfastness about oneself. There should be a thought about one's own self that if we are getting this, there has to be a reason why we are getting it. The transformation of the world is sitting on our shoulders. You should understand this, and you can do this. I know that once it starts in Maharashtra, then it won't stop. Sometimes people say to me that people get overwhelmed because of my sweetness; so it might be better to wield the sword sometimes like Shivaji. Now.. There is no need for a sword here. But I should say that I don't even have a reason to call myself Maharashtrian, because I cannot understand what is going on. Even if each of you sitting here go and speak to 100 people, then you have already spoken to all of Maharashtra. You will have worked it out in all of Maharashtra. You should understand that this power is one of the people. Nothing will work out unless this is done. They talk of Democracy. Look at the people, what sort of democracy is this? If they give votes for 5 rupees, then what sort of democracy is this? Is this the real democracy? Give someone 5 rupees, and there he will go to cast his vote. What sort of democracy is this?

So first you have to look at the values of a person. Obtain a special personality. There will be a line up of great personalities that will get created out of this. I am sure of this. But you should let go of two things. First, this ritualism, and secondly, this intellect. Arguments... one panditji is sitting here; another there. Do they actually have a recognition of anyone? Sitting and arguing amongst each other. Today a discussion here, tomorrow there. This is of no use.

How can you have a discussion of something that is singular (one and only)? Hence, firstly obtain that thing which is singular. It is not very difficult for you. Your tradition is so big. So deep, so you just have to get it and you can get it. So with a lot of love, I invite each of and everyone of you to this program of the awakening of the Kundalini. We will do it now. It doesn't take any time. This land that you are sitting on is helping me. And this is your own tradition. It won't take any time. So sit comfortably. You will all have your awakening within 10 minutes. Now put both your hands towards me like this. You should take off your footwear.

[In Hindi]

Please remove your footwear, and put both your hands like this.

[Marathi]

Straight and a little elevated. Now keep the right palm forward, and put your left palm over the fontanel bone area. Up.

[Hindi]

Take it up, not on the surface, but raised. Now left hand towards me. And right hand on the scalp.

[Marathi]

And close your eyes. Is there something cool or hot coming from your hands or from your head? Raise it up and down a bit. It might even be hot. Now again, the right hand towards me.

[Hindi]

Again, right hand towards me and the left hand over the head. And move it around to see whether you can feel any hot or cool breeze coming from your fontanel area.

[Marathi]

Now put both your hands towards me. There is a cold breeze coming towards me from you all. Now all those who had a hot or cool breeze in their palms, their fingers or from their head, they should raise both their hands.

[Hindi]

Everyone who had some hot or cool breeze in their palms, fingers or their head, please raise both your hands. Now see - all of you are awakened. Believe it. You are all awakened. You have had the experience of self realisation. All of you should believe it.

[Marathi]

Believe it. Believe in yourself. My greetings to all of you.

[Hindi]

My namaskar to all of you.

[Marathi]

All of them got it. It's a wonder.

2000-0311, Address to IAS Officers, Stress and Tension Management

View [online](#).

11 March 2000

Address To Ias Officers, Stress And Tension Management

Public Program

Y.B.Chavan Auditorium, Mumbai (India)

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

[Sir CP speech]

Shri Rama J.Ji, Distinguished members of the Indian Administrative Services, honoured guests, ladies and gentlemen. It's a great honour for me to be allowed this opportunity to say a few words to you about my own experience of Sahaja Yoga and perhaps what I went through will be of some interest to the other members of the Indian Administrative Services in particular.

I recall that very early in the 1970's She began her [unclear] movement and She told me one day that by raising the kundalini of individuals people could be transformed. And you know being a bureaucrat I took it with two pinches of salt. I said " How on earth can anyone transform human beings"? Of course I had no idea of what kundalini was but She told me this is the inherent power in every individual which can be raised, and if it can be raised then people could transform.

Now imagine me in a dilemma. I said,"I don't know, I've never seen anyone transformed. I have worked very hard. I've been a good model but I am not specifically transforming anybody." So honestly I tell you I didn't quite believe it in the beginning. Then She persisted. She went along by Herself. I gave no support to Her at that stage. Then I was transferred to London. I got an executive job there at the U.N. at the Maritime organisation and there something happened. I had taken up residence in Surry. This is outside London. I used to commute and we were together there my wife and I and one day when I returned home at about 8.30 pm I went in and went to the drawing room as usual for me and I saw a young man in his late 20's sitting on the sofa. He was a white-skinned person, reading a newspaper and I said, "Who is he? Why is he here?" Anyway but what [unclear] was that he was wearing my clothes. So I said, "There's something wrong with me. I'm seeing an apparition. But anyway I retraced my steps, came back to Her. She was in the kitchen and I said, "Now do I see really what I see?" And She explained to me. She said She had gone to Piccadilly Circus. There she said she saw a young man lying more or less by the roadside, uncared for, apparently very sick. And so she said she went up to him and asked what the matter was. The young man said he was – had no one to look after him. He was very sick, was suffering from jaundice and a few other things obviously under the influence of drugs. But She sensed somehow some compassion and said, "Ok. Would you like to come with me. I can take care of you." And she asked him to hop into the car, which he did. And that's how he was brought to our house. Now when he came home he didn't have any change. What could She do except to say, ok you go and have a bath. She gave him of course my pyjamas and that's how he was sitting in the drawing room wearing my clothes. I was reassured that there was nothing wrong with me that – I felt reassured that there was nothing wrong with me that what I was seeing was true. So I tell you I felt very happy. I said well here is a person full of compassion. She is wanting to help a young man and why not? It was at that point, at that stage. Then I began to see the miracle happening.

She treated that young man with a great deal of care, affection and love and Sahaja Yoga and the boy began to get transformed. He was addicted to drugs and he didn't want any more in his life. His colour changed in about three, four weeks time he looked like a fine young man. And eventually we came to know that he was an educated person, an Australian who was an engineer who had run away from his house and country, taken to drugs in London and was in a very bad way at that time. Now he stayed with us for about two, three months but he became like a beautiful flower and he was very anxious to get back to his parents in Australia, and we were very happy that this happened. And then I saw what Sahaja Yoga and what She had done to a young boy.

After that, you know my bureaucratic westernly mind ceased to function in that way. I began to accept that there's far more to it

in the world than mere administrative capability. There's something more, something higher, something spiritual. The boy went back and you can imagine the delight from the parents who got back their lost son. That was first instance and then I said, "No, I have been wrong. I should have known better." But you know how it is [unclear; some people] to know we never accept anything unless it has been proved two, three times over.

Well then it began to unfold itself. I saw someone coming along, coming to Her for vibrations and for transformation and you know for things opposite and people who were addicted to drugs till yesterday found that they did not have the urge to ask for drugs. People who were alcoholics. She never asked anyone to give up anything. She changes your life but you don't give up drugs. Drugs get away from you. You don't give up alcohol. Alcohol goes away from you. You become a different person.

Now to some of the audience I might perhaps refer to as I always do when I speak – the case of Dr Jeckle and Mr Hyde. You know that Mr Hyde seems to disappear from you and you become a total Dr Jeckle. So I've seen many of that kind – a few in the beginning and later on quite a number and now over thousands and thousands and thousands all over the world. In eighty countries. I have travelled with Her to not all of them but some of them and it's amazing to see how they [unclear] are becoming part of a new class of human beings, motivated by nothing except what is ethical, what is right. They don't bother about themselves. They bother about others. All the time wanting to do something good, something right. And I must say She never – I mentioned to you earlier – She never says give up this thing. On the contrary, educate yourself. Take a job but do the job well and wherever they are they make a difference. So that is what Sahaja Yoga is really. Now how has it affected me. In the beginning I was a very anxious person. You know, always wanting to be five minutes ahead of time or on time. If I am slightly delayed I am a little jittery. You know how

[unclear] life is. A lot of tensions in your imagination [unclear] by giving this [government] and if you deal with United Nations or Maritime [unclear] what have you. It does mean [unclear:pressure]. But I assure you, ladies and gentlemen, after this experience of mine I became a different person and mind you it was not because I became careless. Not at all. I was always punctual to the minute, but not with strain, not with stress. I did not feel as if I was under any great tension anywhere. You do your job and you do your job as best as you can. And things turned out extremely well.

So this is the message that I wanted to give my friends and colleagues. It is a matter of your wanting to achieve that much of transformation. If you are honest about it. You are sincere about it as I was I feel it was possible to achieve that transformation and nothing else can heighten tension better than being transformed in this fashion. I have told you She doesn't want anyone to give up anything but I want to do something more. She herself doesn't give up anything. She is a great spiritual leader but She is also a very great wife and a very great mother and a very great grandmother and now a very great, great grandmother. It's four generations now. I tell you, I won't take too much of your time. I get carried away sometimes but once She was in Australia, I was in London and She rang up our cook from there saying, "I hope you are preparing [vegetables] for him [unclear]. Now She is a wife wherever She is. And She is a mother wherever She is. The lesson is – live your life normally but life in a different way. When you get concerned about the world, a lot of compassion, concern about your country. Not only just your country, concern about the world. She is building up a new human society and I am praising Her. I am not embarrassed. It doesn't matter. She is my wife. But I am not praising Her for nothing. I am saying to you what I have seen, and that's my experience. I hope you will have the same experience. Thank you very much.

Shri Mataji:

I bow to all the seekers of truth. That's a very interesting subject that has been given to Me to talk to you people because I have been always worried about the IAS, IPS, and other Government servants, very much worried because I have known the kind of life My husband was leading. And I used to think: if these new people, who have come to the services, to the Government service, we have to tell them the dangers that are ahead of them. Because we don't know what is the subtle system within us, which works. And in the subtle system, when we lead this kind of a very speedy, intensive life, it has a defect. It has a defect you can see in the chart. They have shown the, they have shown the subtle system which works it out. So, we have a center here on the crossing of the optic chiasma. These, this center is very important because we react with this. We react to everything. By this reaction we create a problem within ourselves. And this reaction comes to us because we do not know how to go beyond the mind. Every

time we are looking at something, we react. We look at someone, we react. But we cannot just watch. We cannot be just a witness. If we could be the witness, it will not have any effect on us. But we cannot be. That's the trouble when this center is very active. We call it as Agnya chakra, where the two optic nerves meet. At the crossing point, this center is placed.

Even Jung has said that, "You have to go beyond your thoughts and that you have to become thoughtlessly aware." Even in our Shastras it is written that, "You have to have Nirvichar Samadhi," is without thought and the other is Nirvikalpa Samadhi. Now even Einstein has said that, "You have to go beyond the mind to reach the torsion area," he calls [says]. When he was searching for his Theory of Relativity, he found it was difficult. He couldn't find it. He got very tired. He went into his garden and was playing with soap bubbles like a child. Then he said, "Suddenly from somewhere else it dawned upon me this Theory of Relativity." He calls it openly as a torsion area and this torsion area we have to touch instead of ourselves thinking all the time and reacting. Because as a result of that what happens we should see.

What happens is that our movement on the autonomous nervous system goes to the right side. The right side, it's very good otherwise: A person looks very impressive. He can oppress others. He can be aggressive. He can be very systematic. All these things can be there but it has a reaction. The reaction is horrible because this right side affects our liver to begin with. Now the liver is called 'liver' because live, we live because of liver only. That's why it's called 'liver'. This liver gets affected and there is no actual treatment we should say in the medical science for liver. They can replace it with a pig's liver or some liver like that. But otherwise, there is no way out. But we are the ones we are spoiling this liver ourselves by creating tremendous heat in the liver. This special liver has got a capacity to absorb heat and release heat into the blood stream and then, you see, it gets relieved of it. But when it is too much, when the liver is too much full of heat then it cannot give up that heat. Then heat, this heat, starts travelling upward. It can go to the right lung. It can go to the heart.

Now imagine, right lung means asthma. Simple thing is asthma. Then it goes to the heart. There's a young boy, say of twenty-one years or so, up to that age. He starts playing cricket, tennis and drinks a lot. Then he gets a massive heart attack. It's fatal. He cannot live. Then it affects as I told you other organs also. This heat goes to the pancreas causing diabetes of a very serious nature, not of a mild nature but a very serious nature. Then this heat passes down to the spleen. In the spleen, it gives you blood cancer. This is all possible for all right sided people, I am telling you. That's why I was worried that people who are, according to Me, are the spine of our country. They are the spine of our country. They should not get out of life because of too much of strain and stress on their mind. Now then it goes to the kidneys. It coagulates the kidneys and you get kidney trouble. You cannot pass urine and you have all the troubles there. Apart from that, it goes to the lower intestines and you get terrible constipation and all the problems of the constipation. Then also to the heart at a later age it comes. It goes on affecting. Ultimately your heart fails very early in age. I know of, recently, two people died of heart trouble who were at a very good position. This is very much worrying Me that how to bring them to close to themselves, to know themselves what's the problem is and how to solve that problem. With this we understand that we react, by reaction we create such a heat within us.

Apart from this, the other psychosomatic diseases, this is the, I am telling you about somatic, but the psycho disease which comes from your psychological problems come from the left side. Of course, I'll not deal with that now. But somehow, if you can move from right to the left, you are sure to get some psychosomatic trouble which cannot be cured by medical science, like cancer, aches, all kinds of this. So, you are just preparing your body for that.

In these modern times, the life is so full of struggle, speed. Now we were coming and there was a jam. Now you can't help it. I was very silently watching, "Now this, the jam, I have to reach late, doesn't matter." My husband normally would've been really in great trouble. He would have looked at the watch all the time. Would have been "Where are we? What are we doing?" this and that. But he was so silently watching the whole thing, I was amazed because normally he would be jittering that we are getting so late for a function like. Now, you see, once you get rid of this problem, is the easiest thing to live.

The other day I met one gentleman who was transferred. He said "Always whenever!" He is an IAS officer, "Whenever I am transferred, Mother, I used to be so jittery. Such tension, such stress on my mind, 'baba', what will happen? Where will the children go? What will happen to the house? This, that, all problems would come to me. But what has happened to me and my wife, we don't feel anything now. We don't feel. We are not worried. We sleep very well." I said, "That's what has to happen. All

these things should not affect you." That's only possible when you can go beyond this mind, which we think. Mind is a, not such a good word, I should say because it's not mental. It is, if it is only mind means the one which thinks and for them mental hospital is also mad people. I don't know how English language moves, it's difficult you know. English language is very difficult to explain Sahaja Yoga because in the English language you'll be amazed that they call 'spirit'. 'Spirit' is the Atma, right, 'spirit' is the dead body moving about according to them and thirdly it means also alcohol. Now which one is closer to which one, I don't know, but this is why I am saying that English language is a difficult thing.

Marathi is the best because lot of work has been done among Maharashtrians on Kundalini. Nath Panthis were there. They have done lot of work. But the tradition was that one person would give Realization to only one person. If I have done anything you think worth mentioning, it is that I tried to find out a way of giving collective Realization, collective happening. That's what was My humble contribution and by which I find thousands of people have got their Realization. Now what is the Realization? It is that if you see at the base of the spinal cord is a triangular bone called as 'Sacrum'. It is called 'Sacrum' because it is a sacred bone and the Greeks knew about it, that it's a sacred bone. And according to our Shastras and also many other prophecies, there resides a power within us, our own power, your own power called as Kundalini. Is called 'Kundalini' because it is in three and a half coils. Coils are called 'kundal', that's why it is the Kundalini. Now this, this power is your own. It's in every human being and if it is awakened, it passes through six centres piercing through the top of the head, which we call as the Brahmarandhra in the Sanskrit language and the fontanel area in the English language. It passes through that soft bone which was there in the childhood and you just start feeling the cool breeze coming out of your head and the cool breeze coming on to your fingertips. It happens. It's an experience and for which you cannot pay. You cannot. I may go on telling you lots of stories this, that, that won't work out. It has to happen. The Kundalini has to rise and has to pierce through fontanel area otherwise, otherwise, it's no use. It's just words, some sermon or something like that. So, this happening is very easy in this Kali Yuga. Is really remarkable because maybe because of Kali Yuga people are fed up of the things going on and all kinds of things working out.

Now what does it do? It passes through six centers. Six centres, these are meant for our physical, mental, and emotional being and also for our spiritual being. So, when it passes through these six centres, it nourishes those centres, it integrates all these centres, and ultimately it passes through this and enters into the All-pervading power of Divine love, is called as 'Paramchaitanya'. You may call it as 'All-pervading power of Divine love' or anything but names make no difference.

There is a very subtle power around us, which looks after us, which guides us, which helps us, which is the torsion area. Now, while doing that what happens that you become knowledgeable of the absolute truth, absolute! Whatever you know is absolute, is nothing to doubt, nothing can be challenged. For example, it starts flowing through your fingertips. Starts flowing through your fingertips and you can feel it on your fingertips, your centres. Now these are five, six, and seven centres, five, six and seven centres. I am not going to tell you all the details now. But when you start feeling these whole sensation, Adi Shankaracharya has called it as 'spand', then you feel the truth, the real truth.

For example, supposing in your office you get somebody who is a cheat, very well dressed, speaks English very well, you know, very well behaved. How will you make him out? Just have to put your hands under your table and see for yourself. Immediately you will get some sort of a burning sensation or you might feel some sort of a, what do you call, needle and pins like that. That kind of a feeling you might get. Then you will also know what centres he's catching on your fingertips. This is the absolute knowledge about everything. Is not question of only knowing he is a bad or a good person, but also of diseases. Supposing you have some disease, you will feel it on your fingertips. On your fingertips you'll feel it. You'll know this is your disease and if you know how to cure them, you can cure others also because you become one with the whole. It's a very collective personality you develop. Who is the other, after all? We are all one. But only trouble is we are separated because of this ignorance. Once this works out, so many things drop out from us. This is the right side I am telling you about but also the conditionings are very much working out in us.

In our reaction, there are two things that work out. One is the right side, another the left side. And the left side is all the conditioning as you see there. These conditionings come to us through our childhood, through our family, through our country, through our reading, this, that all kinds of things, they come up. But also, family upbringing is very important because according to our Shastras [treatise], there are six enemies. We have got six. Now these six enemies are what? So, kama, krodha, mada,

matsara, lobha, moha [lust, anger, vainness, jealousy, greed, attachment].

"Kama" is what you can call sexual urge. "Krodh" is anger. Krishna has denounced anger. But all right sided people are hot tempered. They don't want to be, but they are. And when they lose their temper then they feel bad also. Not that they want to lose it but they just lose it. Now this one drops out. The temper goes out completely because you develop that witness state: sakshi swarupa. With that witness state you just see everything. You don't lose temper. You just see it. That is one thing drops out very well.

"Mada" is false pride. That we have. I know IAS officers and their wives. They have that false pride. Not everyone, but some of them do, they have. I have very funny experiences of that. Like, once we went to Delhi to Hatriji and they had given us a house in Mina Bagh and I met another friend of Mine from Lucknow who had married an IAS officer. Oh, very proud girl and she asked Me, "Where are you living? How are you?" I said, "My husband is a government servant and so he's transferred here." "But where are you living?" I said "Mina Bagh." "Oh my God! Mina Bagh! What is your husband doing? Is he a clerk? What is he doing?" I said, "He's doing something" and I was just looking at her the way she was on Me. "My husband might be your husband's boss" this and that. I said, "Maybe I don't know anything about these things. I am sorry, I don't know your list of people, anything. I am not interested." And then My husband came. So, she said, "See that tall man. You know he's very important. He's with the Prime Minister. You go and talk to him and get Your husband promoted." I said ([Laughing] What is she up to?), I said, "Sudhali, he is My husband." "Heh! He's your husband? Haan yaar! Oh my God! I am sorry I am." I said, "It's all right." Common experience. The women also become IAS, you see, not actually but as wives and I've been such a lost person with them. Because I could never understand what is there to be IAS and to be his wife. It was beyond Me. But one thing, what really helped Me in all this turmoil of life, because you know our pay is less, this, that all problems are there, was the patriotism Rashtra Bhakti [love of the country].

My father was a great patriot. My mother was. They sacrificed everything for the independence of this country. I cannot travel by any foreign airlines, whatever maybe. Maybe Air India is not good, doesn't matter. It's my, my country's [you see]. So, the feeling that this is my country kept Me going. You see, you become like a Kargil soldier [see note*]. You are fighting for your country. You are working for your country. My husband got into Indian Foreign Service. I told him, "Nothing doing. We don't drink, both of us and I can't leave my country in the lurch at the time when we have got the freedom. So, if you want you can go, I will not come. I don't want to go to Foreign Service." They cut his pay. That time, you know, 300 was a big amount. I said, "Doesn't matter. Whatever it is, I'll stay in My country. I'll work in My country and you work here. I'll support you every way. I don't want anything. Nothing I want and you don't take a bribe at all otherwise that day I'll leave this." Otherwise also I said that, "The another thing is our country has to develop." Who will develop? I always felt that you are the spinal cord of our country. You have to develop this country. What is this money? It comes and goes. You've seen the people who have got money, where their children have gone? What has happened to them? What have they achieved? So, I told very frankly that I will not go to the Foreign Service of any kind because what is in the Foreign Service? I want to do everything in this country of Mine for which I have also fought. I have fought a lot and this is what now sometimes, you know, is disappointing to see what things are happening.

But a day will come, this country will rise. How? Because when this happens, when this Kundalini rising take place, when people become Realized souls, they just transform. They become extremely patriotic, extremely patriotic and they understand what is needed today for our country.

They can sacrifice anything. They can live anywhere and they are not bothered about some sort of a, you can call it a financial help or other material thing. They are above materialism. There are thousands and thousands like that even in our country, thousands and also abroad. Now Sahaja Yoga is working 86 countries. They are all full of joy because with this happening you get joy of a quality which has no double thing. It's not happiness/ unhappiness. It's just joy. And you have another thing also with it, is the peace of mind. Just you are so peaceful, absolutely peaceful. You don't have to worry about things. You don't have to become jittery because see the diseases you develop. Apart from that, all kinds of paralysis come from this.

We had a doctor in our hospital there who was working very hard. I told him that, "Doctor, see now your age has come. You should take it easy. Daytime you must rest. There's no need. You are not in a office, just rest, take rest do something else. Read or you can go and play. Do something." He wouldn't listen to Me and then he got paraplegia, means that failure of the hand and

the leg, completely. He couldn't even walk. He couldn't lift his leg. Now he's all right, cured. But then I told him that you take treatment for your right side. That's very important. It's very simple treatment and which can be done very easily. For example, you can have an ice bag on the liver. You can have ice bag here because this is the portion. This moves like this so the portion this one gets heated up. So, you put ice here, you put ice. This icing business will really help you a lot. But also, there are some other very simple homely treatments which you can take. But I would request all of you to come to our center somewhere in Bhaaratiya.

Mother talks aside: [Bhaaratiya? Wahan hai na? Bharatiya, usmein hai ki nahi?] Where is she gone?

Somebody says, "Bhaaratiya Vidya Peeth."

Shri Mataji: So, you all can come there if you live in this area. In every area, we have got centres. So, you all can come into that center humbly. here is, you see, in Sahaja Yoga there is nothing like any position or anything. We have to humble down. This false pride is of no use. We humble down. When we humble down, it's very easy to achieve it and to get this into yourself. After all, otherwise, what is it? What is life for? There's no enjoyment. There's no experiencing of what you are doing. So much work you put in, I know, I know that. I know how you people have to work hard. But to get over, to get over all the strain and stress, you must do meditation for five minutes which they will tell you how to do it. Five minutes in the evening will help you. So, just like as you take bath in the morning, you take-bathe yourself with the showers of this Kundalini. She's your mother. She has been your mother from ages and she has recorded everything about you within itself. This is the subtle side of you and when you want to have your Realization, She's very anxious to be awakened. She's extremely anxious and it works wonders.

I am surprised that how people get Realization in no time. The only trouble with them is, it's like a primule or you can call it the 'ankura' [sprout], which grows but it doesn't become a tree. So, little bit you have to meditate. You have to be collective and works out. In collective, you forget everything, your position everything. I have known IAS officers who have been dancing with the villagers, singing with the villagers, so much they enjoy. They said, "We knew this but we never wanted to express it, you see." So, all this drops out. All these outward bondages drop out and you become one with the collective. You know their problems. You know how to solve them and it's very good. I think this is what is only one has to achieve, nothing else. If you achieve this, you've achieved the last and the best. With this then you can help others. You can give Realizations to others. You can save their lives. I mean, it's all your power that is going to work out. In these days of horrible struggle and all kinds of things happening, violence, very much needed is this Sahaja Yoga. And you'll be amazed, it is something a grace that people get it.

In Turkey, we have about two thousand people who are Realized souls. Nobody lost their life, not a single thing, not their houses were even, they just little bit, I would say, shook but never fell down. The whole Orissa, it happened the same. It has happened in several places that people have been just saved with those who have been in the grace of the Divine. We have to become that. We can't live without it. It's rather subtle. It is subtle, I know but sometimes must understand we have to be subtle. Now as it is, so much of illness, sickness I find, mostly I find with all the people who are working very hard is the right sided problem. Some sort of a right side. And it can be absolutely cured, absolutely be under your control, and you can cure others also. This is such a blessing we have in this horrible Kaliyuga. The worst times, they say, the worst and worst that is the time is now and you see the effects of that. But in that only, the lotus of Sahaja Yoga has come up.

You don't have to pay for it. That's one thing you should know. Anybody asks money from you, he's not Divine. Don't have to pay for it, at all. When you grow and when you achieve, when you give Realizations to others, then you will be surprised you rise into a new realm of understanding which is a doubtless awareness which is called as 'Nirvikalpa Samadhi' according to Patanjali.

Now as we have learnt English, I don't think we read much of the, our Indian scriptures and things. But that also, those who read will go on praying to one monde of statues, this, that, I mean just they are fanatically religious people, wasting their life like that. Then another side are the buddhivaadis what you call are the intellectuals, you see. They are the much worst because they think they have read everything. They know everything. Now what to tell them? It's a very simple thing, they don't want to accept. You can't tell them, "Take it straight." You have to have it in the other way. So, also to understand it, we should know we have not known ourselves. We have to know ourselves and for knowing ourselves, Kundalini awakening is the only way, as far as I know.

And I hope you all will think about it and come to our centres where Realization can be given. There are many centres we have got. You don't have to pay any money, nothing, but you come and relax. Relaxation is only possible after Self-realization, not before that. You'll be surprised your aging will stop. I have no aging problem. My husband also has no aging problem. We don't think of it. It's over. Now, whenever one has to die, one will die. But till then we are not bothered. Anything that you do will have a special light of the Divine.

I bless you from My heart that you develop these subtle things within yourself and you try to understand that so far you have not known yourself. You have to know yourself. You don't have to introspect and sit down criticising yourself, feeling guilty. No, not at all. Whatever has happened has happened because you'll be amazed at yourself that all your destructive habits also will drop out by themselves.

Overnight in London, there were twelve boys with the addiction of drugs. They stopped over-night, over-night. I don't, never told them. I never tell people, "Don't, don't." I never say that. But that Kundalini rises and the light of your heart, light of the Spirit, that guides you. That tells you what is destructive for you. And you have power not to accept anything that is destructive [difficult]. I know there are difficulties. I know there are problems but you'll never see them. If you are sitting in a boat, you are not be bothered as to how deep the sea is. It's like that. You rise above all these things and you watch and you help others. Apart from that, it helps you in your work, very much in your work. You understand your work very well because of torsion area again. My husband says, "How do You get this idea?" I say, "I got it. All right this is the idea, I've got it." Now he's amazed sometimes how I manage things. How I am doing? I have no secretariat. I have no secretary. I have no P.A., nothing. And we are working in 86 countries. So, it just works out because it is this Divine power which is so helpful or which is so kind.

So, again and again, I wish you best of luck. Please come to our centres. I hope they'll give you the addresses and all that and you can come on Saturdays or Sundays, whenever you want to and get your Realization.

May God bless you!

Sahaja Yogi: "Shri Mataji, they are requesting, if you can give them Self-realization here?"

Shri Mataji: You see, there is one thing that one feels very guilty for-I don't know, that's our temperament, I think. You feel guilty: "Oh, I've done this, I've been doing this, how will I get Realization?" So, first of all, you don't have to feel guilty at all. Forgive yourself. And then, forgive others. Just these two things, can you manage? Just to say, "I forgive everyone."

Now they say that: "It's very difficult, Mother, to forgive." So, the argument is like this: "Whether you forgive or don't forgive, what do you do?" Nothing. But when you don't forgive then you torture yourself for the person who has harmed you. So, I request you just to say, "I forgive everything. Mother, I forgive everyone. "And forgive yourself! Not to feel guilty, whatever has happened is finished, that's past. We are not talking of past we are talking of present. You have to be in the present, not in the past. Of course, not in the future as most of [us are] you are sitting [unsure] there. That's the thing that gives you right side. So, we have to be in the center, we have to be in the balance and we have to be in the present.

Well, I cannot go on giving you a lecture, you see, I've done so many lectures after lectures after lectures. But you can also get my tapes, but first, get your Self completely blossoming, make your own vibrations with your own spine.

So, for doing this, it's simple. I have to request you to take out your shoes if you don't mind. In England, I said: "Take off [out] your shoes" so, half of them walked out. Very difficult people. Also, tomorrow, [we] you are having a very big program on Shivaji Park. So, I will [would] request you all to come there and I hope they'll make proper arrangements for your sitting [seating]. It will be nice, with all of them, you'll feel even better.

So, just thing, what you have to do is to put hands like this [palm upwards] Muhammad Sahib has said that when the Qiyamah [surat 75] will come, your hands will speak. What does that mean? Just like this. Little higher. "Baba", right side is too much. [Shri Mataji is laughing]

I think you put your left hand on your livers, because it's very much right-sided. Right hand towards Me and left hand towards the liver.

Now, put both the hands towards Me. Right hand towards Me and just put your left hand on the fontanelle bone area. Here, higher, little higher.

[Shri Mataji speaks in Marathi]

Right hand towards Me.

Now, the left hand towards Me and the right hand on top of the head.

Hum, again right hand towards Me. And with the left hand. There's air conditioning but don't doubt if there is hot or cool breeze coming out of your head, here, from the "talu" from the fontanel bone area. Please, move your hand, raise it and see if there's a cool or a hot. Hot will be there because of the liver but doesn't matter, it will subside. So, see for yourself if there's a cool or a hot air coming out of your head. Now, please put both the hands towards Me.

Now see for yourself if you have cool or hot breeze on your fingertips. Don't doubt, please don't doubt. If it is there it is a little bit. You get Realization very fast in India because my country is a Yoga Bhoomi. It's a very great country, don't misunderstand it by its superficial expressions. It's a very great country.

Hum, now, all those who have felt cool or hot breeze on the fingertips or on their palms or on their fontanel bone area through that, raise both your hands.

Oh! [Shri Mataji is laughing]

Most of you have got.

May God bless you. I'm so very happy! Some didn't get doesn't matter. So, you should go all of you should, please, I request you again and again, attend our centres for which you are not committed. Anybody tries to come to you saying: "I'm Shri Mataji's disciple, do this for me". Please, don't do it. I never do that! That's not my style. So, please, don't listen to anyone, never.

Anybody who comes like that, sends Me their name. Never, never, never. Because in Sahaja Yoga we have all kinds of people. We have some very highly developed; we have mediocre also and we have some very low, very, very few, but they are there. And they might take-try to take your advantage of your position. So, anybody who tries to contact you, please tell them I have nothing to do with them. All right? Thank you very much.

May God bless, thank you.

[Shri Mataji speaks in Hindi: do you have question?]

You want to ask Me questions?

Sahaja Yogi: Is there any questions you'd like to ask?

Shri Mataji: It is experience "anubhuti". Anubhuti is the way you should know. No question?

Sahaja Yogi: No.

Shri Mataji: Yes, please.

Seeker: Mataji you said [Inaudible]

Shri Mataji: That's what I said. When this Kundalini rises, she gets rid of all these things, "kama (lust), krodha (anger), mada (pride), matsarya (jealousy), lobha (greed), moha (attachement), six things. She just gets rid of it and you go into balance. You go into balance, all perversities go away, just disappear. You can't get angry, very difficult. This is what I am saying. Right sided became [become] the central path. This is a "jnana-marga" [path of knowledge] you see? Knowledge "marga". And you just get

the knowledge and you get into the centre. You are no more right-sided. You become so peaceful you don't know. Because you also become "sakshi", you become a witness. You see all, if somebody's getting angry, you just start watching.

Like once I was giving a lecture in Switzerland and one lady came to hit Me with the Bible. The scene was very ridiculous, you see, and I started laughing. And she couldn't understand why I was laughing, she went back.

Lady seeker: [Inaudible]

Sahaja Yogi: Once the Kundalini rises then it's awakened do you need to keep practising or it stays awake?

Shri Mataji: It stays mostly but can also come down. Supposing you have some disease, then it comes back to look after that organ. It does that but you know how to raise it again and again. You know how to fix it. In the beginning, I should say it mostly stays with people but depends on, you can't say. I've seen it drops out also. But you must give it the nourishment of love, you see, if you love people you start loving them, caring for them, then she rises even faster. And if she's falling also you will know how to raise it. There's no problem on that. It doesn't take too much time. Within one month you can be a master.

Seeker: Inaudible.

Shri Mataji: Da kare? [Unsure]

Sahaja Yogi: He says because of the air conditioning he could not make the difference.

Shri Mataji: All right. Now, you go home and close your doors, all the doors and see for yourself if you get the cool breeze or not. If you get it, you have got it. If you don't get it, then you come again and see for yourself I would say.

[Shri Mataji is laughing]

But, actually, it is always with the thing, is a different kind of a feeling. It's not what you get from the air conditioning on the fingertips. See for yourself, it's not that way. But go home and see for yourself. It is there. Your eyes will be shining also.

