

they are the greatest butchers ever born.

Now the government has taken over our most of the temples because they used to butcher women in these temples. In Kashi or what you call Benares there was a big case of a lady and they did it to many ladies. But this lady was wearing all the ornaments. They keep all dark because they say, "There should be dark, you see, because the God doesn't like light," all kinds of their own theories. And they would take ladies inside and there was a trap door and the ladies used to slip down, and they would kill the women, take out their ornaments and in the crowd people would think that the woman is lost, you see. They don't know where she is gone. And like that one lady was lost and they, now government has taken over. So many temples like that. Even Shirdi Sainath who was a very great realized soul, even there, there was a murder. They are murderous people. We have one in Pandharpur, a very big, very well known temple of Pandharinath, is Pandhurangas, is very famous, is a vibrating deity, no doubt. But these horrible people, they take the heads of the devotees and just break them, just like coconuts. And these people, these devotees go all the way walking, for miles together, and these horrible Brahmins sitting down there, doing all this job and living on the wishes of these ... I mean on the money of these poor devotees.

Russia I went to. They said the same thing. They said, "These parasites,... how can they be anything near goodness? How can they be?" So they don't believe in God. But I saw the parasites there also. They are all parasites, in the name of God and all these funny ideas. Now tell Me, in Greenland they haven't seen even a one green leaf. Are they supposed to starve if they became vegetarians? They say that by becoming vegetarian you become non-aggressive. All right, if you are an aggressive person take to vegetarianism, is different. That gives a balance. But Indians should eat something; they are absolutely slavish people. If they see an English man, they'll immediately fall at their feet, even today. After three hundred years. Only after coming here they have become like that. But if you go to India then you will know how they treat an English man. They are still afraid that they may start to rule us. Depends on to what sort of a temperament you have got. I mean, supposing you have a liver trouble, then best thing is to take to vegetarianism but if you have some other trouble then you take to something else, isn't it? It is not, it's one prescription for everyone. Cannot be. Everybody has a different temperament.

Question: [Inaudible]

Shri Mataji: No, that's a very big misnomer also. Prana is what? You must understand. Prana is the right hand side power; right hand side power is the Prana, all right? And the left hand side power is the Mana Shakti and the center is the one through which the Kundalini rises.

So that is the divine power in the center. So the prana is only the right hand side. This is also used, going on. That prana is important. Now prana is, because it gives you the power of action, and for power of action, I think you better take to protein food. I mean, if you have to have this [INAUDIBLE], I mean medically, use them. It's all a jumble going on [unclear] mumble jumble as you call it, because it's such a realm that nobody knows much. And if you want to exploit people, best thing is to give something and tell them, "Do this." Like some people came to Me, told Me that they joined some group and they were trying to learn flying, all right? So they were said that "You have to pay three thousand pounds." They went to Switzerland, paid three thousand pounds. One of them is here who paid three thousand pounds to learn flying. They said, "Your weight is too much. You have to reduce." For flying, you know, you have to reduce your weight. So in that three thousand pounds, the food they gave them was first of all they boiled some potatoes. Now, water of that boiled potatoes was given to them for three days. Then for three days they were given the rind of the potatoes. And then the seventh day they were given some potatoes. They became absolutely dead people, do you know? Imagine, the people from the West eat well, they need food to eat and they were made absolutely dead. They said, "This is just to make you fly," you see? And they did it. They were sick and they were all possessed. They ended up as, most of them are lunatics or epileptic and I have cured them, so many epileptic people. These are all the tricks of the trade. You ask Me, I'll tell you.

[The fun?] Heh?!

Seeker: [Inaudible]

Shri Mataji: Spirits I think, I don't know what. But spirits I should say the way they are. There was a lady who came to Me, I mean so many of them have now come to Me. I mean they all came after going to all various places. That's My faith, I should say. They read all the books of the world, they go around the whole nonsense, all the shopping centers they go to and ultimately in the corner, you see, they come to the temple. That's what I feel about it. And there was a lady, she came to Me. She is now all right and she's, she's very good. But she used to go into a funny sort of an epileptic fit. For three hours all her body used to become stiff like this, all her neck and everything like that. But before Me she used to be for about an hour at least. Now she's absolutely cured.

But the last one was a gentleman who had become... who came to Me, but he was so badly off that when he went away from Me also, you could not do much about him because we have no proper place to do it, you see, because these people jump, see Me. One of them jumped twenty feet like that, straight off, you see. They just took My name and he jumped twenty feet, like that. Some people go in to contortions, horrible things, you know. And everybody started getting angry with us in that area that "What sort of an ashram is this and what these people are doing?"

Now this gentleman specially, he came to Me and we didn't know what to do because he came and he said, "Woh, woh!" like that. And we said, "Now, better go," because I said, "I cannot cure you here. We'll have to find out some place for you where we can cure you." The fellow went home and he got into the same sort of thing, and he was admitted in the hospital and they came and told Me that for seven days he was in... What? How many days? Seven. Seven days he was in coma.

And then I, of course, I worked out his Kundalini all the way. And he was there the other day. He came back from the hospital. He was walking a lot. Absolutely he had become stiff. All kinds of things are happening.

The other day somebody met Me. He had an Agnya, this center portion, all coming out like that and pulsating, horrible. I said, "Where did you go?" He said, "I went to somebody in Glasgow," and I don't want to take their names because they will file a suit against Me. But this is you people have to understand then. And then he went to New York and he got this nonsense. He said, "I'm getting now crazy. I'm getting mad." And he's a gentleman who's expert on computerization. All kinds of harm they have done to you. I said, "All right, if you are smugglers, have money. You are cheats. All right, take money." But why spoil their Kundalini? Just think of a Mother who is only for this job, who has come only for this job and She sees Her own children being ruined like this. How She must be feeling.

And this is what they have done to you, by giving you ideas, for this, that. Don't take any ideas from these people. First of all, know yourself. Then you will know what is correct and what is incorrect. They have no love for you, nothing. They are just befooling you. All sorts of ideas they throw in the air, all befooling. They come to Me, I find they have no powers, nothing they are manifesting, they don't know anything, they don't know chakras, they don't feel anything. Nothing, and the poor things, most of them can't even look at Me. They start shaking before Me. But this is so, you see, just like lunatics. Lunatics always shake before Me.

But I must tell you a very interesting story about Brahmins because I told you this. In Pune we had a program and they arranged it in a place which was owned by Brahmins. And they didn't know I was not a Brahmin. I am a born, I mean, so-called I'm a Christian in the sense that My father had baptized Me. I took My birth in Christianity, because I felt that there is too much fanaticism. So they might accept Me because I am a Christian. But Christians have denied Me. Christians in India are not My disciples; they are Muslims and Hindus. Christians do not want to see My face. They think that I have something wrong with Me, and that's why I took My birth as a Christian.

So these people said that "She is not a Brahmin. So we cannot have Her program here." But it was announced in the paper so the organizers, they said that "But we have announced it in the papers, and everybody will say that 'You are Brahminic people and you have done this.'" So they were frightened of that. They said, "No, no, no, no, they will have the program."

And they never told Me all these things, you see, and I was sitting and there was a big crowd sitting down and some people

sitting on the gallery. Suddenly, I said, "Among you who thinks that he is a Brahmin?" So four, five came forward you see, like this, like big Romans. I said, "Please sit down". I said, "You think you are Brahmins?" They said, "Yes." I said, "All, put your hands towards Me, [unclear] like this."

So I said, "Why are you shaking?" They said, "Mother, because You are Shakti." I said, "If I am a Shakti and you are shaking because of that then the rest are not shaking, why are you shaking?"

They said, "See, these are shaking."

I said, "Go and ask them from where they have come." They all had come from lunatic asylum. I said, "In the same way you are. Now you see relatively who they are and who you are, thinking like that, that 'We are the chosen ones and Brahmins,' all falsehood."

It's all falsehood. They live with falsehood. By saying that I am the Queen of England I don't become, do I? In the same way, you cannot just claim something without getting it. Any other questions? One more.

Question: [unclear]

Shri Mataji: There is no organization, My child... But, yes... How? How? You see what I said is to put your hands towards Me, all right? No, I'll tell you how it works out.

Interlocutor: [Inaudible]

Shri Mataji: Sahaja Yoga has been, has been the working of the Divine, in all our evolutions. That's how we have reached here, you see, that is spontaneously we have been growing to human stage. But today it has become a Maha yoga. It's the Maha, the greatest, where you meet the Divine. You are made for that. But on this we have small, little [cup] books. Booklets have you brought? They have some small little booklets. We have also big books. You can take them, read them, and understand. It's like this, that supposing again this room is black, I mean, there's no light in this room. So you want to put on the light. So I have to just tell you that there is a switch, you just put on, all right?

Or else I will start the whole theory about electricity, all the history and how electricity was created from Bristol, how it was brought here and everything, all the headaches, and then I will put on the light. By that time you will run away. So it's better is that you have the light, all right? You have the light and then you will see everything, because as I told you, the knowledge is fast. You will enjoy it. But first have the light. Without the light you cannot see. So first have the light. Light is the most important thing. You must be enlightened. Otherwise the rest of it, it's just acrobatics of the brain. All right?

We have books here. I am sure they have paper on this and all that but I would suggest even after Realization for some time you settle down because even that gives you, you see, movement. It's proper that we should settle down into our realization. You should get it and master it, absolutely master it. I'll tell you each and every secrets, everything, with love. Let's have it like that. Put both the feet on the ground. This ground we use, Mother Earth, because She sucks most of our problems. We use light because that also sucks our problems. Just put like this. Now you have to close your eyes. Close your eyes. Just close your eyes.

Do not fix your attention on to one point. Leave your attention free. Just leave it free. And sit most comfortably without any strain on any state, like this. Sit comfortably without any strain on any chakra like that. Straight, straight, your sitting should be straight but no strain on the chakras. Just like this, straight, with a relaxed, relaxed [unclear]. It's all right. It is going to work out. Just put your hands like this. It is going to work out for all of you. It has to work out. Just keep your eyes shut. That's important. Try to keep it shut. Even if you feel like opening, just keep it shut for a while. Just keep it shut. That's very important, because the Kundalini doesn't rise above the Agnya if your eyes are opened. It just stops there. It's a very important point. It just stops below the Agnya, because dilatation of the pupils takes place when the Kundalini rises and She thinks twice before rising.

Once you start feeling the cool breeze in the hands, it's a very subtle thing. Our attention is gross, and it's a subtle thing. So you have to pay little attention to what's happening on your fingers. Just let your attention be absolutely loose. It will work out. Because as I said, you deserve it. Just keep yourself, yes, sit comfortably. It's better that way, if you like. It's better. [Unclear]

Just keep your attention loose. Don't worry about the past or the future. Just keep it loose. It will work out. If there is shaking in your hands very much or in your neck or anywhere in the body, then you can open the eyes for a while till the shaking goes away. If there is not much shaking then it will work out. Keep your hands stretched towards Me. That's how it works, stretched towards Me. Don't hold any finger with the thumb or anything. Just stretch it in a normal way.

Please open your eyes. If your eyes are closed, your neck is shaking, keep your eyes opened, all right? You'll feel better. Just watch Me here. It will work out. The rest of you should keep the eyes closed. If it is cool, it's coming in the hand, you can open your eyes, but otherwise. Getting? Keep your eyes shut if you are not getting it. It will work out. Only those who are getting some shaking, I want them.

Put your right hand like this, tell him right hand like this, towards, backwards, yes. It will work out. Left is too much frozen and the right is too active. Better. Put [unclear].

We have to forgive. You have to forgive others, all of them. Please forgive. Kundalini is stopping at the Agnya, means you have to forgive. Please forgive. Forgive everyone. Just say, "I forgive." Just say that. That is important, because that's heavy. That gives you a heavy feeling. Just say that "I forgive." Forgiveness is very important.

Most of you have liver problem. So put your right hand towards Me and left hand on the liver here. Right hand towards Me like this. And liver is under the right rib area. The right hand towards Me, right hand towards Me and the left hand here. Lower. It will improve because there it is placed. Here, liver is here, from the right hand side, yes, under the rib, please. No, no, right hand towards Me and the left hand under the right rib area. Here. It will work out. Where the rib area ends there is the liver. So on the right side of the rib area; put the left hand, lower than that.

Now better? Getting it now? All right? Getting the Cool Breeze? Enjoy yourself. Close your eyes. Enjoy yourself. Got it. It is just like one fruit getting ripened, then another. It's like that. It should be most enjoyable.

Now don't think. Just don't think. And if you start thinking, you better open your eyes and watch Me without thinking. It will work out. It's okay. It's good, great. It's going to work out in all of you.

How are the vibrations? You should start seeing. The Sahaja Yogis should see the vibrations for the people sitting around. Need not get up. Sitting down only you can see. It's where they are, there, one by one, those who are in front of you.

Has got it? Piercing, yes. Just raise it. Raise it and tie it up. Listen here, this lady has, I think, reached it. He's got it. He's got it. Raise. You can get it. That's it. Are you feeling the cool breeze? Still his right heart is the problem. [Unclear Word] tell him to put his left hand on the right heart, yes, little heart. Yes, that's it. Just...

Has he, has he been doing some yoga asanas and something? Yes, his heart. Nothing. But what about his father? Now, tell him to tell the father. This is right heart is catching at this time. Just tell him. Tell your father not to worry about it. Just tell him, "I am all right. You take your birth. You take your realization." Just right heart. This one was breathing very heavily. Ha! He's all right. This gentleman has a Vishuddhi problem, I think. Ruth, just see the gentleman sitting near the door. It's all right. He is realized or not? No? Just see on his head. Cooly just get up and see.

Cooly

Shri Mataji: I can see that. It's working out.

You watch here, you just watch here. Which guru did you go to? To no one. To no one whatsoever. Anyone. You have to tell Me. Rajneesh? You can see what has happened? He himself a diabetic patient. What is going to take you to anyone? Can't move out from his places. He is teaching sex now. For that why do you need a guru? He has to come here to learn. Perversions of sex. He'll go to hell and he'll take everyone with him. And he talks of bottomless pit, just imagine, openly.

It's written in the Bible that you will go to the bottomless pit. And he said, "I'll take you to bottomless pit" and people are going down. They have to go to bottomless pit. Just think. Madness. That's why you are shaking. It's all right. You'll be all right. I mean, we have cured so many people of Rajneesh. So doesn't matter. It's all false ideas. Mad. Good, great, you found it. He's got it.

We had one actor said [Sandor Eles], you see. One day he was so happy, he said, "Mother, can I go outside and laugh?"

I said, "Laugh it out." Now you found it. He's got it now. He's got it. He's got it. Are you all right? It's good, great. See his eyes, he is a different person. Just see the joy. Are you? Did you get it, my child? Oh, put your hands like this. We'll work it out, all right? We have to work it out.

1980-0711, The Plan of God Almighty

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The Plan Of God Almighty

Public Program

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We do not even think that we have evolved from the stage of amoeba to this stage [UNCLEAR human being]. We also have to think why, why did we become human being from amoeba. What was the reason behind this evolution? It's a tremendous process of thousands of years to evolve human being. Why this instrument of human being was created [UNCLEAR]? Is there any meaning? [UNCLEAR] personality called as a human being or it is just born like all other animals [UNCLEAR to this level evolved] at the most [UNCLEAR]. It's not the end of this [UNCLEAR life]. Is that a purpose [UNCLEAR of life?] We have to think of it. We have been thinking. There has been a big upsurge of searching. People are seeking, they are definitely seeking God all over the world who are seeking and there are in thousands in the villages. This was never so before. They were seekers one or two. At the time of Rama say, there was only one who went to Raja Janaka who was doing the work of [UNCLEAR Kundalini]. His name was Nachiketa (). And with very great difficulty he got his realization after years and years of working. That was the beginning of this [UNCLEAR work].

When the light who gives light you see, it has only one flower. But when the blossom time comes so many flowers have to be transformed into the seed or fruit. It has been said in all our scriptures that you have to be born again. You have to be born again. It has been again and again emphasized that you are to be born again. After all there must be something in it. What is that which is to be born again? For example, it is said that Brahmin is called () a dwijah – (:) dwihi jayate sa dwijah means the one who is twice-born. And dwija is also a bird. Because it comes out of the mother's womb as an egg and then again it is reborn as a [UNCLEAR bird]. In the same way a Brahmin is also called a dwijah. Brahmin is not a caste or a community. It is a state of personality where a person knows the Brahma, the one who knows The Divine. Brahmin cannot be born. He has to be. And so when we understand this, that you are to be twice-born as Christ has said many times 'know thyself'. That 'knowing thyself' has to be done, has to happen within us and how it happens and why it happens we have to know about it and I'm here to tell you all about it.

Now between us we should have one compromise. Otherwise you may be in difficulty. Because I know our human nature is such that as soon as I say something you'll start asking, how are we to believe, why should we believe? [UNCLEAR exactly]. You shouldn't believe Me because I'm telling you something. Any kind of blind faith is of no use to us. Any kind of blindness is of no use, it creates fanaticism. Your eyes are to be opened out. But definitely so far you have not been [UNCLEAR]. For example, you come in this room and it's all dark and you don't know anything about this room. But if I put on the light you can see what is it there. In the same way if you are enlightened you can see for yourself – what you are, what others are and what is [UNCLEAR]. That happening has to take place. It has been told many a times by all these great saints, born anywhere in the whole world, whether they were Chinese, Japanese, Arabs, English, anyone – they said 'you are to be born again'. Now what has God done within us is to place that Power in the triangular bone called as sacrum.

Just see, the Greeks realized that it was a sacred bone. That's why they called it as sacrum. Now this bone, it is said that it does not burn when the body burns. That's why they called it a sacred bone. But actually it is sacred because that Power which is going to give you your Self Realization is placed there. Now it has to rise and connect you to your Spirit which resides in your heart. Now when I'm talking to you I want to have one compromise and the compromise is like this – whatever I'm telling you you are not to take it for granted. But you are not to deny it either. You have to have a very scientific outlook about it. And the scientific outlook should be such that whatever I'm saying is just a hypothesis for you. But have a open mind about it. You have

to keep a very very open mind and see for yourself how it works out. If it works out well and good. If it does not work out [UNCLEAR]. I've worked very hard. [UNCLEAR] Once it has worked out then you can see for yourself that that's the real thing. It's all right. I'm not going to tell too much about (UNCLEAR its engineering) because it's a headache. I say why say it's a headache. You see it's like this – now this is a room as I said is dark, all right? You should say, Mother how to put the light on. I'll say all right, there's a switch and you put it on and finished. Otherwise I tell you the whole history how the electricity was invented, and how it was brought here and how in Plymouth it was planted and how, who did the whole work and how it was brought here and everything.

I mean it has been a headache. That's what I'm saying that to know about the engineering could be a big headache. But still I would like to tell you something which you need not accept blindfoldedly. You have to listen to Me, keep yourself open, see for yourself and then get the experience of Self Realization and then [UNCLEAR]. Because in the West as you know, even our Indians who have come to the west have become all kinds of [UNCLEAR] They have too much of [UNCLEAR] and everything goes on like that in rationality. But this happening takes place beyond rationality. Like I came by car and [UNCLEAR left it behind]. In the same way the rationality is left behind and you shoot off into a breakthrough of your being by which you achieve a state in which you are in the state of thoughtless awareness. This is the first state which is called as () Nirvichar Samadhi in Sanskrit language. Samadhi means Enlightened Awareness. First when a thought [UNCLEAR] when the Kundalini rises from its stage it crosses this point, that time, this is called as Agnya Chakra, you see the centers are there, all these subtle centers are inside our spinal cord. When it crosses this Agnya Chakra then you become thoughtlessly aware. You go between the two thoughts, there's a space, you go there [UNCLEAR] exactly [UNCLEAR] and you arrive there.

By arriving there you become thoughtlessly aware. Above that when the Kundalini reaches then you [UNCLEAR will be] absolutely peaceful, joyful and from your hands cool breeze of the Holy Ghost [UNCLEAR]. You feel it actually the Chaitanya Lahari described by Shankaracharya. This is the Divine Power which starts flowing, you become a hollow personality and the grace they call it or you may call the [UNCLEAR] that's the station of the spirit you start feeling in the thoughtless awareness.

Now I don't know but it sometimes works out in some places so fast and in some places it takes [UNCLEAR time]. For example In Bristol no question. I'm so very happy but in Exeter which is a very beautiful place according to outside description but I broke My hand and My patience and everything and it didn't work out. I don't know why. It has something to do of course with the vibrations of the place, It has also to do with the ... (Shri Mataji asks in Hindi to keep quiet. Kya behenji, ap jara shanti se baithiy. , ,). It has to do, something to do with the vibrations, it has something to do with the caliber of the people, it has something to do how far the seekers are seeking. For example, there was a seeker who must have gone to at least ten gurus and had all kinds of problems. There was another one who has gone to acupuncture and he could not [UNCLEAR achieve]. It is the thing that has to happen. You cannot give a false certificate. It has to work out.

When the Kundalini rises through these centers which are the subtle centers [UNCLEAR] are which represent our different selves – our physical self, our mental self, our emotional self, and our Spiritual self – all these selves get integrated. Apart from that these are the different mile stones in the process of our evolution. We start feeling absolutely relaxed and joy. And this power when it starts emitting from you, it's your own power. It's like one light which is enlightened can be enlightened by another enlightened light. It has nothing to oblige, nothing to feel [UNCLEAR thankful]. Only thing is that if My light is enlightened I can enlighten yours. It is all your own. Because sometimes I've seen people feel very very hurt to know that I'm doing the job. I'm sorry, I'm not. I'm just trying to enlighten your light. Supposing there's something wrong with [UNCLEAR wick] or something wrong with your lamp then I've to put it right. Once it is put right your light starts shining and you start seeing it and working it out. Now here we do not have so many people or Sahajayogis, we have only ten or eleven people who are now Realized souls and they know everything about it. They know how to raise the Kundalini, they know how to give realization, they know how to cure.

When this integration takes place first thing that happens to you that physically you feel better. Now the other day I said it and I'm telling since long, since 1970 I've been saying that cancer can only be cured through Kundalini awakening. There's no way out. You cannot cure cancer by anything [UNCLEAR else]. It's a fact. I have also cured cancer and many people have been curing cancer but that's not our job, is to cure people. It's no way. You are not people here to heal your [UNCLEAR]. We are here just to

give you realisation that you get [UNCLEAR enlightened], that you get all right. As a byproduct of your Kundalini awakening only you get your whole being cleansed. Like supposing we have to have a good programme here we have to clean the [UNCLEAR thing]. If God has to be awakened within you your body is to be cleansed and Kundalini does that.

She cleanses your body, she cleanses your mind. Many mental cases, thousands I should say have been so far cured by [UNCLEAR Kundalini awakening]. It's just a byproduct. In your country many people have been cured of very serious type of epilepsy, all kinds of mental problems, even from coma they are cured. But that's not My job. Again, otherwise you'll take Me direct to the lunatic asylum. I'm not interested in curing people, again and again I say, I'm interested in giving you what is your own. Once you've found it then you can cure also. You must learn the technique.

Now Yoga means, Yoga means union with the Divine, with the Spirit. Of what? Of your attention. Once the attention becomes one with that Spirit, your attention gets enlightened. It gets enlightened, in the sense that you become collectively conscious. You become, again I say, it's not a lecture, you become. It happens to you. You can see with your naked eyes the pulsation of the Kundalini, the rising of the Kundalini, the breaking of the [UNCLEAR Kundalini]. You can see it and you become – again I say you become. It's actualisation again, that from your hand when you start getting breeze, you can see there, colors we have shone according to the chakras that are there. You start feeling all these centers on your fingers. You can feel your centers, you can feel the centers of others. That's how you become collectively conscious because you can get connected to the whole. The whole, the Primordial Being, the Virat, supposing is this one, then you are a part and parcle, you can say you are a cell, you can say that you are like a microcosm related to the macrocosm. But you are not aware of it. You do not know about it. It's suddenly happens and you start working out your parasympathetic nervous system. I mean I've to tell you something about medical terminology.

When you see these two powers within us, one is the left side power which actually comes from the right side, more from the back and the right side, this power is the power of desire. And this power comes round like this and goes down onto the left hand side and the power on the right hand side you see is the power, is the power of action. By this power we think, by this power we plan, by this power we use our body for action. So we have two powers. One is the power of desire which comes from this side, goes down like that and another is the power on the left hand side it starts and comes down like that, is the power of action. So we have these two powers within us inside the spinal cord in a very subtle way which is expressed outside as sympathetic nervous system. Now this sympathetic nervous system comes into play whenever we have an emergency. For example, if you want to run sympathetic nervous system manifests itself and your heart goes on beating faster. But when you stop the heart comes back to its normal condition through the parasympathetic which is in the center. Now this parasympathetic nervous system gives you the balance, it gives you the power for the sympathetic and the body uses it. But this parasympathetic is not under our control. We cannot bring down the heart beats.

By Kundalini rising you master the parasympathetic. Apart from that, because you are connected to the whole all the time the power starts flowing through you. It is inexhaustible. Supposing you are driving by a car and the car petrol is about to finish and you get into tensions. But supposing there is a way by which all the time the petrol is flowing into the car then there is no question of tension. In the same way when you get connected, when you get connected, it's a very big event for many people. If you get connected with that then you find that all the time this power starts flowing through you. This is what is Kundalini awakening.

You must have heard a lot about Kundalini. There are big big books written about it. I was amazed how these people could write about Kundalini when they don't know a word about it. From other books and something read here and something there. By writing or by reading it is not going to [UNCLEAR happen]. By giving lectures it is not going to happen. It's a living process. We have to know, a living process takes place only spontaneously. For example a seed is to be sprouted out. You cannot go and read before that [UNCLEAR seed]. It'll sprout by itself. You cannot pull out a flower and make it into a fruit. It is a spontaneous process. Our evolution itself is a spontaneous process. We see that we do not know how we became human beings from chimpanzee. But human beings cannot convert chimpanzees into human beings by their effort which is only spontaneity of nature as [UNCLEAR they call it]. In the same way if you have to go to a higher level of evolution which is a living process then it has to be absolutely effortless and spontaneous. Only difference is, that at this stage when you are a free personality, you are absolutely free at this time, you know your [UNCLEAR] evolution, you know that you have jumped into new awareness, that your

awareness has gone to a new phase; that you actually know. It happens to you as a knowledge within you. But for this it has to happen.

Again and again I'm saying Kundalini awakening is a happening and the happening has to be there because supposing I say take your attention inside you cannot take it. You cannot take your attention inside. So something happens; supposing this falls down, immediately your attention will be there. In the same way inside the happening of the Kundalini takes place and your attention is drawn in and it is enlightened. Once it is enlightened you get an enlightened personality. Once you get enlightened then you become the master of your being. You are not to give up anything. You are not to sacrifice anything. It's a happening within. Once it happens your priorities change. Everything changes automatically because you have found out your Absolute, you have found out your meaning and you become a very different person. This is what has to happen to all of you. All the people have to get it as much as possible. This is the last judgement.

This is how God is going to judge you. He is not going to put you in a, say, a weighing machine and see how much you weigh. He is going to judge you through raising your Kundalini. And this has started about I should say, ten years back. [UNCLEAR] in the villages, not in the cities because cities you see, city people are seeking money. It's not for people who are just seeking. It is made for the people who are seeking God. And in the villages people are simple, no complications. They get it very fast. For the cities and for the people like that there are many[UNCLEAR courses and things]. The gurus have started to cheat you to take out your money. Here you cannot pay for this. This is a living process. This is the process of God's Love. And even to think that you can pay [UNCLEAR] is a very much different thing. You have to get it, Question is when you get it [UNCLEAR]. It's not the question of your obliging but it is a question of your [UNCLEAR] If you can get it then nothing[UNCLEAR]. And then you should know how to [UNCLEAR].

This the second part of it which you can know in Sahaja Yoga. Everything about you will be told and everything will be explained and now we have centers all over. I've to come here for the first time to Plymouth and we want to start a center here if we really get people of that caliber we can start a center. Already in Exeter we have a center [UNCLEAR name of a yogi] started it and there is a very nice gentleman we met him. Just like that, you see. I mean sometimes you really get such people that you are surprised from where they come [UNCLEAR]. And this gentleman has started another center at, which is that place ... in Bristol, what is the place? in Bristol, in some place in Bristol. So you have to get all these addresses from them. So in Bristol the centre is quite strong already and now in Exeter a new one has started, you can get the address and I hope people will be able to start some center here in Plymouth so that it'll work out continuously and you'll know [UNCLEAR] of which you become a master.

The problem is today you are standing at a point which is very precarious. The young people are doubting the old, thinking that these people have been wasting their energy in [UNCLEAR] God. They say it's no God. There's no God, of nothing that [UNCLEAR]. Communism, they say the same thing because we are seeing that those who were professing religion had nothing in themselves. They had no God within them. You see, they were just accumulating money and building the temples and churches and things like that. That's no God. There's no Reality, nobody is twice-born, nobody is [UNCLEAR Realised]. Once it was understood people have started giving up. But there is [UNCLEAR God]. He does not exist whether you believe him or not. He does not exist if you blindly say, all right, I, you see I believe in God and Mother you know, God helped me today I got my pass. That kind of a God doesn't exist. And then some people say we do not believe in God. Whether you believe him or not He exists. I'm here today to prove within you. I am to prove all the scriptures which are being denied, which are being challenged. Even scientist can come and I can talk to them. I have had many such occasions and we have some scientists among them who have doctorates and all that. One of them has come here. Now we have very highly qualified people who have seen to it that the engineering of God, of Divine law, [UNCLEAR His..] are at work. They are so dynamic, they are so effective that just we have to jump into it and to be one with it. So that we also use those powers. You become the instrument of those powers. Not only the instrument but the maneuvering power is within you and you understand how to manage it. This is what we are seeking all the time; if you are seekers it'll work out. I'm sure. I'll try My level best and I hope many will get Realization today. Thank you very much.

May God bless you.

Now I would like to have some questions from you if you have any sensible ones. [UNCLEAR] you see, there's no end. [UNCLEAR] They have done no good job anyway. Somebody says something has no meaning. What have they produced is the point. Proof of the pudding is in the eating of it. If somebody says I do this and I do that let's have a look at it. Just one humble request to all the Western mind is, that as soon as I give My lecture somehow it happens, I've seen with people that they start feeling guilty about something (that) must have happened in Vietnam or say what Hitler did and everything, you see they take all the responsibility of all the guilt. For heaven's sake don't have all that nonsense because that stops your Kundalini completely because you should know I'm talking of ocean of Compassion. Ocean of Love and your guilts are nothing, not even specks in front of that ocean. So now don't build up your guilts and things like that and start thinking on those terms. It's a very wrong way of escaping the Reality. Reality is so beautiful.

If there is any question, please ask. How cancer is ..you see how cancer.. hmm.. I have definitely and it can be cured. Now why, how cancer sets in in the body, we should know, it's a very simple thing. I've done medicine for the same reason because I have to deal with the doctors you see. The cancer sets in within us because of these centers are like this and the left and the right hand side power as I said are moving like that all the time, all right? And we are taking out the power from this energy supply from these centers that are there. Now supposing due to any reason or irritation or any kind of overuse, overactivity of these two sympathetic nervous systems, one the emotional, another the mental, if it goes on working too hard then somehow this breaks. The connection breaks and the deities that are in, sleep off. Once they sleep off then this starts moving on its own and this starts moving on its own, When they start moving on their own their is no relationship with the growth of this portion of the body with the whole. Like somebody's nose will start growing big or somebody's ears will start growing big if the cells here become malignant. A person who thinks what's wrong, I'm on my own is malignant. He may be socially malignant, he may be mentally malignant, he may be physically malignant. This kind of cancer is settling within us every moment. Now which is the way to bring it back? Is to give some again Love. This is love. This power is of Love. When you give that power it comes back to its own position and gets connected with the whole. And the power starts flowing in it. and The exhaustion is over. That's how you cure. Because you have [UNCLEAR] it. For example, you take any young person, they get into crazes, all right? Now if they get into craze God save the way they become crazy. And in that craze they may [UNCLEAR do everything?] into an imbalance and because of that imbalance the cancer can be put in. I've seen women getting cancer of the breast because they feel so insecured about their husband. They go on worrying, worrying, worrying, they get cancer.

Stomach cancer can be caused to people who are very fond of food which could be absolutely without any roughage, soft food or could be with very hot food as we Indians eat, could be with both the things if there is irritation it could be. People, say, are very fond of bath, they take their bath every morning before... you see specially the East who are used to bathing, they can't live without bathing. They can get cancer of the lung. And I've seen that, it happens. Any kind of overactivity of a being, out of proportion, out of balance, not related to the atmosphere, to their mundane life could cause [UNCLEAR cancer]. Even heart attack is nothing but an imbalance. If you are overworking, if you are overthinking, you are thinking too much and planning too much the heart stops to give you a balance. All these things can happen. So this is how diseases can be cured. For example, diabetes. Diabetes is due to overactivity of the right hand side. When a person thinks too much and plans too much the left side is neglected. It gets frozen up and his left side when it gets frozen up he gets into this problem of diabetes.

(Shri Mataji to Sahaja Yogis – Sahajayogis should keep little attentive because others start looking at you. You see the attention of the other people is drawn to you people if you try anything they don't understand. So please keep steady. Because they are not realised as yet and we have to give them realisation and their attention is still very wobbly. So be careful. You have to be very very attentive and very silent. If you try anything they immediately start looking at you. And their attention is disturbed. You are at a different level, they are at a different level. So please be careful.)

Another question, yes ..I have cured cancer but don't get all the cancer patients here. That I would request. The cancer (gets) cured when the Kundalini rises. I do not cure people at all. But as a byproduct they get cured, as a byproduct. You see the scientists do not want to go beyond rationality. You cannot talk to them. Very difficult, though I had a big lecture in – My lecture is also printed, I spoke to the medical institute in Delhi and I've cured our President of India and he wants Me to start a regular curing stuff for the whole country because we are 800 million people. And the health secretary came to see Me and he said we

would like to start it on government level so that we start curing people. But I said I'm not interested in curing people and I don't want to get into government and nonsense, you see because they'll go to the parliament and all that nonsense, I don't believe it. Those people who are seeking God I'm only interested in them. I'm not interested in every Dick, Tom and Harry. Because God can create so many more people. He can create, if He wants He can create more people. What He is interested in, those who are seeking God, who are more aware. For example, if there are so many birds in this world it doesn't matter. Human beings are much more aware than the birds are. So God's interest is in the people who are aware and who want to be more aware. And not into the people who are just seeking release from diseases. What's the use of curing them? they can take another birth.

You have to seek God. You have to ask for the () Param, the Absolute. Not for the cure and this and that. It is not to be wasted. Otherwise I'll start going to the hospitals only all the time. I never visit hospital. Once people get realised, if thousands of people get realised, then we can save the whole world. Then it'll be channelised better and all the people will feel very much better because of vibrations, all right. But not this way. You cannot go from the other way round, you see. I'll tell you one thing, If you have to treat a tree which is sick what do you do? you do not start taking out the leaves and treating them. You get to the roots. And from there you rise in the sap and then treat the whole tree, isn't it? In the same way we have to get to the roots. And then treat them from inside. So they do not get sick anymore. That is the way the approach is.

Scientists are coming round but they are, they are different type of people. Their styles are different. They gave Me a big file to write down how many people I've cured. I said I don't want to write all that. I've no time for such things. Because it is love. You don't write how many people you have fed, what food you have given them, do you? Or how many cups of tea they have drunk? Do we do that? When people come to us we just love them. We don't write that. It's absurd. They cannot understand. It's all mercenary. There's no heart in it. They can't understand love, can they? They can't understand why I do it so free. They are different type of people. I do it because I love. How do you explain them then? As soon as I'll tell the doctors that you don't have to charge a single pai for this cure they will get after My life I tell you. If I do that in America they'll arrest Me. Yes. If anybody does it free of charging he'll be arrested in America. You've to be a registered doctor. If Christ comes and heals some people in America He'll be the first to be put in the jail. They'll go to the churches and pray to Him and put Him in the jail. That's what it is. That absurd! The whole thing is that absurd, isn't it? Any question? You are all silent inside. You can't think of a question. Kundalini has crossed the Agnya. So you can't think even what to [UNCLEAR]

All right, and close your eyes. You are just there, close your eyes. Just close your eyes, just put your hands like this. I'll tell you why the hands and why the feet. But just now don't allow your mind to sit on your head. Just now please just do, just simple thing like that.... [UNCLEAR] liver .. Why don't you put your hands like that? Please put your hands like that. What is there? You see he's putting his hands like this, why can't you take out your shoes?.. Is it? So then he should. Because I'll cure him. Oh, that's simple. I'll cure you, all right My child? Take out his shoes. I'll cure you. All right, I'm sorry. That's good. Take out your shoes. It's all right. I'll cure you. That's nothing. That I'll cure. All right? Did you break your hand? Paralysed? All right. Take out your shoes. Please put your hands like that. () Aankh band kar bete (means Close your eyes). Please close your eyes, just close your eyes. You have to get it. This is your own power, you have to get it. This is your very own. Now close your eyes. You have to forgive others, that's very important. You have to forgive and relax your face, you see

1980-0711, Letter

View [online](#).

11 July 1980

Letter / Poem

London (England)

Talk Language: English | Transcript (English) – Draft

London, 11th July, 1980

To, Sahaja Yogis,

Received your cable on the eve of Gura Purnima. The sentiments, which you have expressed in very beautiful words have gone to heart. On the occasion of Guru Purnima day celebrations in London, I explained what is self realization and whether you have got it or not. I will send the tape recording of this speech with some one instead of sending it by post.

I suggested, in my earlier letters, to think of "Atma tattwa". Because you are "Atma Swaroop", your mind, intellect and ego, should be enlightened by the "atmajyoti". The light of wisdom shines in the intellect only when Atmajyoti illumines in its fullness. Then, mind emits fragrance of love and ego does great and noble works, the whole of your inner being is fully enlightened. You should be able to rely on the Atma tattwa, accommodate others in it, but first stabilise it.

Many of the Sahaja Yogis have cured a number of diseases. They have immense love for me and others. These people could do all this because they have become experts owing to their "Poorva-Sampada". However, there are many intellectuals among us who have not been able to go very far on the strength of their knowledge or wisdom. Sahaja Yoga is lacking in books. We will have to write books in each language. Also, Sahaja Yogis should go to different cities and give lectures. Many people send their poems to me. We should collect all these. Similarly my letters can also be printed. Such publicity is necessary. Let it be known all over the world that Sahaja Yoga is the only way to save the world in Kali-yuga. I am writing a book but it is not useful to all at present. All should think on what I have suggested. Every center may also be accordingly advised.

Many blessings from Mother to all Sahaja Yogis.

Always remembering you

Your mother NIRMALA

1980-0714, Confusion - A Sign Of Modern Times

View [online](#).

14 July 1980

Confusion – A Sign Of Modern Times

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – VERIFIED

“Confusion, A Sign of Modern Times,” Public Program. Caxton Hall, London (GB), 14 July 1980.

Today's days in the modern times we are faced with confusions: that's a sign of modern times. At the same time the en-masse urge to search the truth is manifesting.

It's not only one individual who feels like that, it's not only eight or ten people who feel like that, but masses and masses and multitudes are feeling you have to search an answer; you have to find out why are you here; you have to know who you are; you have to find out your wholesomeness; you have to find out the whole.

There is a big movement in a very subtle way that is moving masses towards this search. But we have no idea, perhaps, as to what is the atmosphere in which we are born, what is the situation, how the whole stage is laid. We have no idea.

As we have taken ourselves for granted as human beings, we take everything for granted. We are born human beings through our evolution but we do not even want to think why we were evolved from amoeba to this stage. All the whys we just shut down. Whatever is there we want to see through these eyes, through these ears. Through these sensory organs we want to understand. But still the urge is there to know what is beyond.

The atmosphere in which we are born cannot be understood without having the light to see why there is darkness, and darkness of such immensity, which never [before] pervaded this Earth. It was never so much before, never, never before, than it is today. That's why the confusion comes in. And it has an action, it has a reaction in the same way: the more is the urge, the more is the confusion, the more is the darkness.

Now this darkness around us is not only of ignorance, as it used to be. In the Vedas or in the scriptures, anywhere, it is written that you have to enlighten yourself, you have to have the light. I used to say the same thing, not to frighten you about it too much. I thought first they'll have the light, then they will be able to see. For three years I did not say anything, a word about this darkness, the source of this darkness, till they themselves started seeing it. I knew they will see. And then I had to start talking about it.

We have to understand that satanic forces have been let loose by some horrible Satans, like convicts who are on the run. They are thousands and thousands of entities, controlled by some very sinister, evil people. They call themselves as great people, as maybe gurus or maybe saintly persons, organisers, whatever you may say. They are controlling this satanic force. And we are all surrounded by that satanic force. As soon as we start projecting ourselves into their areas, we get caught up.

Let us see how do we project into them and why do we get up into that and what is the remedy for these satanic forces.

First we project into that through our subconscious mind, which is being described by many psychologists: they call it psychic powers. It's not only psychic; there are some more things in about.

Through our conditionings, through our fears we have a mind of our own. Now mind is to be divided into two. The English [word] mind is different from the Sanskrit [word] manas. Manas is whatever is the superego in you, whatever is condition within you - is

manas. And the ego is different. So there is a superego and an ego to a mind; out of which [it's] the superego, the mind, which starts forming habits.

For example, human beings have a capacity to form habits very easily because of superego practices. The one who is using now a chair - say he uses it for ten years - he cannot sit on the ground. So the matter starts sitting on us and we start becoming slave to the matter. When our attention is obsessed by matter, by materialism, and we start projecting ourselves under the domain of materialism, of accepting whatever matter is dominating us...for example, a person is crazy about football. It's all right to like something but we do not know how to demarcate ourselves. We go on projecting into it to such an extent - there is no control - that we become slaves to it; so much so that we start identifying ourselves, our own achievement with that football. We go to such a limit that we completely lose our balance.