Seeker lady: [Inaudible]. [Hindi: What exactly are we supposed to say when we are meditating?]

Sahaja Yogi: When you open your hands, what are you supposed to say in your mind?

Shri Mataji: Nothing! You don't tell your mind anything, don't fight with anything, just she works and shoots you off, all right? You don't have to say anything, better. Nothing. These are words and words don't help. Adi Shankaracharya has said, "Oh, Mother, take me out of the "Shabda jalām" [Marathi; unsure], the web of words. "You read, read, read so much sometimes that Kabira has written, "Padhi-padhi pandit moorakh bhaye" [People went mad studying all the (spiritual) books in the world yet remained stupid] and I've met many of them.

You read now people who are Sufis like Kabir, all right? Everybody, Tukaram, Dnyaneshwara, all of them. Dnyaneshwara was very great but nobody understands him, that's the trouble. He wrote it for "Buddhi vadis" also this "Amrutanubhava" [the experience of elixir] but it doesn't go to their heads. After Realization, you'll enjoy him very much, you'll enjoy all of them, Eknat, everyone.

And this country is full of them. For example, Namadeva who was just a tailor and he was such a great poet! And he went to meet with another one, Gora Kumbhar. And the Gora Kumbhar was a potter. So, he was needing [kneading] the mud for the pots that he wanted to make. So, when Namadeva went and stood before him, what he says, "Nirguna chebheti aalo saguna shi". I came to see your vibrations, 'nirguna' but you are completely that". Such words, only a Realized soul can say for another, such words. Because, otherwise we are jealous, we are this. Not the Sahaja Yogis, not. They are so, so much together. You have now given such a big society of friends. You go to any country, they'll all run for you, jump for you, do what you like. It's such oneness, such friendship, such one family.

[U.P.?] we have lots of IAS Officers, IPS Officers, even the Chief Secretary is very good. So, I mean, it's nothing to do with IAS or IPS, I think, but it has something to do because I'm worried about India [unsure: these people] that's all, very much worried.

[Cut in the video]

Could be, but the main thing you should get the cool breeze in your hands, the "spanda". Otherwise, though he's nice, kind, helpful, he's a good man, he'll get it very fast and I can do it better. You just watch it. I tell you what; now, if you are coming by the road, and you find accidents, this, that, you're getting worried, isn't it? But supposing you are standing on a hill top, then you are seeing but you are not bothered. At least, in the beginning you do get dietary [unsure -jittery], but later on you get used to it. Or else, you are on a boat. Supposing you are in the water, you are always worried. But you are on a boat, you can see those people who are getting drowned but you are not worried. But supposing you know swimming, you can jump back and come [inaudible]. This is what Sahaja yoga is.

Seeker: The 'naam-smaran', will it not help the rising of the Kundalini?

Shri Mataji: No, no, no, no. [Marathi continued]

Seeker: [Inaudible; Marathi]

Sahaja Yogi: He is saying, which guru mantra to say?

Shri Mataji: No. [Marathi. Shri Mataji clarifies there is no need for such a thing. 'Nahi guru mantra ne'. Shri Mataji speaks about Dnyaneshwara.]

Seeker: [Inaudible; Marathi]

Sahaja Yogi: Does Ashtanga Yoga, does it help in the rising of the Kundalini?

Shri Mataji: No. [Marathi continued. Shri Mataji speaks about the Dnyaneswhari, the Kundalini and its awakening (jagrut) about Swami Ramdas].

Seeker: [Inaudible; Marathi]

Sahaja Yogi: Shri Mataji he asks, "Why we are not doing this work in the villages?"

Shri Mataji: He?

Sahaja Yogi: Why we are not doing this work in the villages?

Shri Mataji: I have done in the villages for years together. [Marathi continued.]

[Cut in the video?]

[Shri Mataji speaks in front of mikes and TV reporters. Marathi continued.]

[Translation from Hindi:

TV Reporter: Sahaja Yoga is gaining a lot of popularity in today's times. What is the reason?

Shri Mataji: Yes, that's right. Reason being, spirituality is undeniable. Spirituality stands on the foundation of reality, on the solid grounds of absoluteness. However, we people (Indians) are discarding (our values, spirituality) and running towards them (West). The Indian civilization has been in existence for thousands of years and its existence is not dependent on the observations/verdict of any one book or any one religion. On the contrary, this is the very civilization that integrates all the religions, one must understand this. And I am here to tell you this, with Me many people are coming along and if all of us Indians

take to this (SY), it would be very good.]

Shri Mataji: How it will help the AIS Offices of our country? It's a very interesting question because I've been always concerned about it. I think the AIS, IPS and all such Government agencies, all of them, and also the Government servants, in every fields, are the backbone, are the backbone and they must be substantiated by the knowledge of this country. That is, they work very hard. They are very futuristic they always plan for the future. And then, what happens to them, they develop a symptom of the right-sided man, it's a – what you call the- in the autonomic nervous system, we have sympathetic nervous systems and right-side sympathetic get frozen. With this development, what happens that they suffer from many diseases: heart attack, paralysis, all kinds of things. So, they are to be saved. At a very young age it happens. It's possible only if their Kundalini is risen and they go beyond their mind, by which they develop that thoughtless awareness.

Sir C.P. (on the mike): Now, ladies and gentleman,

[Shri Mataji is still talking.]

Sir C.PI. (on the mike): I think people are very anxious to meet Mataji also-

[Shri Mataji is still talking.]

Shri Mataji: Oh, how do you do, Sir?]

Sir C.P. (on the mike): But before that I would like to perform my duty because I would not dare-

[Shri Mataji is still talking and greeting people. Yogi Mahajan introduces the British [?] Minister.

Shri Mataji: Oh, how do you do, Sir?]

Sir C.P. (on the mike): To thank Shri Mataji for what She has done today by coming here and blessing all of us.

[End of talk]

[*NOTE: Shri Mataji refers to the Kargil conflict, an armed conflict between India and Pakistan, from May to July 1999, that took place in the Kargil district of Kashmir and elsewhere along the Line of Control (LOC).]

[Shri Mataji's talk]

I bow to all the seekers of truth. That's a very interesting subject that has been given to Me to talk to you people because I have been always worried about the IAS, IPS, and other Government servants, very much worried because I have known the kind of life My husband was leading. And I used to think: if these new people, who have come to the services, to the Government service, we have to tell them the dangers that are ahead of them. Because we don't know what is the subtle system within us, which works.

And in the subtle system, when we lead this kind of a very speedy, intensive life, it has a defect. It has a defect you can see in the chart. They have shown the, they have shown the subtle system which works it out. So, we have a center here on the crossing of the optic chiasma. These, this center is very important because we react with this. We react to everything. By this reaction we create a problem within ourselves. And this reaction comes to us because we do not know how to go beyond the mind. Every time we are looking at something, we react. We look at someone, we react. But we cannot just watch. We cannot be just the witness. If we could be the witness, it will not have any effect on us. But we cannot be. That's the trouble when this center is very active. We call it as Agnya chakra, where the two optic nerves meet. At the crossing point, this center is placed.

Even Jung has said that, "You have to go beyond your thoughts and that you have to become thoughtlessly aware." Even in our Shastras is it written that, "You have to have Nirvichar Samadhi," is without thought and the another is Nirvikalpa Samadhi. Now even Einstein has said that, "You have to go beyond the mind to reach the torsion area," he calls. When he was searching for his Theory of Relativity, he found it was difficult. He couldn't find it. He got very tired. He went into his garden and was playing with soap bubbles like a child. Then he says, "Suddenly from somewhere else it dawned upon me this Theory of Relativity." He calls it openly as a torsion area and this torsion area we have to touch instead of ourselves thinking all the time and reacting. Because as a result of that what happens we should see.

What happens is that our movement on the autonomous nervous system goes to the right side. The right side, it's very good otherwise: A person looks very impressive. He can oppress other. He can be aggressive. He can be very systematic. All these

things can be there but it has a reaction. The reaction is horrible because this right side affects our liver to begin with. Now the liver is called 'liver' because live, we live because of liver only. That's why it's called 'liver'. This liver gets affected and there is no actual treatment we should say in the medical science for liver. They can replace it with a pig's liver or some liver like that. But otherwise, there is no way out. But we are the ones we are spoiling this liver ourselves by creating tremendous heat in the liver. This special liver has got a capacity to absorb heat and release heat into the blood stream and then, you see, it gets relieved of it. But when it is too much, when the liver is too much full of heat then it cannot give up that heat. Then heat, this heat, heat starts traveling upward. It can go to the right lung. It can go to the heart.

Now imagine, right lung means asthma. Simple thing is asthma. Then it goes to the heart. There's a young boy, say of twenty-one years or so, up to that age. He starts playing cricket, tennis, and drinks a lot. Then he gets a massive heart attack. It's fatal. He cannot live. Then it affects as I told you other organs also. This heat goes to the pancreas causing diabetes of a very serious nature, not of a mild nature but a very serious nature. Then this heat passes down to the spleen. In the spleen, it gives you blood cancer. This is all possible for all right sided people, I am telling you. That's why I was worried that people who are, according to Me, are the spine of our country. They are the spine of our country. They should not get out of life because of too much of strain and stress on their mind. Now then it goes to the kidneys. It coagulates the kidneys and you get kidney trouble. You cannot pass urine and you have all the troubles there. Apart from that, it goes to the lower intestines and you get terrible constipation and all the problems of the constipation. Then also to the heart at a later age it comes. It goes on affecting. Ultimately your heart fails very early in age. I know of, recently, two people died of heart trouble who were at a very good position. This is very much worrying Me that how to bring them to close to themselves, to know themselves what's the problem is and how to solve that problem. With this we understand that we react, by reaction we create such a heat within us.

Apart from this, the other psychosomatic diseases, this is the, I am telling you about somatic, but the psycho disease which comes from your psychological problems come from the left side. Of course, I'll not deal with that now. But somehow, if you can move from right to the left, you are sure to get some psychosomatic trouble which cannot be cured by medical science, like cancer, aches, all kinds of this. So, you are just preparing your body for that.

In these modern times, the life is so full of struggle, speed. Now we were coming and there was a jam. Now you can't help it. I was very silently watching, "Now this, the jam, I have to reach late, doesn't matter." My husband normally would've been really in great trouble. He would've looked at the watch all the time. Would have been "Where are we? What are we doing?" this and that. But he was so silently watching the whole thing, I was amazed because normally he would be jittering that we are getting so late for a function like. Now, you see, once you get rid of this problem, is the easiest thing to live.

The other day I met one gentleman who was transferred. He said "Always whenever!" He is an IAS officer, "Whenever I am transferred, Mother, I used to be so jittery. Such tension, such stress on my mind, 'baba', what will happen? Where will the children go? What will happen to the house? This, that, all problems would come to me. But what has happened to me and my wife, we don't feel anything now. We don't feel. We are not worried. We sleep very well." I said, "That's what has to happen. All these things should not affect you." That's only possible when you can go beyond this mind, which we think. Mind is a, not such a good word, I should say because it's not mental. It is, if it is only mind means the one which thinks and for them mental hospital is also mad people. I don't know how English language moves, it's difficult you know. English language is very difficult to explain Sahaja Yoga because in the English language you'll be amazed that they call 'spirit'. 'Spirit' is the Atma, right, 'spirit' is the dead body moving about according to them and thirdly it means also alcohol. Now which one is closer to which one, I don't know, but this is why I am saying that English language is a difficult thing.

Marathi is the best because lot of work has been done among Maharashtrians on Kundalini. Nath Panthis were there. They have done lot of work. But the tradition was that one person would give Realization to only one person. If I have done anything you think worth mentioning, it is that I tried to find out a way of giving collective Realization, collective happening. That's what was My humble contribution and by which I find thousands of people have got their Realization. Now what is the Realization? It is that if you see at the base of the spinal cord is a triangular bone called as 'Sacrum'. It is called 'Sacrum' because it is a sacred bone and the Greeks knew about it, that it's a sacred bone. And according to our Shastras and also many other prophecies, there resides a power within us, our own power, your own power called as Kundalini. Is called 'Kundalini' because it is in three and a half coils. Coils are called 'kundal', that's why it is the Kundalini. Now this, this power is your own. It's in every human being and if

it is awakened, it passes through six centres piercing through the top of the head, which we call as the Brahmarandhra in the Sanskrit language and the fontanel area in the English language. It passes through that soft bone which was there in the childhood and you just start feeling the cool breeze coming out of your head and the cool breeze coming on to your fingertips. It happens. It's an experience and for which you cannot pay. You cannot. I may go on telling you lots of stories this, that, that won't work out. It has to happen. The Kundalini has to rise and has to pierce through fontanel area otherwise, otherwise, it's no use. It's just words, some sermon or something like that. So, this happening is very easy in this Kali Yuga. Is really remarkable because maybe because of Kali Yuga people are fed up of the things going on and all kinds of things working out.

Now what does it do? It passes through six center. Six centres, these are meant for our physical, mental, and emotional being and also for our spiritual being. So, when it passes through these six centres, it nourishes those centres, it integrates all these centres, and ultimately it passes through this and enters into the All-pervading power of Divine love, is called as 'Paramchaitanya'. You may call it as 'All-pervading power of Divine love' or anything but names make no difference.

There is a very subtle power around us, which looks after us, which guides us, which helps us, which is the torsion area. Now, while doing that what happens that you become knowledgeable of the absolute truth, absolute! Whatever you know is absolute, is nothing to doubt, nothing can be challenged. For example, it starts flowing through your fingertips. Starts flowing through your fingertips and you can feel it on your fingertips, your centres. Now these are five, six, and seven centres, five, six and seven centres. I am not going to tell you all the details now. But when you start feeling these whole sensation, Adi Shankaracharya has called it as 'spand', then you feel the truth, the real truth.

For example, supposing in your office you get somebody who is a cheat, very well dressed, speaks English very well, you know, very well behaved. How will you make him out? Just have to put your hands under your table and see for yourself. Immediately you will get some sort of a burning sensation or you might feel some sort of a, what do you call, needle and pins like that. That kind of a feeling you might get. Then you will also know what centres he's catching on your fingertips. This is the absolute knowledge about everything. Is not question of only knowing he is a bad or a good person, but also of diseases. Supposing you have some disease, you will feel it on your fingertips. On your fingertips you'll feel it. You'll know this is your disease and if you know how to cure them, you can cure others also because you become one with the whole. It's a very collective personality you develop. Who is the other, after all? We are all one. But only trouble is we are separated because of this ignorance. Once this works out, so many things drop out from us. This is the right side I am telling you about but also the conditionings are very much working out in us.

In our reaction, there are two things that work out. One is the right side, another the left side. And the left side is all the conditioning as you see there. These conditionings come to us through our childhood, through our family, through our country, through our reading, this, that all kinds of things, they come up. But also, family upbringing is very important because according to our Shastras [treatise], there are six enemies. We have got six. Now these six enemies are what? So, kama, krodha, mada, matsara, lobha, moha [lust, anger, vainness, jealousy, greed, attachment].

"Kama" is what you can call sexual urge. "Krodh" is anger. Krishna has denounced anger. But all right sided people are hot tempered. They don't want to be, but they are. And when they lose their temper then they feel bad also. Not that they want to lose it but they just lose it. Now this one drops out. The temper goes out completely because you develop that witness state: sakshi swarupa. With that witness state you just see everything. You don't lose temper. You just see it. That is one thing drops out very well.

"Mada" is false pride. That we have. I know IAS officers and their wives. They have that false pride. Not everyone, but some of them do, they have. I have very funny experiences of that. Like, once we went to Delhi to Hatriji and they had given us a house in Mina Bagh and I met another friend of Mine from Lucknow who had married an IAS officer. Oh, very proud girl and she asked Me, "Where are you living? How are you?" I said, "My husband is a government servant and so he's transferred here." "But where are you living?" I said "Mina Bagh." "Oh my God! Mina Bagh! What is your husband doing? Is he a clerk? What is he doing?" I said, "He's doing something" and I was just looking at her the way she was on Me. "My husband might be your husband's boss" this and that. I said, "Maybe I don't know anything about these things. I am sorry, I don't know your list of people, anything. I am not

interested." And then My husband came. So, she said, "See that tall man. You know he's very important. He's with the Prime Minister. You go and talk to him and get Your husband promoted." I said ([Laughing] What is she up to?), I said, "Sudhali, he is My husband." "Heh! He's your husband? Haan yaar! Oh my God! I am sorry I am." I said, "It's all right." Common experience. The women also become IAS, you see, not actually but as wives and I've been such a lost person with them. I could never understand what is there to be IAS and to be his wife. It was beyond Me. But one thing, what really helped Me in all this turmoil of life, because you know our pay is less, this, that all problems are there, was the patriotism Rashtra Bhakti [love of the country].

My father was a great patriot. My mother was. They sacrificed everything for the independence of this country. I cannot travel by any foreign airlines, whatever maybe. Maybe Air India is not good, doesn't matter. It's my, my country's. So, the feeling that this is my country kept Me going. You see, you become like a Kargil soldier [see note*]. You are fighting for your country. You are working for your country. My husband got into Indian Foreign Service. I told him, "Nothing doing. We don't drink, both of us and I can't leave my country in the lurch at the time when we have got the freedom. So, if you want you can go, I will not come. I don't want to go to Foreign Service." They cut his pay. That time, you know, 300 was a big amount. I said, "Doesn't matter. Whatever it is, I'll stay in My country. I'll work in My country and you work here. I'll support you every way. I don't want anything. Nothing I want and you don't take a bribe at all otherwise that day I'll leave this." Otherwise also I said that, "Then another thing is our country has to develop." Who will develop? I always felt that you are the spinal cord of our country. You have to develop this country. What is this money? Comes and goes. You've seen the people who have got money, where their children have gone? What has happened to them? What have they achieved? So, I told very frankly that I will not go to the Foreign Service of any kind because what is in the Foreign Service? I want to do everything in this country of Mine for which I have also fought. I have fought a lot and this is what now sometimes, you know, is disappointing to see what things are happening.

But a day will come, this country will rise. How? Because when this happens, when this Kundalini rising take place, when people become Realized souls, they just transform. They become extremely patriotic, extremely patriotic and they understand what is needed today for our country.

They can sacrifice anything. They can live anywhere and they are not bothered about some sort of a, you can call it a financial help or other material thing. They are above materialism. There are thousands and thousands like that even in our country, thousands and also abroad. Now Sahaja Yoga is working 86 countries. They are all full of joy because with this happening you get joy of a quality which has no double thing. It's not happiness / unhappiness. It's just joy. And you have another thing also with it, is the peace of mind. Just you are so peaceful, absolutely peaceful. You don't have to worry about things. You don't have to become jittery because see the diseases you develop.

Apart from that, all kinds of paralysis come from this. We had a doctor in our hospital there who was working very hard. I told him that, "Doctor, see now your age has come. You should take it easy. Daytime you must rest. There's no need. You are not in a office, just rest, take rest do something else. Read or you can go and play. Do something." He wouldn't listen to Me and then he got paraplegia, means that failure of the hand and the leg, completely. He couldn't even walk. He couldn't lift his leg. Now he's all right, cured. But then I told him that you take treatment for your right side. That's very important. It's very simple treatment and which can be done very easily. For example, you can have an ice bag on the liver. You can have ice bag here because this is the portion. This moves like this so the portion this one gets heated up. So, you put ice here, you put ice. This icing business will really help you a lot. But also, there are some other very simple homely treatments which you can take. But I would request all of you to come to our center somewhere in Bhaaratiya.

Mother talks aside: [Bhaaratiya? Wahan hai na? Bharatiya, usmein hai ki nahi?] Where is she gone?

Somebody says, "Bhaaratiya Vidya Peeth."

Shri Mataji: So, you all can come there if you live in this area. In every area, we have got centres. So, you all can come into that center humbly.

There is, you see, in Sahaja Yoga there is nothing like any position or anything. We have to humble down. This false pride is of no

use. We humble down. When we humble down, it's very easy to achieve it and to get this into yourself. After all, otherwise, what is it? What is life for? There's no enjoyment. There's no experiencing of what you are doing. So much work you put in, I know, I know that. I know how you people have to work hard. But to get over, to get over all the strain and stress, you must do meditation for five minutes which they will tell you how to do it. Five minutes in the evening will help you. So, just like as you take bath in the morning, you take- bathe yourself with the showers of this Kundalini. She's your mother. She has been your mother from ages and she has recorded everything about you within itself. This is the subtle side of you and when you want to have your Realization, she's very anxious to be awakened. She's extremely anxious and it works wonders.

I am surprised that how people get Realization in no time. The only trouble with them is, it's like a primule or you can call it the 'ankura' [sprout], which grows but it doesn't become a tree. So, little bit you have to meditate. You have to be collective and works out. In collective, you forget everything, your position everything. I have known IAS officers who have been dancing with the villagers, singing with the villagers, so much they enjoy. They said, "We knew this but we never wanted to express it, you see." So, all this drops out. All these outward bondages drop out and you become one with the collective. You know their problems. You know how to solve them and it's very good. I think this is what is only one has to achieve, nothing else. If you achieve this, you've achieved the last and the best. With this then you can help others. You can give Realizations to others. You can save their lives. I mean, it's all your power that is going to work out. In these days of horrible struggle and all kinds of things happening, violence, very much needed is this Sahaja Yoga. And you'll be amazed, it is something a grace that people get it.

In Turkey, we have about two thousand people who are Realized souls. Nobody lost their life, not a single thing, not their houses were even, they just little bit, I would say, shook but never fell down. The whole Orissa, it happened the same. It has happened in several places that people have been just saved with those who have been in the grace of the Divine. We have to become that. We can't live without it. It's rather subtle. It is subtle, I know but sometimes must understand we have to be subtle. Now as it is, so much of illness, sickness I find, mostly I find with all the people who are working very hard is the right sided problem. Some sort of a right side. And it can be absolutely cured, absolutely be under your control, and you can cure others also. This is such a blessing we have in this horrible Kaliyuga. The worst times, they say, the worst and worst that is the time is now and you see the effects of that. But in that only, the lotus of Sahaja Yoga has come up.

You don't have to pay for it. That's one thing you should know. Anybody asks money from you, he's not Divine. Don't have to pay for it, at all. When you grow and when you achieve, when you give Realizations to others, then you will be surprised you rise into a new realm of understanding which is a doubtless awareness which is called as 'Nirvikalpa Samadhi' according to Patanjali.

Now as we have learnt English, I don't think we read much of the, our Indian scriptures and thing. But that also, those who read will go on praying to one monde of statues, this, that, I mean just they are fanatically religious people, wasting their life like that. Then another side are the buddhivaadis what you call are the intellectuals, you see. They are the much worst because they think they have read everything. They know everything. Now what to tell them? It's a very simple thing, they don't want to accept. You can't tell them, "Take it straight." You have to have it in the other way. So, also to understand it, we should know we have not known ourselves. We have to know ourselves and for knowing ourselves, Kundalini awakening is the only way, as far as I know. And I hope you all will think about it and come to our centres where Realization can be given. There are many centres we have got. You don't have to pay any money, nothing, but you come and relax. Relaxation is only possible after Self-realization, not before that. You'll be surprised your aging will stop. I have no aging problem. My husband also has no aging problem. We don't think of it. It's over. Now, whenever one has to die, one will die. But till then we are not bothered. Anything that you do will have a special light of the Divine.

I bless you from My heart that you develop these subtle things within yourself and you try to understand that so far you have not known yourself. You have to know yourself. You don't have to introspect and sit down criticizing yourself, feeling guilty. No, not at all. Whatever has happened has happened because you'll be amazed at yourself that all your destructive habits also will drop out by themselves.

Overnight in London, there were twelve boys with the addiction of drugs. They stopped over-night, over-night. I don't, never told them. I never tell people, "Don't, don't." I never say that. But that Kundalini rises and the light of the, your heart, light of the Spirit,

that guides you. That tells you what is destructive for you. And you have power not to accept anything that is destructive. I know there are difficulties. I know there are problems but you'll never see them. If you are sitting in a boat, you are not be bothered as to how deep the sea is. It's like that. You rise above all these things and you watch and you help others. Apart from that, it helps you in your work, very much in your work. You understand your work very well because of torsion area again. My husband says, "How do You get this idea?" I say, "I got it. All right this is the idea, I've got it." Now he's amazed sometimes how I manage things. How I am doing? I have no secretariat. I have no secretary. I have no P.A., nothing. And we are working in 86 countries. So, it just works out because it is this Divine power which is so helpful or which is so kind.

So, again and again, I wish you best of luck. Please come to our centres. I hope they'll give you the addresses and all that and you can come on Saturdays or Sundays, whenever you want to and get your Realization.

May God bless you!

Sahaja Yogi: "Shri Mataji, they are requesting, if you can give them Self-realization here?"

Shri Mataji: You see, there is one thing that one feels very guilty for-I don't know, that' our temperament, I think. You feel guilty: "Oh, I've done this, I've been doing this, how will I get Realization?" So, first of all, you don't have to feel guilty at all. Forgive yourself. And then, forgive others. Just these two things, can you manage? Just to say, "I forgive everyone."

Now they say that: "It's very difficult, Mother, to forgive." So, the argument is like this: "Whether you forgive or don't forgive, what do you do?"

But when you don't forgive then you torture yourself for the person who has harmed you. So, I request you just to say, "I forgive everything. Mother, I forgive everyone. "And forgive yourself! Not to feel guilty, whatever has happened is finished, that's past. We are not talking of past we are talking of present. You have to be in the present, not in the past. Of course, not in the future as most of you are sitting [unsure] there. That's the thing that gives you right side. So, we have to be in the center, we have to be in the balance and we have to be in the present.

Well, I cannot go on giving you a lecture, you see, I've done so many lectures after lectures after lectures. But you can also get my tapes, but first, get your Self completely blossoming, make your own vibrations with your own spine.

So, for doing this, it's simple. I have to request you to take out your shoes if you don't mind. In England, I said: "Take off your shoes" so, half of them walked out. Very difficult people. Also, tomorrow, you are having a very bog program on Shivaji Park. So, I will request you all to come there and I hope they'll make proper arrangements for your sitting. It will be nice, with all of them, you'll feel even better.

So, just thing, what you have to do is to put hands like this [palm upwards] Muhammad Sahib has said that when the Qiyamah [surat 75] will come, your hands will speak. What does that mean? Just like this. Little higher. "Baba", right side is too much.
[Shri Mataji is laughing]

I think you put your left hand on your livers, because it's very much right-sided. Right hand towards Me and left hand towards the liver.

Now, put both the hands towards Me. Right hand towards Me and just put your left hand on the fontanel bone area. Here, higher, little higher.

[Shri Mataji speaks in Marathi]

Right hand towards Me.

Now, the left hand towards Me and the right hand on top of the head.

Hum, again right hand towards Me. And with the left hand – there's air conditioning but don't doubt if there is hot or cool breeze coming out of your head, here, from the "talu" from the fontanel bone area. Please, move your hand, raise it and see if there's a cool or a hot. Hot will be there because of the liver but doesn't matter, it will subside. So, see for yourself if there's a cool or a hot air coming out of your head. Now, please put both the hands towards Me.

Now see for yourself if you have cool or hot breeze on your fingertips. Don't doubt, please don't doubt. If it is there it is a little bit.

You get Realization very fast in India because my country is a Yoga Bhoomi. It's a very great country, don't misunderstand it by its superficial expressions. It's a very great country.

Hum, now, all those who have felt cool or hot breeze on the fingertips or on their palms or on their fontanel bone area through that, raise both your hands.

Oh! [Shri Mataji is laughing]

Most of you have got.

May God bless you. I'm so very happy! Some didn't get doesn't matter. So, you should go all of you should, please, I request you again and again, attend our centres for which you are not committed. Anybody tries to come to you saying: "I'm Shri Mataji's disciple, do this for me". Please, don't do it. I never do that! That's not my style. So, please, don't listen to anyone, never.

Anybody who comes like that, sends Me their name. Never, never, never. Because in Sahaja Yoga we have all kinds of people. We have some very highly developed; we have mediocre also and we have some very low, very, very few, but they are there. And they might take-try to take your advantage of your position. So, anybody who tries to contact you, please tell them I have nothing to do with them. All right? Thank you very much.

May God bless, thank you.

[Shri Mataji speaks in Hindi: do you have question?]

You want to ask Me questions?

Sahaja Yogi: Is there any questions you'd like to ask?

Shri Mataji: It is experience "anubhuti". Anubhuti is the way you should know. No question?

Sahaja Yogi: No.

Shri Mataji: Yes, please.

Seeker: Mataji you said [Inaudible]

Shri Mataji: That's what I said. When this Kundalini rises, she gets rid of all these things, "kama (lust), krodha (anger), mada (pride), matsarya (jealousy), lobha (greed), moha (attachement), six things. She just gets rid of it and you go into balance. You go into balance, all perversities go away, just disappear. You can't get angry, very difficult. This is what I am saying. Right sided became the central path. This is a "jnana-marga" [path of knowledge] you see? Knowledge "marga". And you just get the knowledge and you get into the centre. You are no more right-sided. You become so peaceful you don't know. Because you also become "sakshi", you become a witness. You see all, if somebody's getting angry, you just start watching.

Like once I was giving a lecture in Switzerland and one lady came to hit Me with the Bible. The scene was very ridiculous, you see, and I started laughing. And she couldn't understand why I was laughing, she went back.

Lady seeker: [Inaudible]

Sahaja Yogi: Once the Kundalini rises then it's awakened do you need to keep practicing or it stays awake?

Shri Mataji: It stays mostly but can also come down. Supposing you have some disease, then it comes back to look after that organ. It does that but you know how to raise it again and again. You know how to fix it. In the beginning, I should say it mostly stays with people but depends on, you can't say. I've seen it drops out also. But you must give it the nourishment of love, you see, if you love people you start loving them, caring for them, then she rises even faster. And if she's falling also you will know how to raise it. There's no problem on that. It doesn't take too much time. Within one month you can be a master.

Seeker: Inaudible.

Shri Mataji: Da kare? [Unsure]

Sahaja Yogi: He says because of the air conditioning he could not make the difference.

Shri Mataji: All right. Now, you go home and close your doors, all the doors and see for yourself if you get the cool breeze or not. If you get it, you have got it. If you don't get it, then you come again and see for yourself I would say.

[Shri Mataji is laughing]

But, actually, it is always with the thing, is a different kind of a feeling. It's not what you get from the air conditioning on the

fingertips. See for yourself, it's not that way. But go home and see for yourself. It is there. Your eyes will be shining also.

Seeker lady: [Inaudible]. [Hindi: What exactly are we supposed to say when we are meditating?]

Sahaja Yogi: When you open your hands, what are you supposed to say in your mind?

Shri Mataji: Nothing! You don't tell your mind anything, don't fight with anything, just she works and shoots you off, all right? You don't have to say anything, better. Nothing. These are words and words don't help. Adi Shankaracharya has said, "Oh, Mother, take me out of the "Shabda jalam" [Marathi; unsure], the web of words ". You read, read, read so much sometimes that Kabira has written, "Padhi-padhi pandit moorakh bhaye" [People went mad studying all the (spiritual) books in the world yet remained stupid] and I've met many of them.

You read now people who are Sufis like Kabir, all right? Everybody, Tukaram, Dnyaneshwara, all of them. Dnyaneshwara was very great but nobody understands him, that's the trouble. He wrote it for "Buddhi vadis" also this "Amrutanubhava" [the experience of elixir] but it doesn't go to their heads. After Realization, you'll enjoy him very much, you'll enjoy all of them, Eknat, everyone.

And this country is full of them. For example, Namadeva who was just a tailor and he was such a great poet! And he went to meet with another one, Gora Kumbhar. And the Gora Kumbhar was a potter. So, he was needing the mud for the pots that he wanted to make. So, when Namadeva went and stood before him, what he says, "Nirguna chebheti aalo saguna shi". I came to see your vibrations, 'nirguna' but you are completely that". Such words, only a Realized soul can say for another, such words. Because, otherwise we are jealous, we are this. Not the Sahaja Yogis, not. They are so, so much together. You have now given such a big society of friends. You go to any country, they'll all run for you, jump for you, do what you like. It's such oneness, such friendship, such one family.

[U.P.?] we have lots of IAS Officers, IPS Officers, even the Chief Secretary is very good. So, I mean, it's nothing to do with IAS or IPS, I think, but it has something to do because I'm worried about India [unsure] that's all, very much worried.

[Cut in the video]

Could be, but the main thing you should get the cool breeze in your hands, the "spanda". Otherwise, though he's nice, kind, helpful, he's a good man, he'll get it very fast and I can do it better. You just watch it. I tell you what; now, if you are coming by the road, and you find accidents, this, that, you're getting worried, isn't it? But supposing you are standing on a hill top, then you are seeing but you are not bothered. At least, in the beginning you do get dietary [unsure], but later on you get used to it. Or else, you are on a boat. Supposing you are in the water, you are always worried. But you are on a boat, you can see those people who are getting drowned but you are no worried. But supposing you know swimming, you can jump back and come [inaudible]. This is what Sahaja yoga is.

Seeker: The 'naam-smaran', will it not help the rising of the Kundalini?

Shri Mataji: No, no, no, no. [Marathi continued]

Seeker: [Inaudible; Marathi]

Sahaja Yogi: He is saying, which guru mantra to say?

Shri Mataji: No. [Marathi. Shri Mataji clarifies there is no need for such a thing. 'Nahi guru mantra ne'. Shri Mataji speaks about Dnyaneshwara.]

Seeker: [Inaudible; Marathi]

Sahaja Yogi: Does Ashtanga Yoga, does it help in the rising of the Kundalini?

Shri Mataji: No. [Marathi continued. Shri Mataji speaks about the Dnyaneswhari, the Kundalini and its awakening (jagrut) about Swami Ramdas].

Seeker: [Inaudible; Marathi]

Sahaja Yogi: Shri Mataji he asks, "Why we are not doing this work in the villages?"

Shri Mataji: He?

Sahaja Yogi: Why we are not doing this work in the villages?

Shri Mataji: I have done in the villages for years together. [Marathi continued.]

[Cut in the video?]

[Shri Mataji speaks in front of mikes and TV reporters. Marathi continued.]

[Translation from Hindi:

TV Reporter: Sahaja Yoga is gaining a lot of popularity in today's times. What is the reason?

Shri Mataji: Yes, that's right. Reason being, spirituality is undeniable. Spirituality stands on the foundation of reality, on the solid grounds of absoluteness. However, we people (Indians) are discarding (our values, spirituality) and running towards them (West). The Indian civilization has been in existence for thousands of years and its existence is not dependent on the observations/verdict of any one book or any one religion. On the contrary, this is the very civilization that integrates all the religions, one must understand this. And I am here to tell you this, with Me many people are coming along and if all of us Indians take to this (SY), it would be very good.]

Shri Mataji: How it will help the AIS Offices of our country? It's a very interesting question because I've been always concerned about it. I think the AIS, IPS and all such Government agencies, all of them, and also the Government servants, in every fields, are the backbone, are the backbone and they must be substantiated by the knowledge of this country.

That is, they work very hard. They are very futuristic they always plan for the future. And then, what happens to them, they develop a symptom of the right-sided man, it's a – what you call the- in the autonomic nervous system, we have sympathetic nervous systems and right-side sympathetic get frozen. With this development, what happens that they suffer from many diseases: heart attack, paralysis, all kinds of things. So, they are to be saved. At a very young age it happens. It's possible only if their Kundalini is risen and they go beyond their mind, by which they develop that thoughtless awareness.

Sahaja Yogi (on the mike): Now, ladies and gentleman,

[Shri Mataji is still talking.]

Sahaja Yogi (on the mike): I think people are very anxious to meet Mataji also-

[Shri Mataji is still talking.]

Shri Mataji: Oh, how do you do, Sir?]

Sahaja Yogi (on the mike): But before that I would like to perform my duty because I would not dare-

[Shri Mataji is still talking and greeting people. Yogi Mahajan introduces the British [?] Minister.

Shri Mataji: Oh, how do you do, Sir?]

Sahaja Yogi (on the mike): To thank Shri Mataji for what She has done today by coming here and blessing all of us.

[End of talk]

[*NOTE: Shri Mataji refers to the Kargil conflict, an armed conflict between India and Pakistan, from May to July 1999, that took place in the Kargil district of Kashmir and elsewhere along the Line of Control (LOC).]

2000-0312, Kundalini ki jagruti se

View [online](#).

12 March 2000

Kundalini Ki Jagruti Se

Public Program

Mumbai (India)

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

2000-0312 Public Program, Kundalini ki Jagruti se, (With Kundalini Awakening), Mumbai

Translation from Hindi:

I bow to all the seekers of truth. First I will speak in Hindi, and after that in Marathi; because it is our National language, and I feel that everyone should at least have some knowledge of Hindi. Of course there is no language like Marathi. This I agree. But the person who knows Marathi should find it easy to know Hindi. It is a very easy language.

I have spoken to you many times about Kundalini, and I have explained that with the awakening of the Kundalini all the unwanted particles and fragments inside us, get removed. The Six Enemies of the soul (Shadripus) inside us, like Lust, Anger, Greed, Attachments, Jealousy and Vanity – these shadripus are always troubling us. This happens because whatever our brain sees, it always reacts to it. Because of this reaction we feel inside our brain, that if we also do these things, we will get some advantage. But these are our enemies, and if we adopt and encourage them, how can they be beneficial to us.

But the society we are seeing in these times, especially in this country of India, anarchy has spread; such unrighteous people have sprung up, that they have not only destroyed themselves but are trying to destroy the country. Such kind of people are there, especially in Mumbai, and people say there are a lot of villains and evildoers.

It is difficult to understand what happened here to cause such people to flourish. The reason for all this is, that this is the time of Ghor Kaliyug – The Terrible Age of Destruction. We can recognize the Age of Destruction by the proliferation of such evil elements who are enemies of themselves, enemies of others, and enemies of the country. They are the ones who will prosper and grow. But for how long. For as long as they do not get their transformation. Their awakening.

When your Kundalini is awakened, you will be amazed at the change that comes over you. Your reactions change. One gentleman was telling Me, "Mother, when I came to Sahaja Yoga my state of mind changed. Meaning that, whenever we got a transfer of location, my family, my wife, and I used to get distressed. But it is the wonder of Sahaja Yoga that now we do not get upset. I am happy. And I am enjoying, that whatever had to happen has happened".

There are so many such examples. That when you get blessed by your Kundalini awakening, and when you receive these blessings, then you yourself get transformed. There is no one to give you advice or examples. This happens spontaneously. Because this energy is placed within you. God Almighty put this Shakti (energy) inside you. But if you do not want to see it, you do not want to know about it, and you are wasting your time in other useless things, then for such people it is better that they do not come into Sahaja Yoga.

But those who are seeking, who desire to achieve something; who feel that in this lifetime if we can get our self realization, then what a great achievement that will be. You don't have to retire into the Himalayas, nor do you have to spend money to get it. You don't have to do anything. So what a wonderful happening this is. And to achieve it, you did not have to get into difficulties or do exercises. God Almighty Himself has established this Shakti within you. And it is important to get this energy awakened. If you do not realize this now, then nothing can be achieved, and you have failed yourself.

Now you work hard, you experience a lot of difficulties, and you do so many activities, but up till now you have not experienced the pure joy. In joy there are no two things, like happiness or sadness. It is only joy. Pure joy. Secondly you do not find the truth. Yes, may be half here and half there. But the truth, the absolute truth, has not been found. To experience that you have to get your Kundalini awakening. That which causes your brain to react to everything, that will stop happening. And when that stops, you get the connection with the all pervading divine energy which is around you.

The most amazing thing is, that this great happening is so easy and comfortable. There are no headaches or severe exercises to be done. No need to stand on your head. And, this is available to everyone in this world. This is for the whole world. Not just for you. Not just for a few others. But for the whole world.

Sahaja Yoga has spread over 86 countries, and those people are immersed in it. Fully absorbed. They are happy, and their lives have become meaningful and complete. And in their lives there is a kind of peace and contentment.

In every place, we must understand, where great religions have spread, in every dharma it has been said that a day will come in which your transformation will take place. In which you will attain a wonderful state. And in the Koran it is written clearly that when Qayamat (The Day of Resurrection) will come, your hands will speak. It is there today! But if your hands are not speaking, then what is the use. To achieve this, is the main purpose or objective of your life. If you do not desire to do so, it is your wish. If you do not wish to receive it, it is your wish. But this thing can happen, and is happening. In many countries it has happened. And it should also happen in our country.

So the turmoil and conflicts of this place, and seeing the unrest of every day, we should recognize and understand that we should attain this state, in which there is absolute peace, and absolute joy. To achieve this you do not have to do anything. I have already told you. You don't have to leave your homes or families. Nothing to be done. And, you have to receive this.

The problem with us, especially in Maharashtra, is that people have too much knowledge. They have collected a big bundle of gods and goddesses in the house, and spend their time from morning till night, doing pujas, and this and that. They have gone in that direction. Or, they will do some other kind of activity. This is the situation with Hindus, and also with the Muslims, and also the state of Christians.

When, inspite of all these entanglements, nothing has been achieved, they should also look on the other side, that what is the thing I have to achieve. By which I will be able to know myself. And then that truth will dawn on us, in which there is only truth, and no falsehood. We will come to know that.

The great scientist Einstein, in his papers, has talked about this. And he has called it the "torsion area". And he has said that this realization of truth will come from the torsion area, and it is necessary for you to get your connection with that truth.

Until and unless you get this connection, whose praises are you singing in worship. No one even knows you, and you are chanting their names. Whatever you should be actualizing by this chanting, you will not achieve. The real thing will only happen when you come into the reality. And all the possible divine energy will pour into it.

It is not a difficult task. I have told you that if you practice Sahaja Yoga for a full month, then you will become your own guru. And you yourself will be able to cure the diseases of others. It is not necessary for you to go to any other place, or take help from others.

This truth, no matter how many times it has been told, does not enter the attention of people. This is very unfortunate.

Because a time like this, just had to come. How can it be possible, that the God who has made this creation, can watch the people that He has created, get beaten, tortured and suffer, and have all kinds of problems. Never! Definitely He has made some kind of arrangement within ourselves, to overcome all these difficulties. All the saints and holy men have talked about it.

Kabir has spoken very openly, but people could not have understood him. Maybe because he used poetic language and people failed to interpret it correctly. But Kabir has said very clearly. Whatever he has said, it is all about Sahaja Yoga. He has said it very clearly in his (Dohas) couplets. Where he has talked about Ida, Pingala and Sukhumana Nadis. Now someone might say, what is this Ida, Pingala and Sukhumana Nadi. You come into Sahaja, and everything will become clear. Soonya Shikhar par Anahat Vaadi Dein (In the silent pinnacle or summit, there is the unstruck sound when the spirit merges with the absolute). Now who knows what is Soonya Shikhar, and what is Anahat Vaadi.

In Hindi language a lot of poetry has been written about this. Guru Nanak especially, has given it a lot of predominance. All saints and sages have written in the same sequence and essence. When Namdev, who was a great poet and a great saint of Maharashtra, arrived in Punjab, Guru Nanak welcomed him with great recognition. And he told him, "Son, you study Punjabi language, and then write in Punjabi". He has written such a big book in Punjabi, and in that he has fully described Kundalini, Adi, etc., and everything very clearly, and in very beautiful language.

Now, Namdev was a devotee of Shri Rama, and he believed in Sagun roop (where the deity is personified, having qualities and attributes). Nanak Sahib said to him, "See, it is not wrong to believe in sagun form, because you are a realized soul. It is alright for you. And you know the difference, as to which sagun is real and which is not; which material form is swayambhu (self-existent), and which is not. But the rest of the people do not know this. So for them you must talk only about Nirgun (formless, attributeless)". And Kabir has said, "I will nirbhay (fearlessly) sing about nirgun, (the formless). I will become Nirbhay (fearless) and sing about Nirgun (the unqualified, absolute being)". He said, "I am not afraid of anyone, and I will only talk about Nirgun". And this is what it is.

Adi Shankaracharya also wrote, and called it Spandh. Spandh means the experiencing or feeling of Chaitanya (vibrations), which is within you. The feeling of Chaitanya, which we call as Vibrations. That is Spandh. Everyone speaking the same thing. Even in foreign countries people have talked about this.

But let the talk of books remain in the books. And nowadays we don't know what strange ideas affect the brain, and people do not want to understand what it is. Why am I going on the wrong road; why am I troubling everyone; why have I supported this wrong course of action....they don't think about these things. And what is the result of all this. Is that mankind has gone astray. He has wandered into wrong paths.

But by that he destroys himself, not others. No harm to others. Only harm to himself. There are many roads to destruction. You also know this, and you also have seen others going into their destruction. Just by telling them, nothing can be achieved. I have seen this. If I tell them don't do this, or don't do that, half of the people will get up and go from here.

But when your kundalini is awakened, you yourself will understand and become aware that this is wrong, it is harmful for us. This is because, the light of your spirit rises from your heart and comes into your attention. And every human being will understand, the one who is a realized soul, he will realize what is wrong and what is harmful, and why it is so urgent and necessary. This is the speciality of your Self Realisation. Where you can clearly understand what is good for you, and what is bad.

And in addition to this, besides this, all the help of the Paramatma (God Almighty) is with you. Because the energy of Divine Love is spread on all four sides. Prem (love) this is a very important, strong and competent power with you. A very big capacity. Such a great power exists within you. This love is called Nirvaaj Prem, (unconditional love), where you do not expect anything, but just go deep down into the ocean of love.

The language of love is something different. The methods and practices of love are different. The style and manners are grand. Especially Sahaja Yogis have experienced this. We think that such people are very rare. Not at all. There are lots of people who are gracious in love. What a great thing is love.

But speaking nicely to people seems to be difficult nowadays. If you go further, then stealing each other's things seems to be the order of the day. And if you go another step further, then in the country all kinds of transgressions and tortures are being committed. Those who cause destruction, disorder, depression and remorse, and things like that, are proliferating.

Human beings were not born for this. Human beings were born to know the Shakti, the power of that Paramatma, Almighty God; and experience and enjoy that power, and forever live in peace. The best thing for spreading peace is, that there should be a reformation of man. Until and unless man does not change; until and unless this light shines within him, till then he will keep going astray. He will continue to do this kind of misdeeds. He will keep getting involved in these kind of things, in which he will not even know whether he is on the right path or not.

That is why we should light the lamp within ourself. When this lamp becomes enlightened, you will be able to understand everything easily, that what Shakti lies within us. And how we can benefit from this Shakti. This is the Shakti of Love. It is very superior, this Shakti of Love. Not a shallow, superficial love, but very deep and profound; and flowing through, like the ocean. And with the help of that love, you will live in complete peace. And you will give this joy to others as well. This Great Shakti is within you, and I will only make this request, that you accept and respect this love.

24:51 to 44:45 [Marathi talk - translation missing]

Translation from Hindi:

You people must be understanding a little Marathi at least. Having lived her for so long, you must have learnt the language. If you do not learn, then how can these people learn Hindi.

I was just telling everyone that those who do not want their self realization, can please leave and go outside if you wish. I agree that Marathi is a difficult language, but it is very eloquent and fine. And as far as Yoga is concerned, there is no better language to express it than Marathi.

What about Hindi language. What is so difficult about learning two languages. Not difficult. There is no harm if you learn a little Hindi.

[Marathi to English Translation]

I bow to all those who are seeking God. What has been said is true that only that person who is seeking God will actually receive God. This is true. There is no reason to doubt this, because God is not going to come and fall at your feet saying, "Dear one, please search for me". But it is a state. It is a special state attributed to such people who have evolved in their past lives and who have done good pure deeds. Those who are of a very dignified mind, and who have always done a lot of good deeds. It is only for such special people.

"Yedya Gabalyaache Kaam Navhe."

"It is not something for any random person who is not of a good standing."

Especially here in Satara district, the very famous Shri Ramdas Swami has lived here. And if you take any saying of his, it is completely the description of God almighty. He has angrily described this to those who are of a lower state of being, and he has said such things that only he could have said. I consider him to be an avatar of Shri Hanuman. I consider him to be of a very high stature.

But here in Maharashtra, whatever is heard of is less. If one were to describe, this is the land of saints. Great, special people have graced this land. This really is Maha-Rashtra (the Great State). There is no doubt about it. That we have turned it all into mud,

that is a different story. But this truly is Maharashtra. And similar to its name, to carry out the good work, there have been innumerable brave people. Shivaji himself was a self-realised person. If not, it wouldn't have been possible to get such a fine person of such great characteristics. He got a Guru like Ramdas Swami. There have been great poets here like Tukaram. Gora Khumbhar, Naamdev, Sakhubai... especially then Dnyaneshwar as well.. At such a young age he wrote out that beautiful book of Dnyaneshwari. So then, they were lying. They didn't go about gossiping like politicians. Or they were not corrupt like civil servants. They wrote and praised God (Parameshwar). They described God and placed a new idea in front of you to seek and obtain God. There is no other path other than God.

And also, when they met each other, they didn't understand this discrimination of caste and creed. When Naamdev met Gora Khumbhar, he described it beautifully.

"Nirgunaachya Bheti, Aalo Sagunaashi."

"What I was looking for as the formless, I have come to meet in a physical form."

Wherever you look, whatever poetry you look at, what great stature it has. Just by studying these things, you cannot understand them. This doesn't mean that you should not be educated. You should of course be educated. But to understand this and to enlighten your education, you should attain God. Otherwise, there is no use for your education.

Now, the Honourable Mr Patil has honoured me so much, and I am very grateful to him for that. His father has done so much good work here that he has been awarded a medal named "Karmaveer". I had the opportunity to find out so much about him and I am indeed very happy that such a great society has honoured me.

That education, well, that has now been done. We learnt how to write the language, mathematics etc. We learnt other subjects as well. But in the background to all this education, one must definitely be enlightened. If one needs to see how this mundane education goes to waste if you aren't enlightened, you should visit foreign countries. The first thing that hits such a person is Ego. They just cannot bend. They just cannot bend. It is said that education does not show up in good behaviour without humility. That good behaviour is nowhere to be seen because this knowledge is very artificial. How much realism is in there?

This much is true that the science of God, the science of the power of God – it takes people of a certain stature to take care of it. It is not possible to keep it in the hands of mundane everyday folk. Then it doesn't matter whether you are educated or not. Now let us assume that we have a lot of Doctors with us. Architects came along. They came to Sahaja Yoga and understood the Truth. And they properly understood this power of God. And through that, they have evolved and progressed a lot. I agree with that. But that would have happened even without that education. If you were to attain the Aatma (Spirit).. Aatma is everyone's Guru and is sitting in everyone's hearts. Today, especially, as it is Shri Datta Jayanti (the birth anniversary of Shri Dattatreya), we should all submit to Shri Datta with a prayer that "Mother, please make us all our own Guru".

What I mean is that all this knowledge and this science is all in your heads, and you don't really need to go out anywhere. After all, which university did Dnaneshwar give his exams in? Which school did Shri Saint Tukaram get admission into? Which school did Jesus Christ get his education from? They have obtained all that from a very short path, which we could call as a short cut. Everyone can take that. To all Indians and to all the people living in Maharashtra, that path is freely available, and it befits them all very easily.

But this big problem that we have in Maharashtra should be very well understood by us. There is a saying in Hindi - "Adhagar ghaghari chhalakkat jaaye" [translates as a half empty pitcher will splash out the water]. We have a half baked education. It has not reached a completed stage. Not in the developed countries and even with the renowned people in this country, they have realised that there is something beyond this, the source of which we should attain. But this big problem we have in our country, that if we cannot manage it, then we act mischievous about it. And to act flightily and mischievous. For example, if someone doesn't understand classical music, let's say. It requires some understanding, some education, some sense of listening, and depth in a person. It is difficult to be understood by just anyone. But if you don't understand, then they make fun of it. So then

they dismiss it. And due to this stupidity, any thing that carries a gravitas is something we cannot attain. This characteristic that we have got, especially the journalists now-a-days. I remember giving a speech here in Satara, and they printed an article against me in Kirloskar [probably a local news outlet]. It just didn't have any meaning to it. They didn't mention anything about Sahaja Yoga. Everyone already knows that Kirloskar doesn't believe in God. But to then brand everyone else in such a manner, that all this is false and that God doesn't exist. Who are you to write such things? Have you seen God? If you don't understand such things, then you should think with a little bit of humility. Were all these great saints who lived here, were they all idiots? Or were they all frauds? So they just started abusing me in that article. So all these well-educated people are going to have their heads working like this... even in the women's magazine, they printed an article that there is nothing called God.. Mataji is telling us something that isn't true, and that the Kundalini doesn't exist. This over-smart attitude is going to work to their detriment. This has to be understood. The reason we have not progressed in Maharashtra is because of this mischief making. The main thing here seems to be how to erase out the other person.

But Sahaja Yoga is for your benefit. Is Krishna also stating a falsehood when he says - "yogakshemam vahamyaham". Which means that once you have Yoga, you will get the well being. I sometimes think that all these people are riff-raff, because they have never achieved any depth. If they look at the Shastras in depth, then each time since the time of Adi Shankaracharya, and you call yourself Hindu, even the great Adi Shankaracharya who set up the whole Hindu dharma has stated that no one should claim any thing until the Kundalini has been awakened. So I am not telling you anything new. But on the basis of some dharma, they will create a society or on the basis of some other thing, and then they will try and erase the other. Putting yourself in such handcuffs, it means that we will never evolve. There is a joke in England about us Maharashtrian people. You should listen to it so you understand what others are thinking about how a Maharashtrian person is. They brought scorpions in from all over for some experiment. And one of these jars holding the scorpions didn't have a lid. They said this has come from Maharashtra. So they were asked why there was no lid on that. They replied that it is impossible for any scorpion to escape because the moment one tries to climb out, another will drag him down.

They will have an excuse or the other. The day before I asked them why they didn't print something about Shri Ramdas Swami. Oh because he was a brahmin. So because he was a Brahmin they ignored him. So then what about Tukaram... they will call him Tukoba. Why? Because he was not a Brahmin. So pull one person down because of this and another down because of that. This attitude to fight all the time and this anarchy is still continuing in Maharashtra. And until it continues, we will continue to regress. To get out of this rut, the first thing you should do is to awaken your spirit. I keep coming back to Satara to say this, but there is no effect on people.

Wherever you go in the university - they will fight. Wherever else, there is a fight. Earlier, I went into this project. It has been going on for the past seven years, and nothing seems to happen. So I thought I should go and have a look. They said there are two groups, each suggesting one particular village that should be represented. And they don't look at the poor people who are getting eviscerated due to that. Even when we have everything, we should let go of this pettymindedness. But the one thing they have held on to is alcohol. Alcohol, they will definitely drink. Which shashtra has said that you should be drinking alcohol? That doesn't take any time of theirs, but that which is for the benefit, and that which is good, that which is subtle and has been advised, why do they not do that? The reason for that is because we are still in delusion.

All this is in abundance in the west. Where I live in England, they also are a lot in delusion. It is not just here, it is everywhere. But they understand that they are living in delusion. Here, that realisation isn't there. That is the difference. We are in delusion, something is not right. Because when we fall from the cliff into the abyss, then they realised that even though we were already in the pits, we have gone down even further. They have understood this that they have been in delusion. That much has been understood by them. And for us, we have not yet realised that we are in delusion. Oh no, we think we are all right; we are all really smart. And thinking no end of themselves. That there is something beyond all this, that our country has this legacy, such a magnificent legacy. Even Shivaji Maharaj used to say that it is the desire of "Shri". Who is this "Shri". Shri means Adi Shakti. It was his continued mantra that this was Shri's desire. Now all that, you can only see in the theatre. But shouldn't we have that shining through in us humans now? Was that all false? All that history; was that all false? All these massive magnificent forts we have standing around - was this all false? And that we are here today, is on the back of all of this. So we have gone and forgotten our legacy as well. And no thought of the future, not of our kids. If we had that, we wouldn't have brought his dirty alcohol into our

country.

At least on this special day for Dutta, we should bring this thought into our heads. You can become your own Guru. No one needs to tell you this. There is no point in me coming and telling you this each time. What is the point anyways - it is like water off a duck's back. You should get your spirit awakened. This spirit will ensure that all sorts of discrimination gets destroyed, because this is a collective being. A collective being, and it is the one element of God embedded in everyone. That same basic element is there in all the Gods. All of you are Gods, and that basic element of the spirit resides in all of you. It has been said that all of you are temples. All you need is for that light to come within you and your attention so whatever knowledge you want or whatever kind of prosperity or satisfaction you want can happen for you. Saints have said that "Avgachi Sansar Sukhacha Karina" [All the world will be made full of peace]. This is exactly what I am trying for, that what has been said should be made evident.

What has been said in the Pasaaydan [a treatise written by Saint Dnyaneshwar] is what we have to do today. But who should I do that to? I keep thinking .. Where are those people? If some movie star actress comes up tomorrow, then thousands of people will go and fall at her feet. This personality trait of slavery in us where we don't have any self respect and give respect to all these things that are superficial - this is wrong. When this education was given and Mr Patil must have done so much hard work, he must have thought about it all before doing so. And his thought surely would have been that if this education happened then the knowledge provided by the saints would be read and the people of today will have the light awakened in their heads. And then they will attain God. The only reason to have this knowledge is to attain God.

Dnyaneshwar saw that the general public couldn't understand Sanskrit so he wrote the Dnyaneshwari in a very simple language. But look at the result. No one seems to understand anything. They have built a nice temple in Mumbai dedicated to Dnyaneshwar. So we went there and told them that we would like to meditate there. They said no. You can only have processions. When I asked why they said - "No, you can only have processions here." I asked them whether Dnyaneshwar, of whom they had erected statues all over, had ever carried out processions? It is OK sometimes to celebrate and dance due to the joy. But to only carry out processions all the time - don't you need to look at his legacy. So they said - it was different for him. So I asked them why they built a temple for him? I have never seen a temple built for someone because of processions. If it is a procession carried out in Joy, then that is fine. There is no problem with that. That is some kind of a calling to God from us. But it doesn't mean that you should not meditate and not go deep within oneself. That you should not get to know your own wealth. Does it mean that you should not know your own knowledge?

Now the state of the world today is such that if you do not awaken from this delusion, then you are going to dissolve into it. This is the same situation all around the world. That is why these people are now aware of it, because they are alert. They are alert; we are not. Our priority is that as long as we get to eat once in the morning, we are happy. That is all. If there is a god, he will give me a bed. We are not ready to go a step further. But we can actually attain this faster than these people. Because they have got it after going through all kinds of trials and tribulations. They are here because of all those problems. Why should you go through those troubles? You should simply obtain it.

But one should have some sense of single mindedness about it, and we don't even have that. That one should sit and meditate for 2 minutes and to realise God in those two minutes. Are you going to get God without that? Sahaja Yoga means something that has been born within you - Saha - Ja. Born with you, within you. You have a god given right to this Yoga. This is your god given right. Tilak [one of Maharashtra's foremost leaders during the Independence struggle] stated that Swaatantra (Independence) was our god given right. And he was correct. But what I am saying is that you should have the "Swa" of the "tantra" [an understanding of the subtle system].

What great achievements have we got with independence? You know the situation we are in. Are we really independent? Consumed by alcohol, or jealousy, or lust or ego. That is how we are. It does not look like we have got independence. We call ourselves independent but we are beholden to the Shadripu [the six enemies of the self]. Until you do not know your own self, you will not be independent. What sort of independence do we have now? If we had this real independence, then our country would have really been in a different place today. People would have thought differently about our nation. But it is not like that now. It isn't. This corruption that we have. Torture of women and of men, different kinds of crimes that do not make any sense. If you

want a solution to all of these things, then first you should awaken your spirit. Once you awaken the spirit, your ego will dissolve. Your bad habits will dissolve and any diseases you have will dissolve. All this has to happen. Krishna has said - Yogakshemam Vahamyam. [Once yoga will take place, your prosperity will be looked after].

Just being superficially knowledgeable about it is not going to work out. The example of Karna from the Mahabharata is a very good study. Karna was a very charitable person; he donated a lot to people. He gave away and did a lot of things for people. But when his foot got stuck during the battle, and Arjuna held back his arrows, Karna said to Arjuna that as you are brave and so am I, until my leg is freed up, you should not release your arrows. Krishna gave the rule of Dharma at that time asking Karna where that bravery of Karna had gone off to when Draupadi's chastity was being attacked. Where were you then? And he ordered Arjuna to release the arrows. This is exactly what our situation is going to be. Just being superficial about it or showing some outwardly demonstration of work is not going to benefit at all. Until you do not attain God and until you enter the Kingdom of God, nothing is going to work out for us.

You are going to see innumerable benefits the moment you enter His Kingdom. Lots of blessings. After all, he is God. He is very great. People think it is all talk, and there is nothing called God. Lots of pandits speak like this. They say this because they are out to swindle us. Just like so, Badwe had started something against me saying Shri Mataji says there is nothing called God. I asked him what he was doing in the temple. His response was that he was running his business there. Nice... you continue with your business. So now because for him it has become a business, he cannot believe that God can exist. And so they are very open about it.

So this is not just talk. You should try and experience it. It will happen once you do it. There is no point in arguing with those who aren't yet in Sahaja Yoga. So I have given up on it. Because they are very good at arguments and debate. That's the only thing they seem to have learnt. God is beyond all of this, and we cannot realise his power and greatness until we awaken our spirit. The spirit is the source of that special state and that special personality, where you can see and experience God. You comprehend... Or otherwise, you just go to the temple of bow down and say we went to Tulja Bhavani [a temple to the Devi].

The kundalini is explained in these songs that we sing everyday in Maharashtra. Now.. "Jogawa Maagena Aaila". I will ask my Mother for Yoga. If they suggest singing this song, everyone will be able to sing. Naamdev has said - "Bodhaachi Bharani me Paradi". Bodh - that means to know this in our central nervous system, not just in our heads to be able to continue giving speeches. Otherwise they will sit and continue praying. They will be praying about Dutta and will be reeking of the smell of alcohol from their mouths. Is there any sense to this? There is only one way to get rid of this pretentiousness and that is to awaken your spirit.

But that seems not to be possible. That doesn't happen. If I declare that I will come here tomorrow as a Babaji and ask everyone to give me 10 Rupees each, I know that there will be thousands of people who will turn up. Because 10 rupees is good enough, isn't it. We will get our Gurupad in 10 rupees - it is worth it and cheap to have this Guru in 10 rupees. Then they will say this Guru is cheaper than that other one. And this Guru isn't even asking you to let go off any habits. It is OK to continue drinking alcohol.

Now, I don't ask you to give up anything. Nothing. Once your spirit is awakened, you will see.. You will lose these habits immediately. Everything will just fall off. Automatically.. Because he is all-powerful and once you have this power within you, why should I have to tell you to do this, that and the other. You will be looking at yourself. And what is yours is after all.. Yours. So once you get it you yourself will ask me how there was so much on offer and we had no clue about it?

We had so much wealth? But the first thing that should go is the Ego, isn't it. There is too much Ego. "I understand everything. I pray." Ok, but did you actually achieve anything till now? You did so much but did you get something? God is within you, and you should attain him first. Everyone has told us about it so why do we not put our attention there?

So, this is my fervent prayer to all of you. This wealth exists within us. I have come here so often, but I do not understand what it is about Satara district. It doesn't seem to work out so well. People do say now that something is working out, and many people are coming. But still.. It's the same in Pune. There are a lot of snobbish people in Pune. Too much!!! And mischievous. They will

continue gossiping about something or the other. That's all they seem to do there is hurl taunts at each other. They do not understand anything beyond that - these Punekars. But Sahaja Yoga has worked out there, so why not here. Are people that much more obstinate here? Why not here?

If the wealth is with you, and you are well educated. Why do you not comprehend this? What has gone wrong? There is no humility. In Sahaja yoga, you need to have humility, and once you have it, God will be there for you. So I have seen that it works a lot in the villages. Then they will say that they are doing well. Is that not so in the cities - are they all in a perfect state here? Let me get to them, and then see. Just a day earlier, I met this person who is an industrialist and he was suffering from Angina. I cured him, and he went around the village and brought over all those who had angina and all other sorts of diseases. I had to ask him whether he had opened up a hospital. He requested me to look after all of them. Why? Why should I do this? First, attain God. Once you are in the Kingdom of God, then it is my responsibility. You are not in my kingdom, so first you have to attain that. Then I will cure everyone. If not, I am not responsible for you and what is the relation we have to each other? I am sitting here in the Kingdom of God and you are somewhere else. So then I am not bothered.

Come in once, and after all, God has made all the arrangements for you. He is waiting for you to see when you step to his door. He is waiting to see when he can have you sit on the throne. He is looking to see where his children have wandered off to. And here.. All we are doing is appearing oversmart. So this artificialness and this falsehood... too much. You have to go into the depths here, and you won't get anything until you get there. So people say what is the point? Not like this. You should only hark out to God and it will work out. But you should have the belief.. Not blind faith. I don't want money from you, and I don't want to exploit you. I am here to give you what is yours. That's all. But then when people ask a question, it will be so rude. There is so much abruptness now in Maharashtra. I don't understand when they are going to understand civility. People in Lucknow are not abrupt like this. Not in Delhi. People in Delhi are not as abrupt as they are in Maharashtra. All they don't do is hurl abuse, but there is a lot of rudeness here. This is not a sign of good education.

What I have come to give you here. And pleading to you saying - please, I have made the food for you. Sit down and enjoy the food. But you should at least have the hunger. If you don't have the hunger, you will kick the plate away. How many times am I to come to those who do not have any hunger? So, everyone should take to Sahaja Yoga with humility and become your own Master and spread it out to others. Because this is God's gift and today especially it has worked out. So everyone should receive it.. This is my fervent prayer to you all.

What I have to say is that they called me here with such honour. And organised it so well. So on behalf of all the Sahaja Yogis, I offer them my thanks.

Now if you have any questions, please ask them now. Otherwise, do not get up in the middle and walk off. You should have a little bit of patience. At least a little bit.

The source for all your science also is God. He has made this universe. If you can understand the basis of the 5 elements, then you do not have to do so much hard work. But since science is there, you can use science to prove it and explain it to everyone. A very famous agriculturist from the UNO came to me. And he was an advisor there in all those areas of work. And he is a Muslim from Iran. He came to Sahaja Yoga and he tried to experiment with the vibrations on the product. And it could grow 10 times is what he says and he has photos of it all. And he is going to take that word around to other countries to get more funds sanctioned.

But for it to come here from outside... How shameful is it? For people to come from outside to Satara and then talk about Shri Ramdas Swami.. What words would you have for this? This is your legacy. This is why I do not understand that people from abroad have to come and tell you about this. Does this look good for us? It is all within us, and if you just let go of our ego, then everything will work out, won't it. So why should we be so snobbish about it all? Is there any meaning to it. People from abroad coming and telling you about it.. I feel very ashamed about it. Myself.. I was born here in Maharashtra. I know how great Maharashtra is and that is why I took my birth here. And now people from abroad come here and tell you about the greatness of Sahaja Yoga and the scientific questions that were solved, and about architectural problems that were solved or some others. Or

that we have resolved some medical issues due to this. That they should come and tell you about this, isn't it better that you should learn it yourself in the first place? And if a city dweller and someone from the village can learn about it similarly, then what is the harm in it?