But psychic powers actually arise from sex habits. Once you start indulging into your sex and its perversions and all those things, you go into lethargy, into your subconscious area, into your collective subconscious. And in the collective subconscious all kinds of filthy people exist: sly, intriguers, frightened, masochists you can call them, that type of people, they are there. They are let loose, so they are there. They capture you. Then you go into all perversions of sex, all sorts of things. You go on asking, "What's wrong? What's wrong?" To keep to subconscious area you take to alcoholism, drugs. It's lethargic. You explain it by saying that, "Those who are very active are aggressive. So we are taking to this kind of life by which we are getting into lethargy." But when you move too much into it, also, all these horrible people capture you and you get into them and they try all kinds of tricks through you. They become very effective.

Now these gurus, they give you mantras and things like that. These are the names of these entities which exist in the dark. You take to those mantras and you go into that. There are so many ways, all these spiritualists and ESPs and all sort of these things going on in this world. The way you can judge them is that they do not talk of the Absolute, they do not talk of the Spirit that rests in you. They will take the name of love but whatever they do is anti-love. They'll talk about your brother dying, father dying, mother dying, "Can you talk to them? If you want, you can have a conversation with them." All of them are tying you to the subconscious, to that horrifying atmosphere and you are not aware of it, you just accept it. All kinds of these negative forces are let loose.

The other side are even more dangerous, is the supraconscious area in our being on the right hand side. In one side you put your emotions, project them. When you project your emotions you can go on to any limit, like I have seen people who are crying and weeping and wailing and reading horrible, very horrible poems like Lord Byron, such people. They just throw you into that subconscious where you feel happy to be miserable. You are happy as a miserable person, you do not want anybody to be happy either; and you want to go on and continuing with that dramatic romantic method by which you think you are a very miserable people and all the world is torturing you and you are a very nice person yourself. In this process you destroy yourself, you destroy your being and you cover your Spirit completely with your subconscious ideas. You enjoy your miseries. Can you imagine! Even if joy stands before you, you will say, "Oh, I don't think I will be happy!" which you are not aware of it, and you just start enjoying!

Now the other side [is] when you use your rationality, which comes out of your brain.

On one side you use your emotions out of your heart - outward heart, I should say- and the other side you use your brain, your rationality. You start 'solving' problems through rationality, but it has no control. You can rationalise even a Mother, you can rationalise wars, you can rationalise everything, every sort of aggression you do. If you ask Russians they will say it is rationalised that they are aggressing Afghanistan. If you ask Americans they say it's rationalised that they are aggressing all the developing countries. Everybody think they are absolutely all right. Spanish people going down and destroying all the civilisations of Argentina, Peru and all these places. Or the English thinking that [if] they don't like somebody so they have a business if they say, "We don't like it," they have a business to say whatever they like, to ill-treat anyone they feel like. They can do it because they don't like it. Or any other such people.

So in the developing countries more the subconscious works out, much more and in the developed countries, the supraconscious works out. Both are just the same. Both are in the same darkness. There is no difference; only the colour may be different. One we can say, in the black fumes of the coal and another in the yellow fumes of the benzoin, both are equally

suffocating.

The other side, the Right Side, is more dangerous because it doesn't show any signs. It's ego. You think it is rational. You start solving problems rationally. Where do you end up? In quarrels, squabbles, fighting, killing, violence.

Any organisation that is based on these two things, whatever may be their intentions, good or bad, they end up like this. On one side they go into intrigues, slyness and lethargy. The other side they go into violence. Or also they can change hands. Some lethargic people can be extremely violent, but because they are so lethargic that they take time to react. It's not easy to make lethargic people very violent because they haven't got so much willpower left in them.

The other side, the supraconscious, is so dangerously placed. Now this is managed by many gurus. Of course, as I told you, psychic side is also managed by many gurus who say that through sex you can achieve God. I am not denouncing sex by any chance. What I am saying [is] the moderation of sex, the sanctity of sex, has to be there.

On the right hand side, I am not denying rationality, but rationality should be wisdom. If there is no wisdom, rationality can be very dangerous. But the danger comes not from you yourself but more from outside: when you penetrate into that projection you are controlled through your limitations.

You can see here the left and right hand side, ego and superego. It's like a balloon and the balloon moves like that, keeps you with you, like this, and another balloon moves like that and both the balloons are pulling you on both the sides.

They give you mantras. These mantras are nothing but projections of your rationality, your mind. We call them black magic, in one simple word. Or you can call one as yellow magic, another as black magic, whichever way you like. All these are the same thing. And with this projection, people can kill. Sitting down here, people can kill. They can do whatever they like, sitting down here, and they call it as power.

Now the supraconscious area people cover when they are fond of power. When they want to have power. Now they have had, supposing, political powers; but they want to intrigue and what you call espionage people. I mean, imagine these filthy things people do. Imagine. This is politics, supposed to be, espionage and all that. These all filthy things are done by people who want power, more power and more power and more powers. And this power is also ultimately is destroying the whole.

One destroys the individual; the other destroys the whole. Hitler now, for example, was nothing but obsessed by these. And he got these powers through his own projections. He started mesmerising people, he gave them wrong ideas, he created a war and the whole world was shaken up. It can happen to anyone. But now people don't want to take his name. They shudder to think what a devil he was. But he became a devil.

These powers are around. So those who want to overpower things: now those who want to fly, or those who want to have supra-natural powers, they call them, like you can hold a truck coming. What is the need to hold a truck? You can allow an elephant to pass over your body. I don't understand what is the need for an elephant to pass over your body. How many elephants do you have in this country? And where will you face such an accident?

Such people when they overdo it, they develop these so-called powers of killing others. They will create accidents. They create accidents, they kill people, they do all kinds of things. This is all known to Indians. Those who have read a little about it, they know all these things exist. You are people, you are still naïve. You do not know. Indians, also modern, westernised Indians also don't know. They think they are all Shakespeare. They don't read anything about their own knowledge.

This is what it is. Now what is the antidote for this? The antidote of all this is Divine love. Love can conquer all these devils. If a person has this Divine love within him, if it starts flowing through him, all these things will disappear. That's the only way you can save this world, through Divine love. Only through love you are going to win over all these horrible forces which are let loose, and your confidence will be established in you.

This Divine love is all-pervading. The trouble is, human beings are not aware of it. It's the most dynamic force and is the only force that exists. Darkness exists till the light is not there. It has otherwise no existence. It is a myth. In the same way when the light of Divine love starts flowing in you, when you become identified with that Divine love, then all these negative forces drop out.

The mantras, so-called mantras, that they are taught to you which are used to invite these horrible entities disappear into thin air and actually the Deities which are to be awakened, they get awakened. The fire that may completely demolish a place becomes a fire in the lamp when you see where to put the fire.

This light of Divine love should come to every one of the persons who are seeking truth. This is what we are seeking. This Divine love should flow through you by which you are going to save the whole world.

It's a very dangerous and precarious condition. Those who are realised-souls and real truthful people are hiding themselves in the Himalayas or some sort of caves somewhere in the world. They don't want to face you because they think you are too dark and your projections are like two horns and as soon as you'll see them, you'll come down like a bull on them.

You need tremendous patience and tremendous understanding and courage like a mountain to face all these things. God has made all arrangements within you. You can see yourself [what] has been shown here. I am sure Chaya must have told you about it: that there is a power within us which can give us Self-realisation by which we can achieve that source of Divine love and you become the river of that Divine love; so that you are cleansed completely and that others who are to face you, are also cleansed.

Every time I have to repeat about Kundalini and about these things but I am sure you can go through the book and see for yourself what are all these things. But [the] emergency is today that we have to realise that this Divine love has to be brought into the awareness of human beings, into their consciousness, so that they can manoeuvre it and can once for all win over, be victorious over, this dreadful enemy of the whole.

May God bless you! Thank you.

Douglas?

I used to say always that, "How it will work out?" Because it was moving very slowly. Very few people get Realisation in this country specially, and they go up and down and [it's] difficult to establish them. It's a fact. But we are establishing slowly, steadily and firmly. And everybody was very much worried that "Mother how are you going to do it in such a big way?" or, "Are the Western people out of your programme?" And I always told them, "It will spark one day." And I think the first spark I have seen now. I am very happy to tell you about that, that a gentleman who came from Australia, two of them came to India - they got their Realisation - they went back to Australia. They gave Realisation to people. And today I received a letter from an American gentleman who went to Australia who has a big organisation of his own, who got his Realisation and he has written, a very beautiful letter he has written. I wish somebody could read it for you so that you will know how the spark has started.

Can you give me my purse as well? How is Jane? Have you got any report about it?

My purse.

Sahaj Yogini: (Unclear)

Shri Mataji: All right. Good. But now you are going there, I would like to warn you [about] one thing: don't talk about other negative forces, all right? Like the Buddhist chanting and all these chantings and all that. Keep it very pure. Thank you.

(Somebody hands Mother her purse)

I will just go through it. Very sweet of him, just see how much he is working hard. Only two persons have created such a thing in Australia. You used to say that Australians are the convicts who went from here. It's just the other way round now, I think. (Laughing) They are proving to be such beautiful people now. Somebody who can read very clearly, who?

Can you put it up?

Sahaj Yogi:

"Dear Beloved Mataji,

Please excuse the delay in writing you as I have been away in Australia with the message of love and understanding, with the work of polarity and Jin Shin and Living Force. I met Warren Reeves while in Sydney. It was not a planned meeting and the spontaneous nature of it fills my soul with joy. Upon entering his home, I felt the presence of the energy that comes through you. It was very powerful to feel this love. Even as I type this letter, I sense your presence and all of the people who have joined me in my Realisation. There is much pain in growing, and I accept the challenge. The experiences since experiencing Realisation has been very profound. Love is the main ingredient of my sharing and I am able to transmit it more fully since Realisation. I am understanding more and sharing this realisation with those who are drawn to it. Many positive experiences have unfolded while in Australia and in America.

My consciousness seems reborn. Thank You.

I am enclosing information about the organisation that I founded. It is called the International Holistic Centre and I plan to put it in the hands of the right person who comes to take this responsibility. Why I tell this to you is because of the possibility of your being helped by this organisation upon your coming to America. When you are ready to come to America write to the organisation. I will share with the new director that you might write and he could be helpful to you. Please know that I will do anything I am able to make this visit to America a sharing one.

Warren has mentioned that this organisation could be a vital link in the chain of your coming to America. My plans see me moving to Honolulu for a time and then moving to Australia to work with many in the light of the love energy.

May I hear from you soon, if possible, and shall your blessed work, continue with the strength that I felt in Warren's presence. May I be in your grace and love always.

Thank you."

Shri Mataji: Read the name of the gentleman please and show his photo.

Sahaj Yogi: Stan Telson, International Holistic Centre, Arizona.

Shri Mataji: See what a powerful man we have got now with us.

There were a lot of things published about him. He's sent his newspaper cuttings, but this is his photograph; after Realisation. You can see that clearly. This is how it is going to spark now. Let's see.

Any questions? Ask the questions.

I am Your Mother. There is nothing to be frightened of me here. I didn't want to frighten you, but that's a fact. That's a fact we have to understand. All these horrible spells and these magic things and the all this nonsense is going on. In the Western

countries it's much more, because such saints are born here.

Don't be enticed by them. Be careful.

Is there any question?

Seeker: No, that was just my indigestion here.

Shri Mataji: Beg your pardon?

Sahaj Yogi: It was his stomach rumbling.

Shri Mataji: Is it? Stomach is rumbling!

All right, you put your left hand on the stomach. Kundalini has come there. She is trying to cure you. Right, right hand towards me like this.

What else? You see, we have been playing havoc with ourselves, isn't it? And sometimes we also spoil our liver, sometimes our pancreas. If you are very hard-working man, a planner, your pancreas could be spoiled. So Kundalini, She goes and supplies the energy to get it all right. You've got cool breeze in the hand? Are you getting cool breeze in the hand? Cool breeze in the hand, are you getting? No?

Just put both the feet straight like that on the ground. Yes, fully. Just move a little further like this. Yes, put straight, you see. Keep the feet straight.

But sit in such a way that a little pressure on the feet should be there. Pull, pull them towards you. Yes, now see that's how. Put both the hands like that.

1980-0715, The Wonderful Message

View [online](#).

15 July 1980

The Wonderful Message

Public Program

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Don has already spoken so authentically about Self-realization, that some of you must be wondering what sort of a gimmick we are up to. But one has to understand that only a person who is there can talk that authentically, or a person who is a complete hoax. It has to be two extremes. A person, who says maybe, may not be, perhaps, it is so or somebody who sings about his separation and his pains are definitely not there, because if you have met the truth, if you have seen the reality then you speak like Christ, "I am the light, I am the path". You speak like Shri Krishna, "Sarva Dharman parityajya maam ekam sharanam vraja?" Means "Give up all the religions, religions means outside seeking and follow me".

The authenticity comes from the feeling, or we can say the feeling of authenticity itself. Unless and until you have achieved it, you do not speak like that - your language is different. Like, many poets and many even devotees of God have sung the song, "Oh God, when are you going to meet us?" As long as they are singing such songs, then you should know they are not Realized souls.

But we have lots of poets, you too have Blake. We had a poet like Kabir. Many poets like this have sung the song where they said, "This is it. You better come up and have it". And all such people who have spoken like this are the people who have achieved it. We can say in modern times Kahlil Gibran - I'm told you people study. He was one of them. We can say Zen is also the same thing. There are so many people who have said this. Mohammed was the same. All these scriptures which are written after these great incarnations on this earth, all of them are saying the same thing that: they have achieved it and that you have to achieve it. All of them say that, "You are to be reborn".

I do not know how in any religion people have given up this idea of being re-born. Nobody has gone to the seeking of it. Especially when they have organized religions, they have never bothered to find out what is it talking about? It is talking about a rebirth even, even in the Bible. Not going to church, coming home and saying your hymns and finished. That can never, never satisfy our spiritual urge, which is much stronger, much more stronger than these kind of little bits of foods given to us. Unless and until we have achieved that goal, we are not going to be satisfied. We have to understand [understand] ourselves and we must have our self-esteem. At least, that what we are wanting is the reality.

But there are lots of gimmicks on and you know there are lots of shopping centers on which I have to talk about, which I hate to talk but I have to tell you about. That people are selling these things - everything starts selling. If they find out there are people seeking, they try to sell it. You cannot sell your evolution, can you? How much did you pay to become a human being from a chimpanzee? And how much are you going to pay to become something higher? If it is a living process, you cannot pay for it. Anything that is living, does not know money, does it? Except for human beings, if they are living. I don't know, once they start knowing money too much, they also dead completely, they also become extremely materialistic matter itself. You cannot purchase it, the first point is. Secondly, you cannot put in effort any effort in it. They'll say, "Stand on your heads". By standing on your heads, can you sprout a seed? Some people might say that all right we'll give you a lecture on this. What lecture can you give to a seed to sprout?

It is a spontaneous process, means it is a living process. It is with you born. That's why it is called Sahaja. Saha means "with", ja means "born". It is born with you and if it is going to work out, then you must have some experience of yourself, some knowledge of yourself and your power, your power of yourself should manifest. For some people are trying to fly for example. Now are you

going to become birds in next evolutionary process? Or some are hoping like frogs. Now are we going to become frogs? We must think about it. What are we seeking to be? Some people are trying some other tricks like, there is somebody who says that by doing sex you can achieve God. I mean, it is nonsense. Animals are doing that everyday. Are they higher than us? I'm not saying that I'm against it and all that. Whatever is natural and sacred is all right, but the way people are trying to exploit through your brain, through your emotions and through your baser needs. If you have to go higher, means what? What is going to happen?

Let us see what psychologists have to say. Jung says that there is something called as Universal Unconscious from where you get universal symbols in our dreams and that is how we know that there is someone who is guiding us. Of course people don't accept Jung, they want Freud, because that suits you better. But what Freud has given you? Just think of it. He himself died of a very bad cancer. If he had of achieved anything in his own lifetime, he would have shown it. But we do not see the life of a person who preaches. Even I've seen people who talk about their gurus. Recently there's a guru in, I don't know where he is now. He used to be in England. They found out that he drinks whisky more than the Scotch men do and he has five, six keeps and mistresses. Still they are following him. He said he is above all sins so what does it matter and they are all becoming above sins like this, you see. So, we should not be in delusion about ourselves. If you are really seeking and if you are really wanting it then it is going to work out. It is going to work out first for the people who are of that caliber, not for people who are not of that caliber. If you have come here to sort of find out what sort of a lady is this and all that, I am sorry sir I cannot work it out.

You have to come here with the idea of getting it. For one thing you should know you are not paying Me anything. It is you who has come to take something from Me. I am not going to take anything from you. I have come to give you something. So the question of examining Me and judging Me does not come because there's no shop running. You see our mentality is that of a purchaser going to a shop. We'll see how it works out and that and that. Here nothing is selling - first and foremost thing. Secondly, it is a spontaneous process. It is the cashing of the check as I say of all your good deeds and of your past life and your seeking. If you are a true seeker it works out. It works out despite all mistakes people have committed. I have seen some people who were supposed to be very much gone down, some people came to Me in coma also got Realization, people who took to drugs and were absolutely in it have overcome it and now beautiful.... Because all these things human beings do because they are bored of themselves. Mostly it is done because of boredom or sometimes because of the fashions around - everybody is taking, "Let's try".

But actually human beings that I see are nothing but their Spirit. Their sparkling Spirit in their hearts, which is so beautiful like a diamond. I see that. I see the clouds that cover it. I see you otherwise also but I know with My love I'll be able to remove those clouds. Now these people who are taking about God and organizing religions and also people who are talking about giving you something like Realization and every sort of word that I say, they must be saying. I'm sure about it. They have used all My language.

When I went to America first you see, people told Me, "Mother you better get your lectures registered or something like that".

I said, "why?"

They said, " They will print this and they will use this, they'll write books".

I said, "very good. Let the ideas move, but can they give realization? Let them speak about Kundalini, but can they do it?"

It's good idea. Very good way, they are really propagating My ideas to people. It's easier that way. Let them do it and that's how the market is full with all the same words that I am saying to you. But actualization of the experience, raising of the Kundalini is only done by a person who is authorized. Any Dick, Tom, Harry cannot do it. Now you may say, "Why You Mother?" Now what to do. I can only do it. For example, if you have a professor say of mathematics, he's the only one who can teach you mathematics. You don't feel bad about it do you? I don't know that. I don't know even how to drive a car. I don't know how to reach Cambridge, even to direct it.

So, you know so many more things than I know. I know only one thing and that is you are your spirit and that you have the power to become that. These are very simple things of life, which I know and if I know that, for that why should you feel hurt? It's My job, it's My job, I have to do it and that's why I am doing it. And one should understand that there is someone, there can be someone who does it out of love. Need not be for anything, just for love's sake because love is the most powerful thing. You have no idea about love. We have never used the power of love so far; it's all power of hatred. All your nations, all your organizations are nothing but handful of people who hate each other. They form a government, they form a democracy or a communism and this and that nonsense, just to fight. They don't know the power of love, which is the most dynamic power. The pure love of God, the divine power of love is all-pervading. Now whatever I'm saying I'm going to prove it to you. I'm not just telling you a story. It is going to be proved and you are going to find it out whatever I'm saying is true or not. You are going to also find out that you are that Spirit. That you are that beautiful thing I'm taking and once you achieve your spirit you become collectively conscious. You become again I say. I'm not saying you have to become, We are all brothers and sisters. You just become. It just happens in your awareness; it just enlightens your awareness, in such a way that you start feeling another person.

Now, as the things are today, we know there are many diseases we do not know the cure of that. For example, cancer. Cancer is a disease people are really frightened of. Now I must tell you, I have been telling this for ten years and I have done the curing of cancer that Sahajayoga is the only way cancer can be cured. There's no way out. You have to get your Kundalini awakened. If you do not get your Kundalini awakened, maybe you might be a prey to some of these forces, may be the physical problem, maybe the mental problem because there are these evil forces let loose. They're around this mass hypnosis that took place of the children. Nobody can explain that but I know that. So many people committed suicide you know in... Which country was that? Vienna? Yes all that was nothing but the same. Psychologists are still children and unauthorized, they do not know what people can do on your minds and how things can work out, how these evil forces are working.

On one side is this, the another side, your projection of your mind, projection of your brain. So-called rationality without wisdom has no sense at all. You rationalize - everything is rationalized. What's wrong, even killing your own mother. What's wrong? Can you explain? It goes on like this, whatever you do. What's wrong? At the most you'll go to jail, all right. It's all right but nothing wrong in it. With rationality, you can rationalize all kinds of wars and everything, so the other projection moves. Your brain projection, which is linear, moves like this and comes back onto human beings. All these big civilizations you have created and these big advancements you have made and what has happened? People are committing suicide.

For example, we had some people from Sweden, young girls at least seventeen, eighteen. Oh they were studying in Cambridge, I must tell you, they were studying in Cambridge, they came to Caxton hall and their vibrations were so bad that I had to call them at home, just like dead bodies.

I said, " what's the matter with these people?"

Young girls of seventeen, eighteen, I called them home, I talked to them and I found that they were planning all the time how to commit suicide. Seventeen, eighteen-year-old human beings who are created after thousands and thousands of years of work - so delicate and beautiful and what they are doing is nothing to commit suicide? But now I am told Switzerland is competing with Sweden, which is supposed to be the most affluent country. So what is happening with your advancement, you must also have a little re-thinking about it. Is that going to give us happiness? Is that really going to solve our problems? We are running away from it. We are running away from it. Why? There must be something wrong in this and what is wrong in this is that we have not paid any attention to our spirit. That is the source of joy.

Today you find thousands and thousands of people are seeking a-mas. Of course some are in fashion but so many are genuinely seeking no doubt. They may seek it in drugs, may seek it in gurus, anywhere but they are definitely genuinely seeking. Of that I'm sure. I have seen that happening. Now why this seeking has suddenly come up on a-mas level? It used to be individualistic, one or two people used to seek, say about twelve thousand years back, there's a mention of one gentleman going to Raja Janaka and asking him the knowledge of Self. And he was put into so much of testing and all that and ultimately he was given his self-realization. So why today, there is such a seeking everywhere? Because it was to be. Today is the time of confusion. It's called as Ghor Kaliyuga means the blackest time. Blackest modern times where the kali rules and it was promised that at this

time there will be such a lot of confusion that people will start seeking and the seeking will be blessed and that is what is happening through Sahaja Yoga. It is all been prophesized and the prophecy has to be fulfilled.

Now for you people, I have to tell you about Kundalini because you must be anxious to know about it and talk about it. But the knowledge of Kundalini is something very subjective in the sense that if you come in this room and it's a dark room, if I tell you about it - about the electricity, its history and the one who invented it and how it was brought to Cambridge and who started the first one, you'll get a headache. Instead of that I can tell you, you come in and put on the light. Simplest thing is to put on the light and if you can put on the light you can see for yourself that what is all this going on here. Otherwise, it's such a headache to go round and round on that subject.

Now I've seen some people have written such big books on Kundalini. Most amazingly, who have no idea of Kundalini at all, absolutely zero. Some of them are saying, see the book is like this: some people say the Kundalini is in the stomach, some say it is in the brain, some say it is in the lower portion of the body. Now, if such a thing is to be written what others are saying, you can write even such a big book. But there is no definite thing about anything written in this book of (Mister Aven?), which is such a huge thing.

Now there are so many other books also which have been written by Indians, the great, you see. Indians are... I hope there are no Indians here. Indians are very good at manipulating things, I must tell you and I am one of them and you have to take them always with a pinch of salt. Because if they are genuine, they can be absolutely genuine, but if they want to be crooked they can be first class crooks. The reason is this: India is a yogabhoomi, is a great country of good vibrations you can say - a vibration where lots of great saints are born, so the whole place is vibrating. I mean if you get our realization you will see yourself what I am saying is true or not. So in a country like that only two extremes are born: either very good or the very nasty. The very nasty are born to topple down the play of divine.

Now in India people having a certain sense you see, they are having a certain sense of wisdom, I should say Indians to understand who are the crooks, you see because we know all these tricks of the crooks. So now they being exported from India to other countries and these people are more interested in your purse, so they are not interested in poor Indians. So, they are all abroad and they are very nicely enjoying their life here, which you cannot enjoy. Already, they have got their heaven here and their, and your purse and they are enjoying it. But because of your naïve, because of your naivety, I would say, because you are insensitive to spirituality, it happens. If you were a sensitive person, you would have known that they are crooks. You are seekers, you are very genuine but you are extremely simple. And this is the naïve is the word for that because Indians know who is a crook. Of course, some foolish Indians, may run after a man who gives them a diamond. He doesn't give to poor, he gives to a rich man a diamond. If he gives one diamond he takes ten diamonds from that fellow by mesmerizing him. All these tricks of the trade are known to Indians. At least to elderly people of My age group but the younger people still are westernized, you see. So the westernized are getting sophisticated and they have some place for these gurus who are trying to befool them.

Now for you people I'm just telling you that you face the truth as it is. You should have that scientific outlook is to keep yourself open. Just see for yourself. Do not deny it, do not accept it blindly but let it work out. If it works out you will see the results. Then after Realization takes place, when the Kundalini rises and breaks the Sahasrara at this point, the baptism takes place in the actual way. Not through a theological college fellow, but through a real spontaneous happening then you start seeing for yourself and you have to maintain it and you have to work it out. So this is a compromise between you and Me.

I am going to tell you something about Kundalini but that also you do not take up too much seriously. You see for yourself. It would be something like this: you are sitting in this room and I say that reality is in the other room. So I said, you say, "all right, show us the photographs first of all." So I show you the photographs. Then you say, "All right, you tell us about it" I tell you everything about it. Still, you have to go to that room. Unless and until you go to that room, all this is useless and meaningless. So even if I tell you about this, that's not the last word. This is all because you so fond of lectures. I have been giving now three hundred and I don't know how many I have already given lectures you see. I have been lecturing. I just now have been driving down from London straight here and another lecture is here. But all right, lecture gives you an opening, and apart from that, your rationality is little bit satisfied that Mataji can speak English is something all right and all these things. But again you have to go to the other room to see the reality is the point. So that's one thing is that you should be prepared to go there.

Now if you are egoistical, I'm sorry, it will show. We know where ego is. I mean those who are realized know your ego. Some people have even like Napoleon even, bigger than that you see, like a balloon and it comes they are hard completely. They are heartless also. I've seen such egoistical people in modern times that history could not have produced such. I mean he maybe an ordinary man somewhere, absolutely uneducated, but he could be so clownish that you can't understand from where did he could get this ego. So this modern time, specially in advanced countries, it sort of nourishes your ego. Every walk of life, you see the advertisement how they nourish your ego by saying things. So all this works out towards ego.

Now the superego is also there, where we are so much conditioned, specially in a place like Cambridge. Now your university, you have a library. You read all kinds of books from black magic to third eye to fifth eye, everything you have read so far. So that is all going into your superego and you have a problem with that. So all these problems are within you apart from your physical problems are there, then your family problems are there. There are basic problems of not getting love from your mother, father and all these things are there. All these problems are within you and that's how these centers maybe little difficult, but doesn't matter, I'm going to work it out, I've worked it out on thousands and it is going to work it out in you. I'm very hopeful.

Now England, I always call it the heart – heart of the universe. If the Kundalini is in India, the heart is in England and it's the English wisdom that is going to do the job. I have all hopes about it because they are not shifty like Americans and they are not stern like I mean rock of Gibraltar I call them, ("jabals"?). So it's something in between. Of course rather difficult to crack but once they are done they are very good and excellent. Now we have a person like Don and a person so many like that you see, who have really contributed so much, so much to Sahaja Yog that you will be amazed and how their lives are transformed and how they have become beautiful, I cannot tell you. I really just see them and feel so happy, that they are enjoying themselves and they are now giving realizations to others and giving them their own meaning. We have to find our own meaning, we have to find our own wholesomeness and we have to find out our absolute point. Because of relative living, we are confused. Once we have got it, then you get the absolute knowledge about which I will tell you little later when I've told you about the Kundalini.

Now, here it's a small map, our big map has not come but still you can see for yourself, is in the triangular bone called as "sacrum", we have got this residual force or we can call the primule. What is it in ordinary English word primule? We can say the germinating part of the seed in the triangular bone, which is called as "sacrum". Now this sacrum is the bone which never burns - even the whole body burns out. That's why the Greeks called it a sacrum, means a sacred bone. They did know the Kundalini existed, maybe knowing, I don't know but they called it a sacred bone. Just imagine how it has worked. Now, this triangular bone contains that energy which is coiled in three and a half coils. Now it has a significance - three and a half coil. That of course I do not want to go into mathematics about it but later on sometimes you will know. Above that, these centers that are placed, all of them, six of them and one below it, seven centers are actually the milestones of our evolutionary process.

For example, the center here now is the center when human beings raise their heads from the animal stage to become human beings. At that stage this center came into full force. When this center came into full force, a new thing happened into human beings which does not happen into animals is that we achieved our freedom. Now I'll tell you in medical terminology how we have achieved our freedom. What we see here are three lines if you see carefully. On the left hand side is the first line, blue colored line, which is the line which shows our power of desire. This is the one which is the 'psyche'. This is the one which conditions us, this is the one by which we live in our past. This is our desire.

The second power, that is the yellow colored one is the power to create, is power of action. So we use for this power our brain as well as our body. This is the power that takes us to our future. We plan for our future and things like that so this is the line that is for our future.

In the center you see another line, which is actually broken at a point - at a void we call it. I mean the Zen Void, do not confuse with it: this is Sahaja Yoga Void is. So, this central line which is there, is the line by which we sustain. By which we come from amoeba to human stage. This is how we evolve. Sustenance is our quality. For example, gold has a sustenance. Gold is untarnishable. In the same way, human beings also have got a sustenance by which you know what is a human being. How can

you make out an animal and a human being? Very simple method you should tell me grandmothers. How do you make out an animal and an.... very simple is put them in a dirty bin. One would run away, another would sit down.

So, the human beings are at this stage when they raised their head became human beings and because of that these two powers - left and right powers, which were acting within us, started producing a kind of a balloon in the head called as ego and superego. The one which is the conditioning, another is the ego. These two institutions developed into our heads and formed a very thick covering here. When this bone which was a soft bone in our childhood is called as a fontanel bone became solidified, calcified and we became a separate entity, like you are Mr. so, you are Mrs. so, you are this and that. That's how you have achieved your freedom as Adam and Eve have achieved. Now you are a different person, you are a different person. Every human being is made a separate person and independent person. The reason was that, at this stage, it was not possible to go further with evolution without giving you freedom to choose what is good and what is bad. This experience you had to have within you and that's why it was done in this way that the ego and superego, both the institutions were created in your brain and you were given your freedom and that's how you have become a separate entity. Once you have become the separate entity you started choosing - this is good or that is bad.

But as human beings are, their attention goes out. That's also a reason which I cannot tell just now but the reason goes out. There's a parallelogram of forces works out. Our attention goes out. If I tell you to put your attention inside you cannot. It's always out. Attention cannot go inside and that is the reason because attention goes out. It has an action and a reaction and this ego starts bloating and this superego also starts bloating and the more you have it, the less you have your heart.

Now when these three things I'm telling you about, you do not see them in medical sciences but you see them as expressed as gross nervous systems called as left and right sympathetic nervous systems and in the center is the parasympathetic. Now what you see outside is the gross form, inside is the subtle thing. Now when you raise the Kundalini you can see with your naked eyes the pulsation of the Kundalini. Not in everyone or those people who have a problem in the second center called as the Nabhi center or the third center also called as the Swadishtana. Swadishtana you can call it second or third depending on its position. So if there is a problem on these centers you find the Kundalini trying to pulsate and in some people we have seen it so fast, I mean we have taken pictures and we have got also some films of that the way Kundalini moves in the triangular bone.

Now one has to know that this cannot be done by any human effort. I mean somebody says, "You jump on your head, you will get to God". That's very easy to do. Somebody says, "Stand on your head". That also with practice you can do. Somebody says, "You hop and go a little higher with hoping you can do it". But with that your Kundalini won't rise. Then you can see with your naked eyes the Kundalini rising in some people who have obstructions, but with the stethoscope you can hear the sound of heart in the Kundalini area and in the backbone. You can see it and it reaches here. You can hear also on this area that sound. It is described by Kabira, "Shunya shikarapara ana hada vajiye ". It is all described by all those people who are Realized souls. But we do not read them, we read horrible people like this Lampa Sampa what is his name is with the third eye business? We never read the real authentic people like Shankara. We do not read people like Kabira and Nanaka. Christ, who says, "I will appear before you like tongues of flames". Now what is that? What is that? That is the same as the centers. They really look like flames pulsating. You can see them clearly.

Now these centers are within us and when the Kundalini awakens she enriches them, integrates them completely and when She crosses this center, this is the center of Christ. This is the center of Christ between the pituitary and the pineal body where the crossing of the optic chiasma. There's a very subtle center, which you cannot see with your naked eyes, which is called as Agnya chakra. And when the Kundalini crosses that you become absolutely thoughtlessly aware. You are aware, you are listening to Me but there is no thought coming from ego or superego. Actually, we either live in the past or the future. The thought rises, falls off, another thought rises and falls off. Sometimes we see the thought coming in. So we jump from thoughts to thoughts and thoughts but in the center is the present. There we cannot stop. So these thoughts are coming into us. When the Kundalini rises in the center you stop at the present moment, means you become absolutely thoughtless. You are listening to Me but there is no thought coming to you from inside. That's called as Nirvichar Samadhi.

Samadhi means enlightened, enlightened awareness. It doesn't mean death. Some people think that somebody is dead is

Samadhi. I mean everybody is going to die – a dog, cat and a human being. What is there in a Samadhi? I don't understand why death is so much worshipped by people and they think by dying only they are going to achieve something great. Nobody dies actually even if you try to kill yourself you will be back here like a (bad??) penny. It's not easy to die that way so it's better not to try such tricks you see, because that's a very dangerous stuff.

Now, when the Kundalini rises She integrates you because She goes through your mental, physical, emotional being and you get integration. When She crosses this, you get thoughtlessly aware, but when She pierces this, She touches, touches your spark of spirit, which is actually residing in the heart but the seat is here. And then you start feeling the cool breeze in the hand blowing, coming out. And this cool breeze is described by Shankara in so many books. Even in the Bible it is called as the cool breeze of the Holy Ghost. Even in the Quran it is called as Ruh. This is what one has to feel is a cool breeze, which blows from your hand and you know the energy is flowing. Now you have become a hollow personality and the breeze has started blowing from your hand. Now with this breeze, you can maneuver it, you know how to handle it, you can give realizations to others, you can cure people just touching them and you can also feel others because you see there on the fingers, these five fingers.

We have got seven centers- one, two, three, four... We have got seven centers – one, two, three, four, five, six and seven. These are the seven centers of the right hand and there are the seven centers of the left hand. So you start feeling your sympathetic centers and you know where is the problem, and also everything is decoded by which you know where is the problem. For example, we have one Cambridge graduate who has done his, Kevin has done his archeology, archeology very sensible man, and he once he got his realization - but still you know as the ramblings are of the western mind you see, he was still thinking how can it be, Mother said it is universal.

So one day he told Me, "Mother I am burning here. What's that, that? What does that mean?"

I said, "these are all the centers of your father, and this finger is for the throat, so your father must be down with bronchitis".

These are My words. He telephoned to his mother in My presence and father was not there.

Mother came on the phone and she said that, sorry, father is down with bronchitis.

The same sentence. He was amazed and we could cure him sitting down there. He knew about Nick's son, he knew about all of them - their Kundalini. We are not worried about their political position but where is their Kundalini? Where are their chakras? What are they catching? If they are catching this means what? All is decoded - every knowledge about it is given to you absolutely with love.

The power of love is here and left and right side movement in your being takes you to these satanic forces which are let loose. Either they could be very ambitious or they could be very sly. You have to achieve this position of supreme love and you will be amazed how dynamic it is. Of course, I would say, Kundalini has been described since thousands of years, but the time has come for you to see the a-mas manifestation of the world, because the time of blossom has come. When the tree is just beginning, it has only one or two flowers. But when the blossom time comes, thousands of flowers can be converted because the time has come.

I would say this is the last judgment. God is not going to make you sit on some winged pan and see what weight you have got. It's the Kundalini, which is going to rise. She is the one who is going to say what are you. And that is how the judgment has already started. You will see for yourself how one can judge another person - not on what dress he is wearing, how he is walking, whether heavy weight or low weight or tall or short, but on the Kundalini. How far he is there, how far he is the spirit. That is being judged by their vibrations. Vibrations are such absolute things. If you want to ask any question. Say you want to ask, "Is there God?" Ask such a question even now, you will get it. You will be surprised. Like a computer you start working. You will be amazed all your questions are answered.

For example, Stonehenge . People do not know what it is like. I know what it is, I went there, these are the stones, which are

thrown by the Mother Earth. We have many like that in our country. We saw the vibrations.

I said, "Sahaja Yogis, now feel the vibrations".

Then later on people tried to cover them up and do all these things, but actually they are the stones thrown by the Mother Earth and it is written in the ten commandments, "whatever is created by Mother Earth or by the skies are not to be reproduced". Now what are these things? ...Are not to be worshipped. Now what are these things? We never think about these things. What are these things, which are produced by the Mother Earth, which are created by the Mother Earth? These are the stones, special type of stones, which have a co-efficiency to throw vibrations. We have so many of them, but we have that sensitivity to know them, we have built up temples on top of that. It's not statue worship it's the worship of the real vibrations coming out.

It's a very deep science one has to understand, which integrates all the religions of the world and gives you a complete light over all the scriptures. Nothing is false, nothing is wrong. These dogmatic, horrible people who wanted to make money out of it or some sort of a power out of it, have worked it out in a wrong way. These are all the flowers of one tree. They have removed all the flowers from these trees and have made it ugly.

So when you have this realization, you reach that absolute point from where you get all your absolute answers and the feeling is of complete relaxation and joy. Joy is not a thing, which is happiness and unhappiness. From your ego you get happiness. People say "I went there, I felt very happy" You go to a pub, you feel very happy too, but some people say "I felt very unhappy"- that is superego. Joy is in between, it's complete, it's silent, it works, it co-ordinates, it loves and joy is the knowledge. Let's try if it works out with you people, but minimum please put your hands towards Me and both the feet. If you are not going to do it, you have to go back, because this is not proper to do that way, isn't it? You have not come here for anything else but to get realization so better to go. This is it. All right, thank you.

Question: The fact that there are only certain people who can have authority to awaken the Kundalini.

Mother: what do you mean?

Question: what do you mean by certain people?

Mother: There are some people who have this power in them, flowing in them, you see.

That's what I mean - it's very simple. Those who do not have this power flowing in them, have no authority to raise Kundalini. For example, a person who has the authority is a Realized soul and such a person is above temptations. He is a very pure person, he is a person of love, he is a very sensible man, has to be. He is a higher type of a personality.

Now, we have some people, you see, who are very Realized souls in India also I know them, also in Rangoon there is someone. They are everywhere and we have known many people and I have seen people like (Bishapercly?) was a Realized soul too. But, some of them do not know what is Kundalini is. They are just born like that and they are different type of people and they go against all kinds of dogmas and fight it and all that but they don't know what is working it out, you see. They are not aware of their own awareness, you see.

Then some people are, of course, there are some people who know about these things and also they work out Kundalini, but for example now you will be amazed here, fifty percent people are here sitting who can raise the Kundalini who are Realized souls, fifty percent people are here in this hall, so it can work out. So far, you see, those who are in the market, I should say, I have not seen even one who has been. But those who are hiding themselves are Realized souls, lots of them are there. And they came to see Me and I went to see them and I mean, we are one unison. And their idea about people is very funny and they think that you people will harm them and you will never listen to them because you like circus and you like all artificial things and you have always crucified people who have been truthful. You have always murdered them, you have always given them poison like Socrates or Mohammed-sahib. So, they are literally frightened of coming down and they have told Me Mother that, "You work for twelve years then we will come down".

Now already ten years I worked. So, two years later, I hope they are willing to come down. Some of them have lost their limbs and suffering quite a lot. It has been a very sad thing but do, people do go to them, see them and sometimes once in a year they (bring?) people. But still, you see, one of them I asked him to go down to America just to try. He was there, he came all the way and went to America, he ran back, he just couldn't bear it there. He said, "They are horrible people, I mean they have no sense of anything. They are absolutely in Hell. How can I do anything there?"

I mean, you have to have patience, you have to understand that they are in a turmoil, they are beautiful people, they are seekers they are saints but they are so much mislead by these Gurus, you see their Kundalinis are spoilt, their chakras are spoilt, so many problems are there you see. So, you have to have a Mother, what to do. All right, it's a right question.

(unclear/christ?) Because some people try all kinds of tricks and they get burning and blistering and all that. It is like a knife, a villager coming and putting his hand into the plug and saying that, "I got a shock from the electricity, electricity is shock giving". It is like that. You have to be authorized, your character is different, your style is different, you become a different person. Once you are realized, you'll be amazed your priorities will change completely. Absolutely, your priorities will be very different.

Question: (unclear)

Mother: Never, Never – no, no. You can never use it for anything wrong. Actually, what happens, the lowest chakra has got a deity called as Shri Ganesha. It's the deity actually of innocence, it is that deity incarnated as Christ. Christ is the embodiment of innocence, I feel. That's the most powerful thing a human being has is innocence, you see. And he sits there and anybody who tries to enter through these wrong paths you see, it is he who gets into temper, you see, and he sort of throws his heat on the sympathetic nervous system. And when that heat crosses like that then you get all these things of people start screaming and shouting and all that because that deity knows who is who, that deity knows and the Kundalini also knows. But Kundalini itself, She is your mother can you think- not only in this life but in many lives, She has been loving you, She has been with you, She has been guarding you, She has been looking after and how can She harm you? And She will never take you to wrong paths, never, no question but because of this kind of behaviour, it happens. But how people work it out in a wrong way also, I'll tell you in short because it's a very big subject.

Have you got some books from there? Could you bring some "Advent ? There is a very big book. He is a Swiss scholar, French-speaking Swiss, he has written a good book about kundalini and about My work, it's called as "Advent", nobody has it? If you place your orders they will give you one, all of you should have that. In that I have explained, I mean through him that how people work out these black magic's and things you see, which is wrong.

What they do, say for example, you have a deity or you can say you have the presence of some person like that, say My photograph itself has vibrations, for example here. Now this photograph if you keep it here and if you start misbehaving or say doing something which is insulting to this photograph. The attention in this photograph will stay for a while otherwise, then it disappears. You'll find the photograph will become black and the attention will go away and there won't be any vibrations coming, sort of it slipped off, sleeps off the thing. Now, that area where the photograph is becomes like a vacuum for all the divine vibrations and all the divinity. Then that portion they use for calling all the spirits and all these things. It's a very elaborate method. They go to the cemeteries and all these things and call the spirits. Supposing some very ambitious man dies, immediately they go to his pyre and find out his body, bones and something and work it out in such a way that his Spirit hovers around and they use it.

And, so you will find that in temple say of a Goddess or a temple - I would say now I've been to your "Notre Dame" [in Paris]. It's a temple where there is a statue of Mary and Christ and that is vibrated, you'll be amazed, that statue is vibrated. There are many statues like that but one of them - that is vibrated. Now, say they can work it out in that temple, if they come to know about it you see.

So, they go to a temple like that if they know there are vibrations and that's a deity is living. So, what they do is to do something

like that, by which the attention of the deity goes [away] and they get a place there. They will do puja and thing like that and say mantras by which they use that place for their own purpose and once they have used their purpose, then the whole thing becomes bad. Even mantras, if they are not enlightened this is unauthorized.

For example, supposing somebody gives you the name of "Rama". Actually, in Sahaja Yoga, there is nothing like mantras, only what you have to know is the centers and you should know what are the deities and what thing can awaken the deities and where is the Kundalini and which one is to be used. So, it is moving from station to station, so you have to know everything. It moves very fast in Sahaja Yoga, but otherwise in former days, the Kundalini used to move very slowly from one station to another station.

So, a Realized soul would give a mantra to that person that you are now supposing at Nabhi, so he will give you a mantra of Nabhi so that the Nabhi is cleared out and the Kundalini rises higher. But it has to be a Realized soul otherwise the mantra is not also awakened and it has no connection with the deity, it is unauthorized. So what they do, supposing somebody gives you a mantra of Rama, who is not authorized and he gives you a mantra of Rama. It is like some policeman trying to do some policeman, who is not a policeman, trying to do something like a policeman - unauthorized. So he tells you that, "All right, you take the name of Rama". Now he is not authorized, he does not know the protocol; there is no connection he has with Rama. So when he gives you the name of Rama, you start taking the name of Rama. Now this Rama, you cannot approach the real one. So, somebody, a man who died with the name of Rama, is a Rama, you see, these busy bodies, he comes into it, then he does all these material tricks, something like say, moving this place, this one from there to there, or suddenly locking the door.

I mean God does not have this interest. Why should you try to do these things? Removing things from here to there or sort of even they can kill you. They can do it, they tried all these things, killing people, they put you into mass hysteria they do, all kinds, I mean there are so many varieties. ESP is also the same. Even some people get this hunch, "Oh, that you better not go". This is also the same. These are all busy bodies, it all works out in them, it does no doubt. So many things are like that - they work it out. So, that is not actually God's work.

Like, I would say in India we had prohibition one you see, under Gita book was used for smuggling. Can you imagine? They used to print big Gita books and inside was hollow and they would put the brandy bottles from say Scotland inside and cover it up and nobody would open a Gita book to see that was brandy, but that is the best way to smuggle it out. So they used God to smuggle out all that is horrible. That's what they managed, but it can never be used for bad. Whatever is good is good, whatever taste's sweet, taste's sweet. It does not do any harm to you.

Only thing is, when you are Realized and you do not establish your Realization, your vibrations are lost again. Once you have established it, it is there. When you go away from the attention of the divine, then you do suffer in the sense that you do not have vibrations and you feel again the same thing, uneasiness, you feel tension and this, that. But when you have vibrations, you are absolutely relaxed, you are very happy, your health is all right, also your wealth is all right, materially you improve, but not you don't become Mr. Ford, you become a satisfied person because of the third center of Nabhi opening out is the essence of well-being. Krishna has said "Yogakshemam Vahaamyaham, when you get your realization yoga, then your wellbeing works out automatically, and how it works out? I'll tell you that also but it is not too much.

Now, I would say England. England could be very rich if you could get rid of all your black magic and spiritualists from here. This is all witchcraft. As soon as you get rid of them you will be surprised you will be very rich people. It is working on your mind you have become so lethargic. It gives you all kinds of ideas, alcoholism, all that comes from there. There's no control over yourself, somebody else is leading. You get rid of all these horrible gurus and all these horrible things like black magic and all that witchcraft; you will be rich people no doubt. In our country, those particular provinces, which are really very poor, are infested by these tantrikas, absolutely infested. Bihar, full of tantrikas, then we have got Kerala, it's full of tantrikas, horrible. Bengal are famous, Bengali are famous for tantrikas, but you see they have a certain personal gain so they do these tricks in the name of gaining something out of it. Even some people, even in England I have seen they want to contact their parents and something like that. I mean you should leave them alone now, give them their freedom. Why do you want to contact them?

Another thing in the churches to have all these things buried, I mean this is very wrong. I don't know who told them to bury, I mean this is just the opposite of what Christ would have said. I don't know where in the Bible it is written that put all of them under the churchyard. It's very wrong, there is no sense in it. Leave them alone and this is what it is. I live very near a church, a very famous church, cathedral and I always bless that church because I'm really worried, little children are walking inside, everybody is walking inside. It's a horrible place, it's a haunted place, absolutely haunted. But there are even worse churches. I mean these are simple things people do not know. Christ has said it clearly. He drove out all the spirits into the pig and all that, isn't it? You know all about it. We've forgotten Christ; we've forgotten everyone and I don't know how we have become that modern that we don't mind crawling upon or walking upon some graves and most of these are dissatisfied souls. They are not simple, normal people, you see. They are very ambitious, some soldiers, or some kings or some sort of horrible people who are laid down there in the church, imagine in the public church.

Now let's see how many people get Sahaja Yoga, how they come up, then we can change things we can understand. See, there are horrible things. Once you are Realized, you will know them better. Such a lot is going on everywhere even in Cambridge. I know for definite these things are here. Just don't go near them, horrible things. God has nothing to do with it. This is either left side or right side as I said, left side movement or right side. If you go to the left too much then you go into collective subconscious. All those sly people who are dead are there. If you go to the right, you go to the collective supraconscious where there all the ambitious, like Mr. Hitler. What Hitler did the same. Hitler did the same. He used this power to entice people and used them for destruction. It's just mesmerism. We have to understand this.

Should we have Realization? All right. Is there any other question? A good question that you asked Me because it's true, many people have written that it harms and all that. It is unauthorized. You see, a person who has to raise the Kundalini has to be a born Realized or a Realized soul. He should know about Kundalini and such a person is a beautiful person, a clean person. He becomes a pure person. After Realization, you yourself will know because you'll start seeing yourself and you'll start cleansing yourself. The cleanliness will come through Kundalini. You yourself will clean. There won't be any problem. As once you get out of your car, you can clean it. You can see, you see. I'm not identified with My sari, if the sari is say dirty, I can clean it. But supposing I'm identified then I cannot. This is what happens, just happens automatically. It's the greatest cleanser is this Kundalini. She just washes you; "wash me and I shall be whiter than snow". That's what it is. All right. Put your hands like this, please.

1980-0717, Seeking the Force That Drives Us

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Seeking The Force That Drives Us

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Our life's journey is also like this. We don't know how to find our way. We are traveling and we are seeking. The seeking is the force, which drives us sometimes crazy. We don't know what to do. We have to seek something. We are not satisfied with what we have. So we go on seeking. [Now, And] what are we seeking? We have no idea as to what we have to seek, a thing that will give us satisfaction, the place which will stop our journey, our abode where we would rest. This urge within us is very evident in the modern time. It was never so [unclear: clear]. This is the first time you find so many people are seeking. And they are genuinely seeking. They feel that there is something lurking in their being, there is something that is missing in them.

It is being said in the Scriptures, in all the Scriptures, whether Indian, Islamic or Biblical, that to be there you have to be born again. In Gita Shri Krishna says, "Those who see, can see. Those who cannot see, cannot see." "Ya sha pashyati sa pashyati." The one who cannot see cannot see. It's a simple thing. But to a normal human being, we can't understand that, "I can see everything. Why can't I see? I see the colors, I see the room, I see everything." Why it is said that those who can see can see and those who cannot see cannot see? It's a very mysterious statement.

Supposing I say that in these petals there are lots of cells and it's divided into many cells. Then you will say, "No, we see them. There are only petals. We don't see any cells." So you require a microscope. You have to make a section of that and under the microscope you can see there are cells. You can see the cells clearly under the microscope. All that is material you can see with your material life. But there is something else about which these people are talking that you have to see it through your Spirit. It gets satisfied by itself. [Hindi] "The Spirit gets satisfied by itself." These sayings sound extremely mysterious [to us].

But if I say, "This room is dark. Come inside and you can see," but you come inside, you find it's still dark. You can't see anything. So somebody puts on the light and you see everything. This is also outside us, putting the light, microscope. This is paroksha, is the outside, by which your material life can be projected more. You can see more. But if I say you have to see inside, you can't turn your eyes back to see inside. That you cannot do. Now, what is the method by which you can see inside or feel inside or go inside? Through our eyes our attention goes out. We see everything. But supposing tomorrow something topples down. Immediately our attention is attracted towards that happening. So inside us there must be some arrangement for this happening that must be attracting our attention inside and that's how we must be going inside.

We have evolved from amoeba to this stage. We are human beings. Our evolution has come through our attention fixed outside. The happening has to go inside. But the evolution so far has been by going outside. Like some fishes felt the land and tried to crawl out and they became the reptiles. The reptiles wanted to run fast so they developed four legs as a tortoise. As animals they could not eat; so they raised their head. Things at the height they could not see, so they raised their body more. So all the evolution so far has come through the urge of seeking only, but it has been outside. We have been seeking food, as human beings we are seeking power, we have been seeking money, possessions, comfort. But now the seeking has to go within. For example, when we are building a house we build all the outside and everything properly. When it is all done outside then you go inside and start decorating. In the same way you have to go inside to achieve the last breakthrough. For example, we have made a fortress for ourselves and we have to enter inside the fortress to enjoy it. We have to penetrate inside the house to enjoy it. But our attention is outside. We cannot go inside.

So something has to happen that you are to be sucked in. Some sort of a vacuum is created inside by which you are sucked in. It's a beautiful arrangement which has been sahaja, means spontaneously growing within us. Like a seed has all the map of the

tree it has to become. It does not have to consult A to Z or anything. It has its own map, and it grows on that map spontaneously. In the same way our being has been growing spontaneously since we were just matter, lifeless matter. Gradually it was sprouting and we reached the stage where today we are human beings. But that's not the end because if it was we would have known our meaning, you would have known why we are here. Now the happening takes place through the awakening of this Kundalini. It is placed in the triangular bone. It is there. You can see with your naked eyes it is there.

We are here to tell you the message that now this last evolutionary process which has to take place has started. Like every instrument has to be prepared first of all and put to the mains so the electricity starts flowing through it and starts manifesting. In the same way your instrument has been created so beautifully and the electricity, that they call as the divine power of love of God, has to flow through you. To connect you to that power very beautifully God Almighty has placed this energy of Kundalini in your triangular bone. I say this is the power of divine love.

There are so many powers we know of, of course apart from the material powers we had. We know that there are people who are indulging into all kinds of subconscious powers, into all kinds of supraconscious powers, because a person can just make these flowers gather together sitting down here. A person can just break this with one hand. But do you get anything out of that? If it is your living process of germination, do you get any transformation out of it? Supposing somebody breaks this, so what? We can otherwise also break it, if you put it to some electrical [you can break it / it's how you can get it]. If somebody is sitting down here collects the flowers, so what? If anybody has any such powers, they are all outside powers. The electricity has to flow inside.

So to have your own power you individually has to be connected to the mains. What's the use of seeing somebody else's powers also? Best thing is you are your own guru and you have your own powers. For example, when this thing is not lighted it looks as if it has no power. But as soon as it is lighted you find there is light coming in. It can burn. Not only it can give you light but it can burn. It can melt. It has all the powers of fire as soon as it is enlightened. Potentially it has all the powers but it was not aware of it. In the same way whatever potential powers you have got we have to [unclear] tackle it. These powers reside within us still unenlightened. As soon as you are enlightened, you become aware of your powers. First we must know what we have before distributing something to others.

For example, you are a bankrupt and you start, "Oh, I am the very generous man." What's the use of such a generosity when you have no money in the bank? Are you going to distribute your debt? We must know what do we have in our bank. We must find out if we have any powers within us. If we have then we can distribute.

Now I say we have lots and lots of powers. We are really very powerful. And also I say that these powers are to be enlightened within you so that they manifest, so that you feel your powers, so that you can maneuver your power, so that you can know that this power of love is the supreme, is the highest. Like if you are made a king tomorrow you'll feel very happy about it. With that happiness you'll also have powers to rule, powers to punish. When you get these powers of your Spirit then you become the citizen of the Kingdom of God Almighty who is all-powerful. And He is a very, very compassionate Father. He is compassion, He is ocean of compassion, He is ocean of love, He is ocean of mercy and He wants to give all these powers to you so that you are empowered to manifest your being.

When you get these powers also you feel absolutely enamored, you feel absolutely quiet. Now you've found it. As we came here going round Northampton for forty-five minutes, as soon as we saw the name of the building we said, "We've got it". But the difference is that he knew the name of the building. Here you don't know anything. But the proof of the pudding is in the eating of it. In the same way you come to a point where you know, "I've found it. I've got it." And that point you have to achieve yourself. You have to certify yourself. Nobody else can certify.

Even those people who get the Kundalini awakening and also the piercing of the fontanel bone in the beginning start thinking, because thinking is a disease of the western mind. They'll think about everything, even about which they cannot think. This happening takes place without thinking. They start thinking, "Is that the one we have [got / caught] it?" Then again you come down to the thinking level. Like supposing we come to this place and then we go back to see, is that the place we have to go? So you are still sitting outside. Now you have found it. Now just verify is it so or not. Get inside it. Get inside it. Try to find out, Yes,

we saw somebody. Yes, this is it. This is it. Here it is we have to be.

Of course there are scriptures who have said that when you achieve your Self-realization then you become collectively conscious, [Hindi: Samuhik Chetna]. You become. But it is a term which is very difficult to grasp before you are realized. Means what happens? What is collective consciousness? What happens to us is that you start feeling yourself and others on your fingertips, five, six and seven centers. Doctors have reached a conclusion that these are the endings of the sympathetic nervous system. But they do not know the decoding of it. They do not know how they are, how they work out, what is their work. Like now at the end of it you have got these tips. When the enlightenment takes place you get them on the tips. You don't enlighten them there. These centers get enlightened. The light comes in. Now what is a light in awareness is sensitivity. Supposing this finger is numb 'say, in leprosy you must have known that the fingers become absolutely numb' when the fingers are numb then you cannot feel anything. When the enlightenment takes place then the numbness goes away and you start feeling it. But when Realization takes place then these fingers become even more alert, much more alert and you start feeling something funny. Like today one girl came to My house and she said, "What's happening to me? My fingers are tingling." Just as you would go near this you feel hot. Everyone will feel hot. This is subjected. Nobody is going to say that, "I'm feeling cool."

But you when you are realized you start feeling cool from here. You'll be amazed. Even from the light you get the cool. You see, I put My hand here. There's no breeze over here. They have started moving. There's no breeze. Suddenly when I put My hand they start moving. You start feeling the breeze going through you. This is the breeze of the Holy Ghost. This is the Chaitanya Lahari described by Shankaryacharya. Shankaryacharya preached advaita, means we are like small drops separated from the ocean. And when we go back to the ocean we become the ocean. The powers of the ocean come into us. This is the advaita of Shankara. That means you become powerful as the ocean is.

And this is what happens that a small cell which is now acting according to the dictates of the brain, becomes aware of the brain and can communicate with the brain. Or we can say a small cell becomes aware of the whole. You become aware of the powers of Almighty. Not only aware but you know how to handle it, you know how to make it flow through you. You know that there are problems in your being but because of that is not flowing properly. You know how to correct it in yourself and you know how to correct it in other people. This is the Samadhi, is the enlightened awareness.

This is what should happen to you by which your powers start manifesting and giving light to others. You have to be enlightened so that you enlighten other people. This is the thing we have to ask for. Before this all the things what people do have no meaning. You are not connected to the phone whom are you dialing. There are people who say, "Oh, we believe in God. We believe in Divine. We are singing of it." You are not connected. Krishna has said it that, "Yoga kshema vahameyeham." First you must have yoga that is Realization then kshema, means then well being [will] you look after [you].

Like some people you must have seen on Oxford Street with those hairstyles, dancing with the dhotis, you know, Hare Rama, Hare Krishna, like mad. What are they doing? They have no connection with God. Supposing I have to meet the Queen, and I have no connection with Her and I stand on the Oxford Street and start speaking, "Queen Elizabeth, Queen Elizabeth," the police will catch hold of Me and put Me in the lunatic asylum. You have no authority. You have no connection. You have no protocol. How are you connected? How are you asking for anything? This is the truth that you have to become a hollow machine through which this Divine Love has to flow. If you do not get it today you will come to Me tomorrow.

There are people, I met the other day interesting people. Sometimes I really laugh. If there is a fake person who is showing such miracles like lifting the flowers there will be thousands of people to go and see the show. If there is somebody who is saying that, "I will give you a mantra," people are so mystified, they do not know what to expect. They go to him, pay money, and thousands will be there just to pay money and he tells in your ear a funny mantra. Now, the other day there was one guru who has given a mantra 'he doesn't know a word of Sanskrit' called as tinga. The tinga means, this, you see, show like this to someone. In Hindi language it means tinga. It's not even Sanskrit. He's given that mantra to someone. Just what do you say to that? He's befooling people like this, taking money from them, and people are involved. Now what are you seeking? Are you seeking a mantra? He says that by saying these mantras you can fly. You should ask the gentleman to fly himself first of all. Take him to the seven storey, drop him from there and see how far he goes flying. It's a simple thing. And then we should know,

"Are we to fly now like birds? Have we to become now birds, flying in the air?" Why are we seeking such nonsensical things? What's wrong with us? Are we stupid people? What's going wrong? How can we seek these things? What are we seeking? We are seeking ourselves, ourselves, our Spirit.

Everyone has said this, that you are to be reborn. Like an egg is born first. We are really like an egg. We don't know anything outside. Just like an egg, you see. That yellow stuff called as ego and that the blue stuff, deep blue stuff, sometimes even black it could be, called as superego, they just make you an egg. You are lost in yourself. You are separate. An egg cannot fly, cannot feel anything. It matures by itself. It has to be an egg. It matures by itself, spontaneously. And when the time comes, the mother bird pierces the head of the egg, and here comes the bird. It's a miracle. But the bird is already there ready. In the same way your rebirth takes place. In Sanskrit language a bird is called a dvijaha, and a Brahmin is called a dvijaha. But these days the word Brahmin means nonsense. Brahmin means the one who has known the Brahma.

Brahma is the divine power of love of God. It's just love. Love is knowledge and love is joy. When the whole being, the attention of your being is filled with this love you just become the joy, you just talk with joy and every throbbing of yours is love. And that love gives you the knowledge of others. If you purely love somebody even otherwise, then you know everything about that person. In the BBC sometimes, you see, you see the husband and wife's game very interesting. What hair oil does she use? What kind of motorbike he likes? Such questions are asked, just to judge the knowledge of the husband and wife among themselves, to find out, because if they love each other they would know all these small, small things. But when it is pure love you just know. It becomes subjective, absolutely subjective because you become the subject of love. So you know everything about everyone and everything is known through its essence. Now see this fire is here, all right? To you this is ordinary fire. I can enlighten the fire, doubling. If I enlighten this then the fire can burn away all the impurities within us. It does.

You know this Mother Earth. I was in Kuala Lumpur and the speaker of the assembly, a Muslim, invited me to his house. And there were about thousand people who had come, I think out of which at least three hundred were sick. The rest have come to help them out. And they all gathered in a big garden, very big garden. And no other Sahaja Yogi was with Me. I was just alone. I said, "It's all right. You all sit on the ground." I just requested the Mother Earth, "Now, take away their problems." And She started sucking it. There was a boy who had polio trouble. They have brought him, you see, just brought him, kept him there. He could not walk at all. He was brought like a sack and put on the ground. Suddenly the mother said, "Where is the boy gone?" He had just got up and walked off!

You can ask the Mother Earth, you can ask the fire because you are connected. You are at the essence of it. What is the essence of Mother Earth? Can anyone of the scientists tell Me? Any Sahaja Yogis? What is the casual [causal?] essence of Mother Earth? Fragrance, fragrance is the casual [causal] essence of Mother Earth. And fragrance has the capacity of magnetism. And that's why the Mother Earth has got the magnet. It is most surprising. That's why people wear, you see, all these beautiful fragrances, to attract others or to soothe others. So fragrance of the Mother Earth if you can enlighten. Even while Kundalini is rising within you is the Mother Earth also, the element of Mother Earth. Where is it? In the lowest, that lowest chakra, there is the Mother Earth. It's made from the prithvi tattwa, from the Mother Earth, the essence of the Mother Earth. Suddenly you start getting lot of fragrance within you. And you don't know from where this fragrance is coming. And you find that it is this center which is being enlightened and you are getting fragrance.

Then the second center which you see there is the center which comes from fire and Mother Earth. The essence of that is fire and Mother Earth. So we can use fire to cure that. For example, when you think too much this center revolves round [tours]. By thinking too much this center has to work very hard because it replaces your brain cells through these fat cells which are here. It transforms them and send them for the brain cells. It has to work very hard and when it works very hard then all it's working hard, work on the center called as the Agnya, specially on the back side, when it is obstructed, when it is working as obstructed, all that effort goes back here. When it goes back there then it affects your eyes. Can you imagine, if you can somehow or other manage to enlighten the sun you can get rid of your eye trouble. Your eyes can be cured through treatment from the sun but you have to be a realized soul. You can manage the sun all right.

The third center that is there is the center made out of water element. Now, water has the capacity to flow. It has a capacity to

cleanse. It has many capacities. It is shining, shining. This center gives you the shine on the face. [Hindi: Kanti Rupena Sahangstita] Now if this center is allowed to flow properly 'properly' is the word 'properly' if you allow this center to absolutely go wherever it likes, your attention will be flittered [frittered?] up. But if you use it properly and allow it to grow within your living process, because you know by water only living things live, then you reach a state where you can even enlighten this center. And when you enlighten this center the first thing that happens to you is that your material problems get solved. It's a very deep science.

Many people who have come to Me had no jobs. They were in complete shamble, as they say, or in a mess, had no money, didn't know what to do. This center got enlightened and they got the essence and the essence is called as Lakshmi tattwa. They got jobs, everything they were helped, they had a nice house. People who had no houses, who were living in very small little houses got good houses. They don't know how they managed and how they got it, how this miracle took place. Because the essence within you of your wellbeing in this center is enlightened. If the second center is enlightened then you become suddenly very creative. Is the center of creativity. Then you do not think. Thinking makes you mad. For example, have you seen a writer writing something? He'll have file of papers torn out. He's writing something. And you'll find he cannot do it. He'll go mad. Again he'll write something. And then it's not all right. Then he put it down.

But when you are realized and that center is enlightened you don't have to sit down and think. It just comes out; you write it down. Because the essence of this center is creativity, it comes from within. By thinking you cannot bring out your creativity. You cannot. Only thing is that if you have the technique, the creativity comes from within and through the technique you express it. Musicians, poets, artists. I've known people who never knew how to sing, had horrible voices, now are melodiously singing like a cuckoo bird, after Realization. Of course that is also another centre which is here, when this one is enlightened.

Now every centre I cannot tell today because it's a long [based] thing. But I just have to tell you that when these centres are enlightened, your powers of these centers start manifesting. Secondly, all these centers become integrated. You don't have a problem to integrate yourself. For example, some people are working here. In their mind is somebody else. They don't want to do it. They just don't want to do that work, with [unclear] there. The mind is somewhere else. They are thinking of something else and asking for something else. So they are divided among themselves. They don't know whether to do it or not do it. But when you get this Realization, all your body, mind, everything gets integrated and whatever you do emits joy.

Now this is all too fantastic for you. I know it is too much, much too much for [unclear]. But why I have given you this is because I have seen yesterday and was very disappointed the way people are frivolous, the way people do not have any self-esteem. They are very egoistical. Egoistical persons are stupid, always stupid, isn't it? You must have seen how an egoistical person talks, like they are stupid fool. You don't understand. And they are so frivolous also. They have no self-esteem. They don't understand what they ought to see, what they have got.

That's why I'm telling you today that you should know that it's the most important thing, it's the only thing that you have to achieve. Do not go in for useless miracles. Ask for the miracles of your Spirit. When the Spirit manifests you'll be amazed how beautiful you feel and how beautifully you work it out, because you have found out your whole, you have found out your destination, you have reached your goal. I hope it will work with those who are here. I know they are few and people might think that very few people have come but it is a living process. For reality even to get so many people is, I think, is great.

At the time of Christ, all His life he could gather twelve fishermen. How could you talk about Kundalini to twelve fishermen? But to get even this, this much of people for reality, I'm very happy about it. By God's grace gradually this living process will be accepted and people will take to reality and not to the circuses. We have to get the real within us. We have to know ourselves, fully we have. It has to happen. If it does not happen in you, it doesn't mean it's wrong with the system, but it's something within which can be corrected, which should happen. In second city or the third city I am here to work it out and you all have to work it out.

It's a very long thing, which I did not want to say it now but there are so many lectures I have given, you can go through and see for yourself. Here in Northampton you have a very great Sahaja Yogini is Maria and her husband, [unclear name] that is a very

great Sahaja Yogi. So this has a special blessings all the way. When I came here first there were of lots of these black magic people, occultist [unclear]. They all started dancing, this, that and I said, "Now where am I here?" But today I find the people are of a different style and different nature and this for such people it is, for people of that calibre who are seeking the reality. May God bless you all.

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The Light Of Truth

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Last time when I spoke to you I told you about the power that resides within us is this triangular bone called the sacrum which is called as Kundalini and which is responsible for giving us our second birth. In modern times the search for truth is so widespread that it had to happen. It was all as if planned out that in modern times only the people who are seeking, who are seeking the truth, in various lives have to attain that awareness which will grant them the light of truth. The search is on, for example, a human being may be searching his joy in money, in power, in possessions, in seeking security for oneself but the search of the seekers is on and they have to find it and that is possible in this modern times. It has to work out but perhaps people are not aware that as the modern times are best suited for this seeking for this enlightenment, also the modern times are the worst times. The reason is modern times are the times of confusion. Everything that we do we are confused about it. We are not sure as to what we are doing is correct or incorrect whether we do it in money, in power, or about seeking because this is the time where your wisdom is tested.

If you are wise then you will choose wisely and that's why a confusion is created, you can say like a puzzle, say in modern times life is much more puzzling than it was ever. Before these life was much smoother, in the sense we lived ignorance and ignorance was bliss, but seeking we must do. We can't do without it. This is the highest seeking that a man has to achieve. First, it started with food in animal stage continued with us but now we are seeking something much beyond our comprehension but we are seeking. We don't know what we are seeking. But we are seeking is a fact. Now the confusion is what to expect and then how to seek. These two points are there but first of all I would like you also to know that when this seeking of the saintly people, of the good people, of the righteous people, of the virtuous people, is on, there is also a very powerful force of destruction is executing. There are people who do not want you to seek. There are people who want to make money out of your seeking. There are people who want to make you slaves out of your seeking. There are people who want to give you something by which you are destroyed, your being is destroyed.

This kind, this kind of seeking of destroying the seekers has also built up into a very big force. It is not individualistic. Like we had in ancient times some rakshasas, some devils who incarnated on this Earth whom the Goddess had to fight. They came individually one by one. They had their own armies but one by one, but in modern times perhaps all of them have taken birth because they think this is the best time of confusion when they can reap their harvest of evil. By this kind of a darkness around, it becomes even worse, it becomes even worse, the confusion is even much worse. We cannot understand how to seek them, how to find the right path, so many circuses are out, so many personalities are there with different kind of advertisements and everybody supplying, something like as if in the market, there is demand and people are here to sell it out.

Naturally, one would be quite worried and one would be quite thinking about it. This is simultaneous but one must know if there are replicas, there has to be original, if there are plastic flowers there have to be real flowers, otherwise how did they copy? Now how to make out which is the truth? The point is, if it is our evolutionary process and in that we are going to achieve the truth that should happen to us in any case, normally because we have become human beings without putting any effort into it so if we have to become a higher human being it should happen to us spontaneously. So one thing should be there that there should not be any effort involved. This should be one of the criteria. Secondly, we have not paid a single Pai for becoming a human being from chimpanzee, did we? We got it all free. You cannot pay for your evolution. You can pay for anything else but not for your evolution. So you cannot pay, I mean, by paying or going through courses you cannot do it.

It is some sort of a living thing that is going to happen. You should see other living things, for example, a flower cannot become a fruit by paying any money to it. If it is a living process that is going to bring forth a fruit then we cannot pay. Then we cannot put in any effort. It has to be spontaneously worked out. And then it has to be with us when we are born. The potentiality has to be with us when we are born. Like a seed has got the potentiality to become a tree, a flower has got a potentiality to become a fruit. In the same way this potential power should be within us. Otherwise, how are we to become something else? How are we to be born again? If you come to that conclusion then you say that it is born with you that is Sahaja, it's born with you, it is with you. It is your own power within you yourself.

So what is the difference? The difference is that as human beings now you have to know that you have become that. So far, up to this evolutionary process, it was not necessary for you to know that you have become from amoeba to a fish and from fish to a turtle and from a turtle to a pig and then onwards you have become a chimpanzee, from chimpanzee to human beings. It was not necessary for you to know but at this stage, it is necessary that you should know, but why? Again the question comes, because why is the problem of today. The question comes is why still we should know. The question is all right but answer is like this, that the evolutionary process till you became human being, were done when you had no freedom to choose.

At this stage, you have freedom to choose, to develop yourself in such a way that you have freedom to choose. Now once you have freedom to choose, you choose rightly. And rightly when you choose you get it, because the evolutionary process, now is a much higher, much higher thing and meant for people of great calibre not for cheap people, frivolous people, people who have no self-esteem, it is not. It is meant for people of great calibre. Those people are of very ordinary calibre, of ordinary nature, cannot get it, to begin with. Later on when this happens, this adventure is achieved by a few, many will follow but to achieve this adventure, the beginning of it can be done only through people who are truly seeking, people who are courageous, who would like to have the flight. And those who are not courageous enough, those who are not fully equipped for it, those who do not have that calibre cannot achieve it. Such people cannot face the truth, they cannot. It is beyond them. They just want to carry on with something, which is very, very simple, in the sense that which is compromising with their values and so-called weaknesses.

For example, if I have to say that in Sahaja Yoga you don't have to give up anything but later on you suddenly give up because your priorities changed. You just give up those things, which you could not live with, the things that have made you a slave, to which you got addicted. You just get rid of them because you have become master of yourself. It happens spontaneously. It happens so spontaneously but if you are not a person who is willing to understand that you are a slave of these things and you have been really enslaved and it's going to carry you into a ditch later on, then you may just leave the place and think, "Oh God, this is too much for me." If a transformation takes place naturally, your priorities will change. For example, there is no light in this room, so how you walk, groping everything but if there is light you become straight, and you walk straight to your seat. In the same way, when there is enlightenment within you, your priorities change and you become a master of yourself, absolutely a master. You are no more enslaved by anything, nothing can guide you. You start guiding your own destiny and the destinies of many, by giving them enlightenment yourself.

Now these dark forces that are here can only be neutralized by the force of Divine love. People talk of love but they have no idea as to what Divine love is. They have no idea whatsoever because it is said in Gita, the one who sees can only see, the one who does not see cannot see, it's a very simple thing. No use talking to people who cannot see but I would say why not make them see the thing? Supposing they see the thing then all the priorities change. Not only that you get a transformation in your awareness you become dynamically aware. You start understanding, (Shri Mataji is asking a child - you sit down and the children should not disturb in the hall).

You start understanding the problems within you because you are separated from yourself. You start understanding the problems in other people.

For example, when the centre in your being, as shown here, are excited by this power of Kundalini then these centres are empowered, sort of recharged and the centres, which are controlling the plexuses outside on the gross plain, also enrich those

plexuses. And first thing that happens to us is that we improve physically to such an extent that even cancer is cured. I mean, cancer can only be cured by Sahaja Yoga, by no other way. When the Kundalini rises slightly higher than that, then you reach one of the centres there, the fourth centre of the heart, where your sense of security is established. Once the sense of security is established your mental problems start dissolving. Those who suffer from mental problem become better off. Their mental conditions improve but normally a person is mentally handicapped in the beginning finds it difficult because he gets suggestions, like the gentleman who was here just now, they just can't bear it, they just run away. But if you have patience you can work on them and you can cure mental patients as we have cured epilepsy of the worst type.

There are some people sitting here who had epilepsy of the worst type. They would have been in the mental hospital. Once your sense of security is established your mental condition becomes normal. But one has to have little courage. There is nothing to be frightened in Kundalini awakening. She is your Mother and She loves you and She has been born again and again with you and She is just waiting for this chance to happen. If it happens, you will be amazed how you get changed and now here you know there are at least 50% people, maybe more who are Realized souls and who have got this. But when this Kundalini rises higher to this position then a person becomes a witness. He just feels that the drama is over. He is not involved anymore and then he becomes dynamic because if you are involved in a situation you cannot do anything about it. You are all the time frantic or worried or looking at your watches and things like that. But if you are above it then you can solve your problems better. You become a Saakshi, a witness which Shri Krishna has said, Christ has said, Mohammed has said that you have to become a Saakshi, a witness.

This is just a drama going on and you are involved into it and the drama breaks through and when this drama breaks you start seeing it and you start laughing at it, at yourself also, that's why was I worried, this is just a drama and then when the Kundalini rises even higher at that point and crosses it you become thoughtlessly aware. There is no thought in your mind. You do not think anymore. You become silent. One thought arises and falls off, another arises and falls off, in between these thoughts you just stand in the present, you become, and when the Kundalini pierces the last centre, this one, then a cool breeze starts flowing from your hands, you start feeling the power flowing through. First time the central nervous system is feeling. At this time you will be amazed the, all the five centres here, six and seven centres start indicating, in the sense that all of them get enlightened and if you place your hands like this, suddenly you will find there is a tingling going in here or in here, or in here and these all demarked the centres which are in problem within you, on the left side or the right side.

The left side is the emotional side and the right side is your physical and mental side. You start understanding yourself that here is the problem which is within us. For example, Brighton has a problem on here, mainly; now this stands for unauthorized working of God's power. For example, there must be lot of black magic going on here. There must be lot of people who are doing all kinds of Guru Vidya and all [UNCLEAR those] sort of things, which should not be done, means people who are not authorized to do God's work are doing, this means that. And this percentage is quite a lot here. And when this centre is spoilt which is very difficult because this encompasses even your mind and you get ideas from these people and you are so ruined by them that it is very difficult for you to see the truth. That's why again and again I come to Brighton because I know you have one great advantage that is of Sea. And how much the Sea can take away also I don't know. But there are lots and lots of people who are practising these bad things here. They perform all kinds of so-called miracles. For example, they remove this one from here to there. Now what does it matter in the eyes of God, just think of it, can't you remove yourself? They may give you a diamond just like this, you will think, "Oh God, I have become so very rich." You might be having ten diamonds first then they give you one diamond, take away all the ten.

Why should God give you diamonds? What are diamonds for God? Just dust of His feet. To human beings, it's all important the bank balance these things. God doesn't operate all these things. He creates all the diamonds of the world, why should He worry about giving you diamonds, all nonsense it is. Then there are some people who may show another kind of miracle like mesmerising you. They really mesmerise you and you get enamoured by it like some people start jumping, taking out their clothes, why will God do that? I mean by taking out your clothes, do we become God, can you become? I mean, how do you get evolved? After all, you used to wear clothes, now are you going to take it out? For so many years you have been wearing before that you never wore any clothes. So are you going to now become very much realized, if you take out your clothes and start jumping like mad?

Then some people say that you can jump like a frog. There was one person in Kolhapur, he was sitting with both his legs towards Me. So some of the Sahaja Yogis went and said, "You can't sit like this towards Mother." He said, "I am sorry if I just pull my legs I will start hopping like a frog." So then I called him and said, "Why should you hop like a frog?" He said, "My guru told me that when Kundalini awakened you start hopping like a frog and mine is already awakened and I am hopping like a frog. All the time I am hopping like a frog." I said, "Now if your Kundalini is awakened, are you going to become a frog after becoming a human being? You have to become something higher or lower animal? Tomorrow you will be twisting like a worm and you will say I have to become a worm?"

Then there are some people who are going out for a fly. There are some here who went for flying also. Thousands of pounds they have spent for a bluffer who just bluffed them. They should have asked the fellow to fly, to begin with, you see, drop him from some, from tower you see, this, what do you call it, leaning tower of Pisa. That's the best place I would say. Take him up there and drop him from there and see how far he can fly. It's very easy to do that to find out. But no, people paid lot of money, then we should think, "Are we going to become birds now?" It is nowhere in the scriptures said that you will be flying in the air. From where do you get this idea, anybody comes with such ideas why should people take it? Now you will be surprised we laugh at it but there are hundred thousand people, these Britishers, who are known for their wisdom, only Britishers I am saying, there are altogether two million people in the world who are following this man who is teaching flying. Can you believe such stupidity, such mass stupidity exists because it happens because these are simple people, they are mesmerised, absolutely mesmerised, to such an extent that they cannot think, that thinking is zero, out of which these people who have come to Me, I've seen it.

They were in the most miserable state and even today they are, and it's acting like a Mafia. Nobody can say that they are in that condition. This is the stupidity to which we succumbed, when we are mesmerised we cannot even think, we do not know how we are going, what are our movings, how we have to move. We just go on under the blanket, black blanket and once we discover we are lost, we find that we are in the lunatic asylum, or in the jail. From the same lot we have had people who were in coma for 10 days, just different like this, nobody knew this kind of a disease, this has come out of the so-called flying business, for which you pay and you become a lunatic. So it is necessary also to see the other people who and it's very sad because these are all saints and seeking God, who have been tortured and looted by these people. This I have been saying from 1970 loudly, I have taken their names and flouted them and spoke everywhere I went, I spoke in America and everywhere I told that, "Don't trust these people, don't trust these people," but nobody would listen.

Recently I went to Bristol I believe, where some Indians had come and some others had come and the people said, "Mother we are surprised that a guru had come here about a year back and there were thousands to see him." And this guru has no credibility of any kind. He came from right from South Africa and suddenly there were thousands to meet him and this guru has now, been found out to be a drunkard and has got five, six keeps. What is his credibility? From where does he come? He says, "I have a big business." Whatever it is, why is he here? It is also necessary that we should find out, what sort of a life the person leads.

Now what should we expect to happen, I have told you that you become, there is an actualization of the experience that you become, you become that superior person, endowed with supreme power of love. You become that. It is not only giving you the lecture that you are brothers and sisters and treat everyone very happily and they are all your own. It's not lecturing, it's not brainwashing. It's an actualization, it should happen to you. You should become that. You should feel others within yourself. You should feel others are part and parcel of your being. Then only it is so. Otherwise, we have got United Nations, we have got so many organizations, brothers and sisters organization I call them, all put together, but it is all rational. It is not the thing happening within yourself.

But when the Kundalini rises, She enlightens the Spirit in your heart and then the projection of the heart's quality which is Divine love starts manifesting and you start feeling in your hands the cool breeze, the cool radiance, the cooling radiance of the heart, which is described as the cool breeze of the Holy Ghost, which is a happening, again and again, I am telling you. It's not just telling you something that it should happen and you should become like this. Now it takes only a split of a second. You are just

ready for it. How much time does it take to light this thing, just split of a second. But supposing the wig is not all right, the petrol is not, I mean the oil is not all right there is a problem in here, something then it takes time to be corrected. If you are absolutely a normal person it should be that and once it is risen it doesn't fall down. But we have noticed that it doesn't work out that way, with many of you. Many people who get Realization, go back home and lose it and they give it up.

This is another style of seeking. They find it is too much or I don't know what they find but if you take, a say 100 pounds from a person for a course on Sahaja Yoga, which you cannot, then they will come on because they think they have paid 100 pounds – better go through it. It's a funny human nature. And how to make this Divine love fit into it, it's a very difficult thing. Unless a human being rise up to a certain position of self-esteem it doesn't fit into them. They have to recognize their Realization, they have to understand that you have got it, that you have to establish yourself so I do not know how to make these two things meet. For example, it is very easy to pamper your ego and take out all the money you have in your purse or your properties and everything. It's the easiest thing to do is to pamper your ego and tell you lies. But by that you do not gain anything. Now if I have to give you something I have to make you equal to it, isn't it? If there is something lacking, if there is a hole in a pitcher, how are you going to fill in the Ganges? So you fill in the Ganges, go home and find the whole Ganges is disappeared and you think now it's not worth it.

Come back, the hole can be filled in. The hole can be again fixed and you can be repaired and you have to contain within yourself. You have to contain within yourself that power. So many of you have done it, now in England we can say we have lots of people, lots and lots and lots who have done it and all over the world we have to do it. Of course, in India, in the villages of India I should say, not in the city, cities are meant for all these moneymakers, not for Me. I am not interested in Indian cities, the people who are in the cities, even the Indians who are here I don't know how far I will work out with them. I am sorry but it is the fact. Same in India, the city dwellers are getting sophisticated now. But the villagers who still are innocent and simple people get it in thousands, in thousands. We got the films of people how they get it, how they work it out. It is spreading like fire, especially in Maharashtra. Also, it's started in other places and I am sure it will work out.

Now we have to see how many of you are willing to take up the challenge. It is the question of challenge to you, to achieve it, and to establish it and to know that you have all the powers, all the potential powers within you, just you have to achieve it, just you have to get it. You need not be a big minister for this, on the contrary they are difficult, rather difficult, such people are quite difficult because they have a very big ego in the head, you see that yellow stuff, it covers the whole head of so many of these people. They are rather difficult. You have to be a noble person, Saamaniya, means ordinary, if you are over-successful, the ego has to be punctured somewhere, otherwise too much, very big, the Kundalini cannot enter it. If there is balance of ego and superego in your head then it will be able to work out. But even if you have ego it can be given balance, you can be cured, even if you have sickness it can be done, everything can be done but today that the time has come, where thousands can get their Realization and can be established because the last judgement has started.