Everytime I tell you the same thing, that it has to work out in Sahaja Yoga. There is absolutely nothing to be done now, except for this seed to be planted in the Earth. And automatically it sprouts. Nothing needs to be done, does it? It is a living process. But once the shoots grow, it has to be cared for. And once it is cared for, and it grows, it will become a tree. And the fruits are going to come up on these very trees. This is not a difficult thing. It is going to happen. Today. If you are not going to have this done in Satara, then I will get it done somewhere else. But why? Spare a thought for Ramdas Swami. He came and lived here for so many days. Spare a thought for him.

Now come down and sit. There is no need to go there at the top to sit. Come down here and sit for meditation. Come along.. Sit on the floor. Sit comfortably on the ground. This earth is your Kundalini. Come along.. Come with some humility everyone and be awakened. Come down and sit. If those who never sat on the ground are doing so, then why should we not? Come and sit down comfortably. Everyone, come down humbly and sit. Now I saw Mr Patil's photo and he looks like such a humble person. He is so humble, because he is a saint. Come on.. Sit.

[a person asks a question: inaudible]

That yoga is of no use. I will tell you. Come on and sit down. Whatever yoga and worship you did was all just words. Here we have an experience. First, we should experience and then we can talk about it. What is the point of reading so much about it.

[the person asks again: this knowledge about god is so great, and there were great saints here. It is available to people in India. But why was it that discoveries happened abroad and not here?]

Please sit down. The question is very good. Very nice. I will tell you. But please sit down. The question is very nice that our Indian tradition and culture is very great. Agreed. And lots of saints took birth here, and the power of God exists here in India. And all these inventions of the television etc happened abroad. Why did we not have these discoveries here?

The main reason for that is that there are principally two states to a tree. Firstly, the tree itself and secondly the roots. This country has the roots to the entire universe. Abroad.. We have the tree. That tree grew and the people there have made all the inventions and progressed, but now those people have been driven to suicide because they do not know of their roots. Now these countries, those that we call very prosperous - there are 4 such countries. And they seem to have a competition amongst themselves in those 4 countries on who commits the most suicides. So, after all this innovation and these discoveries, what they ended up with is suicides. And they are all begging. Their situation is much worse than ours. Much worse. Nobody cares about the other; there is no peace in the household. The people are just running away from those countries. They don't know what to do. And they know that there is some place where they are mistaken. And so when they say that in the 18 years of our life, we have had a realisation... so now they have seen the intellectualism of the entire tree but they can't see any joy there. So even if they have the radio and the television, where has the joy gone? So now to find that joy, they have now come to Hindustan [India].

Now if you look at the basics of economics, it is that any wish you have will be satisfied, but not all of your wishes will be satisfied. Not in general, but in particular. Now this is the main theme of that science. So if today you want a motor car, you will have one. And tomorrow you want a house, you will have a house. And so on and so forth. Now because your wants never end, you never get joy. Aren't we there on the basics? This basic has gone there.

We want something; someone wants to become a minister or something else. But my dear, are you at peace? Then they will have a sorrowful face. Why? didn't you get what you wanted? I have seen the richest of people. They too are similarly sad. I have never seen anyone who has a peaceful life. Not peaceful. Why - because the basic principle has gone missing.

That principle we had in India. That foundation - it is here. But we have now gone and forgotten it, and we are going running

behind them. We had such a big responsibility of looking after the principle and we left that to run after these people. We have 300 years of servitude in our mentality, don't we? It is a good thing Columbus didn't come here. Otherwise, he would have finished us off properly. He went and killed all those who lived in the Americas. Now they only have the whites there. You hardly ever see any original indigenous inhabitants there. We would all have been finished. I think Hanuman must have worked his (Columbus') direction differently and told him not to come to these shores.

So the principle is here. So these people are on the tree, and we are running behind them. We should first figure out why we don't look for those roots? You have the roots in your hand, they have the tree and they are falling off from that tree one by one. So they made all those discoveries; agreed. But there is no happiness (joy) in those discoveries. Now these people - they don't watch television (we don't want it), or the radio (we don't want it). To meditate on Krishna - that is a joy to behold. We have forgotten that principle. That which God has given us, and that we have grown up on - we have left that behind and are running after other people.

And we think they are happy? Not at all. No one. We should not be blind about it. There is nothing worth learning from them. My dear, in England, and within London, which is an important area there, an average of at least two kids are being killed by their parents each week. I am not lying. The parents are killing off their own kids. And not just sub-average kids. Good proper kids. They suffocate them. They kill their parents, grandparents. Kids of eight years old - they are killing them. And kids of eight years old are also killing others. They are such murderous people. They are murderous because they don't have that basic love.

The foundation of that love is what is here in India. And we have forgotten that love. Even now we have this anomaly within us too. We also have stopped paying attention to it. This is the basic principle. Once we figure that out, this radio and the television is nothing but dust off our feet. You should obtain that main wealth - this is what I am saying. Now, did you understand?

And you should go and ask these people how bad the situation is in their countries. We think so.. From afar everything looks beautiful. I have lived there for 12 years, and again my husband has been elected to stay there for another 4 years. I was thinking even Ram only had 14 years of exile. I will have 16 years of exile there. I am sick of those people. They are such dirty people. From that, these people here have come up like lotuses. It is just mud otherwise. You are better off as flowers. That is why the moment some Indian goes there, they start worshipping that person. You don't know your own greatness is what I am saying. You really do not.

So, do not look at those people. They are a dirty lot. There is nothing there. Even after making so many discoveries, they have made an atom bomb hanging over their own heads. When that will explode, no one knows. They will press one button, and everything will be destroyed. There is no wisdom. They do not have Ganpati. We have Ganpati. How big is that? There is such a big treatise about Ganpati. Rather than understanding that, they will keep a ganpati (statue) and whether you are a doctor or an architect, they will just do a namaskar to it. My dear, at least awaken that Ganpati that is already existing with you. "Eh? How can you say such a thing? Which science does it say so in?" I said this is not science; this is science beyond science. It is the science of God that you should learn. But we are not ready to learn that. We only want what those others have.. Because we have servility in us. Now people from England will come and teach you. I want to ask whether you will only learn then?

Done? So now first you should obtain it. First at least you should attain your powers and then we will see who has obtained what. Now .. you come forward. This question was excellent.

[Another person comes forward with a question but his speech is slurred. Mother asks him to come up on the stage to ask her the question properly, as she is not able to understand what he is saying. In the end, it seems he is just saying - Om Satchitananda. Mother then continues her talk]

Om Satchit Ananda. Satchit Ananda. That is the description of the Aatma (the spirit). I have given at least 10 lectures about this. You should ask for those and listen to them.

Om Satchitaananda. Om - that means the chaitanya [the vibrations]. OM is - A, U, M. These are the 3 powers. Mahakali,

Mahalakshmi, Mahasaraswati. They are the 3 powers of these goddesses that are called A, U and M. And the nasalised vowel on top of it is the Aatma [spirit]. And then Satchitaananda. Sat. Chit. And Ananda. What is Sat [truth] is known through the Spirit. If I say that this statue is Swayambhuv [borne through the earth]. How and why will you believe that? If you get your realisation, then through the Satchitananda, if you go and front your palms in front of the statue, there will be cold vibrations coming from it. And that will be an indication that this is indeed an awakened statue. This power of the Satchitananda is what makes all this work happen.

Sat Chit Ananda. This is the personality of the spirit.

Just for the sake of it, if you learn some terminology somewhere and repeat it. That is not Sahaja Yoga. First you get the experience, and comprehend it all. It doesn't take too much brain power. You just need to have a heart.

[Mother addresses the young man again]

Is that what you said? Did you say "Om SatChitAnanda"? Very good.

Now another thing I want to say to you is to take off all these hats. One doesn't go to their Mother wearing hats. One has to cross the Sahasrar. Sahasrar has to be crossed; this is where the Kundalini arises from. Please take off your hats. Why do you need hats when you are with your Mother? If you are going to a king, then it is OK. But if you are with your Mother, the first thing she will do is keep her hand on your head. She gives her blessing on your head first, doesn't she?

Keep off your footwear and keep it aside.

[Another person gets up to ask a question]

Now it is done. 99% of people want realisation. Ok. Please ask your question later. I will explain to you afterwards. First get your awakening. Then we will talk. Take off your footwear, because this earth.. We think it is a normal ground. It isn't so. It is a Yoga Bhumi [the land of the Yoga]. Please agree with me on this, and take off your footwear. Please sit cross legged on this floor. Now sit down everyone, why are you all standing? Sit down. Sit down now.. And get your awakening. How much should a Mother explain? I don't understand this. Are you here to stand like a heron [the bird]. Why are you behaving like this? You should be adults about this. Take off your hats and sit down. Or sit on a chair. But sit. You should be a little settled, shouldn't you?

One should have a pleasant attitude. One should be pleasant. One should have a pleasantly faced attention towards one self. First you should get this power so you will understand what I am saying. How much more are you going to understand before that?

Now both hands like this.. Keep them like this. You should feel the vibrations flowing in these hands. This is the main thing. Now we don't know about medical science. But the Ida Nadi, or what is named in English as the Left Sympathetic Nervous System, that Nadi flows through this hand (the left hand). And the other... the Pingala Nadi, that of the Sun, that runs through this hand (the right hand). And that is called the Right Sympathetic Nervous System. And Sushumna Nadi runs the Parasympathetic Nervous System. Actually, these Nadis [channels] are subtle and they run these systems. So, the left side is our power of desire. And the right side is the power of action. And it crosses here at the Optic Thalamus. Like so. So the right side goes like this to the left, and the left goes like this here.

So now to read about this there are books, and there are people to explain all of this. There are very good Sahaja Yogis here in Satara. They know the full knowledge about all of this. They are engineers and its all very nicely maintained. But you should go and ask their address, and ask. It is all going to be free. God doesn't understand money. You should not give him any money. They say that people only come if you take money. What use are such people? They come to God because they give money. Are such people going to be able to do anything?

"Yedya Gabalyaache Kaam Navhe."

"It is not something for any random person who is not of a good standing. "

So, Sahaja Yoga is for those people who have self respect. Those who do not have self respect. How will they be able to enter the Kingdom of God? Are we going to set up for beggars there? We are self respecting people. Why should you be giving money to God? God doesn't want money.

Now put the left hand towards me. Meaning... that you desire for this. You have a desire that you should be one with God. That you should have Yoga [union]. As a show of this desire, put the left hand towards me. And the right hand represents the action. So while keeping the left hand towards me, put the right hand towards the ground. So the conditionings within you will be pulled into the earth. Try it. Put the right hand down here on the right side. Simply. Nothing complicated. Just keep it to the side. On one side. Simply. You don't have to press it or anything. Just let it be so. Now see how the vibrations will flow. Left hand towards me. This left hand is your desire. And what is going to stop the desire is the conditionings you have within you. That conditioning should go. This earth is going to pull that out from you. This earth is truly sacred. And so magnificent that She will quickly pull it all out. You should just desire. This is the principle of Ganpati. She will pull out all the negativities within us. See how She pulls out all the conditionings within us. Look at this science. Close your eyes. Close your eyes. Close your eyes and put your attention on the top of your head. Or any other place you want; just let it be. Relaxed. Simple; see how simple this science is.

You might feel a cool breeze on your left hand. Cool, cool breeze or something like that. Initially hot, and then cool. Your thoughts will altogether stop. Your thoughtlessness immediately manifests. These days, the Kundalini shoots up instantly. Immediately. It doesn't look here or there. It just goes up instantly. Now keep your right hand on top of your scalp. Right hand.. The left you can keep as it was. Keep the right hand like this on top of your hand. Feel it on the top. Is it cool here now? From within the scalp; observe. Is it coming?

Now, out the right hand towards me. Right hand towards me. And the left hand up like this. Today, it will work even if you pray to Dutta. It is a special Dutta Jayanti [birth date of Shri Dattatreya]. Today, I want to make all of you Gurus. It is a very simple act. Right hand towards me, and left hand like this. Now whatever thoughts might be swirling in your head, or what we call futuristic thoughts, and these flights of fancy you will have created for yourself. The Ego, all of it will go into the sky element. This is the science of the five elements; one should learn this well.

You should feel cold in your hands. If you are feeling cold beneath your hands, then you should transfer it up like this. Like this. You should feel cold in your hands. Again, keep your eyes closed. Observe whether you are having any thoughts. If you are having thoughts, then ask for forgiveness. This is the mantra. I don't want any such thoughts. It is very simple. Now keep your left hand on your head. Open your eyes. Now keep it over your head like this, and ask - is the cool breeze coming out? Observe.

Now, unless you say that you want self realisation, there is nothing I can do. You should say it seven times. Now your right hand. See it again. Is it? Are you feeling cool? Say it out loud. Is it so or not?

Now, put both your hands up. And ask so with your neck leaning back if this is the power of the God. Is this God's power of love? Is this the chaitanya [vibrations]. Now put your hands down. Now see if you are getting anything cool in your hands. Is it? Say yes, if it is. Are the men feeling it less? Close your eyes now. Everyone. Now put your right hand on the heart. I have to do this in the Western countries. In India, people get their realisation much quicker. But Satara seems to have become modern. Now ask Mataji a question while keeping your hand on your heart. Shri Mataji, Am I the spirit? Ask it three times. Not aloud. Ask it within.

Now keep your right hand on the left side of your stomach. On the left side, keep your right hand. This is the place of the Guru. The power of the Guru [master] resides here. Now in relation to the Spirit, you should understand that if you are your own spirit, then you also are your own master. So ask: "Mataji, am I my own master?" Repeat it thrice.

Now place your right hand on the lower side of the left abdominal area. This is the site of pure knowledge. We process all the pure knowledge out from here. This is the Swadhisthan chakra and this is where all the processing of the science of the God happens. Now press your hand there. On the left side, and close your eyes. Now here again... you are independent. So you should ask: "Mataji, please give me pure knowledge." I cannot force this on you. "Please do give me pure knowledge. Shri Mataji, please do give me pure knowledge." Repeat this humbly 6 times. And you should be humble about it while asking your Guru, just like you ask your mother for food saying : "Mother, please serve me some food."

Now once again, move your hand up to the upper side of the left abdomen and press it there. On the left side. On the left side, press your right hand on the upper abdomen. This is where the Guru resides. Now we have to help the Kundalini. Now that you have requested for pure knowledge, the Kundalini has started moving. Now to help her, with full confidence, with self-confidence, you should state that: "Mother, I am my own master." Now you should repeat this 10 times as there are 10 principles of the Guru. "Mataji, I am my own master." Say this with self confidence. You are raising your own Kundalini now.

Now raise this hand and place it on the heart. The heart is the place of the spirit. On the left side, from the lower side. The right side, on the left side from the lower side. Like you are holding the heart. Now with full self confidence, you should say that: "Mother, I am the spirit." Repeat this 12 times as this chakra has 12 subplexuses. Or we call them petals as everything is rather poetic in our language. These are petals of the lotus. "I am the spirit. Shri Mataji, I am the spirit." You should say this firmly. You verily are. All this superficiality is because of ignorance. Once you have the knowledge, you will know.

Now God is the ocean of love and compassion. But principally, he is the ocean of forgiveness. So whatever mistakes you may have made, or this happened or that. You should not listen to stuff that says you are living in sin or anything like that. You have made no mistakes. You are human, and humans will make mistakes. And God has to forgive your mistakes. And you should realise that he is the god of forgiveness. Thus, take your right hand on the left side between the neck and the shoulder. Forcefully. This is the chakra that is most caught up over here. And this is caught up because of one reason. That I am bad, I have made these mistakes, I am inferior, etc etc.. putting yourself in an inferior position.. And that means this gets caught. And then people get a lot of diseases. So, you should pray that you are not guilty. I have not made any mistakes, Shri Mataji. God is the ocean of compassion and forgiveness. You should say this 16 times. I am not a culprit as I have made no mistakes. You should say so with full confidence. Because this chakra has been caught up very hard.

Now, the right hand should be kept sideways on the forehead. Press it from both sides just like when you press it if you have a headache. Now, this is the Agnya chakra. The mantra on this chakra is that "I have forgiven everyone." Now people ask me how we should forgive. My dear, you don't really do anything whether you forgive or not. This is just a delusion. But if you don't forgive, then this catches up; so you should sit like this with your hand holding the forehead. And pray that "I have forgiven everyone absolutely." It doesn't matter how many times, but that you should say it from your heart. "Mother, I forgive everyone altogether." Press your forehead from both ends. This is a very important chakra.

Now take this hand to the back of your head and press your head very hard. Lean your head back a bit. This is the second portion of the Agnya chakra. Now while not putting any mistakes on yourself or feeling guilty about anything, you should say: "God, if I have made any mistakes, please do forgive me." That's all. But you should not take any guilt about it. Keep your hand at the back. Everyone should do this. Otherwise, I will not answer any questions. Everyone should do it. Press it hard. It has caught up a lot.

Now the final chakra is the Sahasrar on the top of your skull. So you should open up your palm completely like this. The centre of the palm directly on the top of the skull. Press it. And move it clockwise 7 times like the hands of the clock. And pray humbly that: "Mother, I want my self realisation. Please give it to me." Say it 7 times.

Now put your hands down and your right hand towards me. There was so much heat in you. Now put your left hand above and see whether you are feeling any cool breeze. We have done so much hard work. It has to come. Right hand towards me and left hand above. Is it cool now? Is it coming... yes. Now it is coming. Now put the left hand towards me and the right hand above. It should be cool emanating from the head. For some it may be hot if their liver is caught up. Right.. Now is it coming.. Good.

Now check again with the left hand. Now put both hands towards me, and observe if you are having any thoughts. Look at me with a thoughtless awareness. Now you don't have any thoughts, do you? This means you have a thoughtless state. The state beyond this is Nirvikalpa [doubtless awareness]. That should be attained, is all. So now are you feeling any cool breeze from your hands? Put your hands up and see if it is cool. Is it? Those who are feeling a cool breeze from their hands or on the top of their heads, please put both your hands up.

Let's see how many people felt it. See, the whole of Satara has been awakened on this birth anniversary of Dutta. Beautiful. Absolutely beautiful. Very nice.. Now put your hands down.

My Namaskar to all of you. This is very good news. Now all that has happened is that the Kundalini has awakened and it has pierced through. But you should continue with this. Now how many out of this are going to continue and nurture this, I do not know. But please you should respect your own self realisation. You will not understand what this self realisation is if you do not use it. Now if I gave you English money, you will ask me what it is useful for. You should see its use by going into the market. So first, you should understand this wealth that you have received. You should manifest it well so you understand the power that you have been bestowed with. And you will feel verily at peace. You should not debate about this too much. Just be at peace. Just peaceably sit for 5 to 10 minutes. Sit quietly for at least 5 minutes. Do not think too much. You will feel much at peace. Now sit still for at least 2 minutes without looking here or there.

You should be swastha - he who is "stha" in his "swa". Which means he who is stabilised in his own self. One who has manifested is the person who is swastha. You should not behave like half baked people. You should understand why we behave like this if we have something so precious with us. What has happened to us? You are all yogis now.

Kalpataruche Arnav - [the gems of the wish-fulfilling tree].

Mother speaks to the western yogis asking them to play instrumental music, as it will not generate any thoughts.

These people do not understand our language so they are very happy. They say that Mother, if you speak in Marathi then we can meditate very nicely. So we don't understand what you are saying, so we get into the flow of the vibrations emanating from you. So please do not give us a lecture in English because if you speak in English, then our thoughts start. But if you speak in Marathi, then because of the mantras, the vibrations start flowing, and we get into meditation. So please just speak in Marathi. Now they are learning Marathi. Now at least do not learn this in Marathi from them. At least let that not happen.

See.. this is how their instruments stop working. But your internal instruments never get damaged. All these instruments may get damaged, but not the one on the inside. And that science is absolutely unmistakably on target. It isn't one where you have to correct something and then something else. With one theory after the other. Nothing of the sort. What is, will remain as so. There is no alternative to it.

The instruments seem not to work and Mother is laughing about it.

See this is how it is. I have raised all the Kundalinis and here their instruments do not want to work. That is science. If you press a button by mistake there, either Russia will be destroyed or it will be America.

Now you all remain seated for some time, and please let me go. If you come to the centre, you will get the photo and all so please everyone take that. You will get books as well. Please tell them where the centre is.

Mother gets up and says: Ok, so now I will take your leave and come back next year. Everyone should continue. I will come back once a year. Now you all please remain seated.

2000-0318, Message for Yuva Shakti

View [online](#).

18 March 2000

Talk to Sahaja Yogis

Pune (India)

Talk Language: English | Transcript (English) – Draft

Message for Yuva Shakti

I am grateful for what all you have done for me. I would be glad if you all grow deeper into Sahajayoga. Many of you are good Sahajis.

You must remember that you have to become ideal yogis because you have to transform the whole world. That is what your Mother expects from you, that is my only desire. Everything else is futile, of no value. Then only you enjoy being in the Kingdom of the Divine.

You must meditate everyday, that is the only way to mature in Sahajyoga. You have to save all those unfortunate drug addicts also. Let your heart emit love, compassion and generosity.

May God bless you all.

2000-0321, Birthday Puja: Become artists of love

View [online](#).

21 March 2000

Divine Love

Birthday Puja

New Delhi (India)

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

[English Transcript]

I am so very filled with joy and My heart is so full of gratitude for all the Sahaja Yogis who have been able to create this beautiful place.

I cannot imagine how much they must have worked hard in such a place to create such a beautiful area, such a blissful place. How in Sahaja Yoga people work together with tremendous respect and love for each other, and produce something that is unbelievable. This was just a wilderness, and you have brought so much of life and light in this place. You wanted to celebrate My birthday. I don't know what is such a significant about it. But the way you have really shown your understanding and respect, I am just enamored. I can't understand what have I done for you, that you should do so much for Sahaja Yoga. As it is, today is also a very auspicious day which we call as the Holi. They play Holi on this day and show their love and oneness among themselves. This is the time when we have to really understand the value of love, of respect of others, because so far we have based all our theories and all our ideas on the principle that human beings cannot love each other.

They are always trying to overpower others or to hate others, or to grab things from others. Such a wrong idea we had all these days, and that's why all the organizations that were created to obstruct it also got contaminated with it. The only way one can really understand what we are is by knowing yourself. When you know yourself you are surprised that what is the greatest thing for you is to love and to be loved. You enjoy that collective love so much when you are absolutely overcome your baser self. In Sahaja Yoga it is so simple. It works in a very simple manner. It's very Sahaja! But to grow into it is very important, and I am so very happy to see so many of you from all over the world, from Delhi and also from all over India, enjoying that love among yourselves and understanding among yourselves. I never expected that in My lifetime I'll be able to see all this beautiful world of love, trust and peace.

But today really I must say, it shows what we are capable of doing. We human beings, so-called, are very selfish, self-centered and only worried about ourselves. That is what is said! but it's surprising that with Self-Realization, with self-knowledge, with knowing yourself, you understand how rich you are within, how great you are within and how capable you are. This understanding comes to you, and then that is expressed in such a beautiful manner. Sahaja Yoga took time to grow, slowly and slowly, and that you all have slowly and slowly grown also. But today I must say that it has reached such a height that it's difficult for people to get out of it. When you know yourself, when you know what is reality and what is absolute truth, you just get dissolved into that knowledge. Of course you are not knowledgeable in the way people are; you are knowledgeable in the real sense of the word, because you realize what is within you is a big power of love. There's a big power of understanding.

(Can you bring Me some water?) - Hindi All right. There's a big power of understanding, a big power of oneness, of collective. This collectivity works wonders and gives such joy that we are all one, we have no enemies, we have no problems. We are all one together. It goes on faling this. It's better. Yes, that's the way it should... It's too high. It's all right.

This joy that was expressed by you is like the waves that go to the shores, touch the shores and come back, creating beautiful patterns. And I see that happening now, that these beautiful patterns are showing in your own life, in your lifestyle, in your behavior. There is a very special type of human race is sitting before Me. I am so much thankful to you, absolutely, that you should take to this simple knowledge of yourself and enjoy it with others. It's something remarkable that you know about

yourself, that's only human beings can do. There can be a diamond, very expensive, but it doesn't know its value. There could be some dog or some animal which must be something par excellence, but he doesn't know what he is. Same thing happens with the human beings till they get their Self-Realization. And after Realization, they suddenly become aware of what they are. And then suddenly they become very humble, they become very loving.

Now supposing if somebody knows that he is a king, or he discovers that he is a some great musician or a prime minister or something. He feels very aloof and he thinks no end of himself. But by this knowledge that you have, you become one with the rest of Sahaja Yogis and enjoy it. It's very remarkable how it works out that you enjoy each other so much. And to do something for this collective work, you can dedicate yourself to it. Now My experience of seventy-seven years, as you can say, has been really checkered with all kinds of incidents, all kinds of people, all kinds of incidents. And it's a good vision to see before your eyes that despite all that, so many beautiful lotuses have come out, and they are so fragrant, so beautiful, so colorful, so attractive. All this is because we have an innate value system, because we have inborn within us a great sense of love and compassion. This compassion has to be really understood and enjoyed, and jump in the ocean of compassion. So beautiful, and you'll be amazed to see that automatically you'll swim, automatically you'll meet other people also in the same ocean, and without any problems, without any troubles, all enjoying the bliss of this love, this compassion, this Divine love.

I must really congratulate the Delhi people for coming up so well with this beautiful arrangement and this beautiful pandal, and all the beautiful arrangements they have made outside for your stay. I mean really it's something, I have done nothing for it, nothing, I should say. How these people have worked together: there have been no quarrels, fighting, backbiting, nothing of the kind. It's very surprising that such a beautiful thing has been created by them; shows their maturity in Sahaja Yoga. I must congratulate them again and again for doing this great work in such a short time.

[Translation from Hindi]

First I talked in English because many people have come here from foreign countries. And you don't have any objection that we talk in English for a little while. This is an amazing feat by people of Delhi, to whom people of Uttar Pradesh joined, people from Rajasthan also joined, and people from Haryana also helped - and together they made with love this very beautiful pandal like a temple. I, Myself, was surprised seeing it that there are such talented artists here. I didn't know.

Where did this art come from? I can't understand how they made and decorated all this. I didn't know that there are such talented artists in our country and that too, talent of love. The power of love, the art of love and the art of loving everybody, whosoever gets it, only he can do such an artistic composition. One should learn this art that how with the help of our speech, heart and mind we can become artists, artists of love and how we can make others happy by our words, and spread joy among them. What kind of loving things can we say? This is the aspect of speech. Then with our mind we can think, how we can shower our love among people, how we can open our heart in front of others and establish them in our heart. And for heart aspect, if a person doesn't have love in his heart he does not deserve anything in the world; because whatever he gets, he cannot be satisfied in any way, he cannot be content. But when there is an ocean of contentment within you then is there anything that cannot satisfy you?

When it happens within you and the peace of contentment establishes within you, then, nobody can understand the boundaries of that contentment, then nobody can understand this business of contentment. All that happens in so sweet and beautiful that it is a real spectacle. One can't understand what he is doing and what others are doing, what they are saying and what he is saying, and how are they covering him with their love, and how shall he shower his love on them. Day and night all he worries about is that: "Today, whom I have to meet and what loving things should I tell them, what can I tell them for their benevolence". Because the practice of talking about useless things leads only to loss. It has never been beneficial and afterwards the anger that comes in a human being leads to even more harm. Then there is no need to teach one not to be violent, not to treat anyone badly, not to destroy anyone, and not to cheat anybody for money. There is no need to teach all this. You became so beautiful on your own. I said that you have become lotuses yourselves, that you only know to spread your fragrance and nothing else.

And the joy of giving to others - to feel that joy is an unique experience. Only people with a novel personality can do it. Now you are the masters of it and the heritage that you had, you have utilized it fully. Now that thing is open to everyone, it spread

everywhere, and now it is about enjoying it. There are many different type of people in the world, but they cannot touch you, cannot bother you. If at all something happens, then it will be that they become one among you and they would turn in your favour. After seeing your life, they will at least be inclined to change themselves, they will think: "Let us also change". I don't say that I have taken the responsibility of changing this whole world but you can take this responsibility. If you change this world, if you create virtuous and saintly people, then after that there is no need to do anything else. Then you just witness and enjoy it.

The only important thing is that you get fully involved into it, start working it out and see how many people you can transform. It is agreed that an ordinary human being has got a number of flaws. Such human being who is full of flaws can be beautifully introduced to his great unknown Self. The Self that is within you, the Atma that is within you - when you get introduced to it, then you realize that others must do the same. They should also know themselves. They are lost. They don't know what a treasure they have inside. So, this (Realization) must be given, and they must get it. When such discussions begin, you will take this responsibility on yourself that, "We should give others this treasure, too". You have the key to their treasure, and if somehow you give this great gift to them, then you will see how they are going to recognize you and how they will be grateful to you.

The greatest work for you now is to bring as many people as you can to that Sahaja state, and give them this treasure. And when this will happen, you will yourself get fully immersed in it and happy and you will get a kind of joy, which cannot be described. This has to be done. Today you have celebrated My birthday, I am very thankful for that. And you have done all this so happily. For Me the important thing is that every year Sahaja Yoga spread widely and even I cannot fathom its boundaries now. But, today, you must also take a vow, on your Mother's birthday, that, "We will all try to transform others". We have already got transformed, but we should transform others as well. Only this will give you the completeness of this joy. Till now, the joy you have had is limited, but when you will spread it among others, and when it will resonate in others - having this experience and understanding it, then a great new joy will awaken within you.

I was watching how young boys and children were dancing so joyfully. Shri Krishna started this Holi celebration so that everybody would get a state of joy. Shri Rama's style made human beings very serious type. Their life became serious. He (Shri Krishna) devised a method so that human beings break out of their shell and play mirthfully. And only Sahaja Yogis can celebrate it (Holi) in a proper way with love amongst themselves. They do not celebrate to trouble others but to express their own joy and to make others feel joyous as well. Eternal blessings to everyone.

2000-0322, Birthday Felicitations: Love Your Country

View [online](#).

22 March 2000

Birthday Felicitations

New Delhi (India)

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

Birthday Felicitations (English part), Delhi (India), 22 March 2000.

Our honoured guest, our respected Home Affairs Ministry is here, Mr. Advani, who has been always a very great dezabhakt [patriot]. I admired him because he loved his country; he is very patriotic. And this is - [Big applause]

And as you know, My father and mother both were very patriotic. They sacrificed everything for the country, and I also was always condemned by everyone as being a very patriotic person.

[Applause]

We must love the country in which we are born. There is some connection, very great connection, between yourself and your country. And I have seen that after Sahaja Yoga, all those who have been transformed into new visions and new ideas always know what's wrong in their own country, and so conscious of it. I am surprised that every one of them have been able to tell Me what's wrong in their country and what should be done. They never identified with the wrongs or the misdeeds of their country. It's very surprising. On the contrary they said: "Mother, all these countries require Your attention so that they should be corrected." Their politicians should be corrected, their citizens should be corrected and that people should really evolve into a new consciousness. All of them have been working it out.

Now we have here very few Sahaja Yogis from abroad, but I tell you it's surprising how these Sahaja Yogis have enlightened thousands and thousands of Sahaja Yogis all over the world. They are the ones who are working. I am not working like them. They work very hard. You can see the way we have got these felicitations from all these people, all because they approached these people, told them all about Sahaja Yoga, they might have even given them Realization. And that's how they have worked it out.

So, we have to worry about our own country and its own problems. Why these problems are there? And I tell you, your wishes and your efforts will definitely improve the conditions of your own countries. And it's happening in everywhere, also should happen in India. Once we are Realized souls, it is our most important duty is, first of all, look after your own societies, look after your own country. If you can't do that, what's the use of getting Self-realization? Because Self-realization stands on one power – and the power of love. And one art – art of selfless love. If that is there, immediately you start seeing the people who are surrounding you, who are in your village, who are also in the neighbourhood, or also who are in your city and in your country. Immediately you start understanding what's the problem. Even your own society, for I have seen, after coming to Sahaja Yoga people have tried to improve so many things in their own society.

Now we have many Hindus, many Muslims, Christians, all kinds of people, but I was amazed at one thing, once they got Realization, they never identified with the wrong things of their society or of their religions. On the contrary they wanted to improve it and work it out. But there's a very simple way of doing it. You don't have to go out of the way to change people or to make any sacrifices, nothing of the kind.

Everybody today is suffering from some sort of anxiety, some sort of problems, some sort of worries. Also, they are suffering from other problems. Now if you can tell them that, "you can be transformed. You can be transformed, transformed into a being which is absolutely above all these worries, above all these problems." How can that be? One can ask. Actually, what happens

that when you get your Self-realization, your attention gets enlightened by the Self, means the Spirit, and automatically you start dropping your destructive habits, destructive thoughts and destructive activities. You suddenly become so constructive.

Now I'll tell you one thing, I was amazed when I was in Togliatti in Russia, a news came to Me that the head of the mafia has become a Sahaja Yogi. [Applause] And, I was, I was so touched by that.

And he came to Me and he said, "I was doing all nonsensical things. I never got any satisfaction, no joy. But this is something, I really can feel the joy and satisfaction within myself. Mother, whatever was my past, will You forgive me?"