The last judgement is going to be through Kundalini awakening. As if the Kundalini is the pointer in the balance. It has started now. People are not aware that it has started. They do not want to be judged as yet but time should not be lost but this judgement is so beautiful that when you are judged you get the powers of your own, of your love. You enjoy the bliss of your Spirit. You become so peaceful, all the tensions disappear, you become so dynamic and the blessings of all the well-beings come on you as Krishna has said, "Yoga shema vahamiyam." First the Yoga then the Shema, Shema is the well-being. If you have not achieved your Yoga, the Shema is not possible.

People say I am preaching Adthvaitha of Shankaracharya, of course, it is the same, whether it is Shankaracharya or anybody. I am doing that. Only He was preaching and I am doing it. What Christ said, what Krishna said and what Mohammed said is nothing but Adthvaitha, that you have to become one with God. But there are many who do not like it. They want to have Vaitha. They want to keep their personality, so-called with them. I asked the other day one gentleman, who was a minister and all that, I said, "What do you want to keep back, what, which part?" He said, "Not my ego." I said, "Then what is it then?" It is that only, you want to keep back your ego. Unless and until you become big, you cannot evolve and how do you become big, by becoming the ocean, yourself. A small drop becomes an ocean as you become one with the ocean. You become one with the awareness of God. This is what Christ has said, "You have to be born again." It's said by everyone, Moses has said it, everyone has said it. But

people are telling you no, no, no that should not be done, because these middle will be agencies losing their income. How will they exist without it?

Try to see these points, achieve your own powers of love. Achieve yourself, become yourself. If you want it, you can have it but if you don't want it, nobody can force this, nobody can take away your freedom. If you want to remain as you are, you are left with them. Then you face it up and live with it. But if you want the ultimate, the absolute, it is there. That's the only way you can get rid of your confusion. And get rid of all your ideas of relative existence, political, economic and everything. It can be only dissolved through achievement of your absolute because after Realization you can feel, you can ask any absolute question, for example, if you want to ask the question, "Is there God," immediately the cool breeze starts coming out, [UNCLEAR ?], the answer comes in. As if like a computer you start working out because you are put to the mains. So it is necessary for the whole humanity to pay attention to this because the time is coming when the sorting out will take place. That time nobody is going to persuade or tell you and fill the hall and request you. The sorting out will be there, better get it now and establish it. Whole humanity is to be saved, no use doing patchwork. Do something substantial. Substantial is only possible if you go to the roots of this tree of life and nourish it, enlighten it. That's the only way one can do it.

May God bless you all!

If there are any questions please ask. Please ask Me questions but sensible one, not like this that Mr X has written in a book somewhere that is not necessary. Do not develop controversies. You are here to achieve something, not to just get into arguments and discussions. If you have any questions, you can ask Me.

Just raise your hand.

Which one?

Ok, you are asking, alright.

In Hindi- Yaha par koi aa jao to (Someone come here). Chaya and someone can come. Anybody can come. [UNCLEAR Malti] Can you come down here? Just to see what he is saying [UNCLEAR]. Hmm, what is he saying?

The question is not audible.

Come here. [UNCLEAR]

Shri Mataji: That you should answer yourself. These are the questions, you are quite good at it. Now the first is very good question is, what is enlightenment? Second one is little embarrassing. If I am the one who sustains it. I'll answer the first one to begin with, all right? What is enlightenment? Let us start with an analogy. (Shri Mataji is talking to someone). Say, in this room there is darkness, all right? There is no way of judging things because you can see through your eyes only if there is light, all right and you come in the room you find this door, you think oh! The door is the one, somebody sits on the chair, you say chair is the one and somebody says the bench, the bench is the one, it's all relative. You do not know which is the truth, all right. You put on the light what you know, oh it's all there, in different places. It's placed here, it's placed there, it's like this and these are removable, these are not removable, these are fixed things. Everything you see, all right. This is enlightenment.

Now what, in the real sense, what happens? When you get enlightenment within yourself is the deeper enlightenment, it is now enlightenment outside but you get the enlightenment within yourself. Then what do you start seeing and feeling? You start feeling your different centres on your fingers. You start understanding what is wrong with you, what centres, you see the different colours, you have got here. You know that this centre is catching, means this finger supposing as I told you this finger is catching. This is on the left-hand side of the Swadishthana Chakra, which is on the left-hand side. With this also you get the knowledge, I mean you are told how to correct it. Supposing you are catching on the right-hand side, take a very concrete example, maybe you are a liver patient, you are suffering from liver and mostly all of you suffer, [UNCLEAR liver] in this country

because you think too much. Now you will be amazed to know that by thinking you suffer from liver, nobody can believe, doctors won't believe but this centre, this yellow centre when it moves on this side, right side it converts the fat of the stomach for the use of your brain. So when you are thinking too much it is working out very fast and when it is working it out very fast it has no time to look after your liver which is supposed to be [UNCLEAR ?] and this is the centre with which you think. And around it, the over-activity of this centre creates a tension and this centre goes into a terrible thinking process. You cannot stop your thinking, just go on galloping thinking, it's like, you can say a cancer of thinking, people develop. They cannot control their thinking, uncontrollable thinking creates a problem and then this centre spoils and it is not responsible anymore for your liver, you get a bad liver. There are other things also to spoil your liver, in addition to that. Now you discover only that your liver is not all right, now you also know how to cure your liver.

So you know physically what's wrong with you. You know mentally what's wrong with you. You know emotionally what is wrong with you. You also know what are your imbalances, what are your abnormalities, you know them on your fingers because it is all decoded. This decoding can be tested again and again and see for yourself, with others. I'll tell you an example, a simple example, somebody got Realization in London. He is an archaeologist. When I told him, he could not believe it. One day he started getting a little burning here and he asked Me, "What's the matter with this?" I said, these are centres of your father and this is the centre of the throat so you can telephone to your father and find out whether he's down with bronchitis. He telephoned to his father in Scotland, his mother came on the phone and she said that the father is down with bronchitis. It is so much dynamically communicated. You are not enlightened about yourself but enlightened about others.

You put your hands towards someone, when you are sensitive enough, can immediately say what is wrong with that person. Also, you know how to cure it, and how to work it out. But with enlightenment, you enter into the kingdom of God. You become the citizen of kingdom of God; means all the angels, and all the Ganas and all the great people of the Heaven start helping you. And you are amazed that of the miracles that have happened. How it worked out. It's something so surprising that one by one you start seeing the whole drama and you are amazed as if you are held by angels and helped by them. When you are enlightened you are absolutely blissful. There is no tension anymore because the energy start flowing into you, all through you.

We can give another analogy, when you are in the water the waves of water frighten you, that you may be drowned. But supposing by any chance you are put on a boat or learn swimming you start enjoying those waves. In human beings only we can learn how to swim, overcome these and then this is a overall enlightenment, overall in everything, even say, for example, people who never knew a word about decorations and art and aesthetics, suddenly become aesthetics because of this enlightenment of the same centre. Every centre when enlightens has a new dimension within you opened up, say, for example, the first centre that is down below if it is enlighten through Sahaja Yoga you gain back your innocence which you have lost, absolutely. Innocence is the very big power within us it starts manifesting and you can overcome all kinds of hidden things. If there is a man with evil ways, he approaches you. He will be neutralized. He will be transformed. He will become very kind to you, extremely kind.

The second power of second centre has the power of creativity. You get the creativity, which is living. So far you never had, we take everything from the nature. We have never given anything to the nature. When this centre is enlightened then when you give vibrations, say to a field of wheat. In India, they have done experiments in many universities of Agriculture and we have many scientists there who are doing it, they are Sahaja Yogis and they have found out that the same seed if it is vibrated can produce five times more wheat, not only that but they stored that wheat in a big store where there were other things stored up. And the rats did not touch those bags, Gani bags which contained those wheats. It's worth seeing all these. There were cows, Indian cows, do not give milk as much as the milk as much as the other cows like, you can say New Zealand or Australian cows but these two type of foreign cows are extremely aggressive and their milk makes people very, very aggressive and the taste is not so good. But Indian cows give very nice milk. It doesn't make people very aggressive and the taste is very good. But the Indian cows when they were given vibrations, supposing they have given five [UNCLEAR litres] of milk they started giving at least ten [UNCLEAR litres] or twelve [UNCLEAR litres] , not so much as these aggressive ones have given but their longevity increased. This is how you start giving these enlightened dimensions to things.

For example, see this wire here, now I put My hand there I can enlighten this wire. You will be amazed if this is enlightened, it can take away all your problems even with one candle light you can take away so many candles, it's what seen. There was a person

who was possessed, we told him a method of working it out with one candle and the whole wall started becoming black, with the black coming out of that and he couldn't understand but he got cured completely, means you can enlighten all the elements with these vibrations. The water gets the power to wash you inside out, your sins and your problems. The light gives you the power by which you can burn off and fire out all the wrong things, which are spoiling you. Your skin becomes lustrous. You start looking very much younger than your age. You are absolutely relaxed. You become extremely kind and you enjoy your virtues of kindness. You never repent it. The first thing that happens to most of you that you start laughing aloud. We have someone here who really laughed in Bristol when he found himself, and himself said, "I laughed, where was I, what was I doing all this."

There are thousand and one things got enlightenment. But enlightenment actually means that your being is enlightened, means it has achieved the power of emitting love, of Divine love. It means you have become a hollow personality that the Divine love is flowing through you. That on your central nervous system you start feeling that flowing through your being, it just emits. Like Christ says when somebody touched Him that, "Something passed out of Me, that is energy of love." I hope, just now I cannot give the whole thing but it will satisfy you and the second part it devises the thing all right, I would say that if I am the gardener I have to look after the seeds, isn't it? But it is your own. For the time being, I may, for example, this light goes out, you put it on again you are looking after it because that's My job is to enlighten you so till it takes its own form of light I look after it. I do look after it but if I say sustain then I would say you sustain it but I look after it and I make you sustain also. Is there anything wrong? If you could do it I would be very happy, really, it's a tremendous task, it's is a sort of thing to maintain it. Even today raising Kundalini is not easy. I have to carry all the load upon Myself and day in and day out I am working very hard you can ask anyone. It's too much of a task. It's not an easy thing. People can't believe that somebody can do it, just for love's sake, for nothing at all, for no payment. They just can't believe it. They have to see it and then believe it, all right.

You have to tell me loudly. Voice is very low today. [UNCLEAR ?]. I think I will ask someone, the throat is not allright. [UNCLEAR ?] What is he saying. Yes, come here, come. You come here I tell you. Today I am travelling so much My ear are buzzing a little. [UNCLEAR Question: Not audible]

Shri Mataji: "Absolutely spiritual. The complete is I am saying it's the manifestation of Spirit takes place. You see the Spirit when it starts manifesting what happens, you become collectively conscious. You become I say, you become collectively conscious, spiritual is that you become that. (The man continues to ask) That is what, that is what happens. (The man continues to ask) no, no, it was down because you know Kundalini is the sustainer within you. I said you are your sustainer, you see, the Kundalini goes up, it gives light in different places and at the first height it shoots off and it gives you Realization. You touch it, but if you have problems then She goes and looks after that. It's the Kundalini who sustains you, isn't it? So She goes and looks after you then She goes another part and She looks after it till She has repaired you, She comes and goes. Then She establishes, it takes some time."

Question continues....

Shri Mataji: "No, it is, no, no, no, it is, it is a power within you, you see, no, no, no, it is a power within you, to connect you with the whole. You are not yet connected with the whole, you see, the whole is the All-pervading power of Divine love. Then you connected with it, it is the connection, all right, the connection is within you. See now, for example, the electricity is in this light, all right, but it has to flow through something, isn't it? All right, in the same way, you are connected by this Kundalini to that Spirit which is universal in nature."

Question continues...

Shri Mataji: "But supposing I am, supposing I am, Should I commit it to you? Because you will crucify Me if I say that. You wouldn't? Are you sure? You would not, but if I say that, you see, if I have to say that, it's the fact. Otherwise, how will I arrange the Kundalini if there was nothing about Me, you understand My point? But I am tactful, why, I've learned a lesson, Krishna's time were different. He didn't tell anybody. He just told Arjuna. He didn't tell anybody. Did He tell anybody? Only Christ, (man continues with his question) yes, but no, He just told Arjuna, that's all. He didn't tell anybody else, be careful on that point. Now then another one was Christ, who just said, "I am the light, I am the path." He was crucified. So I've learnt the lesson in this life I am not going

to tell the whole thing but I will later on. Of course, there is something about Me, no doubt about it. (man continues with his question) Yes, they understand it, this question comes in, how can I raise the Kundalini. There must be something about Me."

Question continues...

Shri Mataji: "No, no, no, not at all, no, no, no, not at all, See now, there is light here but it is, it is been burning. It is not physical, in the sense it is coming out of that, or the electricity is passing through that, so energy can pass through something material. Energy doesn't become material, energy is energy, all right? So this energy is contained there. It is the energy that is, it passes through the channels which are within, see, and then you become all-pervading. You can see yourself, you become that. No, no, no, just now let it happen, what I am saying let us see."

Question continues...

Shri Mataji: "That's alright. I know that is the point."

Question continues...

Shri Mataji: "That's what. I'll tell you, about this. This is a very good point you have brought in. Sit down, I'll tell you. No, no, no, I'll tell you what. Sit down, sit down. I'll tell you what it is. It's not physical, it is a thing what you are saying is correct. The Kundalini burns people, must burn those horrible people who try; they have no right to do it. Supposing energy, energy of electricity it is not material energy, isn't it? Agree? Coming through a plug if you put your hand there and you get a shock, will you say that the energy is nothing but gives you shock, now what about these lights? The one who knows how to handle can only handle the energy, everybody cannot. Those people who try to handle Kundalini have to have a very Holy nature. They should have an authority because it is unauthorized when they try it they get all these problems. Any energy can burn you. The same energy which is now giving here light can burn the whole house. If you don't know how to handle it. So that energy which is handled by wrong type of people will definitely burn them and give them heat. But it is not that, what happens, the waves of cool. Always energy moves in waves, isn't it? The material things do not move in waves, it starts moving in your hands and you feel it like the energy flowing and the proof of the pudding is in the eating. If it is All-pervading power you can see just now I gave you an example, how a person discover, you can discover a person whether a person is a realized soul or not. For example, your Stonehenge in England, people have written so many books about it, they don't know a word. When I went there I said these are stones, which come out of the Mother Earth. They are all vibrating. You can feel it. They are spiritual people. How can you make out a Realized soul? How can you make out a Realized soul? You put your hands towards the person you can easily say he is not a Realized soul. If you are a realized soul yourself otherwise you cannot. Understand? If a person is a Realized soul, if a person has got spiritual powers or not, how will you make it out? Can you? Can you make it out? I make out all of them those who are Realized all of them can make it out, sitting down here. Even those who are dead, they can make it out because if they are, they are spiritual, if they are really Realized soul of that level you can make it out. There are many fake people who think they are very spiritual, you can make it out. Then there is no doubt about it. I am happy you are so much interested in spiritual part of it. You see, when I start talking about spirituality most of them disappear. So I have to start from physical, mental and then emotional and then give them spiritual. It's the spiritual only. I am happy on this point very much with you. That his concern is if Kundalini is really the spiritual thing. It is, it is 100%. The Spirit can be only enlightened through this energy of Kundalini. There is no other way out, but in this country, people are more rational and they start thinking. So they have to be taken round and round. But in India, people understand it very fast. It is the way to get out of your Bhavasagara, illusion "the Maya". All right, just sit down, you cannot argue it out, you have to find it."

Question continues...

Shri Mataji: "It has no form, of course, what is the form, does it have? What form does it have, you tell Me, Krishna had a form or not? He had a form, isn't it? Christ had a form, all right, but it was flowing through that form. It has no form but it flows through a form."

Question continues...

Shri Mataji: "It is not, it is not, what is the text about? I'll teach you Gita again, you see, what I am saying, you see, there is a very great Gita teacher in London. Now he has learnt the Gita in a new way after the Enlightenment. I think you go to him and learn it from him again. The thing is what Krishna has said is the same what I have said, only thing is the style He said it, is different, you see, He knew that the human beings are mediocre at that stage. So He just went round. He didn't tell you directly that, "You better get your Realization," He should have. He did not. He played the diplomat. He told that you do your Karmas and put the fruit of the Karmas at the feet of the Lord. You cannot do it. You cannot unless and until you are connected with that energy. He put absurd conditions because He knew people were fools. They would not listen. They will argue. He said all right, give them round and round way. Till they reach the conclusion that no, it is not the thing. He is very clever. But I am straightforward. He said Pushpam Palam [payam] whatever you have got it, I'll take it. While giving it [UNCLEAR come to it] He said, "Ananya Bhakti" see the word, Ananya, is very important. Ananya means when you are not alone or when you become one with that energy, it means that 'Ananya'. In everything whatever He has said it. He tried first to say the truth. He said that you should get the Gyana, is the enlightenment of your awareness. But when he found, that Arujuna said that, "You are saying you should become the Saakshi and then asking me to go to war." He said he is a mediocre. I can play the same trick on you, which I do not want to, because it is the time now for you to get it. What He said enlightenment of your awareness is Gyana. You have read Gita, translated by people who are not Realized souls. The one I met recently was Mascaro, he is a Realized Soul and he was very different. He has written many books. He translated Gita and Dharmapadha and all that and he said, "Mother the one who knows, knows. He recognized Me in no time because he is a Realized soul. [Shri Mataji is saying in Sanskrit ?] The one who can see can see. The first thing he said was, "How are you going to?" I said, "All right, I'll make them see." Krishna did not do that. That's 6000 years back. That was the situation. But today it is not. It is the all-pervading power of Divine Love.

I've said hundred times but you have got some ideas fixed, you never heard Me saying, you become that power which has no form. It is all-pervading. Everybody heard Me that. You can see in My tape also. But if you come with fixed ideas you will get fixed to it and you will never go to the right point. And now better have it. I mean, if you get it well and good. If you don't get it I can't help you, depends on, it is not a simple thing. It has worked with so many of them may not work out with you. It does, of course, help you. As Krishna Himself has said, "Yoga Shema Vahamiyam." You understand Sanskrit? Yoga means first you must have Realization and then the Shema. Shema means well-being, well-being takes place, that is what I told you what is the well-being. But Yoga must take place. This is also I said in My lecture. But you never heard Me. So do not get your ideas fixed. In all these books, what are you seeking? Enlightenment, get that, no use reading books also." Kabira has said, "Padi padi Panditha Moorakh bhaye". He says by learning too much even the learned has become stupid. It is very true because they will go on saying like Nanaka has said that, "You have to find it within yourself, they will go on saying, 'You have to find within yourself, you have to find it within yourself', singing the song. Supposing I have a headache I say, "Take a medicine." I go on singing I have to take a medicine, I have to take a medicine, who is going to take the medicine? The reading is like that. It is all [UNCLEAR Palopshi] Outside, better get it.

The gentleman sitting next to you has got it and one step here has got it. And they also know where you are stuck up. This is what is Sahaja. If they have got it why not you? You should also get it, all right. But over reading, conditions mind and the Gita you have read, I don't know whose Gita you have read. Have you read Mascaro's Gita? Your reading is very little, little knowledge is dangerous."

1980-0719, The Meaning of Puja

View [online](#).

19 July 1980

Talk to Sahaja Yogis

Pamela Bromley's house, Brighton (England)

Talk Language: English | Transcript (English) – VERIFIED

"The Meaning of Puja". Brighton (England), 19 July 1980.

Now for puja, one has to understand that without Realisation, puja has no meaning, because you are not ananya. Is, you have to become aware of your whole.

Krishna's description of Bhakti is ananya. He says, "I will give you ananya bhakti", He wants ananya bhakti, means when there is not the other, means when we are realised.

Otherwise He says "Pushpam, phalam toyum" (Bhagavad Gita verse 26) "A flower, a fruit and a water: whatever you give me I accept" But when it comes to giving, He says, "You have to come to Me with ananya bhakti," means: when you have become one with Me, then you should have the devotion, not before that. Before that, you are not connected.

Now puja is the left hand side projection. It's the neutralisation of the right side, very much. Specially for people who are very right handed, atmosphere which is very right handed, puja is ideal for them. Is the bhakti, is the devotion...that you project.

Now what happens actually when you project this puja?

It has been found out, and now as I am telling you, that first you have to awaken within you the Deities that are still asleep, by worshipping them. But as these Deities, Primordial Deities, are with Me, you worship Me, and every Deity in Me is awakened, by which your Deities are awakened.

So first, your vibrations must improve, to receive. If the reception is not good what's the use of any puja or projection? So first of all we, sort of, prepare our instrument, or prepare our projecting instrument. That preparation is done by praying to different Deities, as we call that: a Kundalini puja. By praying to My Kundalini you improve your reflection. Because then the vibrations from Me start flowing into yours and they awaken it. This is the projection as far as you are concerned.

Once the instrument is alright, then you project outside. And now how do you project? By worshipping the Goddess as the Protector of the whole Universe, praising Her different attributes, even Her Face, Her Hands, everything has a meaning. Praising Her Powers. By saying that, by repeating that, you echo in your projection Her Powers, and then your projection becomes that powerful. It's a very subtle happening that takes place, it's miraculous. These things look so simple, like just like washing my Feet. Simple thing is washing my Feet. Now see these Feet, I don't know if you see, the whole Universe I see there and I really get stunned by them.

When you wash My Feet, what do you do? Actually, My Feet have been working very hard. And then you put a little water to soothe them, to suggest that you can feel the effort put in by these Feet. And a kind of a very sweet, melodious love flows out of these Feet there.

Like today I was coming, and I suddenly saw Paul (Winter) standing. Same thing happened to me. See, what a care it is, what an understanding, "Mother is coming, She should not be lost!" Just that, and the thing started melting. Because this love who understands everything, doesn't want anything, but is only excited if there is somebody to receive the love. Now how do you say you are going to receive? By expressing these small-small things.

So when you soothe My Feet, wash Them, clean Them, you know what They mean: you recognise. That recognition, how are you to show? You see, these ceremonies, little ceremonies are important because they express your recognition. It could be absolutely dull, dead and finished, and it could be absolutely living, if you know why you are doing it.

Then you apply some oil and things [to] again soothe My Feet. Just say, "Mother, You have worked very hard, Your Feet have worked very hard." Just saying that itself, I mean makes no difference otherwise, if you say in a very rational manner, but to that Love that are these Feet it makes a very big difference. There is sweetness: a little thing, a little baby just puts her hand on her mother's cheeks, you see, just to express the gratitude, and the mother's heart starts jumping with love. It is a very reciprocal behaviour, it's very subtle and that kind of a subtle working is fixed already: it works that way only.

The more you love from your heart, the more the joy will be there. The more you are rational and more mental, there won't be so much joy. It should be [that] first of all your cleansing is important but the projection should be towards your Mother, that is the height. Once you achieve that height, then you become all-powerful, and then you can give to others. But that giving is nothing but is a very, very, as I told you is a very mutual and absolutely reciprocal. Because the Devi knows about you, everything. If you are trying anything else, She knows and She will also tell you frankly that this should not be done, that should not be done, should not be done, clearly, so that you do not be under any misunderstandings about it. But still, to work it out, you must know it has to be reciprocal, it cannot be one-sided. The sincerity cannot be one-sided, it has to be both sides, then it works out better. And a kind of a homogeneous feeling with that Love comes in, sort of a lubricant, a beautiful feeling of movement within yourself comes in.

Puja really is the triggering thing, it triggers you. It triggers you into another realm, it's really miraculous. Once you have done the puja then you can project out, much more, in your silence only. Your silence itself becomes so powerful. Now in this special case of our Western lives, we have to established our innocence, very important, it is the first thing that is attacked, innocence is attacked by so many things. So we have to established our innocence. And innocence is the most powerful thing: it doesn't see anything bad, it doesn't see anything wrong, it doesn't see anything...It loves, just goes on loving, innocence. A child doesn't know that the mother hates the child. The child doesn't know if anybody hates. In innocence they live. And then they suddenly discover sometimes, they are shocked, how people are! They don't love! They don't love.

So Ganesha is very important for the Western countries, very important, because that's the essence of everything, I think, that's the most essential thing. That's why we worship Ganesha first. And Ganesha was created first of all, because He is the eldest son, He's the first son. He's the eldest brother you have, and though Kumara (Kartikaya) is treated as an elder brother always, while Ganesha calls Himself as a younger brother, though He was the first created! Because He remains young always, never grows. So in a way, He's always younger to you also. It's a very, very subtle understanding: a very young little thing is so much wiser. He is wisdom. Can you imagine a little baby is so intelligent. A little baby so wise? Much more, He's like a grown-up little baby, a very matured, wise, little baby. So by age, you are always older than Him, but by wisdom, He is the eldest.

Then like this you should understand how we evoke all the Deities within us by doing these small things, by saying Their mantras. Because now you are awakened, every word you say is awakened now, is siddha mantra. On this Guru puja I'm really going to give you the way of how to do the siddhartha is the establishment of the siddha. To master. To master every chakra and every deity bestowed upon it. To master it, how to do it, I will tell you this Guru puja no doubt. Going to work it out.

But this puja is to be done with full understanding, and with full recognition that it's a great fortune. Even the Devas are jealous of you, all the rishis are jealous of you, so many people are jealous of you. The greatest advantage for you, greatest fortune. Make full use of it. And they are very simple things that can please, very simple. You know your Mother can be pleased with very, very simple things. It's like that only. It's how much heart you have put into it, is the point.

I think tomorrow we should have the puja, today we have understood about it. It is more to be felt and understood and realised than to be thought about. Because you'll go into thoughtless awareness. It is more source of triggering.

For example, I think I'll ask Hari (Jairam) to give the miracle we had yesterday, would be [a] good idea. On our way we were coming, from...he was losing his way throughout, and Regis (Camille) was navigating him (laughter) so we were all lost!

But then we had a miracle while coming back: there was in M1 (road) a complete jam and miles together we could see there is no movement. And suddenly, within two minutes, what happened, what I told him, and how he worked it out. Hari has a problem you see, I think Felicity (Payment) has the same mad problem. Where is she? Is she there? Yes? You see, like, to get after everything, to do it... Now he thought that I have told that you put your attention inside. Now he has a slope in his left side, as she has too, and when you do it too much inside, you go on the slope. So Hari being a wiser person in this respect because he's not been a psychologist, he does not do that much, but Felicity does that, is to go over do it. I mean she goes down very very deep into her subconscious. While Hari understands there's something's going wrong. I never said that you get after anything.

Now, "put your attention inside" means: if you get Realisation by that. If you don't get Realisation, there's something wrong somewhere, you have lost your way, that's the main point is. So I told Hari that, "You don't put your attention inside because you go on the slope, your car is such that it doesn't go the other way round, it goes into the slope, doesn't go to the heart. So best thing is that now you [should] become active outside and forget about it (the inside). And after some time you'll receive a balance." I said "At this point.." Now he was trying to worry about the traffic. The other Mr. 'Navigator' (Regis) was also busy worrying about it! So I said, "Now, just now, you do not pay any attention anywhere, you just project outside and think of everyone, how we are going to get them realised" Only I said like this, and he started doing it. I said, "You never see the trees, you never do this" And then what happened? You tell. Within 2 minutes time? Everybody, Chaya (Camille, Regis' wife) was there, all of them. Suddenly they found that the whole M1 (road) was empty and they were rushing fast, you see. There was not, hardly one or two cars. The whole M1 was emptied, absolutely! And they did not know how it happened. Just they were there. And none of the things that we were going....

Ray Harris: Was that yesterday afternoon on the M1 Mother?

Shri Mataji: Not today, yesterday

Ray: Yesterday. Because I was on a coach there, and we were in the traffic jam.

Shri Mataji: Means you were in the traffic jam! (laughter) The whole traffic jam

Ray: We were 1 mile from the exit and it stopped dead. And then we stayed there and suddenly it cleared and there were no cars! (laughter)

Shri Mataji: Suddenly the whole thing cleared up! And suddenly, and they realised, and they didn't know how it cleared up. He speeded the car, I said "How?" He said, "The car, I don't know" and all the things that were in front of us, and all that, God knows where they disappeared [to]! Such huge big things and on the sides and this and that. Nothing! This is what is maya that upsets you. Project yourself outside.

There was another experience I told these people was this: that there were two journalists, one Mr. Marathe and a friend who are Sahaja Yogis, and I went to the journalist's association, they had a meeting. And there is another one who told Me, "No, no Mother I have complete faith in You because there was a miracle that happened to a friend of mine, Marathe, who is a Sahaja Yogi."

I said, "What happened?" He said they were coming, by, from Poona down to Bombay, and their brakes failed, and the slopes, you see, on the ghats (mountains), it moves very fast. And suddenly they saw a huge big truck coming up, with all the lights on top, and they didn't know how to control, and they were about to dash out. Just they closed their eyes and they said, "Now, Mother, save us!" And suddenly they found that the car had crossed the thing, and the thing was moving upwards, the truck was moving.

They didn't know, as if somebody had picked up that car and put it on the other side.

So these miracles can work out in case you project yourself out. But for projecting outside, first you should be cleansed inside. But for that also, all the time if your attention [is like this -] "where am I catching?" Then you go onto rationality. "I must be catching because of this, I must be catching because of that."

I have told you hundred times not to say 'why'. Give up this word 'why'. "Why am I catching?" It will settle down. This maddening must go away! You cannot answer 'why' of anything in Sahaja Yoga, can you? "Why did I meet you?", "Why did you get Realisation?" Ask hundred questions, two hundred, three hundred, five hundred - you will not have any answer! So give up that. It's not your rationality, it's the Grace, it's the whim of the Grace that's working it out! What are you trying at? Just ask for the Grace. Finished!

It's silent. It works out.

This is maddening! You'll become mad people. This is the greatest madness that people want to know why of everything. How can you understand? You don't have that chitti to understand it. "[Mother] Can you explain?" How can I? If you make a little ant understand human civilisation and this dirty politics you play it may understand. But you cannot understand 'why' of God. This is the relationship. So now, you give it up asking questions like that. It's too tremendous for this rationality. "Why God is doing? How He does? What are His powers?" Only thing [you can do] as scientists, you note down - "Yes, it is so, yes, it is so, yes it is so." Verify it and note down. Only your awareness is changed from the scientist, that you can see subtler working. But why it works? That's His whim! He'll do what He likes! Who are you to question God? How can you question God? Just give up asking this question 'why' and you will feel very much better. "It is God, you see, He does it!" This is what is faith. Not the blind, but real [faith], with understanding.

I have told you this story of My grandmother many a times, as she used to tell Me about faith, and which I have repeated to you so many times, but again I'll repeat it today: There were three people at different places, and one man was going to see God. So they came to know about it. So one of them was in the forest, standing on his head, doing all kinds of yogas and things like that, and praying to God - must be with both hands towards Him, and soaking the feet, may be - like mad, you see, and asking, "Why don't You meet me? Why don't You meet me? I want to meet You! why don't you meet me?"

And the man who was going to see God went through that side, and He said, "Now please go and ask Him why don't You come and see me? You better come and see me, Why don't You do it?" So he said, "Alright, I'll come, I'm sorry" He had become thin, you see, absolutely thinned down, condition very miserable. He said, "Alright, I'll go and tell God about you." So, then he went up to God, no, no, before that. Then he met another type who was sitting on the street, and will be at the street side, and he said, "Oh! I heard you are going to meet God?" He said: yes, he is going to meet God. So he said, "Then communicate one small little thing." He said, "What?" He said that, "Just tell Him I have had no food, please send me my food now, I'm hungry."

He said "What?" "Yes, you just tell Him that much."

So he went up. He saw God. So God asked, "Did you meet some people on your way?" He said, "Yes, I met a horrible one who is all time saying 'Why not? Why this?' And "Why?", "Should I do it and should I not?" And this and that, is going on. So, will You go and meet him? He's asking." He (God) said, "No, better tell him to do it little more, you see... still he has to do. He requires more effort. He won't be satisfied. Till he gives up his efforts, let him go on." I mean he would have become mad like that. But now God says, "Alright, let him go ahead! What to do? If you tell them, they don't want to listen, so let them go ahead." Then he said, "Then I met another mad fellow, who was on the street, he said that 'I'm hungry, ask God to send some food for me. Please ask. Tell God that I'm hungry.' " He (God) said, "Really?" He called all His managers He said, "Please send his food. Have you not yet arranged his food and all that? Please arrange it." He was quite surprised. He said, "What is this? This man is just telling 'I'm hungry', and God is so much worried about this fellow and not worried about the fellow who is standing on his head and asking such a lot of questions to God."

So God knows everything, so He told him, "Now, alright you are going down, you just tell them one story to both of them, and see their reactions, and then you will know." So He told him a story. "You tell them that, 'I went to God and saw there, God passing a camel through the eye of a needle.' " and he said, "Really?" He said, "Yes, you go and tell them."

So he came down. This fellow was still on his head. He came back, "What did God say?" He said you have to go on still for some time." He said, "Oh! Really? Well all glory to God!" He said, "Yes, he said so." He said, "Really?" Then, "Did you see something special there?" He said, "Yes, I saw that He passed a camel through the eye of a needle!" He said, "No, no, don't tell me stories! How can it? Such a big camel! How can it pass through the eye? After all it's impossible! It is impossible! This is impossible! You are just now trying to befool me. Because you have been to God you think you can befool me. No, no, I cannot take it, no, I cannot take it!"

So he went to another fellow, he was nicely eating his food. He said, "Yes! I knew, you see, I just told you because you asked me if you have to tell you anything, I knew God will send my food and everything. I'm quite alright." He said, "Did you see anything wondrous there?" He said, "I saw the wonder of wonders, miracles of miracles, that God passed a camel through the eye of a needle!" He said, "What is so miraculous? He is God! He's God Almighty! What? He can pass even Universes after Universes through that hole! What is it for God? He is God Almighty don't you understand God Almighty? Because you have met Him, you think He's nothing! Because you did it so easily, you think He's nothing! Because He behaves like [that] you think He's nothing! He's God Almighty! So what? to Him, what is it?" Then he realised.

This is Faith. That is what is enlightened within you with puja. Not your rationality which is brought down actually quite a lot. So with this idea, tomorrow, we'll have the puja, alright?

May God Bless You.

Sahaja Yogi: Jane just started labour, for the baby.

Shri Mataji: Has started? Good, good, good. It will work out. In Jane's case she never wanted a baby - big problem, you see. Funny ideas about children are developing in this horrible country, which is so shocking, so shocking.

I mean the mother is the one who should have feelings. Every day you read such horrible stories about these mother's. Can't imagine! They can be so cruel? The more I read about these things, one can't understand. How can they be cruel? I mean if you hear a little thorn has gone into the feet of a child your heart starts melting, you know.

Innocence, is attack on innocence. The whole country is after innocence. Is old men running after young girls, all this is attack on innocence. I mean, extremely satanic, very satanic forces are let loose. They are attacking all the children of the world and everything.

Yogini: Would You like some tea, Mother? Would you like some tea?

Shri Mataji: No, but I think we'll have food. Better to have food. I've got some food for you. Heat it up and I hope you'll like it.

Now. Got something for her.

Can you imagine where people are killing their wives, their husbands? Yesterday, today, My husband was telling Me there was a case where a wife was killed and was put in the fridge, deep freeze. Can you imagine? And then Peter (Pierce) told another story that a lady delivered her child in the loo and left the child [to] die there. I mean, this kind of people can you imagine? They have only sex-love and a sort of dirty feelings for others, they have never good, pure feelings for anyone else. What should you say to such people? I just can't understand. Very destructive. Satanic. You see but there must be something satanic in people to accept such satanic things.

I mean I cannot think of one case in India - one case - where a mother could kill the child. One case I cannot think. Even if it's a illegitimate child she would not like to kill but others may like to finish it off. That's different, but she would not. I mean just can't think of such a thing. Unbelievable! Unbelievable. They are so egoistical, so foolish. Donkeys they could be only. At the most donkeys are like that, I think, that's why Christ rode on the donkeys.

Donkeys, are they egoistical? I don't think so, they are not. Moreover they are not also full of hatred, donkeys are not full of hatred. They are stupid people. You see, somebody must bully them then they are alright. The bullying starts like this: a French bullies English, I have seen it, puts them down. French think they are higher than the [English]. See the gradation is in the opposite direction. They think that the English are lower; I think definitely English are better than French as far as evolution is concerned, but the French have put them down.

Yesterday I met - there was one Bangladeshi who was going back to Bangladesh. He says, "Many have gone from here. People don't know how many have gone; if they write it down they'll be amazed, because they are fed up." And funny, funny things, you see he told Me, he lived with four types of neighbours and he got so fed up with them. First neighbour he lived with, you see, he said that, "He had a daughter and I had a daughter of the same age, 14 years of age. And he [the Englishman] said 'Why shouldn't we exchange our daughters, you see, for lovemaking?' " He got so angry and he ran away. Shri Mataji laughing: How can he? This was the first thing. Then the second one was, he said that, You see, his daughter was - little nausea she had or something. She's just 14 or something. So she went to the doctor and doctor said, "Did you - have you start giving her [contraceptive] pills and things, you see?" This upset him absolutely then. Like that he gave Me four horrible instances, the two others I cannot tell you to what extent it is. He said, "I'm not going to live in this country."

I mean, they are just like stud-bulls going round, I tell you - horrible. And the women I don't know what to call them! What is the parallel? (laughing) Hawkers? Or what? The Hawks? What do you call the other side?

Yogini: Hookers.

Shri Mataji: Hooker? Hookers.

Yogini: They get paid for it.

Shri Mataji: Ha?

Yogini: They get paid for it.

Shri Mataji: They get paid for. Yes they get paid for.

Shri Mataji: At least they can have a date and have some nice food somewhere in the Chinese. (laughing). Selling their chastity for cheap things. Different community altogether.

It's a very nice picture, eh? There's only a Radha and Krishna both together in One Being.

You have got of My eyes in many of My photographs. Some of these are. What is this one about? Really terrible.

Ramadan, you see. Yesterday I must tell you, where is he? (Djamel) Yesterday Ramadan. Yesterday these Muslims came in, you see, they were waiting for 8 [O'clock], something time, you see? And then they started drinking like hell, I mean they drank so much of (laughter). By the way why did they do it? In the daytime what happened? What is the story?

Djamel Metouri: Why do they do it? What do they do during the daytime?

Shri Mataji: No-no-no-no no, no, why - what is the story, why did they fast?

Djamel: Well it's for the Koran, the Prophet Mohammed decided that every year there should be a time when all the people should fast to keep all their ? at bay.

Akbar: To keep all the attentions at bay.

Shri Mataji: They should fast - what...?

Yogi: They should fast for one month because they have for at least one month in a year to keep away, You know, temptation from drinking and... Because at the time they were very licentious, You know they used to -

Shri Mataji: Dining and wining!

Djamel: Well they do still, but at the time they were much more.

Shri Mataji: They used to drink like anything. So He said, "You better fast for one month, because He thought if you put one month, at least for one day they will do it. (Laughter)

You see this is how, you have to put an extreme case, you see? But people say that, "Why they put an extreme case?" Because, you see if you put an extreme case then at least symbolically you'll do for one day or half a day. That was the reason, you see, because they never believed in fasting. They used to eat, gluttonous people, you see, horrible! They were living in tribes and very much eating, all the time attention was on eating.

Djamel: It was not just that, You see all men should not eat salt anywhere, You know I mean -

Shri Mataji: That all will start there.

Djamel: And you mustn't listen to anything harsh from people

Shri Mataji: This was only for His disciples.

Djamel: He was trying too, Mother, and to look at -

Shri Mataji: -women - adulterous eyes. That they all do!

You see, at least He must have thought that, "Give one month a trial, the whole year you can't do. So, one month give a trial like that," you see so He said, "Alright, try for one month." (laughing) But they can do fasting, is alright, and then when did he say that, eat in the morning and eat in the evening?

Djamel: Yes, it's said that you must fast from dark to -

Other yogi: Dawn to Dusk.

Djamel: Moonrise, I mean.

Shri Mataji: But they eat with vengeance at both the times!

Djamel: But they do in the night, they eat...

Shri Mataji: ...with vengeance, you see, so everything is put upside down., Why He said it because, you see, all these systems were for his disciples.

They would do Namaz for five times, He thought that He might be able to achieve the Realization part of it, you see. So He said, "All right, for one month, let's have a course like that." See they went on a course, sort of thing, "Let's work it out." And that thing has become a pattern now that they fast. It's all nonsense, it's madness.

Djamel: Mother I think it must be very good, if someone is going to meditate, You know, but for one whole month it's a lot.

Shri Mataji: See, if they are paying attention to their food only, waiting for the time to come to drink it's nonsense!

Djamel: That's what they do.

Djamel: But people go extreme You see even when they're weak person. A person should be able to stand it. But they still do it. And they end up in hospitals and when they die they're considered as martyrs.

Shri Mataji: What do they say?

Djamel: You know it's supposed to be very good to die in Ramadan. (laughter)

Shri Mataji: Imagine.

Djamel: And if there is a war you must be right in front line.

Shri Mataji: Yes, like in the war you are dying. That's a war in a way, because you war against your weaknesses, war against your habits and things, it's true, no doubt! But that is a regular stuff, which one has to do, but that's not done, it's something very different, you know.

Djamel: Crazy people live today, You know.

Ray Harris: But You know, Mother, Jewish Rabbis decide that it's blasphemy today that you are trying to achieve union with God.

Shri Mataji: Who says blasphemy?

Ray Harris: Jewish, a Jewish rabbi, Mother.

Shri Mataji: Is it?

Ray Harris: And it said in the paper that we should only do His commandments, to become part of God is blasphemy.

Shri Mataji: Aah, this is...

Ray Harris: That's what he said, Mother. So we never aspire to achieve part of God that..

Shri Mataji: Because then his salary will go away.

Ray Harris: Because it's a silly eastern religion.

Shri Mataji: Actually this is what happened with somebody who had come there, he says that, "I don't believe in Shankara." He's a South Indian he said, "I don't believe in Shankara, because he believes in Advaita," - that is "Becoming one," you see. Advaita - 'Dvaita' is two, 'Advaita' means "not two". "I don't believe in Shankara's Advaita, I believe in dvaita, I want to remain myself, I do not want to get united with God, I want to remain myself. Why should -" I said "Which part of you that doesn't want to become with God?", He said "Not my ego," I said, "How are you sure?"

You see, this is the trick of the trade is. That's how they are going to continue. That's why they don't want to be one with God. Because if they have to be one with God, then these in-between religions will disappear, isn't it. (laughter) The agency will be losing its powers!

End of tape

Reading of Devi Mahatmyam before Shri Mataji's talk on The meaning of Puja. Brighton, UK - July 19, 1980

Shri Mataji:...You have to conquer this war, how? Because this is our war.

Loudly. Very loud.

A Yogi reads from Chapter 3 & 4 of Devi Mahatmyam:

1-2. "Then Ciksura, the great asura general, seeing that army being slain (by the Devi), advanced in anger to fight with Ambika.

That asura rained showers of arrows on the Devi in the battle, even as a cloud (showers) rains on the summit of Mount Meru.

Then the Devi, easily cutting asunder the masses of his arrows, killed his horses and their controller with Her arrows.

Forthwith She split his bow and lofty banner, and with Her arrows pierced the body of that (asura) whose bow had been cut.

His bow shattered, his chariot broken, his horses killed and his charioteer slain, the asura armed with sword and shield rushed at the Devi.

Swiftly he smote the lion on the head with his sharp-edged sword and struck the Devi also on Her left arm.

Shri Mataji tells some people where to sit.

O king, his sword broke into pieces as it touched Her arm. Thereon his eyes turning red with anger, he grasped his pike.

Then the great asura flung at Bhadrakali the pike, blazing with lustre, as if he was hurling the very sun from the skies.

Seeing that pike coming upon Her, the Devi hurled Her pike, which shattered his pike into a hundred fragments and shattered the great asura himself.

Mahisasura's very valiant general having been killed, Camara, the afflictor of Devas, mounted on an elephant, advanced.

He also hurled his spear at the Devi. Ambika quickly assailed it with a whoop, made it lustreless and fall to the ground.

Seeing his spear broken and fallen, Camara, full of rage, flung a pike, and She split that also with Her arrows.

Then the lion, leaping up and seating itself at the centre of the elephant"s forehead, engaged itself in a hand to hand fight with that foe of the Devas.

Fighting, the two then came down to the earth from the back of the elephant, and fought very impetuously, dealing the most terrible blows at each other.

Then the lion, springing up quickly to the sky, and descending, severed Camara"s head with a blow from its paw.

And Udagra was killed in the battle by the Devi with stones, trees and the like, and Karala also was stricken down by Her teeth and fists and slaps.

Shri Mataji: ...Devas, you see? Even they are useless sometimes.

Enraged, the Devi ground Uddhata to powder with the blows of Her club, and killed Baskala with a dart and destroyed Tamara and Andhaka with arrows.

The three-eyed Supreme Isvaari killed Ugrasya and Ugravirya -

Shri Mataji corrects: Ishvari said with stress on the "Ish", Ugrasya said with stress on the "ya."

Yogi continues:

"...and Mahahanu also with Her trident.

With Her sword She struck down Bidaala"s head from his body,

Shri Mataji corrects: Bidala stress on "Bi."

Yogi continues:

"...and dispatched both Durdhara and Durmukha to the abode of Death with Her arrows.

As his army was thus being destroyed, Mahisasura terrified the troops of the Devi with his own buffalo form.

Some (he laid low) by a blow of his muzzle, some by stamping with his hooves, some by the lashes of his tail, and others by the pokes of his horns.

Some he laid low on the face of the earth by his impetuous speed, some by his bellowing and wheeling movement, and others by the blast of his breath.

Having laid low Her army, Mahisasura rushed to slay the lion of the Mahadevi. This enraged Ambika.

Yogi realizes he has been leaving out the middle "s" in "Mahisasura" but struggles to get it right, Shri Mataji helps the yogi to say "Mahishasura."

Mahisasura, great in valour, pounded the surface of the earth with his hooves in rage, tossed up the high mountains with his horns, and bellowed terribly.

Crushed by the velocity of his wheeling, the earth disintegrated, and lashed by his tail, the sea overflowed all around.

Pierced by his swaying horns, the clouds went into fragments. Cast up by the blast of his breath, mountains fell down from the sky in hundreds.

Seeing the great asura swollen with rage and advancing towards Her, Chandika displayed Her wrath in order to slay him.

She flung Her noose over him and bound the great asura. Thus bound in the great battle, he quitted his buffalo form.

Then he became a lion suddenly. While Ambika cut off the head (of his lion form), he took the appearance of a man with sword in hand.

Immediately then the Devi with Her arrows chopped off the man together with his sword and shield. Then he became a big elephant.

(The elephant) tugged at Her great lion with his trunk and roared loudly, but as he was dragging, the Devi cut off his trunk with Her sword.

The great asura then resumed his buffalo shape and shook the three worlds with their movable and immovable objects.

Enraged thereat, Chandika, the Mother of the worlds, quaffed a divine drink again and again, and laughed, Her eyes becoming red.

35, And the asura, also roared intoxicated with his strength and valour, and hurled mountains against Chandika with his horns.

And She with showers of arrows pulverized (those mountains) hurled at Her, and spoke to him in flurried words, the colour of Her face accentuated with the intoxication of the divine drink.

The Devi said:

37-38. "Roar, roar, O fool, for a moment while I drink this wine. When you are slain by me, the Devas will soon roar in this very place."

Shri Mataji: The wine doesn't mean fermented wine... today. Ha.

Yogi continues:

"The Rishi said:

39-40. Having exclaimed thus, She jumped and landed herself on that great asura, pressed him on the neck with Her foot and struck him with Her spear.

And thereupon, caught up under Her foot. Mahisasura half issued forth (in his real form) from his own (buffalo) mouth, being completely overcome by the valour of the Devi.

Fighting thus with his half-revealed form, the great asura was laid by the Devi who struck off his head with Her great sword.

Then, crying in consternation, the whole asura army perished; and all the hosts of Devas were in great exultation.

With the great sages of heaven, the Devas praised the Devi. The Gandharva chiefs sang and the bevvies of apsaras danced.

Here ends the third chapter called "The Slaying of Mahisasura"

Shri Mataji: Read that little bit, when he's been slain verses.

He's again born, you know that, everyone.

Yogi repeats the requested verses:

"The Devi said:

37-38. "Roar, roar, O fool, for a moment while I drink this wine. When you are slain by me, the Devas will soon roar in this very place."

The Rishi said:

39-40. Having exclaimed thus, She jumped and landed herself on that great asura, pressed him on the neck with Her foot and struck him with Her spear.

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With the great sages of heaven, the Devas praised the Devi. The Gandharva chiefs sang and the beavies of apsaras danced.

Shri Mataji: Now the second part is the Devas praise then the Devi. That's a very good one. Read it also, Marcus.

"The Rishi said:

1-2. When that most valiant but evil-natured Mahisasura -

Shri Mataji: Rishi's the, what you call, Rishi's the one who is relating the story.

Yogi continues:

"When that most valiant but evil-natured Mahisasura and the army of that foe of the Devas were destroyed by the Devi, Indra and the hosts of Devas uttered words of praise, their necks and shoulders reverently bent, and their bodies rendered beautiful with horripilation and exultation.

"To that Ambika who is worthy of worship by all Devas

A child cries and Shri Mataji asks: Can you take the child out a little for a while? At the back, you see? You can sit beyond Linda, would be good idea. Alright? When the thing will be over then you can bring the baby in. Ha. Hm.

Yogi continues:

"To that Ambika who is worthy of worship by all Devas and sages and pervades this world by Her power and who is the embodiment of the entire powers of all the hosts of Devas, we bow in devotion. May She grant us auspicious things!

Shri Mataji: Did you hear that? "Embodiment of all the powers."

Yogi continues:

"May Chandika, whose incomparable greatness and power Bhagavan Vishnu, Brahma and Hara are unable to describe, -

Shri Mataji: Hara is Shiva.

Yogi continues:

"...bestow Her mind on protecting the entire world and on destroying the fear of evil.

"O Devi, we bow before You, who are yourself good fortune in the dwellings of the virtuous, and ill-fortune in those of the vicious, intelligence in the hearts of the learned, faith in the hearts of the good, and modesty in the hearts of the high-born. May You protect the universe!

Shri Mataji: This is a prayer.

Yogi continues:

"O Devi, how can we describe Your inconceivable form, or Your abundant surpassing valour that destroys the asuras, or Your wonderful feats displayed in battles among all the hosts of gods, asuras and others?

"You are the origin of all the worlds! Though You are possessed of the three gunas You are not known to have any of their attendant defects (like passion)! You are incomprehensible even to Vishnu, Siva and others! You are the resort of all! The entire world is composed of an infinitesimal portion of yourself! You are verily the supreme primordial Prakriti untransformed.

"O Devi, You are Svaha at whose utterance the whole assemblage of gods attain satisfaction in all the sacrifices. You are the Svadha which gives satisfaction to the manes. Therefore You are chanted (as Svaha and Svadha in Sacrifices) by people.

"O Devi, You are Bhagavati, the supreme Vidya which is the cause of liberation, and great inconceivable penances (are the means for your realization). You (the supreme knowledge) are cultivated by sages who desire liberation, whose senses are well restrained, who are devoted to Reality, and have shed all the blemishes.

Shri Mataji: See. That's why very few people stick on to Sahaj Yoga. The description of sages is clear-cut.

Again read it?

Yogi repeats and continues:

"O Devi, You are Bhagavati, the supreme Vidya which is the cause of liberation, and great inconceivable penances (are the means for your realization). You (the supreme knowledge) are cultivated by sages who desire liberation, whose senses are well-restrained, -"

Shri Mataji: "Senses are well restrained."

Yogi:

"...who are devoted to Reality,"

Shri Mataji: "Who are devoted to Reality."

Yogi:

"...and have shed all the blemishes.

"You are the soul of Sabda-Brahman. You are the repository of the very pure Ri..."

Yogi gets tongue tied on the words "Rig-veda". Shri Mataji asks: You are what?

Yogi unsure: Rishis?

Shri Mataji: Rishis are the people who are saints or sages.

Yogi:

"You are the repository of the very pure Rishis. sic

Shri Mataji: All the sages, you see they are repositories. Is all the sages.

Yogi continues:

"...and Yajus hymns, and of Samans, the recital of whose words is beautiful

Shri Mataji: These are Vedas.

Yogi continues:

"...with the Udgitha! You are Bhagavati embodying the three Vedas. And You are the sustenance whereby life is maintained. You are the supreme destroyer of the pain of all the worlds.

"O Devi, You are the Intellect, by which the essence of all the scriptures is comprehended. You are Durga, the boat that takes men across the difficult ocean of worldly existence, devoid of attachments. You are Shri Laksmi who has invariably taken Her abode in the heart of Vishnu. You are indeed Gauri who has established herself with Siva.

"Gently smiling, pure, resembling the full moon's orb, beautiful like the splendour of excellent gold was Your face! Yet it was very strange that, being swayed by anger, Mahisasura suddenly struck Your face when he saw it.

"Far stranger is it that after seeing Your wrathful face, O Devi, terrible with its frowns and red in hue like the rising moon, that Mahisasura did not forthwith give up his life! For, who can live after beholding the enraged Destroyer?

"O Devi, be propitious. You are Supreme. If enraged, You forthwith destroy the (asura) families for the welfare (of the world). This was known the very moment the extensive forces of Mahisasura were brought to their end.

"You who are always bounteous, those (fortunate ones) with whom You are well pleased, are indeed the object of esteem in the

country, theirs are riches, theirs are glories, and their acts of righteousness perish not; they are indeed blessed and possessed of devoted children, servants and wives.

"By Your grace, O Devi, the blessed individual does daily all righteous deeds with utmost care and thereby attains to heaven. Are You not, therefore O Devi, the bestower of reward in all the three worlds?

"When called to mind in a difficult pass, You remove fear for every person. When called to mind by those in happiness, You bestow a mind still further pious. Which goddess but You, O Dispeller of poverty, pain and fear, has an ever sympathetic heart for helping everyone?

"The world attains happiness by the killing of these (foes) and though these (asuras) have committed sins enough to keep them long in hell, let them reach heaven by meeting death eventually at the battle (with me)- thinking thus, that You, O Devi, certainly destroy our enemies.

"Don't" You reduce to ashes all asuras by mere sight? But You direct Your weapons against them so that even the inimical ones, purified by the missiles, may attain the higher worlds. Such is Your most kindly intention towards them.

"If the eyes of the asuras had not been put out by the terrible flashes of the mass of light issuing from Your sword or by the copious lustre of Your spearpoint, it is because they saw also Your face resembling the moon, giving out (cool) rays.

"O Devi, Your nature is to subdue the conduct of the wicked; this Your peerless beauty is inconceivable for others; Your power destroys those who have robbed the Devas of their prowess, and You have thus manifested Your compassion even towards the enemies.

"What is Your prowess to be compared to? Where can one find this beauty (of Yours) most charming, (yet) striking fear in enemies? Compassion in heart and relentlessness in battle are seen, O Devi, O Bestower of boons, only in You in all the three worlds!

"Through the destruction of the enemies all these three worlds have been saved by You. Having killed them in the battle-front, You have led even those hosts of enemies to heaven, and You have dispelled our fear of the frenzied enemies of the Devas. Salutation to You!

"O Devi, protect us with Your spear. O Ambika, protect us with Your sword, protect us by the sound of Your bell and by the twang of Your bow-string.

"O Candika, guard us in the east, in the west, in the north and in the south by the brandishing of Your spear. O Iswari!

"Protect us and the earth with those lovely forms of Yours moving about in the three worlds, as also with Your exceedingly terrible forms.

"O Ambika, protect us on every side with Your sword, spear and club and whatever other weapons Your sprite-like (soft) hand has touched."

1980-0720, The Force That Lies Within

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The Force That Lies Within

Public Program

Brighton (England)

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"The Force That Lies Within," Public Program, Brighton, UK

Only you can feel your Spirit. This energy has been placed in the triangular bone at the base of the spinal cord, has been there for ages, for many lives, has been following us.

She is our Mother and She's born with us every life, every time, waiting for an opportunity where somebody who is authorised to awaken Her. She takes birth with us again and again on this Earth. She is the reflection of the desire of God, His desire that we should know Him, that we should become one with Him, that we should enter into the Kingdom of God, so that we become the citizen of His kingdom and enjoy, enjoy the bountiful bliss of our Father.

He is a father who is compassion and love and He wants to give you this love - His love, His power of love to you, like any good father would like to give his possessions to His own children. The one who is the essence of fatherhood waits for you in His kingdom to bestow this great power of Divine love through your Spirit.

Spirit resides in the heart. Spirit is the reflection of God Almighty. But the hearts which are filled with hatred, which are filled with evil, which are filled with domination of others and torture of others, cannot reflect the Divine. Only like a flicker, I give the analogy of a gas light: As in the gas light there's a little flicker, in the same way in the heart flickers the Spirit. When this residual energy - like the gas which is not enlightened - rises up to this point, it catches that fire, that enlightenment, and your attention becomes enlightened.

The attention gets enlightened. This attention which is, so far, a darkness. The human attention is just like a pool of darkness. There's no light in it. It starts flowing into any direction it wants to. It is all a lost case - that's what people think. They don't know where to go, what to do. Some people think that, "I'll be very happy if I could have a lot of money and enjoy myself." They have had! They have had everything, now they are fed up! Their children are running out of their houses. They said, "Let our parents look after the junks, we don't want it."

The affluent countries, the most affluent now, like Switzerland and Sweden are competing among themselves as to find out how many ways there are to commit suicide! So this idea of getting happiness out of money becomes a secondary one.

There are other searches also, [that] human beings have, but ultimately you come to the point where you do not know why you are unhappy. You have everything still you are very unhappy. Because whatever you are seeking life is not money, is not power. Your human dignity is so much higher than all these things that you do not find any equation between them. You feel so disgusted with yourself that - why do you have to live it all this nonsense? This is not the stuff you are meant for. Your dignity doesn't permit you to be happy under the circumstances which are normally accepted by people.

The seeking becomes subtler and subtler. People start going deeper and deeper into their own being. And trying to find out a solution of this kind of a blind feeling from within that, "It's all darkness, it's all darkness." We have to find out. We do not know sometimes, really, what are we do expect. We do not know where are we going to get that peace which is promised. We read scriptures and we read many books where it is promised that you will get [it] - "If you knock the door, the door will be opened," and you go on knocking on your head and nothing comes out of it!

But in every endeavour human beings go to extremes. If they are fond of football, they'll die on the football field. If they are fond of anything they become really crazy. There's no balance in life. I wish the desire to know yourself, the desire to become that All-Pervading Power of God was as keen as [our desires that] we have for other things. It will take us really to the essence of joy: that is the Spirit.

Spirit is the Light which gives us knowledge about of ourselves. When this Light comes into our attention...[in] medical terminology we can say what is our attention, is nothing but central nervous system. Whatever we know with our central nervous central system is our attention. Supposing somebody is standing behind us - you do not know because we cannot see it.

Now I may not see someone but if somebody's putting something hot on my feet [or] on my back, I can feel it. Because I can feel it through my central nervous system. Whatever I can see, whatever I can hear, whatever I can smell, whatever I can actually feel is in my central nervous system - that is my attention. But the Spirit is not. Many people say, "Oh we have a way of finding God, yes, we know the way." Now, how do you know? Why deceive yourself for nothing at all? I mean, in normal life we never do like that. Nobody says "Alright I have got £10,000 with me and now I'm going to spend my money!" Of course you are a cheat then [it's] different. But normally in an astute, simple man doesn't do that way.

So why say that there is a way of finding out God? If there was, then the person would have found it. The way is there, the method is there, but that cannot be handled by you. As I told you yesterday that we did not become human beings from chimpanzee by doing anything. Supposing we had cut our tails, for example, or shaved our body - do you think we would have become human beings? We had to become, spontaneously. That is sahaja. Spontaneously. Everything has happened to us spontaneously and even [when] the attention has to receive the light of the Spirit it is going to be spontaneous.

Whatever you have achieved on your central nervous system has been granted to you spontaneously. For example, these eyes with which you see, what have you done to see anything? Just they are there. We take it for granted. In the same way, if your evolution has to take place, it will take place spontaneously because the Creator Who has created you has to find you your meaning. For example, if I create an instrument and I do not use it what's the use of creating it? I have to put it to the mains to see that I use it. If God has to use you he will have to put you to the mains. That is His job! And that, He is going to do. Is a spontaneous happening. Or else He can do it to a person who has been authorised.

So far your evolution took place - perhaps you do not know - maybe by somebody who was authorised and you were not aware of it. But now at human level you will know it, the evolution. And when you will get that Spirit flowing into your awareness, radiating and acting, then you will be amazed that you, yourself will be able to do the same. You will be able to do it. Like, one light can enlighten another light and another light can enlighten another light. The light is all ready made here, only thing is [that] some enlightened light has to come nearer. It's a very simple thing. It's the simplest thing. Actually to talk about it is like talking about all the history of electricity instead of telling you that, "Put on the switch." It's that simple. It's all done. It's built-in. It's all within you. I do not have to create all these things neither you have to bother about it. But sometimes the connections are loose. Sometimes the chakras are spoilt. But all this exists within you, only thing is that the Kundalini is to be invited to be awakened. And She knows everything. She is your Mother. She knows everything about you. She knows what have you been doing, how you have been unkind to Her. Sometimes I have seen people having Kundalini with such big holes. And some of the Kundalinis I have seen [with] bleeding-like colour, in bleeding colour. Sometimes the Kundalinis are just like a wounded serpent, go on tossing their heads. Sometimes they are so beautiful - just like a radiant beam they just shoot off.

Now we have sometimes spoilt our Kundalini - doesn't matter. I have learned all the tricks of repairs, so far. And all the kinds of troubles that people have gone through - I have try to master it.

First I was an expert in Indian style of temperaments. Then I met so many people who were Westernised, in India. Then I went to America, there also I discovered lots of different styles of people. And then now I am in your country by chance, and will be here for some time I believe - of course I travel a lot - and I have found that English youth is perhaps the best in the whole world. I'm

sorry to say, but it is so.

English youth are the best. I told somebody, some Indian gentleman about it. He said, "Where to find the best disciples?" I said, "In England." He was amazed! I said, "They are little hard nuts to crack, no doubt. But once cracked they sort it out." First, their scholarship, second their assiduity and I think the third and the most important thing - their astuteness, their honesty it. Because this is absolutely an honest affair. You cannot be dishonest about it. Even better than many Indian youths I would say. Not the Indians villagers who are perhaps the best because they are too simple. But many Indian youths who are Westernised and now trying to become sophisticated. So they are thoroughly useless, you see, they are getting into a plastic affluence.

Under these circumstances it's most surprising how I find myself here in England and this great work which is actually prophesied long time back, is taking roots in this country.

But it's a living work. It is easy to create thousands of plastic flowers but to create a real, one flower it takes time. It requires lot of concentration and labour. So the thing maybe moving rather slowly but it is taking it's shape.

Lots of people all over the country are getting their realisation. But you neutralise your understanding the Divine. One should know that I'm talking here not as a salesman here. Nothing is selling you, certain things must be understood that is not selling.

We are used to do shopping on the time. We cannot understand a person who can do something without charging for it. But it is an insult even to think that you can pay for somebody's love. We are so much used to this kind of a conditioning that we do not take things seriously for which we do not pay. I mean, it's a mad thing! You do not pay for the fresh air you have. You do not pay for the rain you get. You do not pay for the sunshine you have. You do not pay for the breathing you do. You do not pay for your own body. To whom did you pay it for that? All that is important you cannot pay for.

The second thing one must know [is] that you cannot read about it. By reading you cannot get it. It's a thing that must [be] actualised, that must happen. It's like Guru Nanaka has said that, "Go and find within yourself." It is to be found within yourself. Now these Sikh people are sitting and singing this. For two and a half days they are have a continuous process of singing the Guru Granth Sahib. And they sing that, "Let us find it within ourselves, it is within ourselves." Now what's the use of singing? Are you going to find it? It would be like saying that, if you have a headache, you go on singing about the prescription you have got. When are you going to take the medicine? Is the point.

So that second conditioning is that, "I have read in this book like that." Yesterday there was a gentleman [like that]. Of course, he was from some organisation [and] just came to disrupt. Because you see there are so many organisations run, in this country, to make money in the name of God, in the name of realisation, in the name of Spirituality and all sorts of things. So, naturally, they feel they are challenged beside they're talking about Shri Krishna. Of course he was a very half-witted fellow! He did not know much about it. Still I talked to him. But now whatever Shri Krishna has written - I say that this is completed in Sahaja Yoga no doubt. All of them what Christ was said or what Mohammed has said - everything is explained in Sahaja Yoga. Everything you will find completely manifested in Sahaja Yoga. You will be amazed - even you will find out where is Christ within us, in what centre He exists. [Also] where is Mohammed sahib, where is Nanaka, you will know their positions and you will know how to use them for this purpose.

But to bring in the controversy people can say "Alright, Christ said such and such thing." Alright, He did say, no doubt. And I can tell you about that. But just to create a controversy why should you bring in people? All of them will be explained through Sahaja Yoga, you will be amazed. They are all with us. Not against us in any way and absolutely cooperating and working it out. There's no difference between them and us. We are on one side. We are all flowers of the same tree. Only the people who separate us are the people who'll take them away from the Tree of Life and fight.

But the controversy, why one starts, is this way that, when Rama came people said, "We don't believe in you, we believe in Parashurama!" Because Parashurama was dead by then! Very good idea! Never face the reality when it comes to! Then came Shri Krishna six thousand years back, so when Shri Krishna started talking about Reality they said, "You don't tell us, we only

believe in Rama!" When Rama lived they put him out for fourteen years in the forest - very nicely! They never believed in Him, they only believe in Parashurama. Now, when Shri Krishna came they said, "You see, we believed only in Shri Rama and not in you". Shri Rama was our thing. So Krishna did not tell anything about reality only told one disciple, that's Arjuna: that too [who] was not realised.

Then came Christ. They said "No, we don't believe in you and we believe in Moses. Our Messiah has to still come. You are not Christ." Crucify Him nicely on this point!

Then came Mohammed: They said "No, we don't believe. We believe in Christ." "We believe in this, we believe in that." But the one who is really there people don't want to believe. You know the tragedy. It's a shameful thing. I think Christ's life has proved beyond doubts that human beings are really stupid people. That's why He must have rode the donkeys. Extremely stupid people! Such a Great Incarnation they crucified!

Then Mohammed came: Mohammed was given poison, He was tortured. Then Nanaka came: [they] tortured him! Anybody who is real must go through the tortures of people. Everyone who is false and fake is extremely attractive.

What's the matter with the human brains, I cannot understand.

I went to one place recently, Norwich: Two ladies had come. They told me that, "We went to one guru. He gave us a mantra." I said, "And then you heard [the news] about him?" "Yes, now we have heard that he's a drunkard and he has got five [or] six keeps." "Still we will not tell you his mantra, we still have faith in him." I said, "Really? Now when will you lose faith in him?" I believe thousands of people went to see him when he was in Norwich. I said, "What was his credibility?" "Why didn't you find out from where did he come? What was his name? What was he doing?" He was in South Africa, living in a tin-shell. From there he comes here and befools all the people and thousands of them are behind him! What is his credibility? Who was his father and who was his mother? And what good work he has done? And when he has taken away all their money still they want to believe him. Why? They are frightened. They don't want to tell the mantra. When he does not know a word of Sanskrit! Two of his disciples came and told me the mantra [that] was given! You will be amazed! The mantra given was 'tinga' - like this! (Mother shows Her thumb). What we call this one (thumb). You see [in India, when] we show this one (thumb) to someone - that's called as 'tinga' (in Hindi) ! It's not a Sanskrit word, it's a hindi word. There [should be] some limit to our naiveness!

If you are really, the worshippers of the Truth and Reality, we must face it. And you don't know Reality' beauty. In reality you are beauty inside I see that Light in you, I see that Spirit. You do not see it, that's why you are frightened. There's nothing to be frightened of yourself. You are the most beautiful thing within. The outside is frightening. That's why people cannot sit alone. For them is a jail if they have to sit alone. But after realisation you don't know when you are alone [and] when you are with others. You enjoy yourself because it's most enjoyable.

You are the most enjoyable thing the God Almighty has created. But you have made a mess out of yourself. Why? Because you listen to others. You are no more there. You depend on others to give comments on you and judge you. You do not have any judgement of your own. You have no self-esteem about yourself. Once you have Self-realisation you recognise and you find that you are that lustrous thing which is much more precious than thousands of these useless diamonds put together. And then you value yourself. The whole system changes, the whole valuing system changes. You give up your ego, you give up your superego and you become your Self, which is the Spirit, which is the Light which shines - the Divine love of God.

When this Kundalini rises, She passes through various centres. You see they are six in number on top and one is down below. The lower one is guarding the Kundalini and her protocol because She is your Mother. That's your innocence in the lowest one. And above ones are controlling the different parts of your body on physical level, on mental level or emotional level. And when Kundalini rises She enlightens the Spiritual Beings in those centres. When these Spiritual Beings are enlightened, you get more energy. Many things happen when the Kundalini rises.

When she crosses this centre: This is the centre of Christ [that] you see there, where the optic chiasma crosses each other. At

that point is this centre. It shifts a little because its energy after all it's not localised. And when this centre is crossed then you become Thoughtlessly Aware - Nirvichar Samadhi. Means your enlightenment in the awareness comes in no doubt but there is no torture. You come between the two thoughts of past and future and you become silent. It is to be. Now one may say that, "Mother, it is sad that people spent thousands of years getting this realisation," They did, even [just] Nirvichar Samadhi. No doubt. And there may be many saints who'd say, They have said this to me, "Why should you give this to these people? Who are they? We have worked so hard. But on the Tree of Life in the beginning there were few flowers. But the time has come, today, where thousands of flowers are to be converted into fruit. The time has come. The blossom time has come. And that's why it is working out. You can see for yourself at the time of Christ how any disciples did he have? They were all fishermen. Even today in India if I have to talk to fishermen, I don't think I can tell them about Sahaj Yog. But we have many Sahaja Yogis who are fishermen in India - you will be amazed. They just got it. Once they got it, they don't want to know it mentally. "Oh, we have got it. We are just there." You don't need any education for it. Even a small child if is a realised-soul knows all everything about. Even in this country I have seen many children are born who are realised-souls. Today only we heard about the birth of another one who is a realised-soul.

How do you know a person is realised or not? When the Kundalini crosses this point which is called as the fontanelle bone, in Sanskrit it's called as talu where we call as the baptism takes place. Actual baptism - not by some theological college fellow coming and giving you baptism. No! Actual [baptism]. You actually see this portion becoming soft. And, at that time, when the Kundalini reaches there and crosses that you feel a cool breeze starts blowing through your hand. The energy starts blowing. The cool pulsation, radiation, of the Spirit starts flowing. You can feel it. You can see this Kundalini pulsating with your naked eyes if there is an obstruction. If there is no obstruction it takes a split of a second: it just shoots off. If there is obstruction you can see the pulsation; actually like a heart this triangular bone goes on, like this. You can see it clearly.

If a person has a liver [problem] you can see the Kundalini going and pulsating there and telling that, "Oh he has got liver, I have to supply the liver." You can see with your naked eyes. You can see the rising of the Kundalini. And with a stethoscope you can feel the movement of the sound. And you can feel it here, the sound, coming up as Kabira has said, "Shunya shikara para anahata baaji de," that is, "at this summit, zero summit, you start hearing - here there is no sound otherwise, that's why he calls it 'zero summit'. "You start hearing the heart, anahat," is the sound without percussion. You start hearing it here, "Lab, dab, lab, dab," and then it stops. And the moment it stops you find this cold breeze starts flowing.

This is the time you have touched your Self, your Spirit and this is the beginning of Self-realisation. This is the initiation, I should say, especially in Western countries. Because we are people who live with our rationality. Though those who are intelligent must have recognised that rationality is a limited thing and if we are to go to an unlimited real Mother Divine power, we have to go beyond it, it has to be triggered. If you are reached that conclusion then you are really intelligent.

But still we try to ramble about, try to verify, "Yes it is coming, yes, true but now let's see if Mataji has said that all the fingers get enlightened." As you see all the centres you start feeling. Is actualisation! Again I say because it becomes a subjective knowledge in your body. It starts, you can start feeling all these centres. And in that you start feeling your own centres realising your Self within, you're being within, and also feeling the centres of others. Because now you are awareness, your attention, is enlightened by which you have become collectively conscious. You have become again I say. Not by giving lectures to you that, "You are brothers and sisters," No! You have become. You just become.

Those who are realised know where is your Kundalini, they know where is your problem, they know how to move the Kundalini, how to manoeuvre it, they know what is their problem is, they know how to correct it and they know what are the blessings of the Divine: is the complete enjoyment of your being.

This should happen to everyone, will happen. But [you] must have some patience with yourself.

Many people touch realisation and think that, "We have got it now," and they disappear. It doesn't work out that way. When you have to learn swimming, you have to learn it well, otherwise you can go down. The same thing is about realisation. Even if you have touched your realisation still it is to be nurtured, it is to be looked after, you have to grow and mature into it. Like a human

being, though born and 'branded' as a human being and is put in [the] company of foxes, can behave like foxes. In the same way though you are newly born and your second birth has taken place fully, still if you again go into the normal life and do not know how to guard yourself and protect yourself, can again become the same as you have been. And that's how we have seen some people lose the vibrations. Some people definitely lose the vibrations. So after realisation you have to see for yourself that you establish it and fully master it. You become a complete master. I give an analogy like this: that we have two powers - left side and right side. The left side power is the power of desire, is the power by which our past is created. We can say is the psyche. The right side power is the power of creation, is of action. So the left side power is the power of our emotions and the right side power is the power of our physical being and our mental being. These two powers are like accelerator and a brake. Both these powers we use alternately, simultaneously, slowly, balancing them. We try to learn the driving. When we have learned the driving then we will become an expert driver. But still you are not the master. Still the master is sitting behind. When you have mastered your driving, you become the master, the guru. That's what should happen to all of you.

Of course by this happening, of becoming one with that Divine power, your physical problems get solved, your mental problems get solved and your emotional problems get solved. Apart from that even material problems get solved. The whole attitude towards life becomes that of a witness. You see the whole thing as a drama and the life becomes full of enjoyment.

As I said yesterday it's such a vast subject and the knowledge is so great. When you become knowledge yourself, when you become the Light, when you become the love, then you, yourself will gradually know so many things. Like [with] this room being dark, you don't understand anything. But as soon as I put on the light, you see everything and find out all about.

I must have given at least two hundred speeches in England so far, minimum. Maybe more. I don't know how many. And there are so many tapes these people have got in English. But still every time I speak they say, "Mother, every time you say something new." It's rather surprising. So I would say that you cannot know it through lectures, through talking, argument, you better know it within yourself.

Now, yesterday, two gentlemen got up and ask me questions and they were not knowing what they wanted to ask. As I told you that they were paid by some organisation. And when they found that they could not do any further they went away. So it's such a waste, you see. We have to be fair to others. If you are not interested in your realisation it's better to go away. Because there are many people of different calibre. They just come because they were walking on the road, they saw my photograph, they came in - finished! If you are really seeking then you better have it, you better get it because if you do not get it in this life you will be coming again next life for this.

This is the ultimate that you must find. You work it out and I am sure it will work it out. Pay a little attention to yourself not to others! When it works out also, we have a centre luckily, in Brighton. And you have just now heard from Pamela. She's the one who is organising here. We have other people also. We have quite a lot of people who are good Sahaja Yogis and who know a lot about it.

Also we have some books for you, to guide. There was one book written by a Swiss scholar who is a French speaking boy but the book was then edited in English, was inaugurated by our high commissioner and also is available not today but will be available if you order about it called as "The Advent".

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Auspiciousness

Public Program

Caxton Hall, London (England)

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Hello! It's good! How are you? It's a good day.

Today is an auspicious day because 21st is an auspicious day for us and today is Monday and the 7th month. All things combined together and it's a very auspicious evening.

So today I'll talk to you about auspiciousness because most of you are Sahaj Yogis. Who has come for the first time?

One, two, three, four, five...So we have for the first time! All right. (laughing)

I am sure somebody has talked to them about introduction to Sahaja Yoga or something? And to make it short, the whole thing I don't want to repeat as I was thinking of talking on a new subject to the Sahaja Yogis.

As you know all of you, and you can see around also that there's a very big en masse search for the Truth — there is. I mean, even in this hall you will be amazed there might be five [or] six halls like this where everybody is sitting in some hall and doing something about it. I mean there is no doubt a very big urge to seek the Truth.

This urge has come through our own evolutionary understanding. When human beings have reached a certain stage of sagacity, you can call it, or a satisfaction, like when you have achieved a certain amount of material well-being or have seen something which doesn't give you a complete answer; like Buddha, when he saw an old man and then a dead man, he was puzzled at it; he was very much puzzled and he started wondering what is this death and why a human being becomes an old man.

There was a prophecy about him when he was a child, that he may become an ascetic or he may give up his family life to find the Truth — he might do that. And the parents were worried and [his] father arranged for him a very big palace with all the things available and a very beautiful wife and a child. But still from inside he had a feeling of some incompleteness, of meaninglessness of life; and with that meaningless feeling, once he saw a very, very old man and then a dead man, and this just went into his head. This was two thousand years back, more than that.

But today there are many buddhas living. I mean his first name was Siddharth. Siddharth itself is a very beautiful name - Siddh, Arth: the one who has mastered his meaning. The beginning of the name itself was very suggestive. But then he became The Buddha, the enlightened one. But you are all siddharthas who are seeking the Truth. He also went to Upanishadas and he also went to many people, he went to Benares and was so disillusioned the way the people were in Benares. he found there was no religion in them, there was no God in them, there was no goodness in them. And they were making money out of all this. Then he went to some gurus, and this and that, and everywhere he found that they did not know the Truth, and he got tired, very tired. he had given up everything just in the search of Truth. And he was so tired, absolutely tired, and lay down under a tree, a banyan tree, we call it the ashwatha: and then Sahaja Yoga itself, [which] is the spontaneous awakening of the Kundalini, took place, and he got his Realisation.

But that time there was no Mataji Nirmala Devi to tell him how he got it, where was his Kundalini. he just felt the cool breeze coming in him and he felt his Self and he started talking about it and telling people. he felt that, "Because I gave up everything, that is why it has worked so." It was a mistake, I would say, or a misunderstanding, because what do you give up? Whatever you

hold on to. What is there to give up? All these stones? What? What is their value? And this giving up is also a mental idea, just a mental idea: if you are not holding on to anything what are you going to give up?

So this idea of giving up came to him because he thought that this must be the reason. Supposing if I have to come to Caxton Hall, I go all the way to Tottenham Court Road and then I go to East End and then come down here. So if anybody comes to ask me the way I will say, "All right, go to Tottenham Court Road, then to East End and then through the traffic you can land up here!" But it's only two minutes' drive from my house! So it was that kind of a misunderstanding which led him to think that there is no God. In a way it was a mid-step because if you talk of God suddenly...Even today if I say, "There is a God," how are you to believe me? You can believe your vibrations, you can believe there's a cool breeze coming in, you can see the Kundalini rising, you can see the pulsation of that, but how can you say that there is God? Because I say there is. Because it is pervading. And whatever I say, now you can test it on your vibrations!

Now how will you know that these vibrations are telling you the Truth? It is very simple if you understand the common sense of relativity. Like, bring two mad people from lunatic asylum absolutely certified as mad — all right? And then - Paul is laughing - and then get two sane people sitting down. Now you put your hands towards the people who are mad and you will get horrible burning in here, maybe in here, maybe in the whole hand — on the left side. And they themselves, before my photograph will be going on like this (shaking). Many go, even they look sane but there are many like that: all fanatics, all extremists, all sorts of people, they go on like this, spiritualists again, druggists, chemists (laughing), cancer patients. It's a different frequency, different style in every way.

So you get ten cases like that. Now you ask the question, "Is there God?" And you start getting cool breeze flowing into you. "Is His power all-pervading?" You start getting a cool breeze flowing into you. That is how you find out which is the Truth, where what I am saying, what vibrations are telling, is the Truth or not. That is how you can test your vibrations.

This search is on, and there are many shops people have opened. This is not a shop, this is a temple. And a temple in the market place has a very little value. If you have to climb up seven mountains to go to a temple it has much more value but only a few can reach there alive! So the temple had to come down to London, to Caxton Hall, to talk to people. But in the market place if you have a temple, you can notice that people just go in the marketplace, purchase something before going they may throw 1 anna (1/16 old Indian Rupee) there thinking, "Oh Lord, give me some profit when I am going there!" And while coming back they will throw another 5 annas there saying that, "Oh all right, You have helped me. All right 5p is all right for your sake because I have got some profit I am giving You!" Because they have a mentality of marketing: even with God they bargain. The mentality is of marketing, of most of the people, must be. But among them are real people also. Many, many real people are there who are misled. Because they see the crowds going, thousands of people going there, they are also misled.

Ultimately all those who are true seekers will receive their Realisation. Even those who are not will receive it. But first those who are seeking are the foundation stones. They have to build up themselves in such a way that this big edifice could be raised on its back, on its foundation stone.

You people have to be such strong Sahaja Yogis, such strong Sahaja Yogis, that from your own life others would take the lessons and understand that this is something that has really transformed people. Because the time of judgment has come and of transformation. The Last Judgement is not direct but through transformation. It does not fail much. If you do not fail it, it is not going to fail: it is going to work out. All sorts of permutations and combinations it has worked out — all sorts.

Now there's no horrible guru I have not tried. Of course, sometimes I hear some new names from somebody. The other day I heard something new, some other name. And he's another funny thing! He's teaching people, I don't know. Something very horrid he's teaching people. And maybe he may be successful for a short time but ultimately those who are true seekers will definitely come. Those who are supporting these wrong organisations will also come to Sahaja Yoga because they will recognise that, "By supporting these people what are we going to gain? We are going to go to hell!" They will see their gurus how they are behaving: ultimately they will come of course. For the time being they do not. Sometimes it's quite frustrating. For example, in Norwich we met two ladies — elderly, quite elderly — but without any common sense and they said, "No, we have a guru who has given us a

name." I said, "Why do you need a guru for that? You can pick up on the streets. A donkey can give you a name!" And what is the name they have been given? One of the disciples of this guru told me a name has been given called as 'tinga' [which] means 'a thumb' — [in India if] you show somebody a thumb, it is 'tinga'. Just imagine! It is not even Sanskrit! I said, "He doesn't even know Sanskrit! Now he has been found out with six women around him and he's got keeps and he's taking all Scotch whisky, all that, he's busy here." They said, "Still..." I said, "Still? How long will you go on like that?" Of course some common sense will come into them. So these things are there, existing, but the true ones will understand the true nature of Sahaja Yoga.

It is so nice to see all of you here because we are going to have a very nice 27th. Is the day we are initiating you as gurus; that's the day you will be initiated as gurus. And special powers will be given to you on that day. But our intellect is to be a little bit brought low and our heart is to be a little bit raised higher. If we could do that then we'll be able to create auspiciousness about us.

Now I must tell you about auspiciousness.

What is auspicious? This word people know: this is not auspicious, that is not auspicious. If you find the horse's horseshoe, it is auspicious. Now do you know in modern times the symbol of Sahaja Yoga is a horseshoe-shape: can you imagine? It has many meanings but why that shape is auspicious, people did not know.

People do not know why a thing is auspicious and a thing is not auspicious. Now this has been in England; for years people were using horseshoe as an auspicious thing and it is, hundred percent. The shape of a horseshoe emits vibrations. You can see for yourself. The shape of that horseshoe is the shape [of] how The Shakti moves, how the power moves: always like this, elliptical, like that. It goes to a person, say if I love this person the vibrations will go like this and embrace her and then come back. The first movement is this way, the first dimension is like that. But this can be [in] three-hundred and sixty degrees (360°) it moves. The whole Creation took place by the movement of the Shakti like this. That's why they sometimes see it parabolic. You see, like Einstein has been talking about it. But they see partial truth, not the whole.