I said, "Forgiven. [Applause] What is important is the present, and now you have become a Sahaja Yogi. It's such a credit to your spiritual growth the way you have achieved it." He said, "Now, I have that peace. I have that joy and I want to share it with others. I could never share my money with others. I used to grab money from others." I said, "I don't want to have any confessions. Finished! Now, as you have become a Sahaja Yogi, what will you do?" Surprisingly, he was very sweet. He said, "I will send some onions to India."

I said, "Why?"

He said, "Because there is a problem about onions."

[Shri Mataji laughs] I thought, "look at this man – how genuine he has become, how humane." I said, "We have no such problem. You don't worry."

And then you see his way of looking at things and working out things was so tremendous, that the same fellow who was a big mafia leader has become such a big, great, honorable person in that career. And then he wanted to be elected to the municipal, some elections. I said, "Go ahead. You'll be elected. If you are not elected, doesn't matter." But he got elected also. So, you see how things work out for a person who wants to be the Spirit.

Shivaji has said "Swadharma Jagwawa". This is the only message he gave for the future. "Swadharma Jagwawa". "Swa" means the Spirit. You awaken your Spirit. That is what we have to achieve. Because he himself was a Realized soul. So, he said, "This is what you have to do, is to make your Spirit awaken."

Now with that light of the Spirit, what happens? You just see clearly, very clearly, you see what's wrong with you, what's wrong with your society, what's wrong in your country. Everything you see very clearly, and you also have power to correct it. If you are aware of your power and if you have mastered it, you can do it. You can do it not for yourself, but for your family, for your society, for everyone.

My husband always used to say, "You are a socialist because you can't exist yourself alone. You must share with others, because you see, you are so collective." But the thing is, you see, we have to understand we are a collective. We cannot exist alone anywhere we are all collective. We are not aware of it.

But when you become aware of it, you are so surprised that you are part and parcel of the whole. That you don't have to look for company in your own society, in your own "samaja". Nothing. What you want is just to have the company of all the Sahaja Yogis, and this has proved beyond doubt that if you are spiritually awakened, you have no quarrels with each other, no hatred, no competition. I have not seen anybody doing that in Sahaja Yoga. And that is how things have become so much better for all of you together and also outside.

One of the ambassadors, she told Me that, "Mother, we are very happy."

I said, "Why?"

"Because we are not competitive. So, everybody is happy with us."

This is what it is: that you realize that you don't have to worry about getting something higher position, getting into something very rich, you can say properties. No! Because the satisfaction part is within you. You are so satisfied within yourself that you don't run after things. Like the economics, the modern economics, as it is, it is based on one simple factor that human beings are never satisfied. Today they want something, they'll run for it and do every sort of thing and make money, get it. Then they are not satisfied. They want to have something else. And then they want to have something else. This is the basis of economics – I mean, modern economics. But Sahaja Yoga is different. Sahaja Yoga economics is this thing that, "I have got realization. All right! I must share with others. If I have got the satisfaction, I must share with them".

The sharing part is so important in Sahaja Yoga, and which people are doing with such beauty. As I told you the other day that we have to learn the art of loving. It's very simple if you know how to say few sweet things, how to give something sweetly, how to share with others very sweetly. It is not difficult for you at all because you have got your Spirit to give you the joy. I know Sahaja Yoga has done wonders. People have given up drugs overnight. Now in America they have a proposal for us that we should start a drug addiction thing, is to remove the drug addictions, some sort of an organization and all that.

And Sahaja Yogis said that, "We have one million dollar. Can we do with that?" "No, No!" they said, "We'll give you twenty-one million dollars." "What will you do with twenty-one million dollars?" I said. "If you want to build something for the drug addiction, you only need them to come there. Overnight, they will give up their drugs". I have seen that and there are some sitting here.

Such a power your Spirit has! Such a beauty it has, and such love and peace it has! Only it is to be brought into your attention which is going hither, thither, thither. Only if your attention is enlightened by the Spirit, you become such a wonderful person. All these things as they had described in Sanskrit: Kama, Krodha, Mada, Matsarya, Lobha, Moha [desire, anger, greed, pride, jealousy, attachment] – all of them drop by themselves. All the anger, all the stupid things we do, and all the aggressive things we do, drops out.

I have asked some Sahaja Yogis to go to Kashmir and make them Sahaja Yogis. If you can make them Sahaja Yogis this problem will be over. And there are some willing to go there. Some foreign Sahaja Yogis specially have offered their services to go and change the people's mind. Now we have! We have changed people, like we have now in a place called Benin, there are seven hundred – seven thousand – Muslims who were very fundamentalist, they all have become Sahaja Yogis.

In Turkey, we have already two thousand Sahaja Yogis. In Turkey! So even fanaticism of any kind – among Hindus or among Muslims, among Christians – can be easily changed because they will see the beauty of their Spirit, and their religion itself will get enlightened. They will see the beauty of their religion. They will see the oneness of all these religions, and like that a global religion can be accepted where all religions will be understood properly. There have been deviations in every religion and that's why there's a problem. Can you fight in the name of religion when there is only one God?

They do because they are ignorant. I don't blame them. They have no light. But once they have the light, they will understand what is the global nature of religion. Now, you'll be surprised that Sahaja Yoga – or we can call the Vishwa Nirmala Dharma – has been accepted in Russia as a religious identity.

But it is not religion like other religions are. It is not at all of that kind. It's a religion where only we believe in compassion, love and also in our own power that nobody can touch you. Nobody can kill you. You will be amazed that there was such a big earthquake in Turkey but Sahaja Yogis, none of them were touched. Even their houses were completely all right when the rest was all destroyed. So many places, so many places it has happened. We had hurricane there – the same thing. All over, they are sending Me reports, "Mother, how all the Sahaja Yogis are saved." How they are perfectly all right! Because you are protected by the Divine power! We have to believe in the Divine power, which all the religions have believed. Then the problem comes whether you should believe in the form or formless. Then you will realize that with the formless only you can understand the form. Very simple thing it is to look at, but it is really extremely surprising.

For example, once I said that Mecca is a "Makeshwar Shiva" written down in our books. But I didn't know that I just said it. And now I read an article that they were all worshippers of Shiva. And this is something surprising that Mohammad Sahib never talked about any religion. Nobody has read even that, we can say, the Koran. Nobody has read. We have a very good book written on Koran, which of course I guided, and it's so clearly saying what Mohammad Sahib has said. I mean also this brings discredit to people.

Christ never said things which Christians are saying. Same with the Hindus. They are doing things which was never, never written in any shastra. Very surprising that these people who are in charge of religion they are the ones who are spoiling the image of religions and creating this problem. I don't know why they want to do it. What is the use?

Now, regarding, regarding Sakara [God in Form] and Nirakara [Formless] it's very simple to be understood. After getting Realization you can feel the "spanda" [pulsation], you can call it – or vibratory awareness is there. With that you can feel what is truth what is not. Now I would say that there is no truth in worshipping a statue which is created by a drunkard or a person who is using it for money. But even in the Bible it is said that whatever created by the sky or by the Mother Earth should not be disrespected. This is what we call as the swayambhu.

But swayambhus for people who are not Realized souls is just a sort of a ritual: a "karmakand". It's just a karmakand. They don't understand whether this, whatever is a swayambhu or not. Now, you being Sahaja Yogis, you have seen what I have told you that, "Go and see which are the swayambhus". And you have accepted them. I know in Tukarama's place, you all were jumping and enjoying it because you could feel the chaitanya, you could feel the vibrations. So first, you should know about Nirakara and then you can find out about Sakara. There is no quarrel about it. But if you are not a Realized soul, how can you say which place is swayambhu and which is not? So, the whole problem is solved. But first, you must have the knowledge, the knowledge of vibrations.

Now if you ask Me a very serious question that we are having in our country, which I would like to tell you about is about Shri Rama's "mandira" [temple]. Was Shri Rama was born there or not? He was! You can feel it onto your hands. You can feel it. All of you can feel it. He was born there. No doubt! But for that, what is there to fight? Whether it's a masjid or anything Shri Rama was born there. Vibrations are there, whatever it may be.

But to glorify Him you must have a temple, doesn't matter. Whether you have a masjid or a temple is the same! And if you want to have a temple you must do it after Realization not before that. And also, you should put there only realized souls who will be in charge of the Puja. Then only you will do real credit to that great soul of Shri Rama. All of them here, whether whatever their country from, they know Shri Rama. Not only that, but they know where He is within us and they know how to worship Him. They also know about Mohammad Sahib. They also know about Christ. They know the truth about Them within their own body, within themselves.

Once that is the knowledge, the true knowledge, the absolute knowledge then what is the quarrel about? Everybody feels the same way. What will you quarrel for? If I say that My country, India, is a Yoga Bhumi; all right, you ask all of them whether they come from this country or that country, all Sahaja Yogis they will say so. So, when they come from abroad, they bow to this country, while we Indians may not. They do, because they know this is a Yoga Bhumi and the Kundalini of the whole universe is inside this Yoga Bhumi.

So, all these great things about our country are to be understood through the vibrations which Adi Shankaracharya called as spanda. Actually, most of their poetry could not – because they were not prose – could not explain to normal people what it was. But I think that if you go deep into these matters and understand the absolute knowledge about all this through your spanda, through your vibrations, you will know what is the truth. Because what's the use of fighting for falsehood? It's like fighting the darkness. Why not have light and see for yourself?

I, today, I have taken some liberty with you, Sir, because I wanted to tell you that in this country of ours, we have the greatest knowledge about truth. Whole Sahaja Yoga is based, whatever I know is from, mostly from our shastras. It's not ritualism. It's the deeper knowledge. All saints, whether you take Kabir, you take Nanaka, Mohammad Sahib, anyone, all of them have said, "Seek yourself within".

Why did they say so? Why did they say so? Because inside is the truth, the absolute truth, and with that absolute truth all these stupid, stupid things will drop out and you become a different personality. As it is, the time has come for the whole world to change and transform.

But you know, I now request you all to do lot of work for Me. I have done that was possible for Me to work it out and it has worked, no doubt. But you all can do it and change you -first of all your own society, change your own countrymen, change also, then globally you can go. You can help, say for example, in India, some people can come and help here, and from India some could go and help there. So now you are well equipped with that knowledge. So, you should come and work it out. And, I must thank people from Australia who went now to Orissa. And they have formed nine centres – nine centres of Sahaja Yoga.

This is happening and you know you can do it. You are quite capable of giving Realization to people. And, please now I request all of you to try this gift that you have, to be shared with others.

2000-0323, Weddings and Talk to Brides and to Grooms

View [online](#).

23 March 2000

Wedding

New Delhi (India)

Talk Language: English | Transcript (English) – Draft

Marriages at Birthday Puja: "Talks to Brides and to Grooms". Delhi (India), 23 March 2000.

I am very happy to see you all here, and you should know you are going for a little different life, that you are getting married in Sahaja Yoga.

There's a difference between the other marriages and Sahaja Yoga marriage in which we understand that marriage has to be a special, as they call yagnya, means a special type of a holy alliance in which you have to lead a very Sahaj life with your wife and to understand her. She is also Sahaja Yogini. So you must respect her and you must love her, and she should really understand that you are her caring, loving, gentle husband. You must show all concern about her because she is a Sahaja Yogini. She is not an ordinary woman, and with that respect I am sure you'll be able to lead a very beautiful Sahaj married life.

As it is, in Sahaja Yoga, as you know we don't criticize each other. We see the good points of another person and we have a great capacity to forgive. So to forgive is not to tolerate or to suffer, but you forgive just because you are very noble, you are a Sahaja Yogi. So don't try to find faults with your wife all the time. Also you shouldn't give her all the time orders – this, do this, do that - but join hands with her. Because in Sahaja Yoga we don't believe in an individual's rights as to dominate another person. So what you should see the need to help her, to understand her and to share all the problems. Not to put problems on to her, but to give her all the helping hand that is needed. She's your companion. She's not your slave. She's not your servant, neither you are sort of, I should say, a boss of her.

So all those qualities are not to be seen in a Sahaja Yogi, and understanding is the best part. Try to understand her side also. Sometimes they are coming from another country and are of a different culture. So try to understand. This is how you'll understand what is the culture of that country from where she comes. Also it's good for children that you must always respect, always respect your wife. You shouldn't have some sort of a ideal about your wife. And, forget about all the other conditionings you have had or you have seen in the society.

You are a very different people. You are absolutely chosen people for a very special work of Sahaja Yoga. So once you start understanding this point that you are here to marry girls who are Sahaja Yognis and who will look after you. I will also tell them what they have to do. But I would request you that do not have domination of a man or thinking that you are the head of the family to trouble the wife. Share with her. Please understand that and once you start doing that, you will enjoy helping her and understanding her.

I hope your marriages are very, very successful and that you get very beautiful, sweet children who are born realized souls. I am sure you will have a very happy life ahead of you. So go for that, go for a happy life by making her happy, by making every one happy and looking after everything in a Sahaj way.

So may God bless you all.

Talk to Brides – Delhi, India, March 23, 2000

Very nice to see all of you so beautifully dressed and looking so nice. I want to tell you one thing, that you are marrying in Sahaja Yoga to Sahaja Yogis. Always remember this point. As it is, we see there are so many marriages breaking and all kinds of things

happening in Sahaja Yoga. Also, we get sometimes one percent. Only one percent! Why? Because they understand the responsibility as Sahaja Yogis.

So, I want all of you to remember that you are getting married to a Sahaja Yogi, and you must always remember this fact.

You must respect him, you must look after him and care for him. Sometimes he may lose little bit of his balance. It is you who has to bring him back to balance with very gentle ways. It is your duty to preserve the society of Sahaja Yogis. People will come to your house. If they are Sahaja Yogis, their wives, their children, you must look after them because you are in charge of the society of Sahaja Yoga.

You may be earning a lot, you may be very well equipped, must be that, but you must always be humble and understand that you have to carry out the work of Sahaja Yoga through your marriage. This is a very big responsibility. In your case it is the preservation of the society that is of Sahaja Yoga people, their children.

So you have to love all of them. You must care for them. Never think this is your own house and that you are the queen of the house. But you are the mother, you are the sister, you are the complete relation of these people who are Sahaja Yogis. So when they come to your house you must show all respect and regard.

Never complain about them to your husband. He won't like it. And also you must remember that your patience and your love and your guidance will definitely help to build your married life. If you want to be happy, you must know how to make others happy also. If you do not know how to make others happy, you can never be happy. So, you should not think about your own demands, your own needs, your own, you can say, ideas or anything. Whatever is there you have to do it in a very gentle manner because you are the women, you are the ladies.

So your style should be gentle, should not shout, you should not get angry, you should not treat anyone shabbily. I will immediately know who is an unkind hostess. That people will tell Me that, "Mother she is a funny woman, she doesn't know how to behave." So I don't want to hear that. I want to hear that you are very sweet, nice wives who will look after the husband, who will look after the family of Sahaja Yogis. That's your job. There's nothing to feel degraded in that or less in that.

That's what is you have to do in Sahaja Yoga. That's why you are so important. You don't know the role of woman is so important, so very important that she can change the whole family into a beautiful garden.

It is her own sweetness, her own creative mind of love that can work it out. Must find out the art of love and work it out on anybody who is disturbed, or who is unhappy, or who is crossed. You can do it. You should know how to pacify that person and how to impress.

First quality you must have is the generosity of character. You should not mind giving up anything to anyone if they want. You will enjoy your generosity now and in that you should be generous when you forgive others. Forgiveness is very important, and then you will never feel the brunt of your married life.

Forgive. Also you have to forgive yourself. Not to feel guilty, not to feel guilty at all about anything, because after all you are also Sahaja Yogis, and if you have done anything wrong, it's all right, doesn't matter. But you should have the sweetness, the sweetness of a wife who will emit love and peace to others.

You should not be source of some sort of a dominating personality or a person who is aggressive, not at all. On the contrary you are the one who can bear lots of things and make a fun out of every nonsense that you see. Nothing is so serious to fight it, but to make a fun out of all that and make a fun for every one. That's what you have to be, always smiling and happy. You will be amazed, you can make beautiful marriages for yourself, for your husband and all for Sahaja Yoga. So I am also very sure, if you make a successful marriage, you will have very, very good children who will be born realized. So you should be good mothers. Mothers who can really do good to the children and to other children also. All that is stored for you in future.

I know you'll all be enjoying very much your future life and make it so beautiful that everybody should talk, that "look at these Sahaja Yognis, how they have made their lives happy!" It's a very, very important thing that we should pay attention to our own mistakes than to the mistakes of others, and try to correct them. See, they are themselves capable of looking after themselves. Only you should care for them and also you should in every way be very kind and gentle. I am sure you all can make very, very good families which nowadays are not available. You don't see people who are happy in the family.

So no complaints about the husband, no complaints about anybody to the husband, but you make yourself so sweet that everybody wants to take your guidance, your love and they'll come to you. I am sure this you can work it out. There are so many Sahaja Yognis who have brought such credit to Me and have done such good work. I expect the same from you.

May God bless you.

This ceremony is called as Gauri Puja, means you are still Gauris. You are the Gauris and that the virgins, and you have to worship the Mother for your future life as married women.

2000-0325, Commands of Intellect and its Effect

View [online](#).

25 March 2000

Commands Of Intellect And Its Effect

Public Program

New Delhi (India)

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

I bow to all the seekers of truth.

So far we did not know what is the truth. We accepted whatever the brain made us believe. The brain misguided so much that we started justifying all our deeds. Man moved away from the path of truth. We started running after the material gains. Human connections with truth was severed and human beings fell into the unknown abyss.

Now people are surprised as to how it happened? Why such a situation arose? Why did man shift from wisdom to (un-wise) wickedness? Wickedness took the place of wisdom. This wickedness benefited neither the individual nor anyone else. Sometimes we are alarmed to see the happenings around like bloodshed and violence. Even small children are not spared. Many such perversions have set in. I can only say that there is an extreme "kaliyuga". The scriptures have not described the age/period to be so terrible. Scriptures made just a mention of it. It's written that in this age people will have their meals in the utensils of iron instead of brass. Many such formal things have been referred to, but the scene before us is horrible and sad. Man should not lose his way. In search of happiness he ran after the wrong things and happiness remained a mirage. He sank in deep darkness. Man doesn't know that his deeds are evil and that he has to suffer as a result, such things-deeds have grown so much that one doesn't understand what is going to be the fate of this world.

There are many problems in our country and other countries as well. It is incorrect to think that the people of other countries are right. They are also searching and struggling to achieve the state of humanity. They want to achieve the state where they become human. The result of these circumstances is that Human have got disillusioned and disappointed; he is hopeless in the situation.

No one has a solution for these circumstances/state of affairs. We should remember that saints and seers have told us to "Search within". Solutions to all the problems are within us; Kabir Sahib said—" Kahe Re Ban Khojan Jai, Sada Niwasi, Sada Ananta, Tohe Sang Smai".The eternal one resides within you, He is always with you. Who is this eternal one about which the saints of the world talked?

All the "Dharmas" mentioned it, Religion was misinterpreted in such a way that it created confusion and people forgot the reality that they have to search within.

Our soul resides within us. It is fully alive in every being. This Atma is the reflection of the Almighty God in our heart. All the saints talked about it. But people say that 'Mother we have not known any such thing'. Now the time has come for you to know about your soul and how to experience it. How can we achieve Atma.

The 'Atma' within us is witnessing everything. We have neglected it to such an extent that now it does not warn us against our misdeeds. We have changed our wisdom into wickedness and are unable to see our misdeeds. We go on committing all sorts of wrong things and justify ourselves. That is how we lose our sense of discretion. Now we have to know as to how to achieve the spirit. For this, the arrangement/instrument exists in our body. We need not search it outside. Kundalini, the sacred power is placed in your triangular bone called Sacrum. When it is awakened, it pierces six plexuses and gets united to All-Pervading Power of Divine Love. It is described in our scriptures.

Many saints from our country

went to other countries. I think Machhindra Nath and Gorakh Nath also went to many countries. Bolivian people know about them. They know the names of the chakras and also they know about kundalini. It is known in Russia. The many old traditional paintings world over have painted plexuses and chakras. If you travel a little in the above countries, then you will be surprised at how and from where they have come to know about it! Some of our saints have gone there and shared about it, this is what is reported/told.

In India also they told and wrote about Kundalini, it resides within you.

"Nath Panthis" avoided to tell about it because they were afraid of this power being misused by the people. This has happened-many, so-called saints who read about it have spread misconceptions about it and made it a source of making money. That's why our ancient saints might have thought that the awakening is not meant for ordinary people. In the twelfth century, saint Gyaneshwara sought permission from his Guru to write about Kundalini in his book – Gyaneshwari. In the sixth chapter of Gyaneshwari, he wrote about kundalini. Since the pandits were making money in the name of God and were not wise enough to understand it, they told people that the sixth chapter of Gyaneshwari is prohibited. They told people not to read it, as it is useless, it is not meant for ordinary people.

Recently, I heard a lecture from a renowned Babaji. He said, that you won't be able to understand about it, you are all worldly people, not saints.

You always keep running after material desires and that is being true to your nature and everybody accepted what he said. He said you should not go to Sahaja Yoga as it is the path of knowledge (Gyan Marga) and you are not made for it but for worldly desires. People were asked to serve their Guru and do all sorts of rituals and people accepted them as true. People do not introspect as to why they are doing this. But the people who do not know the Sanskrit Language think them (Babaji) to be right. These babas ask them to do all sorts of fasting and penance. They prescribed so many rituals ("karma kanda") to the seekers that they are inextricably caught in them. Without trying to understand the benefits of these rituals, they keep on repeating them for generations.

Mohammad Sahib told very clearly that idol worship is prohibited. But Muslims goes round the black stone placed in Mecca. Why did Mohammad Sahib ask them to go round this stone? On the one side, he forbade idol worship and on the other asked Muslims go around the sacred stone. The reason for this is, that the stone in Mecca is Maccheshwarshiv. But how would you know the truth about it? How would you know about the "swayambhu" idols? You do not know. How to differentiate?

When the kundalini is awakened, it pierces six plexuses and gets connected to the All-Pervading Power of Divine Love, then Divine cool vibrations start flowing from your hands. Then your hands can decipher truth from untruth. Such a beautiful arrangement has already been made in us. There is no need to make any arrangements. Now your hands reveal everything. Mohammad Sahib said that at the time of 'Kiyamat' (judgement day) your hands will speak. The time of Kiyama has come. Now get it. Hands will speak and reveal what is truth and what is untruth. What is good and what is bad. If someone says, "what is there in Mecca?" stretch your hands towards Mecca and see for yourself. All the Sahaj Yogis can feel the Chaitanya and differentiate between the truth and untruth. Such a beautiful instrument is created within.

The whole subtle system is installed within us. When you achieve this state of self-realization then you automatically get rid of all the negativities. Your six enemies, anger, lust, attachment, ego, jealousy and greed run away from you.

When we conducted the first public programme in England, six drug addicts came to the program. We were astonished that they were relieved of their drug addiction the second day itself. It was really astonishing. They said, these drugs are useless, we do not like the drugs now. They were fully transformed, people. Today they are beautiful Sahaja Yogis working for the spreading of SahajaYoga. You have to achieve this thing. Know your spirit. Arrangements have been made in us to achieve this Divine Knowledge. Or we can say that this machine is installed within us. When it becomes operative then you experience many miracles about yourself. All the drunkards, who came to Sahaja Yoga have left Alcohol. Wicked people have left their wickedness.

I went to Taliyati, there a Mafia Don accepted Sahaja Yoga. I asked how has he accepted Sahaja Yoga? He came to meet me. He was so humble! He said, "Shri Mataji I have committed many crimes. Could I be forgiven?" I said. "You are forgiven". That is the thing of the past. Today I am talking to you in the present. Now in the present, what are you? You have to see how much you have been transformed. The way he has done was really astonishing. How could this Mafia Don get so much transformed? This happened. No lecture was given to him nor was he made to understand something. This is happening and it was to happen in "Kaliyuga" because in kali yuga people will be transformed. After transformation one becomes so beautiful and pure.

Today this world needs this transformation. To bring about this transformation I think, is the duty of all the Sahaj Yogis. I did my best. Worked very hard, went to so many countries in the world. Now it is the duty of all the Sahaja Yogis to tell everyone about Sahaj Yoga and get them transformed.

Many people have gone astray in the name of God Almighty and in the name of Dharma. When you give them Self Realisation, they will be enlightened. If the connection of all these lights burning here is severed with the Mains: then could they give light? It is same in the case of human beings. We have to be connected to this great power, which has always been the eternal truth. It existed in the past and exists today. When your attention gets enlightened you become an enlightened person. Such a person works for the benevolence of the whole world. If human beings are transformed, all the problems will be solved. Man is the root cause of all the problems. With his transformation all the problems, all the difficulties will go away. So we should try to give Realization to more and more people. After awakening, I have seen, there is no quarrel, no turmoil's, any country they may belong to, there is no quarrelling, no fight. They meet each other with an open heart. It is a great ocean of joy. Sahaja Yogis enjoy being together.

It is the tradition of our country that together we should live like brothers and help each other in every way. This is our culture. Though strange things have happened and this country was divided into many parts. Still, there are many disputes in the country. People are quarrelling everywhere. On one issue or the other, people are ready to fight with each other, and groups are formed for this purpose. It is inhuman. Even animals do not behave like that. Human beings should not be like that. The human being is the highest among the creations of the Divine. God Almighty has made such a beautiful arrangement in us to get our awakening. We do not have to spend anything on it.

One gentleman said to me. "I will pay you One Lakhs Rupees if you awaken my kundalini."

I replied, "I am willing to pay you Two Lakh Rupees for keeping silent."

Kundalini knows no money. It is a divine power within you. It could be awakened if you have a pure desire. It could not be forced upon you. It could be worked out only if you have a pure desire.

No other desire is pure (self-realisation). Had it been pure, the shape of the modern economy would have been altogether different. When you get the house you desired, the desire shifts to next thing like car etc. One does not get satisfied or contented because it is not a pure desire. Anything which is not a pure desire will never give contentment. Self-realization is the only pure desire. The spirit resides in your attention. The light of the spirit will give you joy and peace. It will enlighten you in every way and it will make you collective. You will become collectively conscious.

We consider ourselves to be separate entities. They are such and such, and we are such and such. In the eyes of God, human beings are one, under His protection. It is just mental exercise that we are superior, they are inferior, this and that. It is a purely mental exercise. One gentleman came to meet me. He was Chief of Ivory Coast He was so humble that I was surprised. With great humility he said. "Shri Mataji. Please make all my countrymen Sahaja Yogis." I said alright, you could do it yourself. He told I am in a state of joy. He had divorced three wives. Now he was ashamed of it. He felt: "What is my life? Why have I designed it like that? But now I am fully transformed I am full of joy, peace, and comfort." There are six hundred Sahaja Yogis there. They had taken up Islam as religion. I asked them why you adopted Islam? They replied that these French people have no morality at all. They are totally immoral, so we thought to adopt Islam so that some morality could be preserved. I told them that, all

religions are equal in Sahaja Yoga and anyone from any religion can join Sahaj Yog. We do not insult any religion; no religion is higher or lower. After coming to Sahaja Yoga, you will thoroughly understand your religion and its depth. So far, you were lost. Now you can achieve it. It's a fact that the religions were created for people and they now fight amongst themselves for religion. It is not proper. Wickedness has taken over the wisdom. Kundalini enlightens the brain. When it passes through the Agnya Chakra, it enlightens the brain, and one can see ones' mistake and foolishness.

What was I fighting about? Without knowing yourself, you cannot know the truth. But people are wasting their lives and the lives of their children. The whole country will be destroyed. Many countries are being destroyed. So we have to awaken our Kundalini. It is very sacred. This Kundalini is your individual Mother. She is your own Mother. Your mother may have several children but you are the only child of your kundalini. She knows everything about you. Everything is recorded on it. What is your desire, what were you, what are your defects and what is the problem in your body? She knows everything. Taking care of all the problems, your Mother Kundalini rises without giving even the slightest trouble to you. Because she is your Mother. When you were born, your Mother with-stood all the pain, you suffered no pains at all. Similarly, Kundalini is your Mother, and while giving you your rebirth it gives you no pain. You are lifted so high that you are surprised to know that you are like that. You will be surprised that all this wealth was innate in you, and you did not know about it! She is with you in every way. These chakras work on physical, mental, intellectual and spiritual levels and it works out in every way. There is absolutely no doubt that after coming to Sahaja Yoga, your health is improved, everything is improved. Not only that; by the grace of goddess Lakshmi, your monetary condition also improves. Those people who have become Sahaja Yogis in our country, they have become prosperous. Their behaviour has improved and all disputes finished. The all-pervading power blesses a person and he becomes an ideal being. One becomes a saint.

Many people could not stand the disgust and disappointment around; the violence at its height and they came to Sahaja Yoga. Sahaja Yoga seems to have spread in 86 countries. Though I didn't go to all these countries, however wherever the seed goes it sprouts and becomes a plant. Similarly, Sahaja Yoga spreads everywhere. It's very surprising to see that people from these countries would come here. They go to Italy for Pujas. So far I have not been able to go to their countries. I may go someday. I am surprised to see their love and harmony with each other.

There was a boy in Bombay who used to say, "Mother, I do not want to live, my Mother is very bad" That boy died in a bomb blast. This news spread to all the countries and everyone was concerned and ran around for him. ...The authorities offered land to cremate or bury the dead body. Such letters were sent to me that I was astonished.

Recently my brother Baba Mama expired. He loved people so much that they sent so many letters and faxes, which I have not been able to go through so far. So much love, so much beautiful things people wrote that I am surprised, I never thought that people loved him so much. You have entered an environment of love. Everyone will love you and you will also love everyone. The biggest quality of Sahaja Yoga is the Power of Love. You are in the protection of this Power of Love. You are always protected. No one can touch you because God loves you. Who dares to go against Him? Who could be hostile to Him? We have many examples where people say, that they are surprised how they were saved and how they received the blessings/achieved that thing. You feel happy when you listen to such things because they are all your brothers. They belong to you. It appears that the whole world will be transformed. Good days will come. All this is happening, yet many people are still to be transformed. Transformation is very important. Human beings have fallen to a very low level. It is very easy to transform them. You have to do it. There is no other way out. But the transformation of the people and kundalini awakening is the only way to achieve this goal. You need not stand in the water or sit before the fire. Just get connected.

You have to give a little of your time. Go to meditation Centre's and attain more depth. People do not grow because they do not join collectively. Without nourishing it with collective love this plant will not grow. That is the reason Jesus Christ said, that some seeds fell on stone or in such places that they were destroyed but those seeds which fell in the fertile land, sprouted and became trees. Sahaja Yoga neither condemns nor opposes any religion. Incorporation of the quintessence of all the religion in it is its speciality. The deep relationship amongst religions will get established. A life full of joy and comforts is waiting for you. May you achieve it.

This is my blessing to you all.

[English Transcript]

I am very sorry that I had to speak in Hindi language because most of the people understand Hindi here. And you have heard me many a times in the English language. Moreover, I found you all are meditative just now and enjoying the word inside your heart. And it was very kind of you! Thank You!

Now I want to tell you that those who don't want their kundalini to be awakened can go outside...Because this is not a Pageant thing and this is not right for those people who want to go into meditation. So please those who don't want to meditate can go outside.

By this, you will understand that it's not your responsibility that you sit here...You have come here it's ok ...You have listened to the lecture ...Its Ok but if you don't want to take realization then you can leave from here ...

Nobody will feel bad ...

The land in which you are sitting is very sacred Indian land. India is a "yog-bhumi". Its importance is not known by you people...But when foreigners reach here in Indian land they salute it in the airport and shows lots of respect...And they say –"Mother how these vibrations are flowing in this land...". This you are unaware of ...but you will be know it gradually.

Once I was in the aeroplane, I told to my husband that – We have reached India...he asked me: how did you know? I told him –Vibrations are flowing in all the directions ...So he asked the Pilot and he said yes we reached India. This is the kind of land India is...And I respect that person who has patriotism in him...Patriotism is very much necessary within us. Because our country is special and unique. If you have no "bhakti" of any kind about this country then your kundalini could not be awakened. The Kundalini of the whole world is also in this country. It is an amazing thing that you are so unaware about this till now...But the power of this country is great and one day will come that the whole country will bow down (with respect) in front of you. Because we are very powerful. And it will bow with respect and love not with the power of sword...Because the people from here, have eaten the grain of this land and it is running in their blood...So "Desh Bhakti" (Patriotism) is very important for us, especially for Sahaja yoga.... Even these foreigners have a lot of faith /belief in India and they have a special respect for the Indian maps and have hanged the photographs of the famous people from India. Moreover, they believe all the deities came so far because they are residing in the chakras...

We have to understand this that unless we will not have the knowledge about our country, its culture, and its importance we cannot love our country. So we should think that we are very fortunate people to be born here in this country...We cannot say about this country anything.

Now I have said about the Kundalini awakening...Everybody is sitting nobody has left ...So this means you people want your realization...So this is a very good thing ...And it's very encouraging to see this ...

You all are Indians and sitting in this land so it's very easy to ...not a difficulty ...My hands ...breaks in other places. God has given the kind speciality in Indians that they find no difficulty and this work is done in them very easily...

Now put your both hands in front of me like this. Don't close your eyes.

Please don't close your eyes. Just keep both the hand towards me. Now keep your left hand towards Me and right hand on the top of your head ...Move your hands up and down and see

If you are feeling the cool or hot breeze from it. This is called "Spandha".

Look at it, if there is a cool or hot breeze coming out...

Now right hand in front of me and see from your left hand on your fontanel bone area. Please bend your head and feel yourself that whether some cool or hot breeze is coming out from your head...Some feel it at the very top, some feel it in different directions. Feel it ...You should feel it ...

It is an experience...You should have faith in your experience nothing else ...

Now put your left hand towards me and see from your right hand ...