Now, when you have a shape or a form, or a kind of an assemblage of certain factors in a particular material could be, could be a particular tree, could be a human being, then you find, from that person — only the realised-souls can feel — vibrations coming. Because, whatever emits vibration is auspicious and auspiciousness is the quality by which we emit vibrations. Now purity is a very relative word in the modern times. People don't understand what is purity. I mean they don't understand even what is normal, leave only purity. Everybody seems to be abnormal or subnormal in modern times. Nobody seems to be normal. Even the psychologists can't define what normal is. Normal is that which is auspicious.

Now this is the knowledge of the beyond. With whatever senses you have, you cannot feel it. For example, I went to Stonehenge. Now you all know that there's something about Stonehenge, you know that there's something about them. But what about them? These are the stones which have come out of Mother Earth, which are emitting vibrations. And the covering of that has been done later on, some people must have [done that]. They did not understand how these stones have come out, one after another so they must have used [other stones] to cover it. But if they were saints they would have said that, this is a stone which has got vibrations.

For example, when we say that we should not worship any statues in The Bible, it's very correct because it is said that, whatever is created by Mother Earth or by the sky should not be reproduced. So Mother Earth is producing something. Now ask the Christians what are they producing. What is the element that is the earth is producing, what is the sky is producing? They will not be able to tell you! What is this Mother Earth producing which should not be reproduced? Which should not be worshipped? Means something She is producing which should be worshipped and that should not be reproduced. This auspiciousness can only be felt by people who are realised-souls or people who are sensitive to spirituality. Those who are not sensitive to spirituality cannot feel it. They do not understand. They may like a person very much, "Because I like!" But why? Why do you like a person very much and you do not like another person? That person may be any type, they will say, "No we like him!" But children — not all, but many children — can feel the auspiciousness. Dogs can feel it, rats can feel it, snakes can feel it, tigers can feel it, lions can feel it, but human beings are rather difficult! Horses can feel it. Horses feel it very much. If you take them near a place where

there are [dead] spirits or, we can say, some sort of a burial ground, they would not like to go down there much. First they would resist, but gradually they also get used to it; same with dogs. They can feel it, a man who is a realised-soul, who is not a realised-soul. They can even feel an evil person. They are very sensitive. A dog can always feel a saint. Even a mad dog can be controlled by a saint.

This auspiciousness, the feeling of auspiciousness, can be felt through heart: it's the feeling from the heart, not from the brain, not from the ego or superego: means either we get ideas from our ego or from our superego, from our conditioning. But if our heart is alive, which is a very rare thing nowadays: most of us have got hearts like, 'frozen' I would not say [but] like Rock of Gibraltar. Because frozen can be defrosted.

So such a heart, Rock of Gibraltar, is living here, you see. And you meet another person and you feel the other is just going to bang on you with that Rock of Gibraltar! I don't know if you have visited Rock of Gibraltar any time. I have. One day we were plying on a ship and suddenly our ship stopped and what I found is a huge big promontory. I said, "What sort of a thing it is?" Because no ship can go near any rock, that near, because no rock is that steep to give that much draft for the ship. And this was just like this in front. I said, "What sort of a rock is this?" They said, "This is Rock of Gibraltar!" I was looking at it absolutely a solid piece and you thought it is going to hit you on your head. Something like that [when] human beings become, how can you feel the auspiciousness? It's a very sensitive thing: extremely sensitive and delicate.

All the delicacy of the heart, I don't know where it is gone. Like Lord Byron's style! Look at him: what a life he had! He made everyone miserable in his private life and in his poetry he made everybody cry; took out their eyes, washed them, again put them back in the sockets! (laughing) I mean, he was a very great sadist, I felt. Horrible! He could not write anything beautiful, he could not see anything beautiful, he could not say anything that was pleasant. And people, I have seen, have wept and wept and wept and this fellow was enjoying having a nice time somewhere! (laughing)

It's nice to laugh it out, because we had two patients who read only Lord Byron and were gone cases! (laughing) You don't know in England I get such cases, some samples! He is no more here so I can tell you about him. He used to just weep and weep and weep. And then we didn't do anything with him here, we couldn't do much. I told him, "Why are you weeping?" And then I discovered he was a patient created by Lord Byron! I told him not to take this poet very seriously, and forget about it! (laughing) He was just doing it to sell his books! But the fellow couldn't get rid of it, always he used to get into that mood, and very serious mood and this and that. Then we sent him home. I sent some Sahaja Yogis to his mother, father: very nice people, I must say. They talked to me on the phone: very good people. They said, "Mother, if you say, we'll keep him in the house." He's a big man, he's a big man about thirty years of age, you know. And third day the mother said, "Better chuck him out of the house, Mother!" I said, "Why, where will he go?" She said, "He is still doing the same thing. He is in the room. I have to serve him food. I have to wash his things and he is just sitting and weeping there!" So because the sensitivity is lost. Whom are you giving your heart? To this Lord Byron, of all the persons?

This is the problem with us: we do not know who is auspicious. For example, Blake people won't like. I mean the one who is the poet you have really, I would say, after Shakespeare. I wonder if Shakespeare was one man or many people put together. But Blake was the poet you had, the greatest of all I would say. There were so many, also others. Wordsworth was another. You can see [that] those who talk of charming things or pleasant things and beautiful things are the poets, not these garbage cleaners.

What is wrong with us that we cannot make out between the stink and the fragrance?

Auspiciousness is the way we emit our fragrance to others. For example the other day two boys got Realisation and all the Sahaja Yogis ran just to feel their vibrations and the rest were left behind. Because they were enjoying the person, the vibrations of that person. Then I shouted at them, I said, "All right, now you have enjoyed, now go and see others also are there!" And they would not go near somebody who was thinking he was a great man sitting down there. Nobody would go near them. They were holding their ears sitting here. Then everybody avoiding to go to that man and the fellow must be feeling miserable, I know that, but I went to him and worked it out. But then I found that he was doing something very, very wrong himself. And he said, "Mother, I am not evil." I said, "No, it's not evil but whatever you have done is evil, is to play into the spirits, call them down, put on people

and this. Is an evil thing to do." "I did not know, Mother." I said, "All right. It's all right, if you did not know, it can be forgiven." But this is what auspiciousness is: that you feel it from your heart which is awakened. The heart must be awakened.

In the heart resides the Spirit, which is not yet flowing in our consciousness, in our central nervous system. It resides there, the joy itself. I don't know if you have ever seen phosphorus taken out of the water and how it just gets ignited, it is like that: inside the maya, the illusion, that spark is sitting down, and when this Kundalini rises and touches that spark, it starts emitting its joy, its auspiciousness. Unless and until you have that within you, you cannot feel the auspiciousness of others.

Take a coconut, for example: put it the other way round, you won't get vibrations. If you put it this way [with] the coconut coming up you will get more vibrations. There are certain coconuts who give you very good vibrations, some give horrible ones. And you know human beings also have coconuts! (laughter) Some of the coconuts give such beautiful vibrations and some of them do not. Some of them are tired. Some of them are nothing but like a balloon of Mr. Ego. Or some of them have nothing but superego in them. So this coconut is to be made auspicious.

Now, how it is connected with the Spirit, that is a very important point: how our brain is connected with Spirit.

Whatever I am telling you, you need not believe me, but you will find it out for yourself that, whatever I am saying is the Truth. Your heart has the Spirit, the light, and the heart has got seven auras around it. And these seven auras get enlightened by the Spirit.

But before that it's a very instantaneous or you can say a simultaneous happening. When the Kundalini rises there are seven centres also in our brain, in the sense [that] there are the seats of the centres. These seven centres are represented again on the seat, you know that very well. All the Sahaja Yogis know where they are.

So when these centres are enlightened, the auras start shining in the heart. And this centre (brahmarandhra) is actually the seat of the Spirit. The Spirit has moved from there and has gone to the heart: that's why in childhood you will find there's an opening here. It's a very soft bone, called as fontanelle bone, talu, is here. Because the Spirit comes out from there and is settled on the heart. You know, Spirit also comes out in the night sometimes, goes round and sees. It's so.

When these centres in our brain get enlightened by Kundalini, one by one, first they are enlightened here, then in the brain, then the auras in the heart start getting enlightened. Ultimately when this centre — which is the centre of the heart here, Sahasrara, in this point — when this one gets enlightened, then the Spirit also gets enlightened, fully; and then these auras become doubly shining. Then the auspiciousness in many dimensions starts expressing itself.

But to keep that light on, one has to keep the Kundalini over here. Then what happens? Then we are ruled by our heart's indication [rather] than by our brain. How? Because the heart has the Spirit, which emits vibrations, it's not the brain. And you depend on your vibratory awareness after Realisation. The more you depend on your vibratory awareness, the more you use your heart, your Spirit, not your brain.

The more you use your brain: again you go down. Because it is taken over now by the Spirit. For example: after Realisation when you start thinking about it...I mean people can think of anything! I mean I can tell you, I have had such experiences that they would think that, "Why Mataji is wearing a sari like this?" Even to this extent they can go to! But if you can just leave your heart to work it out and don't think, because you are in thoughtless awareness after Realisation. If you try to maintain that state, pay attention to your heart and let your Spirit emit itself so that it clears out completely the confusion of the brain and everything; then you will be amazed that you cannot lose your vibrations. You cannot lose your Realisation.

The simplest way is — we have found like this — that after Realisation if you go for seven days treatment with soaking feet before my photograph it works out. But immediately when I say, "My photograph," finished! The ego comes up: "Why her photograph?" First thing comes up: "Who is She?" I may be nothing — all right agreed, I am nothing — but I have raised your Kundalini!! I have given you Realisation! I must be something after all. So why worry? I am not taking away anything from you.

Then you start establishing your auspiciousness, the sense of auspiciousness. Once you have established it, then you do not lose it very easily. You don't like then inauspicious things, normally. If there is somebody inauspicious you say, "Mother, no! We can't do anything about this gentleman!" Afterwards when you become very strong you don't mind working on anyone whatsoever. But gradually you have to grow up to it. I understand that. But I can't understand people using their rationality to understand Sahaja Yoga. How can you understand this Great Power with your limited rationality? I can explain to an ant about your politics but I cannot tell you how this Divine Power works.

One day Djamel asked me, numerically: to what extent it goes, to what dimension? And when I told him he said, "It is incalculable." I said, "It is infinite! You cannot calculate." If you put two mirrors facing each other and put some object in between, you cannot calculate how many reflections you will get. Even that you see but you cannot calculate. But here I am talking about something that does that, which creates this. You cannot calculate all the molecules and the atoms of one element, but I am talking about Somebody who has created them and who, in every molecule, pulsates. How can you understand with this brain? You can only become one with It and enjoy yourself! Why worry? Why do you want to count the molecules? Why this madness? It would be like a madman going to the seashore to have a nice bath, starts counting the small little pebbles and the grains of the sand. Get in! Enjoy! You become that. This is advaita, where you become one. All religions teach advaita. Advait means where there is not the other, ananya. You become one with that. With the whole Ocean you become one. [When] a drop becomes the ocean, all the powers of the oceans are there for the drop. That's what it is.

But there are some people, who say, "We believe in dvaita (duality), No, we don't want to get lost." You are not lost! You become the whole. But they want to keep their small limitations, you see.

Now what is that small limitation they want to keep? It's called as Mr. E G O, which is a myth, which is a myth. It's such a big myth is ego: because what do you do, human beings? Let's see now. What do you do? You make a chair all right. You see, people are even proud if they can make a chair these days because nobody can use their hands these days, you know that, with everything done by machines. I don't know they cannot create human beings otherwise they may try that also. So what do you do? You create something dead out of dead. Everything is dead. Whatever you have created is dead! Have you done any living work?

So one lady got very angry with me. She said, "Yes, we have created a tube baby!" I said, "You have not created, it was all there. The life was there. You just brought it together and it worked out that way. It's nothing!" It's just like an egg being put in the incubator. It is that. A simple thing! You have done nothing! You have put life into it, have you? Let us confess it now. We cannot convert even one flower, transform one flower into a fruit. Let us admit it. So what is this ego, then? "I do this and I do this," "I would like that and I would have this" and "I, I, I." Who is this 'Mr. I' who cannot do one living thing? Just ask yourself! It's a very simple question.

So you reach a conclusion: it's a myth. We do not do anything. As many times I have told you that, some people going by train put all their luggage on their heads. So they said, "Why are you carrying so much luggage on your head?" They said, "Because they want to reduce the weight of the train." (laughter) This is just like that: put it on your head! "I do it! I do it! I do it!" But by brainwashing you I cannot reduce it. How [then]? The myth has to be broken.

The myth breaks when Kundalini rises. Then how you talk is a very different language: "It is not coming." "It is not going." It is 'it'. It becomes a third person. Then your power which is flowing through your hands, you see that going through your hands, which you are manoeuvring. You don't say, "I am giving you Realisation!" You just say, "It is going." "It is rising." "It is not coming."

Even if it is your son you will say, "I cannot give, now what to do?" Like a lady came with me to America once and she was very anxious that I must give Realisation to her son and all that. So I told her, "Look at this. Now you have come all the way, I know, for this purpose. But now if the Kundalini doesn't rise, should you want me to say that he is realised?" "No, no, no, Mataji, I know it doesn't rise." Then I said, "You give him a Realisation. I cannot give him, all right, you try." Then, "But it doesn't rise!" I said, "Then what to do? If the Kundalini is not coming up, what can we do about it?"

So, the Kundalini has to come spontaneously. It's a living process but after Realisation you start doing living things. You can raise the Kundalini. You can pulsate the Kundalini. I don't know about pulsation: so far I have not seen any Sahaja Yogi doing it. But you can raise it all right. You can give Realisation: with my photograph it works better. You can give vibrations now to the plants, to the fruit, or to any, any flower like this. If it is dying it will come to life.

If you give vibrations say, to a field of, or seeds of, wheat, they can be multiplied: they can be ten times more than what they were.

Now you have started giving vibrations to the trees, to the people, you are doing the living work. Now you have become the ocean of life. So far you were not because the power of life [which] is to give life has come in you!

Now you are living, before this you were dead, in the sense that you were worshipping a dead God called 'ego', now it's the living God within you – is the Spirit.

Once you start accepting your Spirit all your priorities change just like that, because Spirit is joy and happiness. Spirit is the everything, so you start losing all your interest into other things. This is what is, when your auspiciousness is of the greatest height that even your name can create something great, and photograph can do wonders.

If you become auspiciousness, you are the holiest of the holy. For that we have to get rid of some of the dirt and the dust, we have to get rid of some of the false notions that we have and myths of things: some people have the myth that they are guilty and some people, as I told you, have so many myths.

But for giving up, this Kundalini works out. You allow Her to work it out, that's all. It works. It has worked with so many from England and I am very proud of my Sahaja Yogis of England. If anybody asks me, "Where do you find the best young people?" I said, "It's in England," and they are surprised. They are not racialsists, they are not all this nonsense of being fanatics, nothing. Except for druggists and chemists they are. (laughter) That also due to mistakes. But that I can correct.

But most of them are beautiful people, very sincere, very honest and very good. Because England is the heart, is the heart of the universe, of the world. Whatever happens in England gets known all over the world. Do you know these people had this siege (at the Iranian Embassy in Kensington on 30/4/1980); today I read in the paper they were giving an explanation about it, that, "We did it in England, not because we wanted to kill anybody or anything, but we wanted to talk to British government, so that if anything happens in London it will be known all over the world." People still think that British are still the sanest people in the West. Still they think like that, which is the truth.

So, we have a very good group of people here, which has to expand. You have to find out more and more who are seekers. But don't tell them just now that you have to give up any one of their druggists chemists business, because if you tell them then they will run away. We made a mistake like this, I know that.

No, they will just give up, you don't worry. Let them come. Because once they have found it, even if we tell them [to], they will not go back. Let them join. Let them come.

By your auspiciousness, by your vibrations and the fragrance of the flowers let all the bees start hovering, knowing that there is the scent of the beautiful nectar hidden under these petals.

I am sure all of them will come and one day from England we'll have the real spiritual upsurge for the whole world.

May God bless you.

1980-0725, Where Is the Kingdom of God?

View [online](#).

25 July 1980

Where Is The Kingdom Of God?

Public Program

Enfield Civic Centre, Enfield (England)

Talk Language: English | Transcript (English) - Reviewed 1980-07-25 Where Is the Kingdom of God?

Today a very interesting visitor came to see me and he looked rather worried, and he has been in some sort of a course thing, which he has been doing for the last six and a half years and he has not retrieved any results out of it. And on the contrary feeling quite confused, sick and unhappy about it. So then he asked me a question, that: "Christ had promised that he will lead us into the kingdom of God, and what is it Mother, are we going anywhere near the kingdom of God?" I said: "That's what I'm saying, that's what I'm talking about! But you want to join a course because you want to fly? Or you want to join a course because you are enamored by some guru or somebody? There is no fair charges to enter into a kingdom of God. You cannot pay for it. All these absurd ideas I don't know from when you started accumulating that you can pay for your God, you can pay for specialty, you can pay for becoming the citizen of God's kingdom. It is absolutely absurd! I mean it's absolutely stupid! For how you got these ideas and how you accepted them is beyond." And experiencing. I said, experiencing you are talking about. Experiencing, you can be an experienced by going to a pub. You can get an experience if you feel very happy if you take- I don't know, I have never tested but, they say so that feels very happy, otherwise they will not go there. So you can feel happy going to a pub, you can be happy doing something like that for the time being, all right. But there's no transformation within, there's no living process has started. It is like a seed, if you put it in the proper conditions into the mother earth, you see that it starts transforming into something new. Something starts manifesting through it. Unless and until that happens, why should you be satisfied with nonsensical things like the transformation. That is the first thought that one must know that you have to be transformed. Christ has said that you have to be born again, what about that? What's happy about that? Nobody's bothered, nobody finished about it. Even in the churches if you go they never talk about it. And as a result people are now against churches, I feel rightly, because they think that going to the church, confess- confessions and all that, when did Christ talk about it?

All these (unclear). (3.21) Are they going to give us that transformation? Now, our forefathers were doing it, their forefathers were doing it, we have been doing it for thousands of years. And where are we today? In the greatest confusion. So something has to happen within us, some happening has to take place, and that's the transformation must start to work. This is the minimum of minimum, once you know that if you are entering into the Kingdom of God, some transformation must be placed! For example when you go from India to London, you must change your dress, you have to have a overcoat and you have to have many other things. For a very superficial level you can see that. But on the deeper, the spiritual level, the transformation is from within. All your priorities change, all your sense of securities are established, you become a different person!

And I said that, why did you go for this? (unclear) attracted. (4.28) Because there's a more people, there should be no reason that when there are more people then maybe somehow (unclear) about it. Because normally people are attracted toward some sort of a drug. See now in instance so many people have come here. Four or five, at the most. But if there was a guru coming, you would need a balloon, you would need a bandan, and later on they find out that the guru was living a very bad life, he was a parasite on the society, he was drinking whisky and he had high (unclear) (4.58). But for Sahaja Yoga you'll always find less people coming, because this is the truth. But one should know about, truth is not to be judged by how many people follow, even if there's half a person, it is true! Truth can guide self. If Christ was crucified that doesn't mean that he was not the truth! He was! Though he was crucified and nobody could support it, nobody could (unclear) about it. But truth remains as it is. By your coming to it, truth is not, in anyway, enamored or in any way decorated or promoted. It is you who realize everything. It is you who see something out of it. It is you feel the bounty as a bliss of it. To think, that when the others will go, then we'll follow, is another way of a coward. You have to come to close as soon as possible. Because the time has come for all of you to get your realization. This is what you are seeking, simple thing as that! As simple as that, that you are seeking your realization, you are seeking your absolute. You are seeking your wholesomeness, and here it is you are going to to get it, it's that simple.

But now I must put it in a sugar coated ice-cream, and should tell you in a very round-a-bout way. It's very simple for me because it is within you, it's all there, yet what I do, is what Mother earth does to a seed. It sprouts by itself, it works by itself, you manifest by yourself. That wants of the Mother Earth I do give you, that's all. And what did we give to the Mother Earth? We don't even feel obliged, we should not, that's her job, it has to be. So if I'm doing anything for you, there's nothing to feel obliged about it, no way, that's my job, I'm here for that. For one thing once I don't understand. How can you pay for starting a seed? What can you do about it? Nothing. Only the Mother Earth can do it, she will do it. In the same way, it is such a living process, Sahaja Yoga, that you just have to do nothing. If you try to do something, there will be a problem. But once you get it, that's the beauty of Sahaja Yoga, once you get it then you can do it for others. Once you know how to swim, you become the master. Then you can save many people. But when you don't know how to swim, how can you save others? It's that simple! It is all within you, the light is within you, only it needs to be enlightened, finished. There's nothing much, nothing less. It's a very simple thing. For we take so many things for granted, like transformation of a flower into a seed. We take it for granted. Do we think about it, how it happened, how it works out? We just take it for granted. In the same way we have taken for granted our evolution up to this point. And if anything has to happen further also, it has to be the same way. There is a little different. Because so far till the human being came up to assert themselves as human beings. The animals didn't have this freedom as human beings have. That's why you'll find, you must be the (unclear) idiotic, never stupid. (9.03) Never stupid. Have you seen any person, any, any animal who is stupid? Either you'll be mad but he won't be stupid. He can be idiotic or stupid and we have been! Because when the human beings have got the ego, and this ego means you're that stupid. While the animals don't have any ego so they don't fall into these traps of stupidity. We only the human beings are quite capable of doing lots of stupid things.

Like I heard, that in America they now have a big Disneyland as far as past is concerned. I don't know how you can make him into a Disneyland, it is sickening somehow. They have built a very big organization, a big (unclear) is there and tried to convey there! Most surprising! How do you (unclear), but they have done it. (9.55) So this is what it is. Human being are so stupid and can be so very stupid, that it is impossible to tell them that you are stupid. If you tell them that they beat you hard, they'll beat you. Only the human beings can do that, animals cannot, because you have your freedom. And only the human beings can do one more thing, which is the greatest depth. If they are not stupid, they can do another thing, that is to achieve their realization. That is to know, that within them resides the spirit. Only human beings, not animals. It is there in their own awareness, in human awareness can know that they have found the truth. This is only done when you are a human. So how great is the image of a human being compared to all other animals, but when he doesn't understand, his own esteem, he has no self-esteem, then he can be very stupid. He can only absolutely a foolish man or he could be the wisest of all. He can rise to the highest, if he takes to the right course, or he can stood down to a monstrous flower, if he doesn't want to. Because he has freedom to move into any, any dimension, and he does that.

Now, it is for you to ask for your realization. It is for you to seek your realization and the truth. If you ask for it you'll get it. If you ask for stupidity, you'll get your stupidity. Whatever you ask is available. Is on a platter. While you have to decide what you want to have. Once you decide that's how it is. Human beings have been given freedom, you have heard that Adam and Eve were given freedom. You're given freedom once for all. Now, it cannot be taken back. Many people say: "Then Mother, why doesn't God control all these wrong type of people?" What can you do? Most of your problems are human created. Human beings have created the problems God has created no problems! Now it is your freedom, whether it is a collective problem, or is a personal problem or an individual problem or social problem, economic, political, any problem it is, it is all created by human beings. So if it is created by human beings, then it is to be solved by human beings. But as they are, they cannot solve it. Because they have not found out their source of energy. They are not found out their absolute. You're on a relative plate. Anything so relative, so relative in this- these modern times called as Ghor Kali Yoga. That we are nothing but bundle of confusion. Anything you take, for example you go to Russia, you find the people there quite confused about many things. Like they said, that: "How can you believe in a God, which looks after such horrible parasites like these Orthodox bhoot people who are living here. They don't do any work, they wear those black dresses, and do not do any work, just sit at home and have a nice time. They drink and they have all bad qualities and everything they have. And how do you call that they are Godly people?" I said: "All right, they are not, agreed." So how do you confuse that there is no God? This is a confusion, how can you confuse these horrible people who profess God, with God. But if you come to the Western countries, there's lots of confusion about everything. Like we had a priest, who came to see

me, because he saw me in dreams with Christ, and that's how he came to see me. Now, he was a priest so, one guy who was so interested in say Catholicism, he said: "Oh that's great, you must talk to him". And I went and asked him: "How are you here?" So he said: "Because I saw in dream Christ coming when Mataji was there and so I came." It's a very interesting story of this priest. So, after the program he gave him his address to Gregoire went to his house. So the priest says: "Umm, now I know why I am in there, because she's telling me all wrong things." He said: "What wrong thing is she telling you? See, you have got your liberation." "Why should she tell us to lead a good life, a moral life and get married and be settled down? See she's taken away our liberation." She said: " But that is abandonment, that's not liberation. Christ has said not only that you should not have adultery but you should not have even adulterous eyes. Then what about Christ? You said you are the Christian and the priest. Then what about Christ?" He said: "No. In modern times Christ would have changed."

Just imagine the confusion about Christ is, how can truth compromised? Then- just to say compromised but truth cannot, Christ cannot. You may not like it but that's the fact. That's the truth. It doesn't bother, whether you like it or not. It stands on its own support, but if you want to get the support you can come to the truth and get your self- (unclear). That's the beauty and that's the strength of truth. It doesn't depend on you or depend on anything else, but on itself. But truth is love and that's why one has to tell people about it. But there's nothing to be frightened of the truth but accept it, and then when you become the truth you are so beautiful inside. Inside there resides that spirit so beautiful which I can see so clearly, and that's what we have to achieve, and not the other thing. That's what we are seeking, that's what we have to find out. And there's a way out, there's a method. It's very simple, it has to work out. But as many people have the problem in the West I've seen that when they give them realization they go to another trick of rambling into their rationality and thinking about it: "How can it be, our Mother has said that all these vibrations are seen on the fingers and you can feel them and you can feel all your chakras." They just can't believe it, begin with, isn't it? They start thinking about it, all of you have continued it, all right, doesn't matter. But then again you come around and start seeing this truth. Everything is true whatever is said in all the scriptures which true. There is all pervading power which does all these miracles of the world. We cannot do anything. What can we do? We do not even know how to blossom a flower. What are we doing just making chair out of something dead drexy? (Mother laughing) Or at the most, we might make a map like this, that's all. Or a building like this, what else can we do? All dead work we are doing morning till evening. There's no living work we have done so far. But after realization, you start doing the real work. You can raise the kundalini, you can see the vibrations of the kundalini, you can see the pulsation of the kundalini, and the kundalini can rise under your fingers. This is all your own. Only your powers are to be manifested. I just turn the key for you and I also give you the key. It works. It has worked with so many. And it is going to work out everywhere. The trouble is, that every area has its own problems and we get very few people. And out of them very few turn up and settle down. But if I tell them that you have to stand on your head for fifteen days, then you have to go on a starvation diet for fifteen days, then for fifteen days you have to hang yourself (Shri Mataji laughing), they'll do. But if you say you don't have to do any such thing, you have to watch your vibrations and correct them, that's a very difficult thing for them. It's like, if you tell a child: "Now you keep quiet", it's a punishment. See, because he's so busy and jumpy all the time, that if you tell him to sit quiet, it's a punishment. And that's what what happens that gradually they settle down. There's so many who have settled down, and new people who are comfortable that, should also get it and should settle down. Now if you have any questions, please ask, because I've been lecturing and lecturing and lecturing. (Shri Mataji laughing). End of part 1.

I think it's better that you ask Me questions and I'll be able to say something more about it. All right. Thank you.

(Seeker asking a question, inaudible).

Shri Mataji: A little louder.

Seeker: Is it, is it so, raising a kundalini is it, is it just a form of yoga?

Shri Mataji: Umm?

Seeker: Is it just a form of yoga?

Shri Mataji: Is it what did you say?

Yogi: Raising a kundalini is it, is it just a form of yoga?

Shri Mataji: One?

Yogi: He said, is raising a kundalini just a, just a form of yoga?

Shri Mataji: Form of (unclear)?

Yogi: A form of yoga.

Shri Mataji: Form of yoga. Oh, form of yoga, form. I heard umm.. (Shri Mataji laughing) You see today My vibrations are so much that I just can't hear anything. Slowing on both the sides. All right. That is yoga. Yoga is union with God. It has two meanings. One, it means union, yoga. Yoga means union with God. The second is, the meaning is, what you call kaushalam, means you can say the depthness, or the kaushalam, the technique, technique. Firstly yoga means union. Sahaja Yoga is the yoga only. Rest of them are just to create that atmosphere, maybe. Because ultimately they come to a point where their kundalini is to be raised. Without kundalini there is no yoga. Like this instrument has got, where you have to put to the mains, there's the only way is to put the chord into it. There's no other way out, isn't it. Even if you put this way at the black, it won't work out. You have to put it back into the black, the socket has to be used. In the same way, there is only one way, is to raise the kundalini, to be united with God, there is no other way out. Now, some of these yogas like you can say the hatha yoga now, the kind of hatha yoga people do is absolutely absurd. But whatever they did, this was Patanjali existed say about umm, I would say nine thousand years back. That time the situation of India was very different. Where we had a very different system of society. Where the children were sent to school under the guidance of the gurus who were realised souls. And some children were selected out of that for the yoga, means the union with God. Because everybody was not selected. And the- they were given kundalini raising. But before selecting them, they had to pass through various cleansing processes of, of a hatha yoga by which they removed their problems on the chakras and things like that. Now that's nine thousand years back. Before Rama. Today it's modern times. Now, at that time, of course at the time of Rama, you can say that they were vimanas, people used to go by airplane and all that. But afterwards people started going say to Kashi, they had to go to Banaras, they took three months. And they would sell their house, everything, as if they are now going now die, and never come back. You see (Shri Mataji laughing) they used to go in that fashion. But today if you have to go to Banaras, it takes hardly three hours from the place where I live. So the times have changed. And the same thing which used to take very slow process is now moving like a jet. For example when the tree is small, it's started established itself, you might just get one flower. When it grows, gradually, it comes to a point when it's a blossom time, you see thousands of flowers are there. So Sahaja Yoga is a thing where a flower becomes a fruit, when you get one with God. This is what Krishna has told you, that yogakshemam vahamyaham. He said, first of all you get your yoga. That's what he said, you get your yoga first, throughout he said the same thing, but in a diplomatic way as people didn't understand it. For example he said that you achieve your yoga in the first outset. He said that first of all you should have the Gyan. Gyan doesn't mean reading in the library. But is that, your awareness must be enlightened. That's only possible if you get your yoga. When you become one with God only your awareness will be enlightened and you'll become collectively conscious. There's no other way out.

That's what he said in the first, second chapter. I mean second chapter, because first chapter is the description of the war. The second chapter he said: "That's what you have to get it". Then, till Arjuna was a mediocre, you see, so he said: "But how do you say that I become a witness, I become one with God and then go for a war?" So he said: "all right?" Now Krishna being a diplomat, he talked very diplomatically, he was the incarnation of diplomacy. Because human beings are such foolish things. That you cannot go to them directly, you have to go in angular way. So he said an angular trick. It has worked in a way, because people are now understanding what he was saying. He said: "All right, you take to say, karma". He said: "Now, whatever karmas you do, whatever things you do, put the fruit of that fruit, that karma, at the lotus feet of God." But this is an absurd condition, you cannot do it. Because you have a ego and a superego in a very subtle way inside. Whatever work you are- you'll do, though you may convince yourself: "Oh, I put it at the lotus feet of God." That's such (unclear) one. Unless and until you get realised, unless and until the things starts flowing through you that power, you always will say: "I have done it". In a hearts of hearts. You may not

say it out of humility. But once it happens, what do you say: "It's going, it's coming, it's working." Then you'll see these people working on you, they will (unclear). Now supposing even somebody is my own daughter, I cannot say I can give her realisation. If it works, it will work, if it does not work, it will not work. Because it's a living process. I raise the kundalini, all right. It may raise, it may not raise. It may not work out, I may not be able to give realisation to my own daughter, maybe able to give you. It's your own. So then what you say? It is going, it is coming, it is working, you become a third person. Then, what you mean is this, that whatever you are doing is at the lotus feet of God. He does it. If it has to work out, it will work out, otherwise will not. This is another thing he said about bhakti, devotion and dedication. You see, lots of the human beings think that bhakti means, aa, going into a (unclear). Standing in the, in Oxford street and singing that Hare Rama Hare Krishna with all the dhotis falling out. That's not the way the bhakti is. Such a ridiculous thing. (Shri Mataji laughing) Unbearably horrible people. But who can tell them, they are so mad, they are not (unclear) whatever may happen to them, even that selling in the market, that thing they keep it here with the - see they shave their heads and they get attached to that. I mean they market so ridiculous, artificial stuff. Imagine with this artificiality are they going to get God there? All the mad things are done in the name of bhakti, in this devotion dedication, some people just start singing songs of God and " Oh, we really enjoying it". Is nothing but manoranjan, means it's just you are entertaining yourself by some sort of a madness. Krishna has said, you have to do bhakti, do ananya bhakti. See now the trick of the word is in ananya. Ananya means, when there is not the other. Means, when you have received your yoga. When you are become one with God. Before that what are you talking about? Say, the telephone is not connected, whom are you telephoning? You are not connected with what, whom are you calling? Supposing I have had no relationship with the queen, neither I know anyone, there's no sort of.. (tape ends) (End of part 2)

(Beginning unclear) Now I think they have been caught up very much and they found lot of, umm, umm, some sort of gun powder and things they found in their things and guns and all that in America and now they are very much under control. You see, because if you start working anything on falsehood, it will go to violence or it will go to a thought or it will go to some sort of very very immoral thing. That is the first thing. You see, everything that is living, you will see in that, it does not decay. It prospers the flowers. But whatever is not living, is dead, will decay, wasting, will go down. All these set organizations which are supposed to be working in the name of God, spirituality and emancipation and realization and everything. If they are not actually authorized and if they are not doing the real living work, they will all decay and you will find the results then. Most of them will be in the lunatic asylum or in the jail. There's no other place for them. So, this so called yoga also the people are teaching, have no ideas to what is to be done. Now giving exercises, imagine, where is it written Patanjan Chatra that you give exercises to people? I mean Nobody reads Patanjali, you see, there are many western people who are written books of yoga. Now, only this part of it is taken, first of all is Ishvara Pranidhana means that you achieve your God. Then, there are chakras, which require a particular type of an exercise if you have a problem on a particular chakra, it's a big (unclear). It's just not a nonsense! Then you give somebody a mantra, one mantra from somewhere you get it. How can you work it out? See, it is a big science. You must know about all your centers that are within you, you must know there is your problem and what is to be done, how to eradicate it, you must know about others' problems also. It's a big science of Divine love.

You must know the laws of divinity. They have statutes which was to establish within you, in the society, and you should feel them. It's not a joke. It's not a cheap thing. And that's why all these people who are making, minting money all this nonsense that they are giving to people. It's very absurd! Alright, if they want to make money, they can do, they can smuggle, they can do anything they like. Doesn't matter. But they should not take the name of God. That's sinful. That's extremely sinful. And that's what they are doing today. Some of them- they are also not aware of it. I think that they are not at all aware that they are doing a wrong thing, they are doing unauthorized thing. For example, you stand on the street like a policeman, and start showing hands - you will be arrested or not. You must have the authority to be a policeman. What is the authority these people have got from God to do all this work. That's what one has to find out. First of all you get your yoga. You get your union with God. Once you have achieved that, then the light will be within you. If there is no light in this room, how can I talk to you, how can you understand anything? But if there is light you understand everything. In the same way, let the light be within you. All right? And to get that enlightenment, means, Sahaja. Sahaja. "Saha" means with, "ja" means born. It is born within. But actually today the Sahaja Yoga has reached the stage of maha yoga. Because that is what is said that, in Kaliyuga it will become a maha yog. Thousands and thousands of people will be getting realization. This work was done since ancient times, even Rama's time was Raja Janaka who did this work. But for a very very small level, only had one disciple, and done very secretly. But the time has come now so we have to built absolute openly. In the sixth century, when Shankaracharya came in, he talked about it very openly. Christ has talked

about it, that you are to be born again. In every religion it is said that you have to be born again. There's no religion which has not said it. If, if it has not said it, it is not religion, it's a farce. But any- anyone, who has said, that you have to be born again, has said the truth. Kahlil Gibran, you can take, anyone, like Socrates. You can take someone from say, hmm, Lao Tse, or him, anyone of them! They all say that (unclear) you have to be a kashyapa, meaning is different, you have to be a kashyapa. They said there were only twenty-six kashyapas in six centuries. They said, umm, in, in the, in Koran, it is so called, that you have to be Peer. Peer. They call it p-e-e-r, peer. You have to be a peer. It's all written in all of these books! But we are just depending on the rituals. Now, we have a muslim gentleman here, with us. Before this he used to just do Namaz, he did not know what was Namaz. That Namaz is nothing but kundalini awakening. But not by the people who do not know about it, it is by the people who are realized. It's for the kundalini (unclear). Now, when he does the Namaz, he knows what it is, how great is Namaz. Or how great is our Lords Prayer, is how we use Lord's Prayer for our agnya chakra, it's a mantra. But all these things have to be discovered, only when you have light, you have eyes.

So, this is the one, which is the culminating point of all the so called yogas, which are just meant for clearing out. For example raj yoga is all another absurd thing. Raj yoga is a, a thing that happens within, when the kundalini raises, all these things happen. And that is that taken outside like moola bandha and all that. They must happen inside, when the kundalini raises, she does, she go into these, umm, different postures of the chakras, by which the kundalini has kept the flow, and they want to do it outside from outside. It will be something like sitting in the car and thinking that you are driving. You have to start the car, isn't it? It's all artificial, everything is artificial. There's no reality. That's why they have achieved nothing, none of them have achieved any realization, on the contrary those who have been to this kriya yog, have been very difficult people for realization. Extremely difficult! I would say, very few have got realization out of that kriya yog business. Very very few. So far. That's another horrible thing they do, they take out the tongue, cut it here and put it back to do the kitcher. An absurd! And all the time they, they cannot now the, because the tongue is cut, it's always bad tongue, and I've seen in that horrid condition. Permanently, for their life time they are like that. It's very dangerous. (unclear) be that they are all seekers, and they're saints. They are real seekers, they are not just rational people, just not, umm, useless thinkers. But they are real seekers, and they have been made into such horrible things, like cutting their tongue and, how I must have feeling like a mother, you tell me. They've done all kinds of harm, every type of harm has been done, no doubt. But it is for you to decide, it is for you to understand, and to- for you to receive. Because we are really placed in a situation, though it's a blossom time and all that. But so many negative forces have been let loose. Satanic forces are around us, we have to be very very careful. You have to understand it. It's a very very serious and precarious atmosphere. No doubt about it. The more I know, the more I'm ready, worried, though I mean there are so many people now. And I mean, so many people have got transformation, despite all their mistakes and a- but still there are some type, which we cannot still handle. Very difficult. (sound of door opening) Yes, come along, Steve, come here. (End of part 3).

So, should we work it out? Let's put hand just like that. And put both the feet on the ground like that. You have to be in the receptive mode, that's the only thing is, umm. you have to be in the receptive mode. It works, it's wonderful, it's wonderful you don't know. Wait, it's not on material level that you gain, you gain your good health and everything. But you get your spirit. Just put your hands like that. And close your eyes. Close your eyes. Just keep them closed for a while, because when the kundalini passes the agnya, she- she dilates the pupils, you see, that's the problem.

Today vibrations are very strong.

A man speaking: Could the window be closed because it's too much noise of the traffic?

Shri Mataji: I think would be good idea, yes. Thank you very much, that's a good idea.

Man speaking: I want to listen to everything you'll say, I cannot hear with all the noise in echo the road.

Shri Mataji: You want to sue that is London. (Shri Mataji laughing) He lives so far away from the city, isn't it. Hmm.

(Window Closes)

Man speaking: Thank you.

Please put your hands like this and close your eyes. That's all. It will work out. Just put your hands like this and both the feet on the ground and sit comforta- are you feeling the cool breeze? Keep your eyes shut for a while. Just. It's a subtle thing, you know, it's very subtle, and our attention is gross. It has to work out. Allow it to work out.

First of all, the kundalini when it crosses the agnya, that is where are this red mark. Then you will find that you - there will be no thought in your mind. You just watch your thoughts. Suddenly you'll find there's no thought, but you are aware. You will be aware of it. From inside you'll have no thoughts. You'll listen to me, you'll hear me, but there will be no thought at all. That's called as Nirvichar Samadhi. It's a thoughtless awareness. Thoughtless, enlightened awareness. (3.57)

Close your eyes. Close your eyes.

Keep your eyes shut. Absolutely, fully shut. It will work out.

Douglas. First thing you must do is to forgive. What's very important is to forgive everyone. Please forgive. All the people who you think have given you trouble or in any way harmed you or you are embedded by them. Just forgive. Please forgive.

Left to the right. Right to the left. Douglas, left to the right. Left to the right. Right to the left. Yea, yea, yea. See now who, is it better? Heart.

(A man comments something).

Shri Mataji: Give it a bandhan. At the back.

But please don't feel guilty about things you think you might have done wrong. Because there's nothing like guilt in the eyes of God, who is the ocean of love. So just say in your heart, that I'm not guilty, Mother. Just say. You are not guilty of anything. That's a very wrong way of looking at things.

Now it goes to the right. It (unclear) the left. Oh. Lift it high. Just say I'm not guilty. It will work out. Or do not think anymore. Here. Left Vissudhi. Better? Left. Huh? What do you say? Show the finger.

A Yogi: Vissudhi.

Shri Mataji: Which one?

Yogi: Right (unclear).

Shri Mataji: Left?

Yogi: Right.

Shri Mataji: Hmm. Right Vissudhi.

Yogi: Now is more on the left, Mother. (unclear)

Shri Mataji: Just the other gentleman was sitting there. Come along. You work on him. Left another one sitting at the back. Is it Doug? You work on Doug. It's heart. Ask him to put his right hand on the heart. Is better?

Yogi: (unclear)

Shri Mataji: Left Nabhi. All right. It will work out. He's all right. He's got it. He's got it. He's got it. She has to. He's alright. Left Nabhi.

Work on him. He's got it. Isn't it? Just see. Raise it higher. Raise it. You also like- you feel, you also raise. Both of you together raise it. He's all right, I think, but just watch his vibrations. All right. He's all right. (unclear) (Shri Mataji laughing). That's gone now. That's all over, thank God. Thank God for that, really. It's very good. Are you getting the cool breeze? Good. Good. Stay in a bandhan. It's hot. Just watch me all right? Just watch me for a while. Then put your hands like this. Right. Again. Open it now. Open it. Again you do it. Please open it again. Again, once more. (clapping sound). Done. Sta- stain is on the eyes. What does she study? She study very hard I believe. Eyes are very think, that's why. Left, cool. Very clear. Right. Now put to the left, let's see. Are you all right? (unclear) also. Better? (17.32)

Man: (Unclear).

Shri Mataji: Hmm. Hold it. He's all right. Are you getting the cool breeze?

Man: Is it cool breeze? (unclear, a man and a woman talking)

Shri Mataji: Mmm?

Man: (Unclear) left Swadishthan - (unclear).

Shri Mataji: Mmm. Daisy work on Doug. Doug, keep your collar on one side, you see. Put your hand, feet, straight. Sit straight. Raise your right to the left. Right to the left. Mmm. Put your right hand on the heart.

How are you going to settle down? Mark, can you work on her? Right to the left. Do right. Raise the right, put down her left. Work it. Again is coming, at the hip. Is it coming or (calming?). Little bit. Put your right hand like this, right hand like this, yea. Keep your eyes open. Keep it open, don't close it. (Unclear). Today. They haven't got it. You should bring her again I think would be a good idea. Huh, what about her?

A yogi: (Unclear) nabhi.

Shri Mataji: Nabhi? Left?

Yogi: Very warm left.

Shri Mataji: Warm left. Ask her to put her right hand on her nabhi. Is it better? How is he? (Unclear). Say the mantra. Will work out.

Someone talking: (unclear)

Shri Mataji: Huh? Fight?

Someone talking: (unclear)

Shri Mataji: Let's see. (Shri Mataji laughing). I'm already on. (Shri Mataji laughing).

1980-0727, Guru Puja: The Statutes of the Lord

View [online](#).

27 July 1980

The Statutes Of The Lord

Guru Puja

Temple of All Faiths, Hampstead (England)

Talk Language: English | Transcript (English) – VERIFIED

Guru Purnima Puja 1980-0727 “The statutes of the Lord”, London (UK)

Today you have arranged this worship of your guru, that is your Mother. Perhaps you are very unique people that have a guru who is a Mother. Why this puja is arranged? One has to know that it is very important for every disciple to worship the guru, but the guru has to be a real guru, not a one who is just exploiting the disciples and who is not authorised by God.

The puja is arranged because you have been initiated into the statutes of the Lord. You have been told what are the dharmas of a human being. For that actually you need not have a guru. You can read any book and you will know what are the statutes of the Lord. But [the] guru has to see that you practise them. These statutes are to be practised, to be brought into your own life, which is a difficult thing. And without a guru, a correcting force, it is very difficult to follow these statutes of Lord; because there is a gap between human awareness and Divine awareness, a very big gap. And that gap can be only fulfilled by a guru who himself is complete.

Today is a purnima day. “Purnima” means the complete moon. The guru has to be a complete personality to talk about these statutes and to elevate his disciples to this level of understanding, by which they imbibe those statutes.

He is there to fulfil this gap, and for that it is essential that every guru has to be a Realised soul of a very high quality and greatly evolved. He need not be a person who is an ascetic, or he need not be a person who is living in the forest. He could be a common householder. He could be a king. All these outward manifestations of one's life do not matter. Whatever may be your position, I would say the so-called position, in this world, makes no difference to your being a guru, as long as you have imbibed the statutes of the Lord. Again, I say, you have to imbibe the statutes.

Let's see what are the statutes. First is, you do not harm anyone. First principle is that we are not to harm anyone. Animals do harm without knowing that they are doing harm. If you go near a snake, he'll bite. If a scorpion is there he can put his poison into your being. Animals are not to harm anyone; they can correct but not harm.

So, the principle of not harming was taken to a point where reality disappeared. For example, when it was said “Do not harm anyone”, so people started saying, “All right, we'll not harm mosquitoes. We'll not harm bugs. We'll not kill them.” And there are some people who are following religions in which they preserve mosquitoes and bugs. This is absurdity! Taking anything to absurdity cannot be Reality.

First of all, we should not harm anyone who is walking in the path of God, the one who is a Realised soul. He may be wrong, there may be some mistakes in him, still he needs correction; nobody's perfect as yet. So do not harm, always try to help. Secondly, anybody who is a real seeker, he may be wrong, he might have gone to wrong gurus, he might have done wrong things; but have feelings, because you have been going on the wrong path yourself sometimes; you have been misled before, so have more sympathies. That's why, if you have done mistakes, in a way it's good, because you have more sympathies for such people. Then you are not to harm human beings in any way. You are not to cause them any bodily harm; any emotional upsetting just for harm's sake. For correction it's all right.

The second statute is that you have to stand on your own legs and know that you are here, one with the truth, the testimony, the

testimony of the truth: that you have seen the truth, you know what truth is, and you cannot compromise with falsehood, you cannot. For that you need not harm anyone, you have to just profess it. You have to stand up and say that you have seen the truth and this is the truth, and you have to be one with it, so that people see that light of truth in you and they accept you. It's not for telling others that, "You have to be truthful, and this is the truth we have seen, that this is what God's laws are, how they work out." "Through vibratory awareness we have been able to see this is the truth." But be completely confident about it. But for that, first of all you must test yourself completely; otherwise you might be playing into the hands of ego. It happens with many people who start doing Sahaja Yoga, to begin with. So be cautious, be sure that you are telling the truth and nothing else, and that you have felt the truth in full ways.

Those who have not felt any vibrations shouldn't talk of Sahaj Yog at all; they have no authority. They have to receive vibrations, they have to fully imbibe within them, and then they can say, "Yes, we have felt."

This is a very important task Sahaja Yogis have to do in these modern times, is to tell aloud that they have found the truth. That part is very weak. In whatever way you like: you can write books, you can announce it, you can talk to your friends, to your relations and everywhere; tell them, "This is the truth now!" That you have entered into the Kingdom of God; that you are blessed by the grace of God. That you are Realised souls That you have felt the Divine power which is pervading everywhere, and that you can give Realisations to others. This you have to tell others. And know that, by your accepting Truth you are not adding anything to the Truth, but you are adorning yourself.

One requires courage to enjoy the truth. Sometimes people will laugh at you, will mock at you, may persecute also; but that should not be any worry to you, because your relationship is with the statutes and with the grace of God. When that is your connection, you should not worry about other people, what they have to say about you. You have to stand up, adorn yourself with that Truth and talk to people [so] that people will know that you have found it. With that authenticity with which you speak, people will know that you have found it.

The difference between a realised-soul and a non-realised-soul is basically this. He doesn't talk of his woes and his separation with God, but he says, "I have found it now. This is it." Like Christ said, "I am the Light, I am the Path." Anybody else can say that but you can make out that it is not true. With the confidence, with that complete understanding coming out of your heart, people can make out this is Absolute Truth.

And then all kinds of falsehood must be denounced. It doesn't matter if somebody feels bad, because by telling that you are saving them, and not harming them. But [it] must be told in a correct way, not in a frivolous way. In a very persuasive way, you must tell them that, "No, this is wrong." You must wait for the time when you can tell people, more in confidence. Talk to them, "This is wrong, this is wrong, you don't know. We've done the same thing."

This is how you are going to express your principle of mastery, or you can say guru tattwa. You have to be truthful. First and foremost thing is that you should know the Truth, you should stand the testimony, and that you should announce it.

The third thing a guru in Sahaja Yoga has to do is to develop detachment. Gradually you do develop it, because you find that, unless and until you develop that detachment, you are not receiving vibrations in full way. All kinds of detachments have to be developed [which] means your priorities change. Once your attention gets fixed up with your Spirit, the catch or the hold on things which are of no importance starts reducing by itself. For example, you have a father, you have a mother, you have a sister, this is a bigger problem in India. Here you are over-detached, but in India people are very much involved in their own children, in their own: "This is my son," and others are all orphans. Only your sons are the real children, your daughter, your sons. "my daughter", "I must do this for my son, for my father, mother" Here also, two types of attachments are there, one through moha, through involvement into them; that you want to do this for them and that for them, and give all the property to them, insurance for them, every sort of thing. And another could be, the way we have here, that you hate your mother, you hate your father, you hate everyone. Both things are just the same.

So a detachment must be developed. A detachment is that you are your father, you are your mother, you are everything, your

Spirit is everything to you. You have to enjoy only your Spirit, as everything, then the detachment comes from there. And then you really do good to them by detaching, because you see the complete vision about them and about what is to be done. For example, people have also attachments to certain crazes. Human beings always become crazy after something! I mean it can be anything. One has to understand [that] there should be only one craze: is to be settled absolutely into your Spirit. All other crazes will disappear, because that's the greatest joy-giving thing, that's the most nourishing thing, that's the most beautiful thing. So all the other things fall off [and] you enjoy only that, which is the source of all enjoyments. So [when] you get yourself attached to your Spirit, detachment starts working.

Sometimes detachment is taken as a license for becoming dry to others, which is absurd. This is only human quality also: [to] make everything ugly, whatever is beautiful. Actually, a person who is detached is the most beautiful person, is the extremely loving person. He is love.

Look at the flowers, they are detached. They are dying. Tomorrow they are not going to live. But every minute they live, they are emitting fragrance to you. The trees are not attached to anything. They will die tomorrow, doesn't matter. But anybody who comes to them, they give shade, they give fruits.

Attachment means death of love; complete death of love is attachment. For example, in a tree, the sap rises, goes to all the leaves, goes to all the necessary parts, all the flowers, all the fruits, and goes back to the Mother Earth. He is not attached to anyone. Supposing the sap goes and gets attached into one fruit, what will happen [is] the tree will die, and the fruit will die. Detachment gives you the movement of your love, circulation of it.

For things now: things have no value unless and until there are emotions behind it. Now for example, a sari, this one I am wearing today, was bought for Guru day, Guru Purnima. But they had no sari. The other day they wanted to have a sari for puja so I said, "Alright, use this." But I wore it again today, just to say that this was bought with that emotion that, on a Guru day, Mother would like to wear something of a lighter shade; white, the pure colour of silk. It's complete detachment. But in white all the colours are mixed, then only it becomes white. In such a balance and unity it is, should be, that you become white, and whiter than snow.

Detachment is purity, is innocence. Innocence is such a light, I tell you; light that really blinds you to all that is filthy. You wouldn't even know that a person has come with bad intentions. You look at the person, somebody who comes to you and you'll say, "Oh, come along! What do you want?" You'll offer him tea and all that. And he'll say, "I have come to rob you." "Alright, rob me if you want to. It's alright." He may not at all rob you! That is what is innocence; which one can develop only through detachment. Detachment is of the attention. Do not allow your attention to get involved into something too much; even rituals of anything. Say, now, we have not washed Mataji's Feet – alright, doesn't matter. If you love me [it's] alright! And if some mistakes are committed what does it matter? If you see on the abstract plane - it's love. This is just a step forward. Like somebody ran very fast and fell down before reaching me and he says, "Mother, sorry I fell down before reaching you. I should have not done that. But see how I prostrated before you!" It's complete poetry. Detachment.

So one has to develop that detachment to be a guru. And that detachment doesn't mean sanyasa or anything like that. Yes, sometimes one has to wear those dresses to announce because, if you have to do [a] lot of work in a short time, then you have to take such intensive behaviour: Like Christ, we can say, Adi Shankaracharya - all these people had a very, very short life. And in that short life they had to achieve such a tremendous task that they had to actually take a military uniform, just to avoid problems; not to impress others. Nowadays people wear that dress just to impress others that they are detached, and do just the thing opposite of it.

So we understand that, the first one [statute] is not to harm anyone, ahimsa; not to kill anyone. That doesn't mean that you shouldn't eat meat and fish and all that. That's all nonsense. Of course you should not hanker after food, no doubt about it. "You don't kill anyone" means you do not kill a human being: "Thou shall not kill".

Just move forward so that they can sit there, a little. Come forward. I think best thing is to come very forward.

So first thing is, not to harm anyone.

Second is to know that you have found the Truth and give the testimony of the Truth.

Third is the detachment, the way I have told you about detachment: not to get attached to any one person because he's a relation or a something, but develop a universal feeling. And also not to hate anyone: that is even worse. That's a kind of a worse type of attachment. This word should go away from the mouth of all the Sahaja Yogis: "I hate". It's called as a 'dandak' - is the statute. You cannot hate anyone. Even rakshasas, you better not hate them. Give them a chance.

Now the fourth thing, the fourth statute of the Lord is to lead a moral life.

These statutes were given by all the Gurus from Socrates onward; Moses, Abraham, Dattatreya, Janaka; up to Nanaka, Mohammed Sahib, and up to the point where it was only about a hundred years back, at the most, was Sai Nath. All of them have said that you have to lead a moral life. None of them have said that you do not get married, that you do not talk to your wife, that you have no relationship with your wife. All this is nonsensical. Lead a moral life. When you are young, not married, keep your eyes on the ground. Mother Earth gives you that innocence by which you develop that principle within you. It's a very important principle. It's such a pure principle. It really helps the society to develop its dignity. Now think, in a society where you do not know who is your sister, who is your brother, who is your mother, what complications it can create; what confusion, what unhappiness! It is one of the most essential things for human beings to be moral. For animals it is not necessary.

Most of the confusions and problems, specially in the Western life, have come because they have thrown morality in the sea. And to accept morality as the very basis of society is very difficult for them; it's a complete reversion. But you have to do it. You have to turn the whole wheel back.

So many things were done, in the beginning of the society, to establish this pure relationship. There are laws which act. As there are laws chemical laws [that] are there, there are physical laws are there, in physics and chemistry if you read; [so too] there are human laws which one should understand. The relationships between each other, the sublimity of their relationship, the purity of their relationship must be understood. And then only you can have a very, very happy married life, which is the basis. "Thou shall not commit adultery."

But Christ has said – perhaps He knew the modern people as they would be using their brains for this – He said, "Thou shalt not have adulterous eyes." What a vision, in those days to think; Even I could not understand it when I was in India. After only coming here I could see what did it mean. It's a possession on the eyes, possession. It's a joyless, useless behaviour. It's tiring. Attention is frittered away completely. There's no dignity.

Eyes should be steady. When you look at somebody steadily you should know that you have got Sahaja Yoga in you; with love, with respect, with dignity. Not staring at people and just playing into the hands of these possessions. The whole society is possessed. All the satanic forces have been let loose, I think. And the way people are possessed, they cannot see through these things. And they are supposed to be Christians! Attention is to be looked after. That's the most important thing because [the] attention is the one which is going to be enlightened.

So we have to know what morality is. Let people laugh at us. Let them say that, "These are goodie-goodies," or this sort of a thing. We are! We are proud to be. We are not ashamed of being righteous people. This is a very important part of righteousness. Those who do not follow this will lose their vibrations very fast.

Then, for a guru, he should not accumulate things. He should not have possessions, much possessions, with him. If he has possessions, they should be just for giving away. A guru must give away his possessions. He should not have a stamp-collection (laughter), and all kinds of collections that people have. Whatever things are useful, beautiful, which give happiness and joy to others, to their eyes, such things must be collected; such things which give the symbol to his life. Very symbolic things he should

have, which suggest that he is a dharmic person. He should not have things which are symbolic of adharmic style, of irreligious life. Everything that he has or he wears, or he shows, should be representative of his dharma.

I don't know what was the situation here but, in India, when we were young, we were not allowed to listen to all kinds of music, not allowed, just not allowed; not to see all kinds of filthy things and filthy documentaries and things, not allowed. Anything that is impure, giving bad vibrations should not be possessed. And even, whatever you have, you should think: whom you can give this. So it means you should have possessions to express your generosity. A Sahaja Yogi has to be generous like the sea. A miserly Sahaja Yogi, I cannot think of that, it is like mixing of darkness with light. Miserliness is not allowed in Sahaja Yoga. Anybody whose mind goes, "How much I can save money?" or "Save my labour how?" There are many labour-saving devices also, and money-saving devices. Or cheating others, or making money out of certain few things here and there: all such things are against Sahaja Yoga. They will pull you down. Enjoy your generosity! How many times I must have told you about generosity.

I remember once [that] I wanted to give a sari that I had from abroad. Because in India people like that kind of a sari very much; though I don't understand why they like a nylon sort of thing. And a lady said that, "I haven't got any sari from outside and I would like to have one imported sari." And I had only one left with me because I am quite good at giving away. So I told one of my niece-in-laws, I said, "I want to give away this sari to her. On a holy day we can give it to elders, so I'll give it."

She said, "You have only one left now, why do you want to give away? You have given away all you had." I said, "Now, I feel like giving. I'll give away." And we were discussing this in the kitchen, and I said, "Why do you tell me? I am not going to take your advice on this point!" And at that time the bell rang and a gentleman came. He had brought three saris for me from Africa, and one of them was exactly the same as the one I had. Because I had given some silk saris to this lady when she was going to Africa, she thought she should send me some saris, so she sent. You are just standing in the centre, from one door it comes and from the other door it goes. It's nice to see all that movement. It's very interesting.

Apart from that, the way you give it, the emotional side of it, is so beautiful, you can't imagine! I met a lady after, say, twenty years of her married life, in London suddenly, and she said, "Oh, what a coincidence!" I said, "Why?" "You see, I am wearing the same pearl necklace you had given me on my wedding day, today, and I should meet you!" And the whole thing, the whole drama changed! I mean it was nothing so great. It is how you give even a small thing. It's the greatest art of giving [that] one has to learn in Sahaja Yoga. Give up the mundane type of things. Like if you go to somebody's birthday, you send a card, "Thank you very much." Make it a more deeper, significant thing. Let us see how you develop your symbols of love.

And when you'll have these things of vibrations, and then you'll give it to a Sahaja Yogi, he will know what it is. Never lack in generosity, specially amongst Sahaja Yogis. Gradually you will be amazed how, through small things, you win over [others]; as if the vibrations flow through those things and work out on those people.

Then, for a Sahaja Yogi, it is important to use things which are more natural in their character; to give up artificialities; to be more natural. I don't say that you go and take out the roots and eat them, or you can eat the fish raw! I don't mean that. I mean, going too far with things, always you must avoid. But try to lead a life which is more natural; natural, in the sense that people know that there is no vanity about you. Or some people can be the other way round: they will dress up like a tramp just to attract more attention. I mean they can be both ways. Then I find some of the people colouring their hair and all that.

So you have to be a natural person; very natural in your behaviour. It can mean anything absurd also to some people who do not use their wisdom. Wisdom is very important in Sahaja Yoga; that [wisdom] one has to keep intact all the time. 'Natural' means you must wear natural dresses which are suitable to you. For example, in this climate there is no need for you to wear a dress like Rama used to wear. He would not wear anything on top, you see. There is no need. You have to wear the dress to whatever country you belong, whatever suits you for the occasion. Whatever you think is dignified and good, which speaks for your more elegance and your personality. Whatever suits you, you should wear. Not like all the people wearing that Moss Brothers dress: in the grey suit, and horrible looking, and absolutely making clowns out of them. No clownish things are necessary. No dandy stuff is necessary. Simple, beautiful dresses should be worn, which give you dignity.

Actually in the East, people believe that God has given you a beautiful body and it is to be adorned with the beauty of what human beings have created just to respect it, just to worship your body. For example now in India people wear, women wear their saris. The saris are expressive of their moods of these women and of [the] expression of their worship of their body; because you must respect your body. Dresses should be such that should be for utility as well as dignity. There is no need to have uniform clothes for Sahaja Yoga at all. I do not like it. There should be variety, as the nature is.

Everyone should look a different person. For a puja and all that you may wear something similar, doesn't matter, where your attention need not be on the variety. But outside, you should be a normal person. You are all householders. Nobody has to announce something. Even [to] you people, I do not tell you that you put on your red mark while walking on the street, because you should be like normal people; not to be pointed out. You need not be absurdly dressed or funnily dressed; in a normal way as others wear. To be normal is very important in Sahaja Yoga.

Then we have to know that Sahaja Yogis have to get over all kinds of discrimination and identifications according to races, colour or different religions into [which] you are born. Because you are born as a Christian, you do not belong to a church. You were not born in a church - thank God (laughter) - otherwise all the spirits there would capture you immediately. But these identifications will linger on. To accept anything new, you are to be reborn, and you are reborn now. Now you are dharmateet – means you need not follow any particular type of religion. You are open to all the religions, and all the essence of religions you have to take. You are not to denounce any religion any time, to insult any religion any time, or to insult any religious Incarnation at any time: it's sin. It is a great sin in Sahaja Yoga; any one of them. And you know who they are.

There should be no racial understanding of oneself. You could have been a Chinese or you could have been a Negro, you could have been anything. As long as we are all human beings, we should know that we laugh the same way, we smile the same way, we hold the same way. This is all conditioning in our mind of this society that some are untouchables, some are touchables. This is in our Indian community – horrible people. Brahmanism of India has ruined India completely, and you learnt from them. For example, who was Vyasa? The one who wrote Gita, who was he? He was illegitimate son of a fisherwoman! That's why deliberately he was born like that. All these Brahmins who read Gita, tell them, "Who was Vyasa?" "Brahmins" are those who are Realised-souls, and for Realised-souls there's nothing like all these nonsensical things, like where are you born; in what caste and community you are born.

With all education and everything in the West, you find this nonsense of racialism. I just can't understand. If somebody is fair or dark, after all God has to make variety, in colour, in every way. Who told you that you are the most handsome people going round? Maybe for some of the markets here, or maybe in the Hollywood it may fit in. But in the kingdom of God all these so-called handsome people will be denied entry! Marrying seven husbands and all sorts of things. They will be all put in hell.

The beauty is of the heart and not of the face. And that shows and shines. I mean, people are a little bit aware of it, that's why they go and tan their faces. I don't know. They are quite aware that - it is too much showing off we are doing. But to have vanity, to have such absurd ideas! Some people like red hair, some like black hair, some like this. I mean there have to be different types of hair. And why do you like a particular type of hair? This I can't understand. There's nothing like like and dislike: whatever God has created is all beautiful. Who are you to judge whether "I like this" and "I like that"? "I", who is this "I"? Who likes is Mr. Ego, which is being pampered by this society; which teaches you how to smoke cigars and how to have your lager, morning till evening.

All this training and all this conditioning has to be thrown away, just like filth! And see that God has created all of you as His own children. It's such a beautiful thing! Why do you want to make it ugly with these ugly ideas? All this ugliness of "I like" and "I dislike" are nonsensical. Only there should be one word: "I love". Forget everything. There's no need to remember what British did to Indians and what Germans did to Jews. Forget it. Those people who did anything are dead and finished. We are different people. We are different people. We are saints. This is for your statutes, I have told you, which you have to imbibe.

But today I authorise you to be the gurus, so that through your own character and through your own personalities, the way you

practise Sahaja Yoga in your own life, and manifest the light, others will follow you. And that you will establish the statutes of Lord in their hearts and emancipate them [and] give them their salvation, because you have got your salvation.

You are the channels. Without the channels, this All-pervading Power cannot work out. That's the system. If you see the sun, its light spreads through its rays. From your heart the blood flows through arteries; they become smaller and smaller. You are the arteries [through] which is going to flow this blood of my love to all the people. If the arteries are broken, it will not reach the people. That is why you are so important; very, very important. The bigger you become, the bigger artery you become, then you encompass more people. By that also you are more responsible.

Guru must have the dignity, as I have told you last time. 'Guru' means 'the weight' - is the gravity. 'Gurutwa' means 'gravity'. You must have the gravity, by your weight. 'Weight' means the weight of your character, the weight of your dignity, the weight of your behaviour, the weight of your faiths, and your light. You become the guru not through frivolousness and vanity, cheapness, vulgar language, cheap jokes, anger, temper. All must be avoided completely. And with the weight of your sweetness, of your tongue, the dignity will attract people, just like the flowers when loaded with nectar attract the bees from all over - in the same way you'll be attracting people. But be proud of that! Be very, very proud of that, and have sympathies for others and care for others.

Now in short I have to tell you how you have to do it yourself - the ways of the Guru's working. You have to work out your Void clearly. First of all, you have to know that the Void catches when you have a wrong type of a guru - you have had. You must know about your Guru entirely. Try to find out the character of your Guru. [It's] rather difficult, because your Guru is very elusive. She's Mahamaya: not easy to find out. She behaves in a very normal way, and sometimes you are outwitted. But you [should] see how, in small things also, how She behaves, how Her character is expressed, how Her love is expressed, try to remember all that; Her forgiveness.

And then you should know that you have the Guru which many people must have desired to have, which is the Source of all the gurus. It is the ardent desire of even Brahma, Vishnu, Mahesha to have a Guru like that, and They must be all jealous of you. But this Guru is very elusive so to improve your Void, say that: "Mother, You are our Guru." Because of this elusiveness, that fear or that awe which is necessary, that respect which is necessary for the guru is not established. Unless and until you develop that awe, complete awe within you, your guru principle won't develop. No liberty is to be taken. I am telling you myself, but I am extremely elusive. Next moment I'll make you laugh and forget about it; because I'm testing your freedom to do it, complete freedom. I play with you in such a manner that you'll be forgetting every moment that I'm your Guru, every moment.

So first of all you must find out about your own Guru. Establish Her in your heart. I mean you have a wonderful Guru otherwise, I must say, I wish I had one like that! (laughter) And She is desireless and sinless, absolutely sinless. Whatever I do, it's not a sin for me. I can kill anyone, do whatever intrigue or do anything; I really tell you, that's a fact. Do anything, I am above sin. But I see to it that I do not do anything like that in your presence, so that you do not get one of these things, because that is my quality.

You have a very supreme Guru, no doubt! But still you must know that those powers of supremacy you don't have. I am above all these things. I don't know what are temptations are, nothing! I mean, I'll do whatever I like! It's all my whim. But despite that, I have made myself very normal, and because I must appear before you in such a manner that you understand what are the statutes. For me there are no statutes. I make all the statutes, isn't it! Because of you I do all these things and teach you every small, small thing, because you are still children.

In the same way, you must remember that when you are talking to other people about Sahaja Yoga, remember that they will see you all the time, and try to understand how far you are in it. As I understand you, you try to understand them. As I love you, you try to love them. I definitely love you, no doubt. But I am Nirmama - I am beyond love. It's a different state altogether.

Under these circumstances you are better off, much better off, because no guru ever goes to that extent. Apart from that I am the Source of all the shaktis, of all the powers. So you can have all the powers from me - whatever you like. I am desireless, but whatever desire you have will be fulfilled. Even about me you have to desire - look at that! How much I am bound by you. Unless and until you desire my good health, I'll have bad health. It is to that extent. But to me, what is bad health and good health? And

under these beautiful conditions you should really prosper so well. There should be no problem for you to be gurus.

Now, the Void is to be established. First of all you must know your Guru, and She is on every Chakra working – imagine! And what a tremendous Guru you have! With that you will feel the confidence. And because it is such a tremendous Guru, everybody is getting Realisation so easily! If you go to a rich man, for him he's not going to give you 2p! (£0.02) Because She's so powerful, you are getting your powers just like that. So you have to feel very happy about it, extremely happy and beautiful that you have got all these powers. At least, those who have been in Sahaja Yoga will know this, for some time. Those who have come for the first time may be little bit puzzled with my lecture. All of you know! All of you know for definite what it is.

So to understand your own Guru power, you must know who is your Guru: Sakshat Adi Shakti! Oh God, it's too much! Then establish your Void. A guru does not bend his head before anybody else; and specially my disciples. Except for mothers and sisters and...you see, in some relationship if it is so, so you bow to that. But they do not bow to anybody else.

And secondly, you must know that your Guru has been the Mother of very great people. The thought of them, itself, should establish your guru tattwa. What tremendous sons I have had, what great personalities. No words can describe them. And so many of them, one after another. And you are in the same tradition, my disciples. Keep them as your ideals. Try to follow them. Read about them, understand them - what they have said, how they have achieved such heights. Recognise them. Respect them. You will establish your guru tattwa.

Imbibe all the statutes within you, and be proud about it. Don't be misguided by what people are talking, multitudes are talking. We are going to pull the whole multitude towards ourselves. First of all let us establish our weight, the gravity. As Mother Earth keeps pulling everybody towards Her, we'll be pulling all of them to ourselves.

Today all of you must, within yourself, to your Spirit, promise that you will be a guru, worthy of your Mother.

May God bless you.

Now for people who have come for the first time, they should know that puja is a thing not meant for everyone. Actually we do not get people here really...

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The Guru Principle

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"The Guru Principle", Caxton Hall, London (UK), 28 July 1980.

Yesterday I told you about the Void, the dharma, which one has to establish.

In modern times, people have used their freedom to such an extent, you see, they have moved so much to this extreme or to that extreme. They have left their central path and have accepted and identified themselves with such an extreme ideas about everything, that it is rather difficult to convince people that they have lost their way. All extremes are wrong. Moderation is the way we really solve the problem. But human race is such that everybody starts running very fast, you see, and there's a competition set in: who goes first to hell. [Laughter, She laughs]

It's not only in one direction, you can take up any direction, but all these directions are linear. They move straightforward and coil back and go down – any movement of that kind. For example take our, say, industrial development.

We started our industrial development without understanding the whole, the world as a whole, that the whole world was created by God, not a part, one country. Without understanding the relationship with the whole, when we start moving industrially, we created industries, and to pamper them we had to create other industries. Then also to keep the hungry machines working out, we had to feed them with something.

And thus we created a horrible system of extracting things from the Mother Earth, using them. We have so many things, but we do not have the thing which is your Spirit.

We never thought that, after all, all this matter is for what? All these things are for what? For comfort? That also, if not done in moderation, we are going to be ruined, completely ruined. We'll become like worms.

The Mother Earth is available to you, that doesn't mean that you should be indiscriminate and use it for your comfort. She's there for your comfort, no doubt, She's the comforting element we have got, the greatest comforting element. But we do not know how to use Her for our comfort. The way we use Her is by taking out, extracting Her. Now if I say that, the other extreme would be: "We'll have no possessions, nothing, live, hang by the string, some shoestring somewhere". [She laughs] There are people who believe in such a thing also, who want to live on a shoestring and have all kinds of diseases, physical, mental, because they are living abnormally, in such a way that they do not relate themselves to the Mother Earth at all. Either you abstract completely whatever She has, or take away all Her flesh, blood, everything, and otherwise you have nothing to do. These are two extremes!

And once you start doing like that, you find that you become slave to both ways, because you start forming habits with the help of this matter. Habit formation is slavery, complete slavery, even a habit formation like fasting. Now some people have to fast. Who has asked them to fast I don't know. What is the need to fast for people who are already suffering from liver troubles and thin like sticks?

It's all right, somebody has to fast because, supposing he has too much weight, or say they want some rest to the stomach, is all right. But this fasting also can become such a habit, such a habit, that the day you do not fast you'll say, "Oh! You have done the greatest crime on the Earth. Oh God, I did not fast on Thursday, I should have fasted." In India we get so many mad people like

that. [Laughter] They go crazy because they have not fasted. There are some who get crazy because they have not eaten their food. I mean they are all right, but if they have not taken their lunch, for them it's the greatest injury, the greatest injustice done to them that they have not been able to take their lunch.

The matter starts enslaving you and your mind becomes a slave of that matter. You do not know in what way this Mother Earth, which is there to give you the ultimate, She's the one who resides within you at the Mooladhara Chakra to give you the innocence. She gives you the innocence. Instead of taking that essence of Hers, the innocence, what you take is the matter which is dead. The living principle of Mother Earth is innocence, Her magnetism, Her gravity. Instead of that, what do you take out of Her is this matter. Either you run away from it, or you run towards it. Nothing in between.

Now matter is there for you to use, no doubt; but to use so that you do not get dominated by it, because you are the supreme thing God has created. You are the supreme-most thing; all the elements are working in you. There's no animal in the world who has all these elements working in such a beautiful fashion that you develop your own will, your own freedom. It's such a intricate process which has worked out a human being, which we don't realize, where you develop your own will, your own freedom.

But again, with your own will what do you do is to lose your freedom all the time. For example, take a person who indulges in luxuries. I mean he is idiotic sometimes, I mean he really becomes an idiot the way he goes on. I mean you can see that he's an idiot and stupid fellow. The another one, he will say that this luxury is – indulgence fellow is very, very idiotic and stupid you can see. So he says, "All right, let me give it up." He goes to another extreme, to such an extreme that he becomes a dry person, absolutely dry.

The innocence is in the centre.

For example, the best use of the Mother Earth is to watch Her working. Watch the nature. Watch every tree, what beautiful personality every tree has. Every leaf of the tree stands against the sky. I mean it's such a poetry to feel Her with your feet. How soft She is when She produces flowers for you. You have to learn so much from what She does. She creates a flower to emit fragrance, to give, to give, to give. She just gives. Her innocence doesn't bother as to what you are, whether you deserve it or not, whether you are a good person or a bad person or what use you are going to put Her resources, She just gives. She doesn't judge you. Nirvaj – it flows. The capital flows without any interest. It just goes on flowing and flowing and that's the word of nirvaj is. It doesn't think to whom She is giving to, whether they deserve it or not, if they are sinners or they are this or that. But now it is for you to use your wisdom. And She has created this deity [Ganesh] of wisdom within you, and you have to keep that deity awakened.

He came, incarnated on this Earth as Jesus Christ. Look at Him. Look at His life. How He lived. He was a carpenter's son; He lived like a carpenter's son. He didn't amass money.

And what a dynamic life in thirty years of His age! What a dynamic life, out of which He spent only four years in the public.

With all our indulgences and with all our comforts, with all our movements and aeroplanes and all this, how many there are who have created such a dynamic life? What dynamism have we been able to show, the dynamism of the Mother Earth. "We must have this, we must have that, we must get this, we must enjoy this," All right. But what is the ultimate? I mean how much we have been able to absorb it and what have we - giving others, what is our fruit of this tree that we are?

The reason is, we have lacked wisdom. He was wisdom. He is the One who emits wisdom, who balances our ego, superego, everything. You know where He stands, that Deity. But the people who followed Him, or who called themselves Christians, where is the wisdom gone? Wisdom is one thing lacking in all of them.

What is the reason? Because we just thought that He was crucified because He was a poor Man? Or I don't know what we thought of Him. I can't understand human beings, what is the lesson we have taken from His life? And the Christian nations have advanced so much materially. Can you imagine? They do not know that poverty is such a blissful thing sometimes.

And then now a reaction has started. I'm sure reaction will also take you to another extreme, you'll miss the point. It's like a madman running to one end and when he goes from there he runs to another end.

Have you ever seen a wild boar running? Have you ever seen a wild boar running? You see, it's very easy to get out of the way of a wild boar because he just runs straightforward, till he meets some opposition. Straightforward. He wouldn't see this side, that side. If you can just keep away from the line from where he's moving he will not hit you. Then again he comes back in the same way. Goes this way, comes back. [Laughter] That is our movement has been about ourselves. What have we done out of our life? Let's see. While we are capable, we are the seeds which are going to render the real fruits. We are capable, you know now that. And that is why first of all we have done the greatest harm to ourselves by ruining all our sustenance within ourselves. As I told you the other day in the lecture, that how we have to maintain our sustenance.

I hope it was not too much for you to - if you feel that I was trying to tell the people also they say, a group of people who think this is all conditioning. Actually, we are so confused in modern times about everything. Supposing a plane has to take off, all its parts are to be in a proper proportion, are to be tied together to the main body. Otherwise everything will go helter-skelter, isn't it? Now if you have to jump into your unconscious, all your parts of the being should be attached to the gravity of the body, to your sustenance, otherwise you'll go helter-skelter. Will you say that a - putting the plane in that way is conditioning it, for its freedom? You have much more freedom when it is properly done.

A person who is properly prepared for this flight, has much more freedom than people who think that one nose is lying this, and ears are lying on the other side, then eyes are going on the other side, his mind is going on the third side, his stomach is going on the other side. [Laughter]

Here he is listening to Me and he's thinking of his food. His eyes are looking at something else. His feet are moving. He's jumpy. There's no proper binding. And that's why the conditioning has a word in Sanskrit language as samskara. Samskar. Now "sam" means "good, beautiful," or you can say "which are good to your Spirit." Even to add to that they can say "susamskara," means "good conditionings," where you are to be chiselled out.

And in that chiselling, if you understand it is for not only your good, but for your flight, then you do not give everything to the winds. And this is the biggest mistake we have committed, when we started on the flight of our freedom.

How can you have your freedom when you are bound by everything?

You must go to the pub in the evening. You must go for your dancing [Laughter]. You must see a friend who smokes and must smoke with him. You have to attend a party where you have to drink. You must sleep at some particular time. Because you cannot sleep, so you must take pills. You have to have girlfriends or boyfriends, spend money on their - I don't know what you call - dates, and things like that. I mean, how frivolous the whole thing sounds to Me. Same thing in India. I mean they have other frivolities.

But when you understand through your Self Realization your self-esteem, then you try to think: "Then what have I done of my life?" You are like diamonds thrown into dust. You must find out your relative relationship with all these useless things where the money is wasted, you are frittered away, your time is wasted, everything wasted, just find out. Once you discover that, then you start detaching yourself from that. But first and foremost thing I'm sorry to say - it is may call conditioning or anything - are these important things are, ten things I told you the other time.

Now all the gurus, all the gurus who came, say from we can start from Socrates, then Abraham, Moses - this is the Guru Tattwa, is the principle of master, primordial masters. The principle is born again and again. In India we can say the Adi Nath, we had one Adi Nath, the Guru long time back. Then we had Dattatreya, we had Janaka, Nanaka, Sai Nath. We had in the Middle East Mohammed Sahib, Lao Tse in China, Confucius - all these great Principles of Gurus who were born, they had one job to do is to

establish your dharma. Their job was not to give you Realization, you must understand, everyone has one's own job.

See Mine is a horrible job [She laughs] because I have to do everybody's jobs.

But Their job was just to establish your dharma. They came at that time, in those places where it was needed the most.

So these ten principles as I told you, They established. They are created in the Void, as you see here the Void part, this part is made out of the water element. So whatever miracles They did, had something to do with water, like They could create water anywhere they wanted to. They would not cure people. All of Them have created water in the desert or in the places where ...like in ... Nanaka has created a Panja Sahab they call it, everywhere They have been able to create water. Whatever They touched, They could create water out of it.

Water is the life, life force which sustains us; without water we cannot live, that is the sustenance. But, They actually are symbolized in an ocean, in the ocean, because They give us the salt, the salt of life, which gives us the sustenance. If you see the salt, if we do not have salt in our body, we'll have no sustenance. Christ has said, "You are the salt." Who are these "you"? Are the people whom I was facing yesterday and today.

You are the gurus of today.

But see with how many powers you have come. Just think of it. These Gurus did not have to give Realization. You can raise the Kundalini, you can give Realization, you can cure people.

Today Djamel asked Me that: "Mother did They have the powers to cure?"

I said, "Powers They might have, but They'd never use that power because They were not supposed to do; They were just to sustain and imbibe these great principles." They did cures, specially the last Guru was Sai Nath, He did cure people. But Djamel himself has cured a lady who was dying, absolutely. Doctors had given up hopes and he cured her. Now she is out and she's gone to India.

Just think of it, that you have all the powers of these gurus, though – though in dharma you are still failing. You are not absolute. You have to get it corrected, your dharmas are to be corrected.

Now what is dharma within us, is our attention. As our attention is, you can make out the dharma of a person. Religion doesn't convey that word. Dharma means the one which sustains you, "Dharayeti sa dharma", the one which sustains you. Your dharma is the way your attention is. To have a complete balanced attention is just like the aeroplane, completely balanced and fully developed. If you have an imbalance in your dharma, the first and foremost thing is fanaticism. If you are a fanatic, then you are the greatest adharmi ever born. Dharma is balancing. First and foremost is to know that all the dharmas belong to one lotus: Nabhi.

Nabhi has got ten petals and these ten petals are the ten sustenance within us. If you see that the Nabhi has got ten petals – Nabhi center, the solar plexus, which manifests all of solar plexus. And if your, these ten sustenance are correct, your attention will be so balanced. Unless and until a flower is balanced it is not going to blossom out into a fruit.

First is the balance. All fanaticism of any kind, of condemning any religion or any incarnation is against dharma. That gives you an imbalance. That means you have not understood the essence of dharma because you are blind.

To say that there's something wrong with what Christ has preached is as wrong as saying that there's something wrong what Moses has preached, or Dattatreya has preached, or Nanaka has preached. Actually, Mohammed Sahib thought that He has said whatever was necessary, so that there is no need for Him to come back. But when He saw these horrible fanatics, even today they are, He thought, "Baba, better let Me take again the birth, what to do now with these madcaps? The thing that I preached,

they are just going against it. Because I said I will not come, so they are becoming such fanatics." He had to take His birth because, you see, human beings are such foolish things that these incarnations don't know what to do. You don't know how they will behave!

So He took His birth again as Nanaka on this Earth, and His own daughter, Adi Shakti, was born as His sister. What Nanaka was preaching throughout and throughout was this: that Hindu and Muslims are the same in the eyes of God, and that you all combine together and become one.

If there is anything that He has taught or Kabira has taught is this and this and this. But look at the Sikhs, the way they fight the Muslims; and look at the way the Muslims fight the Sikhs in India. We have created two nations out of it. Imagine! What He preached is just the opposite people are doing about it. How do you explain I don't understand. I mean when somebody has said, "This is light," how do you make it darkness I can't understand. This is the speciality of human beings, is to create darkness out of light.