Now the hot breeze is coming because you have not forgiven somebody till now. You have to forgive yourself and the others too...Just do one thing –Forgive yourself and others ...And you will feel a cool breeze. Now put both hands in front of me ...Both the hands ...

And try to be thoughtless. Be in thoughtless awareness! Because of these thoughts -We become Malevolent.

Please be thoughtless. Now those who have felt the cool breeze in their hands or fingertips or on their head, please raise both of your hands. So whole Delhi ...Amazing!

Endless blessings' to all of you! ...Endless blessings. May God bless you all! All got the realization... the whole of Delhi. Imagine ... Now for meditating there are Centres. You have to meditate for 5-10 minutes, not more ...and then you will see your condition more better ...You will feel the joy ...you will be drenched in the ocean of joy. This drop will become the ocean...You will feel very great ...My endless blessings and love to all of you.

Now they want to sing one song...This song was written by me in the 12th century and is sang in countryside ...It's in Marathi...So they are saying that they will sing that song ...In this song, the "Kundlini" is said as "Amber" there. And it is said that? Hey, "Amber"...Please awaken! People are not aware of this thing ...They are singing from so many years there but nobody knows. There is such a beautiful description that oh God I have cleansed myself, now awaken this "Amber"...This "Amber" is the Kundalini...And please awaken it ...Now in the reverence of India's land "Vandematram" will be sung ...Please stand up because they are going to sing " Vande Matram ".

[Song of "Vanade Matram"]

SahajaYogis: "Bolo Adi Shakti Shri Mataji Nirmala Devi ki Jay"

2000-0401, Shri Mataji on Star TV

View [online](#).

1 April 2000

Interview

Swiss Hotel, Istanbul (Turkey)

Talk Language: English | Transcript (English) – Draft

Shri Mataji Nirmala Devi, 77 years old leader of an Indian teaching namely Sahaja Yoga came to Turkey to share the enlightenment and happiness within Her. Shri Mataji used to lecture all over the world and her disciples; she called them as my children, they are never leaving her even for a moment. Shri Mataji has millions of disciples all over the world. Disciples declaring that they found the love and happiness in her energy and they are not complainant for travelling with her from country to country. While her name Shri Mataji connotes " Holy Mother ", her room in Swiss Hotel is flooded by the enthusiasts for enlightenment sessions. Shri Mataji declares that the hurdle is to raise the Kundalini which is the light within us. Shri Mataji: Now I am raising his Kundalini. Shri Mataji while not debarring the Star TV correspondent from her light and stating that Her fundamental message is love. Shri Mataji: I wouldn't call them students, they are my children. There is no relationship as such, I just give them Love, that's all, like a Mother. Reporter: Love? Shri Mataji: Love, compassion and love. For reporter Shri Mataji : She thinks too much. In the midst of Indian tunes the disciples who are relaxed with the hands and deep glance of Holy Mother left there in peace and gratitude.

Shri Mataji: (Raise your hands) Higher.

2000-0405, Gudi Padwa Puja

View [online](#).

5 April 2000

Gudi Padwa Puja

Noida (India)

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

2000-04-05 Gudi Padwa/Navaratri Puja Talk, India

Here, in India, two Navratri (nine nights of the Goddess) are celebrated. One is the Chaitra Navratri (the first month of the Hindu calendar) when She is worshipped in the form of Shailaputri. This is Her first incarnation, and She had taken birth in the Himalayas. That is why She is called Shailaputri (daughter of the Himalaya). She has other names also. But Shailaputri has special significance because it was the very first time that She took an incarnation. She was born in the extreme cold conditions of the Himalayas because whatever She had to achieve, was confined to that environment.

But you are not aware of the whole story. Her father Daksha had held a great Havan, but did not invite Shiva. She was Shiva's wife. So She, the Devi, immolated Herself. This was the first time Sati was performed. She entered the fire of the Havan, and offered Herself as "Aahuti" (oblation to the fire). Then Shiva came. He picked up Her body and left. As He kept moving, pieces of Her Divine Body fell in different places on Mother Earth. We believe that wherever the sacred pieces fell, Her Shakti vibrates there. Like in Vindhyaachal, and many other places. It is said that in all those places, the Shakti of the Devi acts, and purifies everything.

Among the seven Shaktis (powers) of the Devi, one of them is 'Saunharak' Shakti, (the destructive power). This Saunharak Shakti is right sided. On the right-side are Savitri, and Gayatri (names of the Goddesses). The effect of 'saunharak shakti' (destructive power) was that one Shakti went to the left and the other to the right. But with the incarnation of Shailaputri, when this destructive power came, it was in the centre.

There are many forms of this Devi. Like Durga and other forms, which used the destructive powers of Saunharak Shakti. These forms reside in the Heart Chakra. She presides over the Heart chakra. It is verily one of the powers of the Heart Chakra; that if someone troubles you, or attacks you, or puts you into a dangerous situation, this Shakti which resides in the Heart protects you and guards you; and destroys the one who is troubling you.

The energy which makes this power more effective is that of the Kundalini's when She comes there. When the Kundalini comes into the Heart, Kundalini is Jagadamba! It is the Amba, is what increases this power.

When a person accepts Sahaja Yoga; along with the Self Realisation, this Shakti gets established here in the heart, and protects him fully. No one can harm him. Not even a hair of his head can be touched. But, you must establish Her in the Heart, with pure love and devotion.

This is the power of the Mother. Is the power of motherhood. This power of motherhood is such that it always protects Her children. Always guards her children. When we are disturbed or in danger, in medical terminology they say the bone that is here (Shri Mataji points out to the Heart) the Sternum bone, starts shaking. And the antibodies, which are all around, which we call as Ganas, and which are spread all around, they immediately get informed and alerted. Because She is the 'Maharagni', the Queen, the Ruler of the Ganas, and they act according to Her orders. There is no question of any miscommunication between the Devi and Shri Ganesha. It is as if there is a oneness between the two. Ganesha is the Son and the Devi is His Mother. Those who believe in Shri Ganesha and have established Him within, especially in Sahaj Yoga, are taken care of as Her children, at every step and situation. Because She is the Mother and you are Her Ganesha. But Shri Ganesha in you must be Nirmal (pure). If there is any problem with your Ganesha, She corrects Him.

The Devi accomplishes different kinds of work, but today's significance is, that in Her first incarnation, She took birth as Shailaputri. This had to happen in Satya Yuga. Before this, when Shri Adishakti incarnated in the world, She came in the form of a cow, Surabhi, in the area where there was Paramchaitanya. In that sacred area, Gokul was created first. And then She took birth as this Sacred Cow, and lived there.

Everything was created first. And then only, its reflection was put within us. For example, Shri Sadashiva, was reflected as Shri Shiva within us. There are reflections of everyone within us.. The Devi too has Her reflections. Her first incarnation in human form is reflected as Shailaputri, and that is why it is being given so much importance today.

When She took birth in Heaven (the area where there was Paramchaitanya), She was there as Shri Adishakti, and the reflection was in the form of a cow. That is why we do not kill the cow, as She is the reflection of the Divine Mother. There is a difference between the cows in India and the cows in other countries. They are different in form, feature and expression. When my grand daughters were small and we lived outside India, they used to ask, "Nani (Grandma), why are these buffaloes white?" Because in those countries there is no difference between the expression and form of a cow and a buffalo!

That was not the time for Shri Adishakti to incarnate. It had to be in Kali Yuga. As She had to incarnate, in complete form, with all the Chakras, all the Deities and their powers. This was possible only during Kali Yuga. She had to work a lot during Ghor (the most intense and frightful time), Kali Yuga. And that is why She had to come in the form of Mahamaya. If people knew that She is the Adishakti, they would try to harm Her, and prevent Her from accomplishing Her work. In Her first incarnation, She did not need to take the form of Mahamaya, as in those days nobody would have harmed or killed the Devi. She took birth in Her complete form, in the security of the Himalayas with Her powers manifesting. She married Shri Shiva, Who was the all powerful God almighty.

People have a question, that why this Navratri, and then a second Navaratri. Also they feel that one Devi is Mahakali, another is Mahasaraswati and so on. But they are all part and parcel of Shri Adishakti. It is She Who manifested in these different forms, according to the time and nature of the work that had to be accomplished.

For example, in Meerut (North India), there was a need for Her aspect of Shakambhari Devi (Goddess of cultivation), as She has the power to increase the agricultural produce. When we were in Meerut we had cultivated brinjals which were such big ones, big tomatoes and such long cucumbers. People did not understand how this happened. We won five to six prizes. This is the power of Shakambhari Devi. So wherever the effectiveness of the power of the Devi exists, there this Shakti does the work.

People are confused when they address Her, sometimes as Chamunda, and sometimes by any other names. But the Shakti (the Goddess), has different forms. Whenever required She uses that form . It is not so that this is Durga, then who is this Chamunda. They are all there. It is necessary that they are there; as there are different forms and powers of the Goddesses, in the form of Devis. Without the Devi's Shakti (power) no incarnation can do any work. Whether a Guru, or incarnations like Shri Rama or Shri Krishna or Shri Jesus Christ. Everyone works with the power of the Devi. So in our country mother is respected. Indians worship the Shakti. There might be differences in forms; but in reality they are all worshipping the Shakti. Those who worship Shri Vishnu or Shri Shiva, all worship the Shakti.

Mother cannot be divided. Mother is a very big institution in India so we must respect her. Mother and children both must have this respect. Women in our country are not spoilt but they don't understand that to become a mother, a woman should have qualities which will nurture the baby and ensure that good children are born to them. These days something has gone wrong with the way women are thinking and behaving. Children are not born to such women. Why should such women have children? In some countries where mothers are not good, children are not being born. In Germany the population growth is minus; in America it is minus. All Whites are minus. Why? The reason is that there is no quality of motherhood.

Slowly they have started understanding. Where there are no motherhood qualities, they don't bear children. Children are born to

those from whom they get mother's love and are taken good care of. In view of this, I think Indian men should respect their women and love them. This is very important, as after some time, people all over the world will recognize India as the epitome of Spirituality. But the state of women here, especially in North India, is sad. Respecting women is considered a weakness. Beating them up, and demanding dowry, (bridegroom price)! is a common practice. Man wants to show how much more superior he is to woman. He is not. He does not have the powers and capacity like her. He cannot bear a child. Those countries are heading for destruction, where women and mothers are not respected. Because power (shakti) diminishes. But this does not mean that men are run after women, and women become dominating. No. We are equal. We are not similar, but we are different. Our constitution is different. Whatever I have seen in North India, they don't respect women. She is not respected, but troubled and harassed all the time.

We should think of changing this. Ours is the work of creation and not of destruction. If this creation is accomplished, our country will become 'shasya shamala' (prosperous). No need to make laws. We must understand from within that a woman has been created in the 'lakshan' (characteristic) of the Devi. If she is a bad woman, it is different. But a woman is in the image of the Devi. She must be respected, protected, and must be helped. This is the duty of every man.

But this does not happen. Man always dominates. He has the brains, but it is the woman who has the heart. So they must try to respect women. It is good if she also understands that she is like the Devi. But if she is spoilt, she cannot get respect. If goodness is not there, leave that woman. But respect the one who is good, and look after. It usually happens that those women who are 'zabardast' (dynamic and high handed), are worshipped, and those who are good are neglected. According to Sahaja culture, you have to become a good husband and wife. There must be lots of love and understanding among them. Only then Sahaja Yoga can spread. Otherwise, it cannot spread.

In this way, we find many descriptions of the Devi in our 'Shastras' (sacred writings). They are all absolutely correct. Nothing wrong has been written. But to understand them and their significance in depth, you will have to do it through Sahaja Yoga. Vibrations will show you the truth. Every power has different vibrations. It is very subtle. As you progress, you will understand it better by your power of discrimination. That does not mean you have to get after it. You have to increase your meditation. You will be able to feel the state of the other person.

You will get this knowledge immediately because it is now on our nerves; this knowledge. There is no other way to achieve this but by meditation. You may perform Pujas, and sing bhajans. But to no avail. Only meditation will give you this state, along with this, introspection. No need to criticize, just be in witness state. Only you can assess yourself, and remove all the obstacles. Keep your attention within. How loving am I? Am I pure? Am I away from ego? Am I able to forgive others? What am I doing? Why am I thinking this? If a bad person comes to your house, and your gaze falls on him, he will run away from your presence. Even intruders will not attack and will go away. But all this, only if you meditate and introspect. If you are egoistic and say that I'm alright, it will not work. Have attention within and have love for others. Look at others with love. Do I have love for others? So there are two important things. One is meditation and the other is introspection. With these two things, there will be progress. With meditation, you absorb vibrations and go ahead. By introspection, you remove obstacles that are within you. Like when a river is flowing, the flow is not smooth if there are stones. When you remove these stones, the flow of the Kundalini is faster, and then you start feeling that you have become clean. There are no obstructions or anything inside. You are pure and clean. This feeling must come from within.

Kundalini is doing its work. She will relieve you. No one can say we will relieve you. But as soon as your attention goes there things will fall in place. Some have greed for power, they keep running after it. But you will not have this. You will be happy with whatever you have. This is Sahaja state. All the powers of the Devi you imbibe. They will guide you and bless you. But you must have this Sahaja state. If you feel I have to do this and that, Sahaja state hasn't come. Its like a child is in the protection of his mother in the cradle.

All these powers of the Devi have some speciality or the other. That is why we worship the Shakti and believe and have faith in Her. More than incarnation we all have faith in the Shakti. Because with this faith in Her we can recognize the incarnation. Shakti is your Guru, Mother and Divine. There is no need to look at anywhere else. Once you have faith in the Shakti, She will make

everyone understand.

In Sahaja, you all have faith in Me but I make you understand others. If you had no faith in Me but in any other incarnation eg. Shri Christ, He has said that He will send an incarnation, the Adishakti will come, the Holy Ghost will come. He has done His work. Prophet Mohammad too said the same. Why have they all said the same? So that in future this work will be done. They prophesized this because they knew the time had not come then, that the man is ready for his ascent. They used to tell keep your attention and character clean and remember the Divine. They only showed the way. They had not developed any collective consciousness. This has been achieved by you. You have to progress now.

You have to do only two things, meditation and introspection. The third thing is you will see beauty and goodness everywhere. However, a man is cruel to you. You will see the beauty. Your attention will move from bad to good. When this happens, you will accept the goodness. If your attention is on bad things how will you recognize goodness? In this, you don't know how you feel happiness. You must always look at the goodness of others; you feel better. See only the beauty, you will be surprised every person has goodness. You only have to look at it. No one can enjoy it if you don't see.

You will be surprised that every man has some goodness. For example, a flower has fragrance. But if you don't have a nose, how will you enjoy that fragrance? You must have the heart to understand greatness, love which you will accept. That person will not feel happy himself but you will make him feel that hidden happiness in him. He does not know the fragrance within.

To enjoy by feeling the goodness of others is done by the Shakti as She is happiness Herself; 'Anand Dayini' (giver of joy) When you come to this state, this is Sahaja state. If you behave in a cruel way, what is the use? You don't have to kill or destroy anyone. That is the work of the Devi. All the happiness that is spread all over the world has to be enjoyed by you.

So, today is the first day of Shailaputri, meaning She has to observe everyone from the Himalayas, where She was born. Small children observe everyone. That is what is done by Her. She has other names, like Shailaja. But during the Chaitra Navratri (nine nights during the first month of the Hindu calendar) it is believed that She took birth as Shailaputri.

In Bihar, they celebrate 'chhath' (the sixth day) it is a part of this. In other places, Gayatri and others are worshipped. Gayatri Mantra must not be recited by right-sided people. Left-sided people must take right side Mantras and right sided people must take left side Mantras. This way they get into balance.

This is the time to enjoy happiness. My birth was also during such a time. Surprisingly Navroz (the Zoroastrian New Year) and Navratri began after My birth. This is a wonderful combination. Navratri comes after 21st March not before. There is a form of songs called 'Chaiti' sung during this month of Chaitra. The Saints and poets had described the happiness of this month in this form of songs when they enjoyed this month. In villages, this celebration is seen in plenty. Happiness is seen from within. The village folk have this quality of composing songs and enjoyment of their quality of surrendering. They have the quality of acceptance in their hearts. We have become right sided. We must have a Sahaja state. With these Chaiti songs, you must enjoy more than them, as they are not knowledgeable.

The speciality is when Vikramaditya started this 'Isvisan' (era) it started with this, with Tritiya (third day of the Moon). Day one of the calendar that started is known as 'Akshay Tritiya'. The Shalivahana started their calendar year with this day. Both follow the same day. Surprisingly, Shalivahana attacked and defeated Vikramaditya. After, this Shalivahana' Shaka' (the Shalivahana's calendar) was created. Their first day is Akshaya Tritiya. The Hizri (calendar year of the Muslims) also is the same. Everyone accepted this day as the first day of the calendar. Even for the Parsi Navroz (the Zoroastrian New Year), this day is considered as the auspicious day. So good work is started on this day.

So, today you will make up your mind to meditate every day with introspection. Must think about oneself and not about others. How shall we spend our life with sweetness in talking while dealing with others? How shall we make someone understand our feelings sweetly? No one must be hurt. Whatever one feels must be told; sometimes it has to be told boldly. But most of the time when you tell something, the other person must feel that this is being told out of love. This love should be expressed.

I have to tell people every day. So, what should be told to each one? How do I explain this? But this power of love is seen all around. This love is within Me. This gives and takes, happens with love. Sahaja Yogis must not get angry. Peaceful behaviour must be seen. I have been telling how you must behave after Realisation. By introspection, look at yourself with love and not hatred. It is my dream that with Sahaja Yoga the world must change.

Eternal blessings.

2000-0407, Nirmal Dham Bhoomi Pujan: The pain can only be removed by you

View [online](#).

7 April 2000

Nirmal Dham Bhoomi Pujan: The Pain Can Only Be Removed By You

Public Program

New Delhi (India)

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

2000-04-07 Public Program (Hindi)

[Translation from Hindi scanned from the Divine Cool Breeze]

I bow to you all the seekers of truth. I never expected that you will come in such big numbers, and would understand the importance of this work, Once we were going for a Sahaj Yoga programme, and were passing through a place known as Daulatabad. By chance, in a sahaj way, our car developed some problem and stopped. When I got down I saw there were many women, more than a hundred, standing there with their children. The number of children was many times more than the women. These women were collecting water from a leaking tap. Wearing tattered clothes, and managing to cover their heads with torn veils, they were standing in that scorching heat. I couldn't understand what was happening! I asked them, "What are you doing here? How have you come here?" They replied, we are all Muslim ladies. Our husbands have divorced us. These are our children. The amount of Mehar (settlement), which we got from our husbands, was so little, that it was not enough even to pull on for a month. Somehow we have got employment. We break stones into small pieces to earn our livelihood. But where do you live? They pointed towards an area of broken down huts. We live there. There were crooked tin sheds and some had only some cloth shelter, which could not be called a house. They said we all live in that.

I said, O God. Tears began to roll down My eyes. I sat there on a stone and started crying. That crying was not going to solve anything. A question arose in my mind that despite the rich culture and purity of our country, and despite the fact that the women of this country hold their character in high esteem, why is the condition of our country so miserable? Then another thought came to my mind. If the mothers are so miserable, what will be the condition of the children? How could they bring up their children and educate them? Then a thought came to me that there should be some organisation which could support and help these kind of destitute and neglected women, and give them some help and support. Many years have passed since. And I became absorbed in Sahaj Yoga work.

My inlaws belong to Uttar Pradesh. There I saw, there is no respect for women. No one listens to them. Women are dominated. Only women who assert themselves could be noticed, but the simple and mild women are suppressed in every way. No one bothers about them, whatever their condition. If some women die in their young age, their husbands are invited to marry again. I was aghast to see all this because this does not happen in Maharashtra . In Uttar Pradesh if a woman becomes a widow, the society forces her to remain a widow for the rest of her life. So I thought that such an organisation should be started first in Uttar Pradesh.

And it gives me great satisfaction and joy that we are starting this organization in Uttar Pradesh. It is my desire that these destitute and needy women should be given such training that they become self-sufficient and be able to support and bring up their children nicely. They should command respect. But this organisation by itself is not sufficient. This problem is of a very scale. The bigger goal will be achieved only when women are given their rightful place in the society. When the men of this place begin to realize their duty and responsibility towards their wives and their families, and what they are required to do. Their lives are very self centred. This has to be changed Men should look after their family, their children, their wife, their mother with real love, affection and understanding. So many of you are sitting here. If you all take a pledge to honor and respect the women, then a lot can be achieved. Men never become widowers. But if a woman becomes a widow, she remains a widow forever. She is tormented so much. It is the women who point fingers and say – you must be very unfortunate. Something must be wrong with your stars. And even to the extent that ,”you ate up your husband”!. I Myself have heard them with My own ears, saying things like this! Maybe that is the reason why women of olden times used to commit Sati, (jump into the funeral pyre of the husband). The

worst happens if a widowed girl is young and charming. Then she is very vulnerable.

That is why, first of all I said, that if any widow comes into Sahaj Yoga, she should be made to get married again. But who will marry a widow in our country? If at all someone does agree to marry a widow, he will keep on humiliating her. Being born a male, makes a man think he is a superior being with special rights to do whatever he desires. They do not know that this is the road to hell. This is wrong. It is nothing but wickedness. This sort of behaviour is depravity.

To behave in this manner with one's wife, who provides all comforts to you, is against our culture. It is written in the Indians scriptures – „Yatra Naariya pujante; Tatra ramante Devata”– where the women are honoured, There reside the Gods”. But women have also to be worthy of honor and respect. The women of our country are in a miserable condition today. That is the reason why there could be not be a good government in the country. It can never improve. These are the days of Navratri but all the Goddesses are unhappy with this kind of situation. No blessings will come from them. Right from Goddess Laxmi onwards, no Goddess will give you any blessings, if you do not take care of your wife and do not give her the respect she deserves. I feel that if this can be corrected, then every other kind of problem will be solved. Because sakshat Lakshmi's blessings will come as solutions. Those who do not respect the Gruha Lakshmi of the house, they have no right to expect any blessings from Lakshmi.

In this connection I happened to see a Video Tape, in which they showed the widows who live in Brindavan and Gokul. Shri Krishna Himself must be wondering how these women are being made to suffer so many hardships. Because they are widows, they are made to sing bhajans the whole day, and earn only one rupee for it. And people use them for all kinds of services.

I was wondering, after seeing this video, no one had any reaction or judgement. There are five lakh women in this plight. It did not prick the conscience of anyone. Those who are rich and amassing wealth, that they should go there and do something to relieve the suffering of these women? . Make something for them. No one with morals or sympathy for the miserable state of these widows! It never entered their minds. And this video has been shown many times. I felt there is no use to continue showing this video. And the lady who came to show this film was motivated by the desire to defame the organizers and for publicity. What will happen by screening the film. If they have so much of money then why don't they construct proper Ashrams for these women. There are one or two ashrams but not with proper facilities. The existing Ashrams, which are very few in numbers, are not managed properly. So why shouldn't an Ashram be built, where at lease these women can get shelter and food. Many women commit suicide, because it is better to die, than to live in these conditions.

In our society it is compulsory for a woman to get married. And after marriage if the husband dies then all is lost. Then living becomes very difficult for her. And she has to face all kinds of insults. All these kinds of problems exist in this country. It is not so in other countries, because there are different ethics. If a woman becomes a widow, she will go around and find herself another husband. , or look for some other business. Our country is such, that along with Rani Padmini, thirty-two thousand women jumped into a pit of fire to save their honour. To save their purity. So in this country what other alternative do they have. N what way can we lessen their burden. So much They cannot live a life of honour and dignity. Their situation becomes so bad that I feel that if anyone gets some disease, at least he can go to a hospital. Some solution or others can be found for him or her. But tell Me, in the case of these unfortunate women, in what way can we lessen their burden. So much sorrow and not even a sympathizer. To add to this there is a belief that even seeing a widow would bring bad luck. Must not eat food cooked by a widow. This society of ours does not know that this has not been written in any of the Scriptures. Shri Rama got Mandodri married to Vibheeshana. There are innumerable examples. Shri Rama did this. After the death of Ravana, Shri Rama got Mandodari married to Vibheeshana. But people say that up to that it was alright. But other widows cannot marry again.

Now just think, that if your mother, sister or daughter is pushed into such a circumstance, then God save us from such a Samaj (society). Better there is not any Samaj at all. And if there is, then everyone has the right to live a happy and peaceful life. So I desire that if any of you have troubled the ladies, inside your family or outside, he should completely change himself. He should consider himself guilty of the crime, and I cannot tell you what will be their punishment. Because Satya Yuga has started. And it is necessary `that everyone should stay within the path of dharma. And in dharma the most important thing is love. If a man cannot even love his own wife, then whom can he love. The one who cannot love his daughter, whom can he love. Her only fault is that she is a woman. If there were no women in the world, from where would you have got a mother, and from where would you have come. An aversion to this should arise.

In Maharashtra also there was a problem of child widows. Not this much, but still there were. But such great stalwarts existed, like Tilak, Gokhale, Ranade etc. They all got married to widows. And they brought about a lot of awareness there. Made reforms.

In Pune, education for women is completely free. Up to graduation they don't have to spend a penny. More than that is required here. Because compared to that place the situation is very bad here. It is very necessary to bring about awareness and vigilance.

If the woman is overbearing, then she is the boss. A lot of women have learnt that it is better they become dominating and aggressive. But there is no use in this. It is the dharma of a woman to absorb everything into herself. Because, like Mother Earth she has her own powers. They must awaken their shaktis. She should stand on her dharma, awaken her creative powers, and live with self-esteem.

Just by talking nothing can be accomplished. We should understand fully that this is a grievous sin. And we should never do such wrong things. Only then can we have some change in our country. Just by joining Sahaja Yoga it cannot be done. Everybody, whether a Sahaja Yogi or not, if anyone in your neighbourhood is beating a woman, you should go and rescue her. If someone is drunk and behaving violently, then you must correct him. This is your duty as a member of the society. And till such an awakening comes within you; till then, this job cannot be achieved.

The second problem is with the women themselves. That they have so much self respect that they will suffer everything quietly, but if you even suggest that they should marry again, they will never agree. We had a Sahaja Yogini. Very beautiful to look at, and she had three children. The elder boy must have been 14 or 15. Wherever she went to look for a job, the men used to get mad after her. Not after their own wives, but after another women who is a widow. So lots got after her. So I told her in a roundabout way. I told her that in view of all these problems that you are facing, it is better if you get married again. She just fainted. As soon as she heard this, she fainted, that how could Shri Mataji suggest this. When she regained consciousness, she asked Me – Mother, what mistake did You see in me that You made such a suggestion. O Dear! What was this terrible punishment that I suggested to you. Means, there is such a lot of false belief and conditioning in the minds of women, that they constantly feel „Oh! I have become a widow“! According to the norms of society, I can never marry again. Cant do anything. And if we do, then we are good for nothing. Who will advise and convince them. Then I made her son understand that you try and convince your mother, because she will not be able to live safely anywhere, because she was beautiful, and a widow. Then, after one year this entered her brain, after she suffered a lot of hardships. After a year she realised that what Shri Mataji was telling me, was for my own good. Then I fixed her marriage. Of course there was no question of getting her married in India, because once a woman is widowed, she is a lost case. I got her married in the US. In that way her children were also looked after, grew up, and got settled in the world. These women will beg for alms, but will never marry again. Has this been told by God! Is it written in any shastras (scriptures). No where. These have been man made, to torture women. We dont believe in widowhood. Just don't believe. Because, what is widowhood. If a husband has died, then he has died. But that becomes widowhood and is branded on her head. Is this necessary. Or then, both should die together. And if they don't, then make the woman's position so miserable. There is no such statute that all couples should die together. If this was the dharma, then all would have died together. But this does not happen. But if by chance the woman stays alive, then she is a lost case. Women have borne so much sorrow, that now you don't have to endure any more sorrow again. Such women could be fighter cocks, or dominate everyone in the house. All this can happen. But she cannot be a good woman. She will always be distressed and disturbed. That is why this organization has been started, on a small scale, and I will try to see that they will be supported and trained to stand on their own feet and live with dignity. And if they are widows and still young, we will get them married into good homes. If you don't agree to marry them, we will get them married in America. You keep sitting here. This is the best. If you think too much of yourselves, then keep sitting here. This ego of man must go. I have always said that it is not the women who have to be reformed. It is the men who need to be reformed. What is it that gives you so much pride in your head. What do you think of yourselves. Someone was just telling me, that if a man goes into IAS (Indian Administrative Service), then he is the most sought after son-in-law. I asked, what is there in IAS. No penny nor paisa. No earnings. Nothing. Only problems every day. I know this very well. That is, if you are an honest person. And if you are dishonest, then also problems. And if you are honest, then plenty of trouble. Inspite of that, women stay there and look after all the family members, support them, and give them love. But I could never understand that how it entered the brains of men, that if they are in IAS they become something exclusive! Once anything enters the heads of human beings, especially in India, then he starts flying like a balloon. Then, whether he hits someone, or kicks them, or uses a stick on someone, or illtreats anyone, it never occurs to him that, what is this I am doing?

Of course they will be vegetarians. The Jain community says – Do not kill even a mosquito. Do not kill bedbugs. All the things that suck blood, do not kill them. But one can beat his wife. That is allowed. After all she is your wife, and she has come to your house to be beaten. If she cannot bear beatings, then what kind of a wife is she! This weakness of yours, and we are so shameless, that the reason for this that whatever self respect we have, gets finished. It used to be said in our country, that those who do menial jobs, they beat their wives. But now I see that everyone beats. No one has any shame or conscience in this matter. In other matters there is lot of self respect and shame, but not in beating your wife. They will scold their wife in front of

everyone. They see no harm in it, that I have insulted my wife before others. Why did I do this. I should not have done it. Actually in the homes itself there is no teaching of the boys. And that is how they are brought up. Therefore in this organisation, I will do My best, to see that women are relieved of all these sufferings. The good work that is being done, no one notices. The children are getting spoilt. Your own children are becoming unruly. They will steal and commit other misdeeds. How has all this come. Because the society itself has broken down. Family life has broken down. This is why it has happened.

So our kutumb (family unit) is very important. It is the collection of many family units that makes up the society. And from societies, countries are built. We talk of our country. What about the family. The family itself is getting lost. A family who lives with honour, self respect and loyalty to the country, only then will the women get their place. She should be respected. We must try to understand her.

In Maharashtra also have arrangements for such organisations, where this same state of affairs exists. Like troubling the daughters-in-law like it happens here. But that will also change. And this will also change And these people will have to change. If they do not change, then their own children will grow up and beat their fathers. They will beat their own wives later, but first they will beat their fathers. Then everyone's head will become alright. So much ego is there in human beings. After all, for what is there so much ego? What big achievement have you done that you have so much pride. Now, everyone must support and help this organisation. Not just giving money. But in making it successful. The biggest challenge is that we have to look after these women. We have to find them and bring them here. I don't know, because I do not live here. So, if you know of any such women in distress, who are oppressed and are in trouble, and who have no one to support them, and who are suffering a lot after being widowed; all such women should be brought by you to this organisation. Right now there is arrangement for 100 ladies. What will this be sufficient. But still. We have to make them understand what is being done here.

Those who have no choice will of course come here. But those who choose to stay on in their homes, and are being tortured, have to be helped. Their husbands and their inlaws have to be counselled and advised. Our country is the only one where the family unit is valued. Nowhere else. The credit for this goes to the Indian Woman. Not to the men. It is they who have anchored this country. If not, we also would have been lost long ago. And it is better for you to understand that if you continue to do this excessive torture, then these same women will revolt. That will not be good. It will be the murder of love. It is not a good thing. The good thing is, that with proper understanding you protect and look after your wives, and your daughters. You protect them. And give them love and affection. They should feel that you love them. All the time. There is no danger that they will take advantage and sit on your head. One odd case may be there. But if a man is morally strong, she can never sit on your head. But if she is suppressed – she should not be so suppressed that even the children are not able to be brought up properly. Children do not respect their mothers. Even if they touch the mother's feet, they do it as if some stone or bricks are lying in their way. And the father has no time. Then definitely the children will get spoilt. And all the crimes that are happening, which we read in the papers every day, are caused by the fact that our family unit is not strong. It is due to them that our society exists. And you are sitting here. If you want it to continue you must remember that honoring women, supporting them in their advancement, and bringing about a change in society, must be considered by you as your supreme aim. And you must put your attention to that. This is My dearest wish. I keep blessing you with eternal blessings, but to enjoy all these blessings you have to gather everyone together. We have to consolidate everyone. When you cannot even unite one family, who will you unite. It is important that everyone should live together with love and harmony. Now you are Sahaja Yogis and this is a very important achievement. This is gyan marg. In this you understand the real meaning of love, and how we have to do give and take with each other. How we should behave towards each other. You will be amazed to see how the whole society will change. We don't have to become like the foreigners. Not at all. There the women keep filing lawsuits . In America the women marry seven or eight times and become rich. All the husbands become paupers. Not all this. We don't want all this. What do we want. Mutual love. Good children. You will see how much this can benefit you. Lots of benefis. There will be prosperity, not only for the society, but also for the country. There will be no cause for fighting and misunderstandings. If this is for the general good, then why don't we do it. In this understanding we can progress. What I see is this. Here all Sahaja Yogis are sitting and I am going to tell you something new. That others recognize that these people are Sahaja Yogis. We people who are Sahaja Yogis should unite all of them together. It is the swabhav (nature) of Sahaja Yogis which will impress every one and bring them into Sahaja Yoga. What I have said, preserve it in your heart. Because this gives Me pain inside. And this pain, can only be removed by you. Eternal Blessings (Ananth Aashirwaad)

2000-0408, Address to IAS officers wives association

[View online.](#)

8 April 2000

Address To Ias Officers Wives Association

Public Program

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I bow to all the seekers of truth.

Today as they say is a ghor kaliyuga and all sorts of horrible things we can see, hear, read in the newspapers. Its a fact that its a very bad times we are passing, also we find very low graded people, we can call them of very low value systems but it was also predicted long long time back that at this time only the people who are seeking the truth in the (hills sal days{unclear}), Himalayas all kinds of (god basis {unclear})will find the truth. Its already described by many many great astrologists, also by saints. So at this time we are priest in a very fortunate circumstances. I must say I have a great love for all the people who are in the IAS and IPS and all the civil services because I know what one has to go through, its life of great turmoil and sacrifice, also for the wife, but I always felt that this is like the soldier fighting in the war. We are here to build up this country. My husband was first in the foreign service, I had never heard of services and all that so I said now what must be the foreign services but I said I am not going to go to any foreign country, just now we have got freedom and we have to work here, we have to work out many things for this country. Not only that but I realized that civil service is the spinal cord of this country. It has to bear all the burns, all the troubles, all the burdens and at the same time it has a great responsibility to build this country and that's why I put my, I should say all effort that my husband gets selected to IAS and somehow or the other we lost lot of money everything, it's alright I said, I can live with anything but to live in the foreign countries and wasting your... (unclear as video has some disturbance) its time now, for us here, to live and I think this patriotism is the only thing by which we can live doing our civil service, understanding our responsibilities and also that we are the ministry of the government, of this country which is though run by parties after parties. It's where I learned that women have to be extremely forbearing, sacrificing and always very much keeping happy. It's a question of why are we here in this service, we are special people no doubt, we have special powers no doubt, but without misusing the powers what are you, nothing. If you misuse it then its not proper, and if you dont use it, you are powerless. This is really the situation but the enjoyment and the happiness and the satisfaction comes from the fact that you are working for your country. So this patriotism, which I imbibed from my parents also and also Mahatma Gandhi, I felt that we are duty bound to workout in such a manner that everyone of us do something which is very constructive and which is very helpful,but at the same time while doing that because of such a difficult situations we develop all kinds of problems and that's what I am going to talk to you about. The first thing is, we see something, we react. This reaction can create two problems within us:one of conditioning or another of ego, both are troublesome things and they make us very nervous and tensed. The main thing is that the energy that is required for thinking, for futuristic planning (video disrupted). Sahajyoga comes from one's center which creates the energy for the brain cells which are used all the time, we want taxing our brains, using its energy all the time but we don't know how it is replaced and replaced to our centre. This centre is looking after so many organs that this overflow of energy to the brain for this futuristic life can creates lots of problems not only tension but lots of other problems also because this energy starts getting exhausted and when we are in the struggle this energy starts getting, sort of, finished or maybe we develop tremendous imbalance within ourselves. As I don't know, whether they have put up the photograph of the kundalini, you can see here very clearly that our autonomous nervous system is in three channels and either we can go to the right or to the left but in the centre we cannot move right and left, if you are too much futuristic, if you think too much, if you are working out too much then this right side develops and this is a very very important thing to understand that we start loosing the balance. The first thing that happens to a person like that, that he develops a very bad liver, his liver goes out of order because its the centre which looks after the liver. Now the heat of the liver when it is..(unclear) start rising so we might develop asthma very serious type of asthma, and this is now incurable, but it is curable if you can balance the person it can be easily cured. This asthma, then if it doesn't happen then this heat goes towards the heart. In childhood if you are born with a bad heart or anything then one can understand but if there is a boy say 21 or 22 years of age who plays tennis and also drinks a lot and all that, he gets a fatal heart

attack, very fatal and he dies but if it does work out that way gradually it starts moving towards a massive heart attack, it could be for anyone at any age but especially as the old age starts it can really show its (unclear). So this is a common disease we have that our heart is in a trouble, then you will try peacemaker, this thing, that thing, instead of that if you take to sahajyoga you don't have to worry about your heart, it would be excellent. Then another thing that can happen to you, on the brain side, that if right side is too much then our left side brain gets affected and we get paraplegia by which our hand can become absolutely dead also leg can become dead but it can be a serious paralysis which can affect all the right side right from the mouth to the head, all this area also hands, legs everything becomes paralyzed, so this is another thing which is awaiting in such people who don't care for balancing themselves, so there are serious diseases, I should say of the upper part of the body. In the lower part of the body this heat passes towards the pancreas, so pancreas you get diabetes then it goes little lower and in the spleen you can get even blood cancer. Sahajyoga has definitely cured blood cancer, can be cured, then it can even affect the kidneys, kidneys can be very badly affected and you might develop kidney troubles, you can try transplantation but didn't help much then it comes to your stomach where you get constipated and always in anger, temper. All these things happen to the right-sided person that he can't help it because he is so much busy with his planning and with everything that his brain has no rest and so he gets irritated when..(unclear) not according to his own desire or his own plans. With all these things happen, this right-side problem, I think, is a very serious problem which all of us are facing. Now it comes, as I told you, comes from our reactions, so our reactions are because of our mind, now if you have a mind that reacts then how to stop your mind from reacting. Einstein has already told that when he was looking for the theory that he wanted to produce of relativity he got so tired doing it when... (unclear) started playing with the soap bubbles and suddenly he says from somewhere unknown the whole thing, the whole scientific explanation came into his mind that he called as a torsion area. We all have that torsion area, the subtle energy that surrounds us which looks after us and I call it the divine love that helps us in every way to balance ourselves, enrich ourselves and to give the absolute knowledge, not relative knowledge but absolute knowledge. So this is the gyaan marga we are talking about of the absolute knowledge. Now this torsion area is a wonderful thing because this kundalini when she rises, she not only nourishes all the 6 centres, enlightens them and indicates them but also connects you to this torsion area of Einstein, suddenly you are amazed that yourself, how it has happened that you get so many solutions of problems which are not solvable, your temperament changes, you are so relaxed, that means you develop that witness state because now you go beyond your mind, you don't react, you see, you just see and watch and its the primarily your attention becomes extremely powerful, you have all these things within you, just think we have to have, say, some light, it has to be connected. I am speaking here this instrument has to be connected to the mains, otherwise it is useless in the same way we are to be connected we have to decide that we should be connected to that divine power. Once you are connected to that divine power, its such a change takes place within. First of all, your hands starts speaking, written in the Quran that at the time of resurrection, kiyama, your hands will speak, so I say we accept muslim.. (unclear) means on your hands on these five fingers, here and here, seven places you can feel your centers then you can feel the centres of others because you become a collective being who is the..(unclear)you can feel everyone on your fingertips. A person may look all right to you normal to you but you realize no no he is not something very serious about that person. On the fingertips you can feel it whats wrong with that person Now if you somehow or the other master this side, at the most you take one month, if you do it you can raise other's kundalini, that's how they say sahajayoga has spread in 86 countries. It ha spread, no doubt, it has spread in 86 countries but I have not been to all these countries, I have not visited all these countries, I might have gone to about say about 20 countries at the most but people who got realized they..(unclear) in these countries, they went down to these places and gave realization to another. Now imagine a country called Benin in Africa has got 7000 Sahaja yogis, they were all muslims and they all have got realization that doesn't mean you are no more a muslim, you are that but you know the essence of so you respect every religion, you respect all the incarnations because now you have the true knowledge about religion about yourself and about the whole universe you can feel it on your fingertips for example. Supposing a man comes, I would say that once when my husband was a city magistrate, two ladies came to me from the backdoor and they said see now these police people are putting us into trouble, we are good women, we have done nothing, I just felt their vibration, I told my husband that I think you people are doing some injustice to them they are quite alright. So he said don't interfere, I said I am not interfering but I will prove it to you that these girls are innocent and simple girls and unnecessarily you people are thinking that they are bad women. So I went with them, that time of course we had only one car, so I went by rickshaw with them to that place where the man had written that they are bad girls, so I went and asked him, are these the two girls who are living in your higher upper flat, are these the girls who did like this, he said not at all, these are very different not these, then I came and told him, see I judged them from vibrations and they cannot be bad girls so sometimes also we punish people, we get angry with people who do not deserve that kind of a treatment because we don't know what they are. We

also follow wrong paths, we go, we get lost into so many things because we don't know what is the right path. Now with this happening of the kundalini, of course physically you are alright, physically your problems are solved, physically you don't have to bother, actually its hardly any trouble to cure people physically, we also have a hospital where they don't charge them anything except for the room where they have to live and very good rooms also sometimes, the doctors also work free and work it out so well that so many people have been cured. We are getting people from all over the world very highly placed people come there and they are getting cured and for that you don't have to go to whole..(unclear) of feeling "what's wrong with them, putting them for diagnosis and in that diagnosis only the patient dies halfway but this is only on the fingertips you know what's wrong with the person, you need not tell that person what's wrong you will know how to cure it and how to work it out. Today only a friend of ours came to see me, much younger to me looking so very old and haggard and he said I got paralysis, he was another one of the same kind working too hard, too hard and within 20 minutes or so after raising his kundalini, his face became alright, his hands became alright and he said I can't walk without a stick, I said alright now you walk, he started walking . I have seen people running who come on wheelchairs, its very surprising(video disrupted) but for this we must know this is the knowledge of our country not that other's didn't know, they knew, but in Bolivia,surprised, Bolivia is so far out, people told me we know about chakras, we know everything but we don't know how to raise the kundalini, they knew the word kundalini also, so I thought I must find out who has told you all this, two saints came from India,long long time back maybe I thought Machindranath and Gorakhnath had gone everywhere, they went to Ukraine also so they might have told them about this Kundalini and awakening of this Kundalini, but they said we don't know how to raise the Kundalini, once you are entitled as a Sahaja yogi you can raise the Kundalini of any person, you can cure any person you can do whatever you want to do as far as the physical side is concerned, even the mental side. I have seen tension is more of mental side of human beings where you get very tensed up, get angry and annoyed or you become extremely quiet and you don't know how to handle the situation, this also is the same reaction of your mind that works it out but if you go beyond the mind then you will be amazed, the ideas that they come to you are absolute truth, the solutions that come to you are absolutely perfect and the people who are against you become your friend, those who are troubling you very much also become very very sweet, its a changing and transforming of human beings. The other day I had a newspaper and his name was Mr.Abbas alright so he was extremely aggressive,he asked me funny question, he say how did you know that you are divine, I said how did you know you are a human being,he looked at me, I said, see because I would not react, I used to watch, I used to see, then he found out I am different from others, so I didn't tried to show off this thing, there is nobody wants to understand it that way, you have to prove it, that's the best way sahajyoga can be told, so he said how can I get the proof, he said I don't believe in any fundamentalism,alright, don't believe in any fundamentalism but do you believe in yourself,yes,yes of course and at that moment his kundalini rised so he say,"ye kya ho raha hai?(what is this happening-hindi translation), Whats happening,what is, how this cool breeze is flowing into my fingertips,how is it, I said it is also flowing out of your frontal bone area and he was completely changed, he said whatever I have asked you the question I am not going to put it out, its all nonsense,"hum bewakoof the"(I was stupid-hindi translation) now I have become a sensible man, you see actually this kundalini shapes you,really transforms you. Now they say we have six enemies,kaam,krodh,mad matsar ,lobh,moh, only six they are saying but nowadays there are more but as it is accepted there are six of them. So once you get connected with this divine power of love all these things just drop out, they are useless, no jealousies,no competition, nothing.We have many people also in the foreign service and they told us people are very happy with us, I said why? because we are not competing,they are all becoming ambassadors,this and that but nobody is angry with us because we are not competing. When the mind starts thinking of the competition,it can go into any wrong ally into any dark ally or really it can be very much a different person, but with this you are in the center, you are complete balanced within yourself and all the hankering everything drops out, you don't hanker, you don't hanker after people, you don't hanker after great publicity or anything you just automatically become so balanced and you are not bothered as to what's happening and that you are not frightened, for example If I stand in the water you are afraid of the base alright, but suppose you get into the boat then even you can enjoy the base , but supposing you learn how to swim, you can jump down and you can save the people. This is how Sahaja yoga works,in a simple manner,as I have said that I have tremendous concern for you people, always had but because of my husband's strict rules,i could not touch his office people, I could not talk to them, I could not meet anyone, who was even a peon involved in the IAS office, he was very strict about it, I said alright, I will try some other area but now he has retired luckily,now I am free even to talk to you,surprisingly,otherwise he would never allow me to talk to you people because he thought its not proper,you must maintain, we must maintain a certain distance.So even in the parties and all,and all these places, I was quite amused the way people used to discuss and talk about things you know and I used to keep quiet so they thought I don't even know english, and maybe I am so quiet because perhaps maybe I am good for nothing possible but now all the same person,those same ladies and gentleman are now doing

meditation, now for meditation you don't have to hang yourself with anything, you don't have to have too much time, even ten minutes before sleeping, you do meditation you will feel so relaxed and so very absolutely, completely, cleared out of your problems, cleared out of your thinking, just relaxed, there is no thinking, which is thoughtless awareness as been already told to us by...(name unclear) you know (name unclear) was a disciple of freud whom he revolted against and he talked about the mother energy. We Indians you see are shakti pujaris, now there is this navratras are going on but we have never understood the message of mother's love, this is the mother's love that works I think, and you also become very motherly, very kind, very compassionate, how can a human being, I don't know, how can a human being be cruel to anyone who is suffering, who is in trouble, who is in poverty, the love that you have within yourself starts flowing just like an ocean and you become extremely generous and all the generous people I have seen are very much always looked after. I will give you an example of my father who was a very generous man, very very generous man and once what happened, he always used to say never close the houses, we should not close our house, always open the windows, open the doors, he said, some thief, if you tell him some thief might come, he says let them come, after all they need something, that's why they are coming, so he used to keep all the doors open, he had a big, he was fond of music so he had a big gramophone with the one big horn like thing and one day one thief came and opened the door, it was open, the door was open only, he took away that gramophone, so next day he was sitting very seriously so my mother said now are you sorry for that, no no no that I can buy but I am only sorry, this man seems to be..(unclear) of music he has taken away the gramophone, now what will he play, he has not taken any records. So my mother said alright, you advertise in the newspaper, the one who has taken the gramophone please come and take the records so that he enjoys the gramophone. I mean I have seen such people, I have seen really very generous people and at the time when Gandhiji declared the war of Independence, they not only went to jail but they gave away everything. We used to live in huge big houses then we shifted to some sort of huts, we were enjoying because you see the enjoyment was of our Rashtra bhakti and this has helped that time, Mahatma Gandhi was helped because that time the people were ..(unclear). Now today, the thing is, its coming from the west, too much of this, too much of that its alright, there's nothing wrong, nothing wrong, we should come, we should prosper, our country should prosper, we should create more things at..(unclear) but this hankering will go away. Now the hankering becomes the other way round, like what should I give to this lady, now what should I do for this gentleman, I mean the worry goes to the other side of it, what to do, what should I give that they won't feel wrong because sometimes you know sarkari naukar's as they are very strict, so if you give them they think, I am giving them a bribe, I said this is not a bribe, I am just giving because I want to give you, will you take it, with very great difficulty they take, but you see is a way of expression of your love and with this love I tell you, you will be so very popular, so very popular in your office, in your work, in the whole of the country people will remember it that this was the man who really looked after us, who has done so much for you, if you don't have a concern, you will be just worried about yourself and this thing. All the ladies also of the IAS, thank you very much for inviting me but I would like to tell you that ladies have to help the husbands, they should try to understand that their energy is the Shakti of energy and they should give to men this energy so that they can work better but sometimes I have funny experiences which I'll relate to you, which was very interesting that first time, first time, I never know your seniority, juniority, anything I don't know much, I don't understand, I came to Delhi and when my husband came here to work for Shastriji, so we met in a party a friend of mine who was from my college, so she asked me, "Are, why are you here Nirmal"? I said my husband has come here, said what is he doing? I said he is a government servant. Everybody is a government servant here but what is he doing? I said I don't know that but he is something here. Where do you live? First thing she asked, I said I live in Meena Bagh, ahhh, Meena Bagh!!! What is your husband doing? You could have got a much better husband, why did you marry a man who takes you to Meena Bagh, baba I didn't know Meena Bagh was that bad, you see because Shastriji, you see asked us to come here and there was no house so they gave us Meena Bagh. I thought this was very bad to live in Meena Bagh, the way she was talking, then she said, alright, this gentleman who is coming, this tall gentleman, you know he is very very important, you somehow or the other manage to talk to him, he will get your husband a very good job and you will get a very good house and who comes there was my husband. OH MY GOD !!! She said, "you know him"? I said yes. How? He is my husband. After that she didn't talk to me, she never said it to me. To know that we live in Meena Bagh was a bad thing in itself, is a quite a big knowledge about things, isn't it, that only people of this much pay live in Meena Bagh, its really impossible. Even I mean don't know a state officer knows this much but the lady knew that Meena Bagh was not meant for an IAS officer. Can you imagine? So these indulgences of the women is of no use. I am very happy to hear about this organization that it is doing such a good constructive work. I was really very happy and myself, he says I am a socialist because I always think of the social problems and somehow or the other I am a socialist alright, because its a collective sense and when I heard that these people are doing this kind of work, I said amazing. I can't imagine those days women used to talk of something else they would never talk of any social, it was so difficult to make them understand social work. Funny type of atmosphere was there, the Britishers

had left their legacy on our head and we were quite enamored by that. For example I would say that it was not for them to conceive of something higher or better, so I was the president of the blind, friends of the blind society and for that they were going to have a programme and these blinds were going to act and the governor Mr.Cheriyat was to come, when he came they wanted to know who will be sitting next to him, being a chairman of course others would asked me to sit down the rest started quarreling and fighting and discussing so much I got such a fright, I thought now take to humor that's the best way to solve the problem so I said alright we will get a big plank on top of the governor's head and you all sit like sparrow's on that, we get all their anger vanished and they became alright. So what I am saying is now the quality of women have changed, you can see that very clearly the quality has changed and though you might think that they are self centered or whatever you may think but one thing I have noticed that they are social minded, they read, they understand what's going on in this country. I would say these days our country is a very big turmoil, very big turmoil and all these things are going to help this to solve this problem so many problems we can solve. Once some of these problems are solved I am sure we will be one of the greatest countries, we have no dearth of talent, no dearth of talent, we have no dearth of hard work only, "ujaskat tatra durlabhami" means that there is no way difficult to get a person who can put them to the yojana and if such a person gets his self realisation he is so self confident, so peaceful within himself, he is not bothered to what others are doing and all this can change and transform you into a beautiful personality. You give up all your destructive habits, absolutely, you just give up your destructive habits, I don't have to say give up, I never say, if I say that half of people might leave me but I have seen people overnight in London, there were 12 people who had come who were taking drugs, they were drug addicts, they left their drugs overnight, overnight!!! can you imagine. I was amazed how could they leave it overnight, our problems of drugs of all other things, we can solve them without any difficulties and you are placed, you are placed for that, for that kind of job. Your situation is very good because you have a responsibility, very great responsibility and that responsibility has to be understood, if we do not understand our responsibility will not (audio disrupted), but once you get your realisation, you will, you will become extremely responsible and also you will not feel that responsibility on your head, you will extremely, absolutely relaxed and such a person to meet, you are sometimes surprised the face changes, the body changes, everything, the transformation takes place and you are surprised, all this, all this is within you, all this you have got it, all this is working out, only thing, we have to get our self-realisation, this is a knowledge of our inner being, a very subtle knowledge. I pray and thank you very much, to all the ladies also for calling me here, this is a very unique experience I have, because I would never known that IAS people could be so receptive to this kind of a subtle thing, but they are. In Bombay, I was surprised, when I had this programme in Bombay, now they are regularly going for meditation in a hall that they have, surprising, how can they do it I don't know but they are doing it, the way they have received me. Actually I used to always say that Bombay IAS people are very, very proud, I should say, very proud, they won't look at you, they won't see you but I have a surprise, they have become so humble, so nice, I don't know why in Bombay they have developed this kind of a superiority complex or something, we had very bad reports about them but suddenly they have changed so much and in the same way you all should change and you become so collective, its not joint, its collective and you just think of helping each other and living that kind of a life and all over the world we have brothers and sisters, wherever you go, you may go anywhere you will find them waiting for you, they also come here and when they come here they touch this motherland of ours, they touch this Bharat Bhumi with their lips and kiss it. I asked them why do you do it, because its a yog bhumi, its a special country, its a yog bhumi, here we have got our realisation and you will be amazed that this country is a yog bhumi. Once I was travelling with my husband in the plane and I told him we have reached India, he said how do you know? I see the vibrations all over, you can see, he went to the pilot to verify, to verify what I was saying was correct or not. The pilot said sir we have, we have, I said see, this is our surrounding which has spirituality in it, everything that is written we have to verify why some places are Swayambhus, how can you make it out, anywhere you go there is a temple, there is a temple, how do you? You can feel it on your fingertips. Now you will be surprised to know that Mecca has got a big stone, a black stone. Mohammad Sahab said don't worship any stone because people used to make money out of making some statues and all but this stone he said you should go round, that is the biggest and foremost thing to go round the stone. Now ask them why do you go and worship the stone, they don't know, but I know because in our shastras it is written that its a Maccheshwarshiv. It is a Shiva called, even vibrations, you see vibrations starts flowing. Its a Maccheshwarshiv. Its a Shiva in the stone, its the vibrations of the Shiva and its a fact. The other day I read in very nice article in Marathi that Shiva was worshiped before Islamic religion came but the way they were doing it because they were going to all kinds of temples and rituals, too many rituals and because of that ritualism, Mohammad Sahab said don't worship the stone, but we have Swayambhus, we have really Swayambhus but when you will go and verify with your vibrations you will know they are swayambhus. You all are capable of getting self realization, all of you, whatever must be your past, doesn't matter, we have to be in the present, past is finished, future doesn't exist, you will be in the present and that's the reality which you all can feel the vibrations... (video disrupted) to bother him

all his life, so one should not have any such ideas that I have done this wrong, how can I get realization, this is unnecessary, you should not, you should never, never think that you are guilty, if you were you would have been in the jail, but you have been here so don't think you are guilty, don't judge yourself, you don't know yourself, it is to know yourself you have to do this and don't judge, you must have great respect and love for yourself and I am sure it will work out tonight as desired by these people but those who don't want to have self realization, I would say they can go because I don't want them to disturb others, supposing if you don't want it cannot be forced, it has to be asked for, it cannot be forced to anyone, you cannot pay for it, you cannot do anything about it but if the kundalini doesn't rise, its alright we have a center where you can go and get it corrected maybe something wrong in the chakras which you do not know and they will find out. So it will take hardly anytime anytime, have faith in yourself, first of all have faith in yourself and this will work out, first I think to forgive others is difficult, you see the western people, they cannot forgive themselves and for Indians the other way round, they cannot forgive others, I don't know there is this kind of different I mean, attitude, but we should forgive ourselves also. God has created you as human beings not to be ruined like this, not to be shattered like this but to achieve your goal. REALIZATION

You have to just put your hands towards me like this. I think if you have shoes, you have to take it out, helps us a lot, we are sitting in Delhi where, here at this Bharat Bhumi in this Yog Bhumi it works very fast. In this country it works very fast and also with you people because you love this country very much you work so hard for this country, so it works very fast, so don't have any apprehensions, just put your both the hands like this. Again I would request, you must forgive yourself and others, that's very important because if you don't do that then your center here, will call the Vishuddhi Chakra, will be blocked. I mean the guilt part is blocked and if you don't forgive, then this Agnya Chakra will be blocked. Please put your hands like this, little lower, now, first you will start feeling some cool or hot breeze on your fingertips and also on your thumb, then in the palm you start feeling a cool or a hot breeze, some people start thinking that this is air-conditioning, it has nothing to do with air-conditioning, so please have faith in yourself. Now please put right hand towards me and put down, put your, put down your head a little and feel with your left hand on top of your frontal bone area which was called as Talu, if there's a cool or a hot breeze coming out, now please put down your heads a little and see for yourself, move your hand, it might be coming very far, maybe very close but don't put your hand on top but above, just move please, move it on the sides and see for yourself that there is cool or a hot breeze like coming. It is hot means you have not forgiven, it means only that you have to really say I forgive, you don't have to do anything except you have to say in your heart I forgive everyone, that's a very great quality. Now please put your left hands towards me and see with your right hand again bend your head please and see for yourself, if there is a cool or a hot breeze coming out of your head, just see for yourself. Please put your right hand again, right hand is more, so put the right hand like this and see for yourself. Now again put both the hands towards me and don't think, just don't think, you can stop thinking even for a second, that's very good, this is called as Nirvicharita, then comes a stage you become Nirvikalpa, when there is no doubt in your head, you become into doubtless awareness where you sure you got it, you sure you can do everything, that is the stage one has to rise. Now all those who have felt on their fingertips a cool or a hot breeze or out of the frontal bone area cool or a hot breeze please raise both your hands. Most of you have got it, most of you have got it. Congratulations and those who haven't got will also get it, if you have to just little bit join of the centers we have or if you want any one of them can come and give a realization. I don't think there is any hindrance in that but sometimes it happens that she didn't rise, she is your mother individual mother, she doesn't have any other child, this kundalini knows everything about you, she knows your aspirations, she knows your past, she knows everything, also she knows what physical problems you have, she is very kind, as your mother she gave you the birth, she took up all the labor pains upon herself, its the kundalini that out of her love, that motherly love she does everything and it just works, it works because that's what you are in for, time has come for all of us to be transformed, to get into a new generation of beautiful people, its a wonderful time, if I have done anything so far is this that I found out a way for collective awareness, that's the only work I have done, otherwise it was already there, Nathpantis used to do it, it was quite a well known thing about people but what I have done is I have tried to find out what are the permutations and combinations of problem in the human beings and why should they all get it, this collective happening has been a great blessing all over the world. Again I would like to thank you very much, very kind of you that you had invited me here, if you have any questions also if you can spare some time, I would like to know if you have any questions.

Ques: Mataji, I wanted to know do we have to have a certain posture for meditation or you can meditate in any way?

Shri Mataji: No there is nothing, no style, nothing. You can sit whichever way you like, you can sit on the chair, you can do I mean, there is no style nothing. I didn't understand your question what you are saying so I was asking him, there is nothing like

that,you see, you are beyond all this things now, you don't have to worry as to how u sit down,what you do, nothing,you sit anywhere you like,if you want you can sit on the ground,if you want you can sit on the chair,anywhere,its all over. Sorry I couldn;t understand your question. This is not a problem. "Aap to nirbandh hai,mast huye to fir kya bole,hai na."

Ques: Mataji, there are so many gurus nowadays, how one will convince the others,if I have to tell someone to come to you,how do I tell them?

Shri Mataji: You don't have to convince,you see there is no need to convince them because they will see you as something special,very different and they will ask you how are you so peaceful,how are you so good,don't have to tell them,just they will see your character,your style and they will be so impressed by you. Very positive questions,very very positive, because once you get it you want others to get it because you find others in trouble.We have one gentleman here who wants to sing song for you, I hope you will enjoy and I think song will soothe it down.He is a musician who has,had no guru,didn't learned any music,some or other after Sahaj yoga,he developed the art of music from within. People become poets,all kinds of things happen,he is one of them who has achieved a great success in music without going to any guru,without learning anything,A B C D and all that.

"BHAJAN:Jisme surat shri maa ki na aaye nazar,aisa darpan mujhe nahi chahye."

"BHAJAN:Sahaji hume banaya ye karam nahi to kya hai."

.....End.....

2000-0417, What is the problem in our lives?

View [online](#).

17 April 2000

What Is The Problem In Our Lives?

Public Program

New Delhi (India)

Talk Language: English | Transcript (English) – Draft

Public Program: Income Tax Officers Meeting. Delhi (India), 17 April 2000.

I bow to all the seekers of truth. Just now you have been told about the beneficial effects of Sahaja Yoga, but it has much deeper, much more effects on us. The thing is, we are not aware of ourselves, we don't know ourselves. And we have to know, what are we and then we will know why all these problems, physical, mental, emotional are caused. Also the spiritual problems, many people have. It's important to see that we are made beautifully. This human body is made very beautifully and if you study medicine you will know it even more. That it's a body which is so much well looked after, you take heart, you take anything. But we are the ones, we spoil them sometimes. May be because we are ignorant and we don't know what to do about ourselves.

Specially when I am today addressing such a august gathering of you people, I think it's important to tell you what is the problem with our lives. Especially I have been a wife of a government servant. And I do know what are the problems of the government servants are, which no one can understand unless and until you are in the service. The first and foremost thing that causes us this anxiety is - we are all the time worried, "How are we to be sustained in the job? What should we do our level best to be a good member of this organization?" Whatever you may do, whatever you may try, you'll find it at different steps that it is not rewarded, it is not understood, nor people give you encouragement. Then it's very disappointing that we feel we are working so hard, we are so honest. Actually government servants, due to their honesty, suffer a lot. I know those sufferings and how much one has to cope with. Despite that, when you have to suffer some sort of an insult, indignation or anything one feels very desperate, sometimes absolutely degenerated.

Now we have to see what are we, once we know what are we, we'll not feel all that. We are not only ordinary human beings. No. We are not animals, we are not the nature. We are special people who have been given a very special work to be done.

So counteract it, first thing I would say is the love for your country. As they have told you about My parents. I have seen deshbhakti [MEANS patriotism]. How they sacrificed everything for the country. We are in a much better state now. We are free, we have this freedom to enjoy. While these people, My mother went to jail five times, My father went to jail, sometimes two and a half years, and we were a big family. Still we enjoyed, we enjoyed all that, because we knew we were soldiers, soldiers fighting for the freedom of our country. Now that purpose is lost in a way, we don't have to fight for the freedom. But what I feel that we have to understand that the time is so important that we have to build this country.

The other day before the IAS officers, I told them that My husband was selected to the Indian Foreign service to begin with. I told him very frankly, "I am not going with you to foreign service. Just now we have got independence and you want to go to foreign countries. Moreover, we don't drink, how are we going to manage the parties and things? I have nothing to do with the Foreign Service, I am going to stay here, and if you want, you can go." He was quite surprised at My reaction. So he said, "I'll try if I can get into IAS." And luckily he got it. Of course in that he lost his pay or whatever it was, but I was so very happy that this is the time we have to buildup our country. Of course I couldn't do anything because he was in the government service. But through him I could see that we can work out many things and I need not work. I need not sort of put in My ideas, but he can do that. And it was so interesting how things were worked out by him and how he was so much engrossed into his work. He never took leave for, I think, all the time when we were here, not even one day. It's very surprising. And Shastriji always felt that he is sacrificing his family life. But no, not at all, I never felt that way. I felt that it is our duty now as Indians to pay this country, to be the most excellent, performing nation. We can. We are very intelligent people. You can see now, how people are doing so well in this new

era of Internet, softwares. I feel that now the Saraswati has joined hands with Lakshmi and people are really showing results of this combination. The time has come for our country to really develop into a new financial status.

But that's not the end of it. Even if you have lots of financial advantages and even if you become a very technologically developed country, still if you go to such countries where they are so developed, they are not happy. They have no peace. There is no love. It's a very funny situation that money could not buy anything for them. So now, what is the problem is that we should know what do we want really. For that the Creator who has created us has really made all the arrangements. Only one step towards the evolutionary process, towards our evolution, towards our resurrection, can solve that problem. That capacity we have. That, actually we are chosen ones, we are chosen ones. Especially this country is such a great country it is, it's a Yogabhumi [land of yoga]. It's full of vibrations, full of divinity but we have become so much now, I should say, alienated from that and that's why we don't know what do we have in this Motherland of ours and what we can achieve. A day will come when all the world will come and worship this yogabhumi.

Now I have to tell you about our own things, as it has been told that, what you have within is these powers. You'll be amazed, all this was known long time back in our country but all that knowledge was finished because of the British rule, you can say, or the other rules that came in, that they didn't care for all this. But there were group of people called as Nathpanthis, they knew this, that Kundalini awakening is the only way you can get your Self Realization. But the idea about Self Realization was so limited and was so absurd that people didn't want to do it. They said you have to give up your family, you have to give up your all, everything, your property, everything. You have to become absolutely single. You should have nothing to do with your relations. All these funny ideas came into the heads of so many people who wanted to propagate their way of thinking. All such thinking has ruined actually the reality that exist within us, absolutely. Because to say that you give up that and give up this and all this kind of a nonsensical ideas: doesn't happen. You don't give up. It's all there, you just have a outward feeling that you have given it, say to your guru or to someone and that's how all kinds of fraudulent things have started with this kind of a theory. You don't have to give up anything, is the point. That, just now as you are, this Kundalini exists within you. She is your Mother. She is your individual Mother. You are the only child She has and you don't have to give up anything as such. Because She's the one who looks after you. She is going to give your second birth. And when your mother gave you the second birth, did she trouble you? She took up all the trouble upon herself and she managed that you are born on this earth. In the same way, for the second birth, as you call dwija, that is born twice, to be born again, there is a Mother already placed within you. She exist within you and She is the one who can give you Self Realization.

This is not told only by Me. I tell you is told by all the saints of the world. Long time back, I should say Gyandeva in the twelfth century [ie 1200s] and all others who lived there but even before that, Markandaya, he talked about it. We don't know anything about these people. Then also in the sixteenth century we should say Guru Nanak was there, Kabira was there, all of them have talked about it. Kabira has said, "Ida, pingala, sukhumana [MEANS Sushumana] nadi", "Shunaya shikar par anhad baje re." [LITERAL TRANSLATION At the Peak of nothingness, plays the anhad (Traditional name for Heart Chakra)]. Nobody understood what they were saying and only reading, reading and reading - where will you go?

Adi Shankracharya also asked, "O' Mother please remove, please somehow or other remove from My mind this kind of ignorance that I have, that I read words, the shabd jalam [MEANS trap of words]. Please remove this shabd jalam." All of them has said, Kabira had said "padhi padhi pandita murakh bhayee" [MEANS by reading and reading a pandit (man of knowledge) becomes a fool]. So even if you go on reading, it doesn't work out. So then scientifically or may be intellectually, you may say, "Oh, it's all nonsense."

Nobody has gone to find out, is there some truth in what these people have been saying. All these saints, even today, are respected but nobody wants to see what they are saying, saying within the lines. Guru Nanaka has said "sahaja samadhi lago" [MEANS You go into Samadhi spontaneously]. He has said clearly, you get it sahaj, spontaneous, but people should understand that all these rituals and all these adambars [MEANS showing off] of no value which they themselves had denounced. There have been so many saints during the sixteenth century and they have tried to talk about Kundalini, I must say. But they used to write it in poetry. The reason is, poetry is the safest way otherwise people would have threat them, beaten them, crucified them. So they thought better is not to talk in prose but talk in poetry. And that is being misunderstood. You see, it's such a

misunderstanding coming out of reading without knowledge. So you have to have knowledge first.

Sahaja Yoga is a gyan marga [MEANS Path of knowledge], where you get the knowledge, the absolute knowledge, not just reading knowledge or some sort of thing. How? When your Kundalini rises She pierces through your fontanel bone area. "Shunaya shikar par anhad bajre", he said it. And then when it becomes one with the subtle; with the subtle that is the divine power of love of God, you can call it anything. They call it Paramchaitanya. When it becomes one with that, what happens to you that all these things like kam [MEANS Lust], krodha [MEANS Anger], moha [MEANS Attachment], mada [MEANS Arrogance], matsar [MEANS Jealousy], lobh [MEANS Greed], moha, all of these things drop by itself because now you are in the new arena or area of knowledge. Where, I would say even Einstein has written about it. He said I was very tired trying to find out the words to express his theory of relativity. And he didn't understand that. So he said "I got so fed up in the laboratory, I came home and I started playing with the soap bubbles and suddenly from somewhere unknown the whole theory dawned upon me." This unknown is what he called torsion area. And that one is the area which is beyond us, beyond our mental self.

What we do normally is all the time with our mind we go on reacting. You say something, we react. Sometimes we react to also things which are very ugly, maybe sometimes too aggressive things, all kinds of things we go on reacting. You, I see, now here say for example, I see these flowers put here. They are such a beautiful thing for Me. But now many people would say, "Oh! My God, how much they have spent. God knows from where they have got it. They should not have done this. Have they paid their income tax or not?"

They might [sulking UNCLEAR] like this and saying things which have nothing to do with the beauty and the joy that these flowers are giving. And the whole reaction of the mind goes on like that and that's how we get into tension. Why we cannot enjoy? We cannot enjoy, the reason is we are still not connected with the mains. Now supposing this instrument is not connected. What is the use of this instrument? In the same way, we are all the time, all the time, thinking and putting our attention in a way that it reacts. Anything, anything that they see, one feels we must react. And if they cannot react, they think that it's a lost case and they have not understood the point. For this, this happening of Self Realization is called as Atmasakshatkar. Even Christ has said, "Know thyself". Said it clearly, everyone has said that. It's not I am saying, but how to do it is the problem. Because you can't enter inside yourself. We cannot move into this subtle thing. For that, it is the divine has placed this Kundalini in the triangular bone. You see, it's so important. She rises through six centers. Now these centers are for our physical, mental and emotional being and also for spiritual. And She passes through them, firstly She integrates them, secondly She enlightens them, She also nourishes them. That's how it completely balances you and makes you very healthy person.

I would like to tell you because the kind of work you do, morning till evening, you are very hard working and all your attention is on your work, and you are going out of the way to work out whatever your plans are, whatever it is. In that doing so, what happens to you, let us see. The first thing that happens to you is that, she's told you, is the right side nadi, which we call as pingala. This pingala nadi gets over-excited, also tired. All the time using that for your thinking, for your futuristic manner. All futuristic people suffer from this. Now this nadi is a very important nadi which is, of course, I mean, the medical science doesn't know about it but we can call it - it is the right side sympathetic nervous system. The sympathetic goes into action so much so that it can really spoil all the working of all the centers which are connected to it. First and foremost is the liver. The liver goes out absolutely. Now what is the sign of liver is that, that you get ... you can't eat, get constipation, all these things when it's on a very lower level but when it starts rising - the function of the liver is to eliminate the heat from your body into the blood circulation - so if your liver is out, it doesn't do, so this heat goes on passing. It goes from liver to the heart or sometimes before that to the lungs. So such person can suffer from asthma of a very serious type. In Sahaja yoga, asthma is absolutely curable. No doubt. But you have to first become a realized soul.

Now this creates asthma, secondly when it rises even on the left hand side then supposing there is a boy and he is about twenty one years of age and he plays tennis, with that also he drinks. So he is out for a fatal life because then the same heat attacks. Attacks the heart and the child gets a heart attack. But this heart attack can come even to much older people, those who are working very hard and all that, they are neglecting, they are neglecting themselves. When they are neglecting themselves, suddenly they get a heart attack. It's a common disease with all the government servants because they are not bothered to find out how much energy they are putting in? How much energy they are using? Now the energy for our brain goes through one

center which also looks after the liver. So if you think too much, all the time if you are thinking, then this liver is even much worse. Such a person who thinks too much gets the problem of the liver but doesn't end there. From the heart, it might even go to the pancreas, one can get the diabetes, just imagine. Diabetes can be easily cured if you stop thinking, but how to stop thinking is the problem, which I'll tell you later. And then it goes down, it can attack the spleen and one can get a blood cancer. It's very serious. But then it can also affect your kidneys and your kidneys can stop working. After that the kidneys thing is the, we should say, you get constipated, very badly constipated, because of the lower intestine not acting.

All this heat we generate all the time by our overwork, by our futuristic life. To stop it, there is no way out. You are also government servant, conscientious people, we want to work very hard and we want to think how to improve the situation and work for your country. But at the same time we have to know what imbalances we are getting into. We are just going to the right side, not to the left, but cancer also can be caused by the same. I'll explain to you how. I am sorry it's turning out to be little medical, but this is say, these are two Chakras from the left and right sympathetic. They join together to form one Chakra. Now what happens, you are working too much on the right and goes on like that, draining out your right like that. Suddenly some shock may take place, something may happen on the left side and it breaks. So your relationship with the whole is lost. When that relationship with the whole is lost, your, this right side becomes on its own and the left side becomes on its own. Like they become what they call, malignant and all the cells start behaving like that. Also you can cure cancer, it's not very difficult. If you want to work it out you can cure. But the best thing for you is to get your Self Realization and to establish yourself. That's the best thing for all the men and all the women. Now I have seen that this is a only one part of it I have said about the right side but the worst thing is that your right side can get paralyzed.

Recently we have one very good doctor working for us, I told him, "Sir now you are old. You must take rest in the day time, there is no harm. Must take some rest in the day time and sleep early and don't exert too much. You are very more than sufficient." He won't listen to Me. I mean he would listen, but he wouldn't do what I am saying. So what happened to him that he got a paraplegia, as they call it. His right hand and his left hand completely paralyzed. Now he is cured, that's different. He is cured now. But the nature takes its own respite, I should say and that's how this fellow got his right side completely. Now the people who work like this mad can have an effect on the left side of his head and his body can get paralyzed on the right side. It is the nature that is trying to correct, because you are overdoing things.

So now, how to work out, how to balance it out is the point. But if your Kundalini rises, She nourishes all the centers, She integrates them, She puts them right, enlightens them and ultimately connects you to the source itself, to the ocean of energy. Then what can happen to you? Nothing. It's a life which is tireless, you are never tired, you are full of energy and the energy is flowing through you. But not only energy, but also the knowledge, absolute knowledge, because your fingers start feeling the Chakras, you start getting the Chaitanya on your finger tips. So you can make out what Chakras are catching. If you know how to correct those Chakras, you can correct them and also if you know how to correct for others you can also do for them.

The another thing happens to you that your personality evolves into a collective being, you become a collective being. As these days you have seen we have so many gadgets and things and now the new software and all that has come that we can connect to anyone. But that system is within us also. We can find out about anyone, what's wrong with that person and we can cure that person sitting down, can be done. But you have to evolve to that state and you don't require too much time.

Once the Kundalini is awakened, it's like a small little seeds, plumule, the ankur [MEANS sprout] has to develop. And if it develops into a tree, you just, you are amazed. You become so transformed. Because all these nonsensical things that have been within us, which I have told you already, the six shadripus [MEANS The six enemies] that we have, they just drop; they just drop. And you become so confident about yourself, you do not aggress, you do not try to find faults with others, but you become like a witness. You start witnessing everything, see everything, not to react. You go beyond your mind because this reaction is the one that causes most of the trouble. Now you get the real gyana [MEANS Knowledge]. There's no need to have all these reactions. You actually know what's wrong, what is to be corrected, what is the solution, just you know. I mean, how you know because you are connected with the mains. You are one with that, without that your personality is not complete.

Once it happens, you'll be amazed that all these people have talked about it. Mohammad Sahab has said that, "At the time of

resurrection, your hands will speak." Now what is that? That's the proof of that you have got Realization. Now the situation is so simple and is working out, I don't know may be it's such a ghor [MEANS extreme] kali yuga that it has started working in this time, that there are thousands and thousands of people, who are getting Realization even if I am not there. Sahaja yogis can give Realization to so many people. It is very remarkable that it's happening in this world and it's meant for you, you can't pay for it. You can't do anything about it, it's just there. The God Almighty has put it there, the Kundalini. Only thing is that, somebody who is a realized soul can only awaken it. Like one candle which is enlightened, can enlighten another candle. That's the only thing. But if you have enlightened another candle and steadied it, that also candle can do the same. That's how it has spread. I didn't go to all these country. I've been hardly to the twenty countries, at the most. But how it has worked out, see.

It has worked out so beautifully and this is the science of our country. This was from our country. Of course, others also talked about it. William Blake has talked about it, but still I would say, is basically this knowledge is from India. Indians had all this knowledge, but somehow they didn't give Realization, collective Realization. And so I only wanted to develop a method by which or by understanding the permutations and combinations of human being, I could manage this collective thing. Because any, any discovery which is on just on a individual level has no really meaning.

And it worked and it is working and by all your kindness and goodness that they have guilt. They start saying, "Oh! I have done this wrong, that wrong." But whatever is done, has done, finished. Now why are you bothered all your life? That's one thing. That is a very bad thing for this kind of a, I should say, nerve, but actually it's very bad for the center. This is the left-side center what we call the vishuddhi and that's how the Kundalini doesn't rise. So you should not feel guilty. There's no need to have confessions and all that. You just think, you are a human being and you all can get your Realization. I must tell you this is the power of love. Is not the power of any intellectual capacity, but the power of love. And with the power of love, if you believe in it, then also you must love yourself. You must forgive yourself and not to have any guilt.

Then after forgiving yourself you have to forgive others also, because others are also ignorant. They also are not yet well-equipped to understand you. So forgive, forgive all of them, just forgive. Logically whether you forgive, you don't forgive, you don't do anything. Nothing is done. Only you are harming yourself by playing into the hands of the people who have troubled you. So best thing is to forgive them. It just helps a lot to open this center of forgiveness. These two centers are the real hurdles in the ascending power of the Kundalini. So what we have to do, is to forgive yourself and forgive others. That's all. Just to say in your heart that I forgive myself and I forgive others. That's the only thing you have to be convinced that you should not blame yourself for anything. You have done nothing wrong. What have you done? After all, if you had done anything wrong, you would have been in jail. But you are not. So what is there to feel guilty?

This thing we have to also understand that some people think that unless and until we are very dharmic or we are very much in the ritual, we will be saved. It's not so. It's not so. We are lost into this [UNCLEAR]. So forget about it. The Kundalini rises whether you are a Hindu, Muslim, Christian or you have done so many pujas or so many this thing. Doesn't matter. Only thing that keeps you cleaner than other things because your attention is on God. But it won't work out unless and until the Kundalini rises.

I must tell you something I always felt about the women and the recently as they said as I have started a self-organization to help women who are in distress and also little girls and also young girls. Because I feel in our country, women don't have proper place. Wherever they have, it's all due to law and it is very, very cursed state where women are definitely helped by law but they go on asking for divorces, the family life is ruined. So it's for men, they should develop real respect for women. They are, I don't know, how many percentage, but definitely much more than men are. And if you do not respect the women, you are really finishing the whole culture of our country. We have to definitely respect women. There is one thing I would request you, to income tax people, that the way you have a law, I don't know, I have talked to the finance minister, but he doesn't heed, that you are after the stridhana [LITERAL MEANING Women's Property]. To touch the stridhana is a paap [MEANS Sin], is sinful thing. But is done in such a, such a bad manner, I have seen it, because you are all big people, big johnnies, but the people who go to such places.

We had a neighbor who was a jeweler, and I was there when these people came in. And they went and they had, you see this was the last story, so they had put a artificial, this thing. They torn, got it completely torn, completely. They opened all the sofa sets,

did all kinds of....I couldn't understand, how could do they? And in that house there was no man, only the women living. And then they went into the cupboards and did everything. I mean, somehow or other, it's like a hitlerish type of attitude and they found nothing. And they told them, "If you report it, we'll confiscate much more. We'll come again." Where this kind of thing is done, you have a law, but the way it is asserted, you should look into it.

I think, why should you take also, the ornaments of women, I can't understand. Because poor ladies, first they don't understand banking. You know that. I don't understand Myself any banking. That's the only bank they have. Then somebody told Me that they will be using black money. I said, "Which husband will give all his money for buying ornaments?" And now the black money is already in the market, they don't want to keep it in the ornaments. But women, they have only that for support. Every time I meet some lady like that, I feel like crying. The other day we had a neighbor in Bombay. They were three ladies who came up and they told us there was a raid in their house, for the ornaments. "They took away all our ornaments".

I said, "Why didn't you register it?"

"Our husband won't register. They are all drunkards, so they wanted to sell that ornament and use it for their own drinking. So we have lost all that".

But I said "Why, why did you keep them?"

They said "Given to our parents. Whenever we are in need we can sell it and we can get something for our living. This is our bank."

So is it this side of Indian life we should understand. We are not western women, we are Indian women. But surprisingly nowhere in the world, nowhere, even in Russia, there is no tax on the ornaments of women. Then our country is the industry of making ornaments - is so beautiful, such artist, such creativity. Let women have their own ornaments. Why do we have that on the income tax? And it's not an easy thing. You know you have to register. I know, I know what it is. You have to register, you have to tell them. Then may have to ... Now for gift, if you want to gift some ornament to your daughter, you have to go the commissioner to do this, to do that. I mean, who has the time to do it? So a humble request, I wanted to make that you can really think of it, that this is one thing where you allow little money to be there.

I'll tell you one thing when Mahatma Gandhi had his freedom struggle, My mother, I know, she gave away, except for what ornaments for us, she gave away all her ornaments to Gandhiji. It is your, here the sampada [MEANS wealth], it's your property here. It's a money there. All the time it is available. But why should you not allow women to exist? Because in the villages also, women have no concept of a bank or anything. I wanted to tell you, I thought, whether I should talk about it now. But you people are so much accepting, I have to tell you that this is one dharamkarya [MEANS Act of Dharma] you can do, just please do not bother women about it. There is so much of botheration to them, the way they are treated just like criminals. Moreover in this country, you know that women have to wear. They can't do without it. It's a country we think is the honor of the powers of a woman. And that's why they have it. This can relieve you from lots of worries and troubles, I can tell you. Because, I have seen when they go in the night and then these people go and harass others, then the report comes to you people and you feel so distress. If something could be done, I'll be very thankful, it is worth talking to you about the pains and troubles of women of India who are already downtrodden, already being oppressed, already being tortured.

This is all right, but now the Kundalini awakening part of it. Once the Kundalini awakened you will understand. You would have that love and affection for all the people of the world. I know there is so many problems in this world. I don't know how to patch them up. For example, they said, I have a school, another school I have started in Maharashtra. I have seven schemes already started there. But worst of all, I feel for women. They are so helpless and there is no way of really getting them redress. They are in such a trouble, while they are the shakti [MEANS Power] of this country. Kundalini is a lady. She is not, She is not a man, you can say. You have all the avatars [MEANS Incarnations] and everything but Kundalini is the, what they call the reflection of the Adishakti. She's the shakti. We are the shakti worshippers. But the way we are treating our women is very surprising. We have to understand that these women, if they are awakened, what powers you will have. In any country where they have had powers, it is

through their women. You read about anyone. Even Mahatma Gandhi, all of them, even Shastriji. I thought, how much they loved their wives. And how much they cared for them. I tell you it is very remarkable how we miss out on the most important and such a big part of our population.

Now I have started this organization and I am going to give Realization to all of them. And I am going to see that after Realization they all learn things very well and stand on their legs. Your administrative capacity, your thinking capacity, I should say, your understanding a subject increase so much, that you're amazed. Sometimes My husband says, "How do you know?" I said "I know. Just I know." You will know how to manage things. And the main thing behind is the love that you have for others. It will work out so beautifully, your life will become so beautiful and you will enjoy it. And all the greed and this all nonsense will just drop out. In these modern times it's very important that you all should take your Realization. Because after all we are Indians. Our culture is such that we are in for Self Realization. We are so different from others. And here in this country, the women have saved the culture of India. Women. So by this you can also look after the women, give them Realization, give them understanding and also help them. But not to harass them. That's not the way. Harassing, I have to request you, to absolutely ban it - to harass women. Already they are harassed, they don't know what to do and this law doesn't help them at all because the men are the controlling power. That's for men to understand the value of women, men to understand their power of love and then it will work out. I am not saying because I am a woman, but I am saying this, what I have seen. Such injustice we have done to our womanhood.

Now for Kundalini, I would say we'll take hardly ten minutes and you will get your Realization. Now about this whole theory and all that and everything, you see, the people have written granthas [MEANS Holy Literature]. But that you can read and can find out, but just now I think best thing is that you all get your Realization, if you permit.

One thing - you can not force on anyone, you have to ask for it from your heart. Because Kundalini is the power of shudh Ichcha [MEANS Pure Desire]. That's the real, because other ichchas [MEANS Desires] are useless. Today, we want to buy a car. After buying the car you are not satisfied, you want to build a house. After building the house, I don't know, you want to have an aeroplane. Goes on, it's economics actually. The modern economics is based on this, that you are never satisfied. Go on from one to another. But after this, you are absolutely satisfied with whatever you are. You are not at all on the run, but you are absolutely in the realm of peace and joy. This happens to you, and this should happen to all of you. Firstly, I always say that service people, government service people are like the spinal chord of our, My country. They are the ones. They look after. Without them nothing could have happened. If the British have given anything nice is this idea of service. Of course all the kings had, everybody had, but the systems they have started has helped, and you are the spinal cord. You should never get sick. You should not have any problems. And that's why I am very happy and thankful to your organization and to commissioner sahab, who has invited Me for this.

As I have said it will take not much time. You are all ready for it. Now can you put both your hands towards Me, like this? Just like this. I hope you have taken out your shoes. Because this Mother Earth, I said, gives you the power. If you have not, please take out. You will discover what I have said about our motherland, how wonderful She is. All right, just like this. As I've told you, you have to forgive yourself and you have to forgive others. That's all. If you can do that, just from your heart, you just say it in your heart "I forgive myself and I forgive others." Just like that. Forgiveness has such a power, just see that.

Now please put right hand towards Me, because you are right-sided people, right hand towards Me, and the left hand you put it on top of your fontanel bone area, what we call as the talu, which is a soft bone in your childhood. Just put your right hand towards Me and the left hand you can move it a little bit, not on top, away from the head, you can move your hand and see for yourself, if there is any cool breeze or a hot breeze coming or vibrations coming out of your own fontanel bone area. If you bend your head, it will help you more. Just bend your head. Not to doubt. Now some people start doubting that there is air-conditioning and all that, is not so. It's from your own head it will start coming out. As Kabira has said, "Shunya shikhar par anhad baje re." just see this. It's coming out of your head. All right.

Now please put your left hand towards Me and bend your head and see with your right hand if there's a cool or a hot breeze coming out of your head. Now if it is hot that means you have not yet forgiven yourself or you have not forgiven others. So

please, please try to see for yourself, please forgive yourselves - very important. This is, I am talking about the realm of love where all these things do not exist. Now see for yourself, love and compassion. Compassion and love for yourself and for others. Now please put your right hand towards Me, once again and see with the left hand on your talu [MEANS Fontanel Bone Area]. Just move your hand. Now in the both the hands if you put like this towards Me. Open your eyes, there is no need to close the eyes. And see if there is cool or hot breeze coming onto your fingertips or into your palm. Just see. Called as spanda [MEANS Vibration], Adishankaracharya has called it spanda and all the saints have described it. Now, all those who have felt cool breeze on their fingertips, or on their palm or coming out of their fontanel bone area, please raise both your hands. Wow! It's very good. Excellent! Excellent! May God bless you all. May God bless you.

But you have to develop it more. It might not have come with some people, but doesn't matter. Maybe there is some sort of an obstruction somewhere but it has worked in for so many people and I am very much overjoyed to see that. If I have said anything that might have hurt you please forgive Me because what I felt from My heart I wanted to tell you. That now we have to help our women in this country. Is a very important thing. I think that's the main job for us now. May God bless you all. Thank you.

He would like to sing one song and you can clap if you want because that will help to have vibrations. Mr. Kapoor wants Me to ask questions if you have any. Sab nirvichar ho gaye [MEANS Everybody has gone into thoughtless awareness]. This nirvichar stthiti [MEANS Thoughtless awareness state] has been also described by Jung. That, he said, where your thoughts just subside. Thought comes and goes. Thought, another comes and goes. Some comes from the future and some comes from conditionings. Now there's a little space in-between which we call as vilamb [MEANS Pause/Gap]. But that is lost. But when Kundalini rises She makes these thoughts, you see, She elongates them and the space is created. Then this is the state of shunya [MEANS Nothingness], as they call it, where is the reality. Because past is finished and future doesn't exist. When you are in that reality you get all the knowledge. This is one thing has to get.

Haan [MEANS Oh yes!], I must also tell you one thing that I heard one Guruji had come, there was a big crowd there. And what he was saying, "You people are not on the Nirvikalpa [MEANS Doubtless Awareness] state. You are not the people of nirvikalpa. So, why should you go for gyan marga [MEANS Path of Knowledge]? You are the people who are running after everything and all that."

I mean, openly saying like that, you know. And people accepted him. So what you can do is to serve your gurus, you see, do this, do that. This is how it is. They're openly saying things which are absolutely absurd. And this is what is misleading us. We are not. We are gyanmargis [MEANS People walking on path of Knowledge], all of us. We are born in this, at this time because we are gyanmargis. We will have to have gyan otherwise we cannot exist. We'll have all problems, everything. So this gyan has to come. Unless and until we get this absolute truth, we cannot manage life. And this is what they say, that you are running after this and that and that, how can you be nirvikalpa. So don't listen to all this nonsense. All this has not helped anyone, it has not helped your forefathers, it has not helped you. What you need, the truth and the truth is that on your nervous system, on your finger tips you should feel the truth. Now if you want to find out somebody is real or not. Just put your hands and immediately you'll feel cool breeze coming. You ask a question about anything and you will get the cool breeze. But if it is false, if it is wrong, you will not get it. Not only that but sometimes you get blisters, just for a short time. Or sometimes you get kind of a tingling. So you are the one who knows, it's absolute and this we have to have.

Because as it is, Guru Nanaka has said "kahan re man khojan jaye [MEANS O heart, why do you go searching outside (for God)?], sada niwasi, sada alepa, to yeh sangha samayee" [PROBABLY MEANS (God is) Always inside, always hidden, it is inside everyone].

But how to go inside is the problem. That's Kundalini. That's the Kundalini. So may God bless you all. I hope you all will progress further into Sahaja Yoga and work it out. Those who haven't got it also should not feel disappointed.

[One question is asked by the audience. Voice very low so probably the question is. "Do we need to repeat this more often to get the cool breeze?"]

[Mother then replies] No, no, please be seated. Actually as I told you, it is now the sprouting of the seed has taken. With some people they just immediately get into it, I know, but mostly they have to work it out, because there may be problems in their Chakras and all that. But nothing has to be done. Just little meditation that these people will suggest. Don't have to pay for it. You don't have to stand on your .. nothing of the kind. Don't have to give up anything. It is inside, it just rises. So supposing something is wrong in a particular Chakra, or obstruction is there a little bit or something, then it has to be corrected and takes hardly anytime.

[ASIDE: Have you got some place where they can meditate? Have you got some place where they can meet and meditate? A Sahaja yogi replies, "Yes, Shri Mataji". Shri Mataji confirms with him, "hai koi" (MEANS Ok!, There is one).]

He says we can organize some place where you all can meet and can rise. But I don't think you will take too much time. And within one month you become master in yourself. You become your own guru and become the guru of others. I mean you have no understanding of your capabilities also, which you will be amazed, how you are so powerful! You are. So little bit time, about five minutes, ten minutes everyday. That's all. But once in a week or something they will arrange. So you should go there and just meditate, collective meditation helps a lot.

[ASIDE: Shri Mataji asks Sahaja yogis to sing a particular bhajan in Hindi]

He is a gentleman who has got inspirations and he has composed all the poetry himself. He never used to sing, you see, he never had a capacity to sing classical music and all that. Now he suddenly has become a great musician. He speaks very well, it's very surprising. Suddenly what has happened to him. I've known people who were charted accountant have become poets of very high quality. So all your, I should say dormant capacities and talents, they just show. It's very surprising.

2000-0420, Welcome Puja and Informal Talk

View [online](#).

20 April 2000

Devi Puja

Golden Sands, Dubai (United Arab Emirates)

Talk Language: English | Transcript (English) – Draft

The talk 2000-04-20 Puja and Informal Talk, Dubai, DP-Raw, 26'

All the stars are aligned, and they are all talking about you, so we thought we will have Puja on the 5th and 6th, and 7th program. May God bless you.

Already in Russia, they have accepted us as a religion, recognised, that is a very big thing because all other religions are coefficient. I don't know why they are kept in Sahaja Yoga, how? So, the problem over there is leadership and now they have a very good leader Uncle Noyce, that's how they got it. Also, in America but now they are expecting in Italy also that will be done because the Catholics are against it.

Shri Mataji asks, "When will we do the Puja?

Yogi replies, "Shri Mataji whenever you say then we will do the Puja".

Shri Mataji says, "Do it now and then eat food. We have to see that fellow. Will you bring it here? No, Yogi replies, "We can speak to him".

Yogi asks, "What time will you prefer Shri Mataji?".

Shri Mataji says, "After eating food, just now, after Puja then you do it".

Yogi says, "We are all blessed by Shri Mataji for letting us have a small Puja".

Shri Mataji says, "It's your right".

(Sahaja yogis speaking and preparing for Puja)

(They are washing Shri Mataji's feet)

Yogi says, "Day before yesterday on my way to London and then you asked us that we go to America, so I was on my way back and then".

Shri Mataji asks the Yogi, "Will you be coming to Turkey?".

Yogi replies, "I am trying. I am trying to go on the same flight as you. I am trying to arrange the tickets, so it all happened by chance. I didn't know you were coming to Dubai".

Another Yogi says, "He called me up Shri Mataji from Bombay I said Shri Mataji is coming so he talked to me."

Shri Mataji says, "All Sahaja".

Baba Mama, they might have all struggled. He was such a help to me. Baba Mama. Now, we are shifting to Vaitarna near Bombay, now, somebody has to look after the chamber house?

Sahaja Yogi asks, "Is anybody else left out?"

Just give a Bandhan and his wife started giving a treatment and then the news came he was very sick and just about to die. You are children [unclear] because I think the grown-up people try to understand sometimes mentally and they are not that deep as they don't understand that it is such great power, to begin with. Children just take it, just a four-year-old child and the parents are not Sahaja Yogis. Now they have become but they were not, still, the child was blessed. We have many blood cancer patients otherwise also that were cured but never a child of four years, even to get blood cancer for a four-year-old child, mother was a very active woman and then she conceived this child and that one should not. Also, when pregnant you should not become so much right sided. A very serious type, for children it is a very serious thing. They develop all the right-sided problems if a mother is overactive, very ritualistic, she thinks too much then they have it.

Now I think people are recognising but this time when I came there were those white turban Sikhs, they call themselves Namdhariye, Namdhariye and they all touched my feet, they said Namaste to me because their Guruji has told them. One fellow who used to play Tabla for us in Cabella very great artist, he is called Sukhwinder Singh, he is also namdhariye, so he told me that my Guru has told me to take to Sahaja Yoga. Just imagine there are such people who recognise at that level like he also went to see. Shri Mataji asks a yogi, "whom did you see?" Yogi replies, "Shankaracharya, Adi Shankaracharya, second senior Shankaracharya. He is Jaynendra Saraswati". So, everybody was surprised, and they announced it, in the program, they announced about this. So, you see they can't recognise it, they are realised soul or maybe they are good people they might have been. I was surprised that these namdharies suddenly. Actually, I don't know what is the difference between a Namdhari and a Sikh. We had some Sikhs also but not like this all of them. If the guru gets all right so all of them can be all right. I was surprised, Sukhwinder Singh did tell me that my Guru has told me that go to Sahaja Yoga, go to Shri Mataji. But I was surprised by all of them so much. Another one came running after me like touched my feet and I asked him. His Guruji is so old and looks so old. But Muslims also, for example, there is a place called Benin, it's a nation Benin and seven thousand people Africans they are all Muslims, they were. I asked them why did you become Muslim they said because the Greeks give, French, French were rulers, and they were so immoral, so horrible so we took to Islam but now we know what is Sahaja Yoga. The head of their army came to see me there in the program and he was dancing there. And another is this Ivory coast there are 3000 people and also another place you know Turkey. This time we'll see but they are saying there are many more than 3000 because when this earthquake came not one Sahaja Yogi was touched and you will be amazed that their houses just shook a little bit otherwise everything was intact, quite a fundamentalist and those who were doing black magic. Then in France also they are very funny, they opposed us very much and when I went there still, they were trying to be cunning because they wanted to get something for this Puja and a big typhoon like this started from the sea and there was a tanker waiting on the shore and it sunk the tanker and all over there was oil. Very funny thing was that those whom people went to this Puja got cancelled. Then they came up this typhoon came up started wiping out all the churches top, quite a lot of churches were destroyed and then also the people who were fundamentalist, Christians, Catholics their houses were demolished. We had purchased a place called Jausse, means it was all legal, it came up to that point in Jausse it stopped, it's really surprising. They were first criticising me and then the whole place was filled with this typhoon business, rain. Even in Orissa, very surprisingly not one single Sahaja Yogi has died. Even they had a bomb in Bombay not a single Sahaja Yogi died except for one whom all the time telling me Mother I don't want to live, my mother is very bad, she doesn't forgive my wife this that, I want to have another mother. I was telling him why should you do like this. He said, "No, I can't, just get rid of this woman, she is terrible, and I must die, I am feeling [unclear] all the time he was saying like this and he is the only one who was killed. His wife's name was PrAgnya [unclear], she was Australian, now we have married her to somebody in France, Majheek he is a Muslim. And this marriage has turned out very well. She is working very hard there, Sahaja Yoga is spreading. The French are funnily placed because there are these horrible Catholic Church. I mean they have no freedom; I think. That way I must say Indians are much more, they have no freedom at all. From all over the world people came to Dharamshala to study, but those who came from [unclear] they made it, such a fuss, such a horrible thing. Moreover, they have become very loose tongue, very poor, not rich, rich by experience that they drink such a lot. 48% of French are without jobs. Absolutely, and they have been, that's one thing they can't give up, ego. They have become so poor, even their houses, they cost

you nothing. I mean if somebody wants to buy a house in France it's nothing, because this drinking business, it's terrible.

There the end of Sheayas, there in France, they recognised me, and they wanted to work only on Sheayas [unclear]. Still, we can get hold of Sheayas even in India because this Pakistan has killed again 15 Sheeyas. They are killing all these Indians. I mean they were Indians went there, and I don't know, but the people who went there they all lived there with [unclear]. Everyday [unclear] at that time used to be 21 and so many of them are killed, very surprising.

Last night we slept very late because this Gautam had come and he was telling all kind of things about the government but the most successful thing was that we had a meeting with IAS, IPS people in Bombay then we had it also in Delhi and there were lots of and then we had it with income tax. I told them that you should not try to catch the ornaments of women because now all the ornaments are going abroad, they will not stay. I told them the whole thing and they really appreciate it. To these people from democratic, [unclear] how much they advertise especially in Bombay [unclear]. They brought this, that, flowers, cars, so on and so forth.

I was surprised I mean how could Income tax people become that rich. He is a very humble guy [unclear]. Has got very efficient vishuddhi. He is very sort of straightforward. Once he said that I am so happy. We have come to you and you have come to us. He is a musalmaam (one that belongs to the Muslim community). In India, the Sheaya community is weak, I am sure. In Lucknow, there is one Musalmaan (Muslim).

(Shri Mataji discussing with yogis and arranging the time of appointment to see somebody.)

"If you don't spend then they tell, this time she has not bought anything".

You are a bit late in coming today.

Yogis showing the Ramayan book and children showing their work. Shri Mataji asks, "What about others"? Yogi replies, "They have planned a play for you Shri Mataji".

We can accommodate 50 people.