Now this dharma that They preached, is preached by all of Them, and They have been particularly against all that goes against awareness, because if your attention is not all right your awareness will not be all right. And so They were very anxious – all throughout, all of Them – that They preached that don't take anything that will reduce your awareness. That's why They were against alcoholism, They were against drugs and things like that. There were no cigarettes at the times perhaps, when Mohammed Sahib came in, so He didn't say, "Don't take any cigarettes," because cigarettes came later on. But Nanaka said, "No cigarettes at all." Now you are finding out that cigarette causes cancer. "It only causes cancer, it's all right, doesn't matter, because cancer – at the most the body will die again you'll be born again. Doesn't matter." It's not that. That creates a problem in the Vishuddhi, so bad that you cannot get your Realization so many of you, takes time, and your poor Mother has to work for your cigarette enjoyment for days together. I've worked very hard, you know that.

Then the drug people. They have enjoyed their drugs very nicely. They have been taking drugs, you see, enjoying themselves, going high, or whatever they call it. Ask Me. How much I had to work, with tears in My eyes because I know you are saints, you are meant to be higher people, and how much I had to struggle to get you out. Can you imagine, for four years I was struggling with six hippies in London [laughter]. Six only. And first lot came to Me who were really pleased, they had done a good job out of themselves. The only advantage was they had taken LSD and all that so they were on supraconscious level, and they could see only light coming out of Me, they saw all supraconscious things, lights and things and all that, so they stuck on to Me. Or I stuck on to them, all right, but they also stuck on to Me.

Today they are one of the best Sahaja Yogis we have here. They are the topmost Sahaja Yogis. They are the most beautiful Sahaja Yogis we can say, because they were saints I could see their Spirit shining. I could not lose that sight, worked very hard for them. They are saints. They got lost into drugs because they thought they are seeking. They did not do it out of fashion.

In India you see, when the Indian young people see you taking drugs, they think, "Oh must be something great." You see, it's very fashionable nowadays in India for young people to take drugs and wear jeans. They think by that they are getting sophisticated [laughter]. But they don't know why you did it, they really do not know. They don't know that you did it in seeking. They are such foolish Indians, you see, that they are doing it because they think that it's very fashionable, you know. Everybody will call them "up-to-date" [laughter]. They don't know why you left your homes, why you became like this. They don't know the deeper side of your life, they just see superficially. And it's very common now in the universities and things, this has started in a big way. But they are no good for Sahaja Yoga, useless people trying to copy. How can they copy your seeking, that depth?

That's why these people were very much against all those things that dulls your awareness. Even now I have seen people who have been taking drugs and all that, in Sahaja Yoga. As soon as they see Me they start, "haah," sleeping. They go into sleep. Because immediately, as soon as you start taking these drugs or all these alcohols, you move towards your left side, or to your right side. Mostly to your left side. Alcohol specially, left side. By moving your left side, you see, you go into your collective subconscious, you cross over to your Ida Nadi and goes beyond your subconscious into collective subconscious. You become very non-aggressive, no doubt. It is also because of too much of consciousness that you are egoistical, you have started doing

this. You thought that "Oh, our ego is too much." You can't see your ego, so you said, "No, let's have some drinks." By that you go on the other side. When you start moving too much towards the left you know what happens: you get possessed, because there are satanic forces let loose, you get caught up. Now when you come to Sahaja Yoga after that, you are always dragged, you always feel the heaviness at the back, all of you. Left Agnya, not the right – superego. You feel very sleepy; you feel like crying, weeping all the time; you feel very much frightened; you cannot take any decision; any question comes in, any problem comes in you shudder. It's an escape, escape from reality. Say the reality is in this room, if you run away from this room, this way or that way, you are running away from reality. I would say, after war, so many people died, perhaps, perhaps, who were dissatisfied souls and in a very bad condition. Hitler was a satan, real satan, and all these forces were let loose later on by these gurus or whatever it is, and they captured you, perhaps, that you took to these things. These are extremely injurious to our being.

I went once to Trichu. They had invited Me and all these people came in big cars to receive Me, I was quite surprised that seldom – Sahaja Yogis are never very well-off people I mean, to that extent that you'll have cars after cars. I said, "What business do you do all of you?"

They said, "You see, actually we are all people growing tobacco."

And I said, "Very nice." They are growing now, you see, not only eating but growing also. And I said... In their houses you'll be surprised, they had tiles made in England, they had taps made in England. All these ancient things that you have had which you treat as antiques today, they all had everything with them made in England [laughter]. I said, "Made in England. How do you get all these things in here?" The things you do not have here they had it there. I said, "How did you get it?"

He said, "We are exporting tobacco to England." I said, "Very nice, what a nice work you are doing, exporting tobacco to England." I said, "Don't you think it is sinful to do like this? Don't you know as Indians that tobacco is against religion?" He says, "We know but we don't take. And if you give it to others [laughter], then it's nothing wrong."

It's like a person who owns all the race course says, "I never see. I never put my money on a horse. I just collect. I've never seen a race course." That sort of a person, that sort of a, attitude they had. So I said, "Very nice. You are exporting all your tobacco to England." I told them, "Don't do it. You are very near the sea, and sea is the guru, he will teach you a lesson of the worst type. I'm telling you today, now it is in the attention of the sea. Believe Me. Remove this. Do not send any tobacco. Do not grow, you can ..."

They said, "What should we grow?"

I said, "You can grow very good cotton".

There were three-four people who took Me seriously. They said, "All right, Mother, we will grow cotton." And they really started making a big money because they produced very long threads, just like Egyptian cotton they started doing. The rest of them didn't like Me. They didn't thank Me, they didn't come to see Me off at the station – all their cars were just fizzled out. I thought I had to take a taxi to go the station now [laughter, She laughs].

But can you imagine, within one year's time, there was a typhoon. And there was another thing going on. These people were exporting this to England, and selling tobacco, the... you see the cheap type tobacco, you see whatever are the remains, the molasses you can call it, they were selling it to the poor people; and poor people were taking that very concentrated, eating that. So they took to black magic spiritualism. All of them were doing black magic. In their small little huts they were sitting doing black magic – can you imagine? – in their villages doing black magic. And the sea got so angry with the typhoon. You might have heard about the big floods in that area.

I must warn Brighton people [laughter]. The sea is taking a respite now, you just see that, because you are insulting the sea, all the time you are insulting him. This holiday-making now – it's a disease with the western people. Holiday. There's a girl in Sahaja Yoga, her sister also comes sometime, she was to have a baby, she is a lady doctor, sister – she has gone for a holiday, without any heart. She had a caesarean, can you imagine? All the Sahaja Yogis putting all their attention to the birth of the child, and this

lady has very nicely gone for a holiday because holiday she must have. You see without holiday, she is nowhere. It's all programmed; you must go for a holiday. What have you achieved by going to holidays I would like to know, what wisdoms? Except for sitting in the sun, getting a skin disease, and a skin cancer for Me to cure. What is the need to go in the sun such a lot I don't understand. What are you achieving?

Your healths are going from bad to worse. Your forefathers had much better health than you people have. Despite all these health things you are doing, what is your health? Your livers are out. If you...

That's nice, I'm happy the sun is coming, now you'll give up your alcohol. Let the sun scorch you, then you'll give up your alcohol. Otherwise you will not. Here, you go in the sun, sit there, take all the alcohols there, drink all wine – in the presence of the sea. No wonder all these oil tankers are breaking there and spoiling your health resorts.

That will happen.

You have no consideration for the sea is there, is your guru and you are drinking like mad. Nude women sitting down there tanning themselves. What's this nonsense going on? I mean I don't understand what is the need to tan your body like this? Who has told you that you look beautiful? You look ghastly with that. I really tell you, you look ghastly. Here you are discriminating on racial points [laughter], saying that people are dark, why are you darkening yourself I can't understand, what is the wisdom [laughter, She laughs]? You know going to the other extreme. All right, once in a while you sit in the sun, do something, is all right.

But what is the need for you to be so extremely concerned about your holidaying, and in the holiday drink, fight with wife, come back and have a divorce. Always after a holiday, the after-effects of the alcohol you can see very clearly. In India, thank God we do not go out for holidays at all, we don't believe in holidaying, at all! At the most if you have to go somewhere, we go to some festival or to somebody's marriage or something; if there is an occasion only then we move out of the houses, we are gruhasthas, we settle in the family, gruhasthas who stays in the gruha, householders. We are not like vagabond gypsies all the time moving about. It's all right once in a while, just to enjoy a picnic or something. I mean you are not scouts all your life. Yes, it's so maddening, you don't know. My husband's office there are two great executives, British, they cycle down to the office. It looks so odd, you know, with half-pants [laughter]. With such a big office, how will it look, two half-pant people coming down, with a half-pant and perspiring and smelling and everything. It is absurd! [Laughter]

But there is something behind this all-frantic effort, is you are seeking something. Some people think that by going to holidays you will achieve something. I mean music, what have you achieved in music now, I don't understand. By going to these holidays, if you have achieved this kind of music which shatters every part of your skin, I mean when I hear it, you know, the whole vibrations go on, jamming into it (?).

And your bad livers, think of that at least, bad livers, your skin diseases, your skin cancers. All this in the presence of the guru, the sea. Can you imagine? There is no auspiciousness in this, you do not understand.

The sea is to be worshipped. It's a temple. It teaches you, it has given you such a lot. Think of the sea, what it has given you. Without the sea, what would have been your condition? In England specially. It taught you challenge, it gave you ideas how to go abroad, it has given you such a lot. All your wealth comes from sea and what are you doing about your Lakshmi? And do you know, the Lakshmi Tattwa which resides in the centre, is born out of the sea. Actually he is your grandfather. Do you have any respect for him? So much to learn, from the sea, from the guru. It never leaves its boundaries. It keeps to that. If you try to press the sea from one side it will show on the other side, somewhere. Such a huge thing, it gets all the water from all over the world, but it keeps its boundaries. It never crosses it, unless and until you press it.

That's the sign of a magnanimous great personality: it keeps its boundaries - I mean, so far and not that - The dignity of it is - I don't know if there's a word like maryada in English language - is the boundaries of decency and decorum.

Then it gives you the rain. It gives you the basis of your food. Sea is the father. And where do they meet, really in the most

beautiful way, the sea and the Mother Earth? They meet at the Sahasrara on the Himalayas where all the clouds freeze and cover completely the Mother Earth, where there is snow all over, on the Alps. It's complete purity.

These are too subtle things for people who are not seeking, but I'm talking to seekers. You have to be subtler people to understand the beauty of the sea, its poetry of a guru. When it roars, you see, the roaring of the sea challenges you: "Come up my child, come up my disciple, come up, come along."

To Me sea is like a father. I've traveled by sea so much, so much. And anytime I have traveled it has carried Me like a very gentle mother. Never a bad weather, such a nice weather. Always. It's so kind, it's so kind to Me. Once I was coming from Japan and they said, "There are typhoons coming." Five typhoons were coming. They never touched My ship. Nowhere. People were amazed. And we were coming to Bombay from Colombo, when we turned round it was monsoon. They said, "Now." The captain was quite amazed, you see. He said, "But now, you cannot help it. The wind will go in the other direction and we are going to have a bad time." But what a smooth lake, just like a mirror, beautiful! Just like a gentle mother. It carried Me on its sari I felt. So beautiful.

And such a sea you insult, because you are ignorant, because you are blind. I wish the sea forgives you, but gurus do not forgive easily. Mother is different. Gurus are hard taskmasters, you see. They normally do not forgive you.

Now you have heard about Ravi Shankar who is a great musician who plays sitar. I know when he was studying in - he was in the beginning a student of Allauddin Khansa. Allauddin Khansa was a Realized soul, a great man, a genius, a genius he was. Absolutely a real guru, you should say. He never drank. And he was a Muslim but a worshipper of Kali, you see, and all that. And he used to call Me "Ma." Mother.

I was with My father who was the political adviser to that State, Maihar [Madhya Pradesh]. I mean you could see he was really so subtle in everything! And he used to play that big drum which he said the best is produced in Maihar, that's why he settled down there, what we call is the "pakhawaj" is the very big drum, you see.

He used to play tremendously. He used to just go on into such echoes and beautiful rendering. And he was a master of so many things like sarod - his son himself is Ali Akbar Khan Sahib. His daughter Annapurna is a great singer and all that.

And I remember Allauddin, when we went there, he used to respect My father very much and - also because My father was a great connoisseur of music and a Realized soul himself, a great man.

So, once he was going to play the pakhawaj and Ravi Shankar was also sitting there you see, hiding his face on the sides. So when he had played his pakhawaj, My father said: "Why don't you also play some sitar to me, I would like to see how much you have learned."

He said: "No, no, sir, not today, not today." So then he went inside, for something - the guru.

He [Ravi] said: "See, are you going to see here something?" He [father] said: "What?"

"Big lump, you see, was here", he said: "He has broken my sitar on my head today because I played two notes wrongly. See sir."
[Laughter]

That was the thing. The gurus are very, very, strict people, they have to be. And the way they used to treat the disciples. It's not like this. The gurus you know are the gurus who are trying to pamper your ego. Why? Because they want your purse. They don't want to enlighten you. They say, "All right, what, you drink? All right, doesn't matter. I can give you more. Whatever you want I'll give you. Just pass the purse this side, that's all. Why do you want to have these, metal, this... some metal-like, metallic things like a, say a Rolls Royce? What's the use, this metal thing? You pass it over to me. I'll look after it. What is the need for you to have possessed this grand palace? Pass it over to me. I'll look after - you must give up everything for me. I'll enlighten you."

Even if you may have palaces and anything, the real guru will not look at your face. He never hankers after people, never. That's the sign of a real guru: that he doesn't hanker after you: "Come along to me, come along to me. All right, how many people are coming? Now have an organization and run a big mission about it." And then the people are coming and write your names and you become the members of the society and all that.

A real guru will sit in some odd place, where you have to go seven miles up, walking, falling, somewhere hidden, and there you go and you find he's not there. [Laughter] You break your legs on the way.

[Shri Mataji laughs, laughter]

But they know so many things. According to them, you are not to be treated that kindly. And they tell Me that "Mother, what is Your whim?". And "We can't understand. For us, we had to work so hard to get these vibrations." One gentleman has told that: "I was a frog. Since then I've been seeking. And I've spent how many years I don't know, so many thousand years to get vibrations, while Mother has just given you like this! What is your speciality? Are you going to give your life for Mother?" And all sort of questions. [She laughs]

So I asked him: "Why did you tell them? I don't want their life. What's the use of their life? I want their Spirit."

He said, "But why these?" I said, "Are you jealous?" [Laughter]

They say that "Mother, You carry on with them. We can't face this, human beings are horrible." And I've told you that I asked one person to go to America, he ran away, within two days. Within two days. He would not face Americans – the real ones. The unreal ones are very nice, you see. There's mutual understanding going on.

So these hard taskmasters are so beautiful. From outside they look so harsh. Inside, they are so beautiful. You must know how to please them.

For example, I went to see one guru once and all the boys were against it. He said, "Mother, we don't believe in any guru, why are you going to see?"

I said, "I don't believe in any guru, who told you? I believe in all the gurus. I don't believe in the agurus." I said, "You see the vibrations." We had to climb up and this and that, and we went down there. And it was raining heavily, very heavily. And the guru was very angry he was sitting there, because he could control water, I told you. He could control rain, you know. So when I went up he was doing like this, very angry. He wouldn't even look at Me. I went and sat down, all drenched in water with that rain.

He said, "Why did You not allow me to stop the rain, is it because of my ego that You wanted to punish me? I didn't want You to get drenched when You are coming to see me." What a great thing. I mean he talked to Me as if he knew Me, you see, the way he talked. He said, "Not even my gurus and gurus never had such an opportunity that You are coming to see me, and I was just prepared here, and here You are coming all drenched. What a shame for me I could not control this rain. It's all Your doing Mother, why did You do it?" I said, "Should I tell you why I did it?" He said, "Why?" I said, "You see, you have bought a sari for Me, isn't it? And I would not take a sari from a sanyasi; but if I get drenched, then I'll have to take." [Laughter]

The whole thing melted away. The whole thing, the whole temper, everything melted away. It was so sweet, you know, so sweet. There was an artist with Me, who has done the painting. So beautiful, showing the love, you see. He just fell at My Feet. He said, "Mother, people have praised You. What words should I use to praise You?"

I said, "Nothing. Your sari, you bring it for Me. First of all, I must wear your sari, I'm all drenched." So happy. It's so beautiful the whole thing. This is what it is.

You all have to be the gurus. I know, first thing you learn is to be very, great hard taskmasters, to begin with. That you should not do. You have to be hard taskmaster with yourself. And then, as your Mother, Who is your Guru, is very sweet and tolerant, very kind, extremely patient. You have to deal with people like that. Because we are not dealing with people who are seekers of that quality, who will do anything to get to God. We are dealing with people who are confused, absolutely confused. They are saints, but they are confused. See, people come to our program, disappear. They'll get their Realization and disappear. Then you have to give them bandhans, this thing. You see, they are still confused. And there are so many gurus who are acting, there are so many things that are happening, so we cannot be aggressive with them. We have to be very patient, and we have to think about our past, how we came to Mother, how She had to convince us, how much we argued with Her, what all we did. So these people are coming, let us try to be kind to them and talk to them, and tell in a way which is congenial, which is beautiful.

Not like those gurus because they had only one guru, and one disciple, do you know that? The relationship was only one plus one. And that one also used to come down, many-a-times. Like one person I know, whom I met, he's told Me, "I have only one disciple and I've given him up. He's thrown in the sea, he's useless."

I said, "What happened?"

He said, "I trained him up for twenty-five years and he's a good-for-nothing fellow. Now he's having a nice time, earning money. He's a Realized soul, just imagine. And he's having a nice time and he's making money out of it. This is the last story I'll tell you."

I said, "All right, where is he?" He told Me his name, this Maharaj. I said, "All right, I'll see him, don't you worry."

And when this fellow came in Bombay, one lady telephoned to Me, "Mother, you wanted to meet this Maharaji, he's coming to my house."

I said, "All right, tell him I'm coming to see him."

I went down to see him, he was smoking cigarettes like this, sitting like this. "Oh Mataji has come, very nice" and all that.

He, of course, I mean he touched My feet like this, "All right, sit down." And there were ladies pressing his feet and all that and he was talking to them very... trying to show lot of arrogance in My presence. I was just looking at him.

Then he said, "Oh. So, my guru comes to see You in Bombay. Why is he leaving his place? Why should he do this?". And all sorts of thing he was talking, against his guru.

I said, "All right, now I'm going, but I will put some sindoor on your head, just to put a tilak on your head," I said. So I took some sindoor, put it on his head; Agnya Chakra I moved it. Then I said, "Now you put."

When he start put... I sucked his hand, you see completely, and he started, "Ahee-hee-hee-hee-hee he-he-he-he-he-he-he-he-he-he." He said, "Mother, Mother what are You doing, what are You doing?"

I said, "What am I doing? Will you please take back all the words you have said about your guru? You have no shame. Twenty-five years that man worked on you and you're bringing all the shame here. Will you remove your hand?"

He said, "I can't, I can't, I can't! What are You doing to me?"

I said, "Unless and until you promise that you will not say a word against your guru and hold your ears, with the another hand, or with your legs [She laughs], then only I'll leave you." (Laughter) He said, "I'm sorry, I'm sorry, You will drop...?"

Now the others didn't see all this conversation, you see, they just saw his shaking, you see. When I went away he said, "See, how powerful I am? See." [Laughter] Fools as they were, they never realized that he was shaking, and what shaking means, you see? And he made such a fool out of them. He took from everyone, one and a quarter tola [ed: tola is an old Indian weight equal to 180 grains, 0.375 troy ounces.] gold, you see, as a dakshina, guru dakshina, and said that "See, even Mataji – I was getting all Her powers into me, sucking all Her Powers into me." [Laughter] And these fools believed him, you see. And then one of them met Me at the airport and she told Me that "He's taken away so much money from us. That day only he made us pay for one and a quarter tola gold for the guru dakshina."

I said, "All right, I'll see him one day, again." But all of them were doomed like that. So, this is what it is. And he's so attractive to people, you know. And then he was sitting on a very big thing and the thousands are approaching him, there. But then I did some arrangements. Now he's all right, in the jail, direct [laughter]. In the jail, direct. That's what it is.

But we had one Sahaj Yogini like this. She got her Realization and I told her, "Your guru was no good and you don't take anything from him, because he'll try to give you some siddhis and you will try to impress people."

She said, "No, no Mother, I want the parama, I want the last, the absolute, I don't want all that." Because her guru used to carry some snakes around and do all kinds of tricks you see, go into tantrums.

When I went to America, I heard about her, that she's having three thousand disciples; I never had them in Bombay that time. I used to hardly get about two hundred people somehow or other sticking on to this... thing.

I said, "Three thousand. What is she doing?" I got really worried you know; I put her into bandhan and everything.

But when I came back, you won't believe, she had silver water carriers you see, these pitchers, she brought to wash My Feet and this. I was so embarrassed, so embarrassed. And she showed Me, "See Mother, what work I'm doing." Such a big photograph of Mine there, put, and all the bhoots around. I could see all them hovering, you see, all of them. [Laughter]

I said, "What is she doing? What work has she been doing and what is she up to? Because she's completely gone darkened and haunted." I asked her, "What are you doing with these people?"

"Oh Mother, you don't know. I've spread Your name there. I can even tell people if they have lost their property somewhere, wherever is the hidden money, or I tell so many things.... I can even tell the name of the horse which is going to come first." [Laughter] I said, "Very nice. What a nice Sahaj Yoga is going on here," you see? So I told her, "All right, you come and see Me tomorrow at home." She came down. I had two-three people sitting, I said, "All right, tell about them." She said, "You live near a bridge."

He said, "No, never, I live near a sea. How can you bridge a sea?" Then she said this, that. He said, "No, nothing."

Then she told another lady. She said, "Nothing."

Third person said, "Nothing, this is not true. You are just telling something that is not true."

So she rushed to Me, "Mother, have You taken away all my powers?" [Laughter]

I said, "If they were your powers I would have made you sit here. These are the powers of the devil. What interest God has got to tell that 'What is the horse coming,' and all that? [Laughter] Why should you tell all these things? These are not your powers, these are the powers of the spirits which are haunting you, and which you have captured, and your guru is doing all this job."

"Oh God, I never knew."

I said, "It is that. All right, say that 'I give up. I give up.' Say it thrice."

She said, "All right, I'll say, Mother. I want the parama, I want the absolute". She went home, but you know this popularity, this cheap popularity, is a very enticing thing. She again carried on, and now she is in the lunatic asylum. This is what it is. Because these spirits which help you, come back on you and torture you.

So all those people who try to deviate, even after Realization, are corrected by the principle of guru only. With the principle of Agnya, you give Realization, enlightenment. With the principle of Sahasrara you give integration, but with the principle of guru you give them dharma. That's why so many people, all of you who came to Me, have very easily given up all these habits, because you have found the Spirit, the joy. And then you don't want all that. I don't have to tell you that you have to give up, you just give up, you just forget it, because your attention is now attached to your Spirit.

That is the job of a guru. It is said that: "Guru is that which makes you meet the Sahib." Means: "makes you meet the Lord." He's the guru. Otherwise all these are not gurus. But the one who has not even settled your dharmas, who does not have his own dharmas, how can you accept them as gurus?

May God bless you all.

[Start of 3: informal talk to seekers]

Shri Mataji [about a young child]: This is a born Realized child. [Shri Mataji laughs]

Hello, how are you? Hum, what are they catching? He is showing from his feet. All over right side Sahasrara.

Right side Sahasrara means what? Superego. It comes to the right [of the brain]. All feeling the heaviness on the right side, the little child is showing.

They are working, they are busy all the time. All the time they are busy. Gavin's child's such a little thing... all the time. [Laughter, She laughs] Trying to clear you out – great people they are. All the time they are working. That's why I want you all to get married soon, with so many great children are to be born to you.

All right, I can make it cool for you, it's all right, don't you worry.

[Laughter]

You have to think of the Moon who is your maternal uncle. He was born with Lakshmi. There are fourteen things that were born from the sea. One of them is also a hunter. The stick Gregoire gave Me yesterday was also, came out of the sea. That was the fourteenth thing.

Better now?

Now, those who have come for the first time should come forward, you see, it's better in the forward line somewhere, would be better and the second line could be - it's all right. These people have come for the first time, all of you?

All right, can you come on these first three lines, all right. Now who else is there? Please, come forward.

As you know, Sahaja Yoga is a very subtle thing and the main thing is it must work, it must actualize, the Kundalini must rise. You must get your Realization, that's the main concern is. Whatever you may say, whatever your arguments may be or any problems

may be, we are not bothered about that. What we are bothered about: that you should meet yourself. That's the main point we are at, and that's what we have to achieve.

Now the problems arise out of our imbalances in life and so many things. Whatever it is, still, the force is so great, that you will get your Realization. Why I'm telling you? That I find people, once they get their Realization, they think it's done now, we are happy, then they don't come. It's just the germination has taken place, the Kundalini has shot off, because She's been waiting all these days, you see, so the whole thing comes up as a big experience.

But that doesn't mean that you have established it.

So the second thing you have to do is to establish, that's very important. Much more important than getting Realization I feel, because the Realization, if it takes place and it falls down, then what's the use?

So you take your Realization, which you'll get, no doubt about it, because you all look that way. But, then you must have self-esteem and understand that you have got it because you deserved it. Some people haven't got it in India who have been with Me for seven years, but you'll get it I'm sure. That I can see clearly, you are all going to get it. But that doesn't mean if you get it, that you again waste it, because this is what you have been seeking all your lives.

Because in the West the problem is: though such saints are born, they have this rambling of the brain and they start thinking. You do not get it through your rationality. You get it through your Kundalini, which you cannot think about. So you allow it to grow, manifest itself, and you become as good as others are.

Now they are all experts and gurus, you know, they know such a lot about Kundalini. You'll be amazed, they are all experts, they look just like you! They are raising Kundalini, they are giving Realization, they know everything about it.

So in the same way, you have to be. It's a very simple thing which takes place at any age, any time, any race, anything. The main thing is that you must have self-esteem, you must know that you are saints. You have been saints for years and you have been ages like this. You have been seeking and seeking and seeking. Now when you have found it, you allow it to grow, because it's very important, and you must know your value. That is important. Because I value you, because I see something much deeper that you can't see. But you don't see that, gradually you'll start seeing, all right? On this promise, I'll give you Realization.

Put your hands like this. Put both the feet on the ground, straight. Sometimes I find, you see I've worked very hard on people and they get lost, I feel very sorry for that.

Left Swadishthana, you see [She laughs] – give him...

Like a saint he's sitting here, great guru. [About a child]

Now put your hands towards Me, like this, and close your eyes.

Please close your eyes.

Now what happens is that first you become thoughtlessly aware, nirvichar samadhi. Samadhi means enlightened awareness. You get enlightened awareness which is thoughtless. You become thoughtlessly aware. First.

And in the second happening, when it crosses the Agnya it happens to you, and when it crosses, pierces through this point called as taloo, the fontanel bone area, you start feeling the radiation of your Spirit in your hands, like vibrations.

Are you feeling the cool breeze in your hands? Already you've got it!

You haven't. There's a little problem. All right, watch Me here, little bit. There? Hm. Without thinking, just watch Me, it will work out.

Whatever I've said, you forget it. You see, if you have taken drugs doesn't matter, don't worry. I can drink all that; just suck it out. Don't you worry about all these things, forget, have no guilt of any kind, for heaven's sake. I'm talking of Ocean of Love which is ocean. What guilt can you have? Just a speck. So please, do not have any guilt, on the contrary say to Me that "Mother, we are not guilty – I'm not guilty." In your heart, just say that. That's the only catching point in you.

It's a fashion also, these days, to feel guilty about anything. Now close your eyes. Please close your eyes. Know that you are not guilty at all, that you are very beautiful.

Right to the left. Move right to the – keep your eyes.... are you feeling? It will work out. Just let it be, let it be, you see, let it go, let it go. Close your eyes. You must get it. Not to get upset with yourself. Are you criticizing yourself? Are you?

Seeker: Just frightened.

Shri Mataji: Eh?

Seeker: Just frightened.

Yogis: Frightened.

Shri Mataji: Frightened, about what? About the beauty that you have? Not to be frightened at all. Nothing to be frightened. Do I look frightful?

Seeker: Nothing.

Shri Mataji: Ha?

Seeker: Nothing.

Shri Mataji: All right. Now close, close your eyes.

No, there's nothing to be frightened, it's the easiest thing that can happen, absolutely it is there, it's like the germination of a seed. Just close your eyes, nothing to be frightened. Just let it go, let it go, that's all. Is the simplest thing.

She's got it. Just like that.

You have to be frightened of pubs and things like that, you know. I'm really frightened of pubs.

Right to the left. Move (?) left to the right. Let's feel his vibrations, come along. Some of you come along. No, at the back.

Just sit down, sit down. They'll just work it out. Close your eyes, close your eyes, they are just helping you out, just close your eyes. Just - you see, it is like, they know the swimming and they are just trying to help you. Once you are on the shore, they'll also teach you how to swim and then you are going to save others.

Hm. Work on him.

Close your eyes, don't think about it. Just enjoy, this is the greatest thing you've got it.

Sahasrara, right. No, no, it'll work out, don't you worry, we know your problem. Just don't - close your eyes. We know your problem.

Right to the left. We know your problem, we know everything where that's happening. Just close your eyes. There's nothing to be frightened, I mean, what's going to happen?

Somebody is frightening you inside. That's what it is, I must say. There's nothing to be frightened.

Sakshat Moksha Dayini, Aham sakshat Moksha Dayini Aham sakshat Moksha Dayini. Sakshat Moksha Dayini Aham sakshat Moksha Dayini Aham sakshat Moksha Dayini Aham sakshat Moksha Dayini Aham sakshat Moksha Dayini Aham sakshat Moksha Dayini Aham sakshat Moksha Dayini. Aham sakshat Moksha Dayini Aham sakshat Moksha Dayini Aham sakshat Moksha Dayini Aham sakshat Moksha Dayini.

With hand. The... Marcus, just stand up and pull it out.

It's working on him. It's all right, they are working it out. It's started, now don't... It's started, already has started now. Close your eyes. It's working out. Don't you worry. It's working out. She's got it very well.

1980-0809, What are we inside?

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9 August 1980

What Are We Inside?

Public Program

Carrs Lane Church Centre, Birmingham (England)

Talk Language: English | Transcript (English) – VERIFIED

What are we inside? Public Programme, Carrs Lane Church Centre, Carrs Lane, Birmingham B4 7SX (England), 9 August 1980.

I'm really sorry for being late but your Grand Hotel here only delayed me. We had ordered for a tea for forty-five minutes and they couldn't prepare tea for us! Now what's happening to us here? We have to understand that people are not normal in these modern times. There's something going wrong with them somewhere. And maybe something serious is happening within us, which is giving such a collective effect outside.

Now the trouble is, we do not know what we are inside. Unless and until we know what we are, unless and until there is light within us, we cannot understand what the problem with us is. We just accept whatever we know with whatever our limited awareness is. Because the human awareness has not reached that state of fruitfulness where one can say that, "I know definitely this is my use. I know definitely, why I am here. I know definitely, what is my purpose - why I became a human being from the amoeba stage; why all these troubles were taken by the nature to make me a human being."

We have not been able to answer these questions at all. But the human mind is such that it compromises with everything.

You see, it is like a little oyster which gets a stone inside its little house, the shell. So he says, "Alright, now I'm not going to bother much now. It's alright." So it goes on weaving around that little part of that stone, whatever it is, which is just troubling it. Then by some movement he gets a little more pinch, then he goes on again and again and again like that. That's how we live in this world most of the time and we think, "Oh! We are on top of the world. Nothing is wrong with us," till we come face to face to something that is disastrous. Some disaster shocks us and then, "Oh! How it happened?" Like war. Till we reach to the point of war, we are preparing for war in many ways. But when the war breaks on us then we are shocked and we say, "Oh God! What happened?"

Today the war is within, within ourselves, not without. We are not realising how it is building up within ourselves. For example, cancer is the physical war within ourselves. We are not aware of that. We just accept our body as it is. Tomorrow we go to the doctor and he says, "You have got cancer." [So] we jump in the sea - finished! We don't know how it is caused, why it has caused, what have we done to ourselves?

Another person is alright for normal purposes. Suddenly, the psychologist said that, "You better go to the lunatic asylum." And we are there! We find ourselves in a lunatics and we are wondering, "How is it I am here? Supposed to be sane!"

Then you find certain people who are seeking their spirituality or all other seeking. They think, "Oh we have got this, we've got that. We should have this and we are now on top of the world!" And where do you find yourself? You have lost all your money, everything. You are nowhere. You are a recluse. You are fragmented. You have no relationship with your society. As you have come, you have added nothing to your society, nothing to yourself and have just finished your life like that.

We have given nothing to the nature from which we have taken, nothing to the society that we are living in, nothing to the country where we are, nothing to the universe that has made us, and nothing to God who has created us. Because in the name of God also I have seen such hocus-pocus going on. All kinds of hocus-pocus going on in this world: you don't imagine how far people can go with this kind of a thing! They want to make money. All kinds of thing they'll start, "Oh, there's a place here. If you go, you will get cured." Thousands of people will be going there [but] it's all hocus-pocus! Just imagine! All the money is exhausted,

everything. You find that, "Oh you have achieved nothing."

Then you think that, "Alright, let's have some fun!" At least you have nothing to do, "Let's have some fun!" So what is the idea for fun is also very funny because the fun is that how we give up our respectability. You see fun means: Today I saw...we went to a shop and we had parked at an angle from the main road and there was a big pub where some boys, young boys, good, nice boys, were taking some beer or something. And a girl came and parked the car in one place. When she went away they got down from their pub - they were on the balcony, came down, lifted her car, actually lifted, all of them; put it on the other side and put the same type of car in her place. They took about, to do this, half an hour. And they thought they were having fun: laughing, joking, this thing, that thing. How can such foolish fun make you happy? This is stupidity. Wasting your time. Idiocy. I mean, I can understand a little boy doing it. But behind it is something sinister. As if they were possessed, I felt. They didn't know how much the girl will be worried unnecessarily. On the contrary, if they had put in that much effort to do good to someone, the joy would have been much more lasting.

But this is the problem with human beings, that they do not recognise, they do not know. They have no moorings. They cannot fathom where they are, where are they drifting. As long as there's nothing that is troubling them, they go on moving onto same lines. Of course, in the modern times, despite all this, there's a big seeking going on. People are born with seeking. Children are born with seeking. From childhood, they find that there's something wrong. They find sometimes, even in their family, as if their parents, their relations are extremely narrow-minded, they are very funny. They find some people in the society extremely aggressive. Or all kinds of things they find. And then they open their eyes and they start seeing relatively, "Am I also one of them? Am I going to be one of them?" Then relatively they start seeing, "No, no, no, no, that's not the life. There's something wrong." Because these people who are born like that are of a different calibre, of a different temperament, of a very different quality.

But they also gradually lose their quality when they get into the mundane life and when they accept other people so easily. They also accept that, "Oh, alright, whatever was there was ego. So this was too much of a ego in us. It was a colossal ego within us. By ego we dominated," So they say, "Alright. Let's go back." You try to become primitive. Now you cannot become primitive because the brain is not. Your brain is over-developed. Even if you try, you cannot become primitive because in a primitive man, thinking process is very little. While what you do, your only life, is nothing but thinking, thinking, thinking, thinking, thinking! Like two horns of thinking all the time growing out of you and creating a circle all around you! How can you become primitive? So also these are all only conceptions within ourselves or convictions that we'll become that.

By convictions, you do not become. Supposing I have convinced myself that I am the Queen of England. Will I become? Or I get an idea, conceive an idea, that I am this and this. Will I become? I have to become! I mean it is so simple as that, isn't it. It is so practical. You see, if I tell you that you have to have your tea, alright. Then you will say, "I have never had my tea. What about the tea?" Till you have it you have to have it. But you'll say, "No. Alright, as long I said I will have my tea, up to that point it's alright." [As if] I have had already. That kind of misconception we have: that without doing it we feel quite satisfied about it. And this is called as The Great Illusion of Kali Yuga, called as 'Mahamaya'. Is the greatest illusion is this - that human beings are made to believe what they are not. They accept such a situation, many a times. It's alright in a drama, [if] you are watching a very big hero, say, Napoleon fighting and Wellington fighting. Suddenly you feel, "Oh, I am Napoleon!" Maybe, alright.

But in real life also we get assumptions like that which are really falsehood which are not ourselves.

So we come to the point - what are we? Actually, what are we? If these are assumptions and conceptions, what are we? Really, what are we? And we are nothing but the Spirit. We are that Eternal Being within us, reflected, which is called as 'Spirit', the Atma. That is what we are. The rest of it has no meaning at all. For example, there's a lamp, which has no light in it - what will you do with it? Say there is a tube which has no light in it - what do you think about it? Supposing this machine is here and it doesn't work - what do you call it? A junk! In the same way, if we do not find out that light within us, if we do not enlighten ourselves with that light, we are not finding out our meaning, our purpose. We are wasting our life, either with our ego or with our conditioning.

Conditioning, of course, can be found out in no time. Very easy to find out the conditioning, which takes place through this left side channel, which is called as the Ida Nadi. It's a subtle channel within us called as 'Ida Nadi'. This is the power we have got by

which we desire. In Sanskrit, this one is called as 'Mahakali Power'. The power of desire, by which we desire. Desire does not have a materialised thing. People may desire to become the King of England but that's not so, isn't it. Just, it's a desire. So the power of desire comes through this one which is called as 'Mahakali'. This Power flows through in a channel called as 'Ida'. Now, the names are in Sanskrit. The trouble is [that] all this was discovered thousands of year back by seers who gave it a Sanskrit name. Also it has some meaning that these names they got it from the Unconscious. So these are not Sanskrit names but are the names actually of that thing. So this is the Ida nadi which manifests within us the power of desire. It is also called as 'Chandra Nadi' meaning the Line of Moon.

On the right hand side, you see another power by which we act, the power of action; called as the Mahasaraswati Power which resides within us as the power to act. In two ways, we act. And also power to act, to think. Like whatever we have to do, we think about it. So, it can be divided into two halves: one is when we act because of our physical capacities, and when we think, because of our rational capacity.

So these two powers reside within us in a very subtle way. And outside they express themselves in the gross as two sympathetic nervous systems, called as left and the right sympathetic nervous system. By the left sympathetic nervous system, we accept all the conditioning, which Freud has described, as conditioning, through this one, because it takes you to your past. So this represents the line of your past.

The right hand side one gives you the future. That is the one which gives us the idea of the future. For example, animals do not have much idea of the future. They mostly live with their conditioning. Only their left side is really developed, so much so, that the pineal body, which is in our brain, which controls our Left Side, is more developed in animals than in human beings. Then, as a human being, your Right Side starts working because we think, we speak, and we think of the future, [so] Right Side is developed.

With the conditioning, you develop a superego by which you can be a person who is very frightened, who takes aggressions from others, who are very subdued, over-subdued. You run away from your duties. You escape things. Lots of things are there if you are overdeveloped [on the] Left Side. But if you have overdeveloped [the] Right Side then you develop that horrible yellow thing like a bile called as Mr. Ego. And this ego today is quite prevalent everywhere and is a big problem because after Realisation we start seeing it and then we don't know whether to laugh or to cry the way things work out.

So this ego is also responsible for our funny behaviour towards others. Now the problem of ego is that people do not find it out till they really suffer badly. Because ego is something that doesn't give trouble to the individual so much, as to the society. It gives to the society. For example, such a place or a such a community where the ego is prevalent, the families will break and the societies will break, people will be extremely arrogant and troublemakers and they will be the ones who will have all kinds of aggressions on other countries and they will not allow anybody to aggress them. They will suppress other people. This is Mr. Ego working. So you do not find the mistake of the ego.

Ego can be developed with so many things by the society itself. Like you must have seen they always say that, "If you wear this dress you will look very nice." Now you think, "Ah, that's the one I should go in for. Oh, that's the one for me!" All such pampering of that ego can be worked out in a society, which is absolutely hovering with ego.

Now to say that ego is better or superego is better, I say both are equally the same, because both take you away from reality.

While reality is in the centre is the most beautiful thing, and that is you. These are artificial, two balloons. They can be punctured in no time and you could be yourself. They are just trying to put you down. Whether it is ego or superego, they are hiding your Spirit, which is in your heart.

Now we have an arrangement within us, which God has created within us, very beautiful - because He has created everything within us. We have not created anything within us. Even if you want one hair to grow, we cannot make it grow! I mean every thing He has done. We have done nothing about ourself or about nature. We cannot transform one flower into a fruit, that's what we are. But we think no end of ourselves because of Mr. Ego being there, you see. Because he makes us feel, "Oh! We are great!"

Some people even say, "How can there be God? After all, we have done this, we have done that!" Now, I ask them, "What have you done? Except for changing a chair to a table and table to a chair!" And then the chair sits on your head and the table also sits on your head because you cannot live without them.

The matter, which we have converted from dead to dead, is also giving us habits. So we have done nothing! To think that we have achieved something is really tomfoolery. But see in the nature, see everywhere - the living work of God is so evident. What a tremendous power is working it out. After all, you have become a human being from amoeba. How have you become? There must be some tremendous power that has done this. And what is that power? That is what we have to become.

Now within us also lies that special thing called as 'Kundalini' which is a three and a half coiled power within us, which is our germinating power. This power we have to awaken.

If this power is awakened, then She rises in the centre, in the present, integrating all these centres: one, two, three, four, five, six, seven centres. All of them representing our seven beings within us; also representing our growth in the evolutionary process, like the milestones, integrating all of them, enlightening them. And She takes us to that point where we become, again I say 'we become'! We do not assume. It's not a conception. You become. You become that. You become the Spirit. You become Realised. You get Realisation. It is not just talking about it. It has to happen.

If it does not happen, say, it does not happen to my own children, I will say, "It does not happen. What can I do about it? I cannot sprout your seed!" The seed has to be sprouted and sprouting has to take place. It's not a plastic seed. It is the real seed. And every real seed must be sprouted. And every real seed can be sprouted. But unless and until it is sprouted we cannot say that it is there. Now the sprouting of the seed takes place by the rising of the Kundalini, going through all these centres and piercing through this area called as the fontanel bone.

Now you know that you are 'baptised'. This bone is baptised here. But nobody knows what it means, the baptism. Christ has said, "You have to be born again." Now how many churches are doing that job? Only by giving a so-called blessing over here, do you get awakening of your Kundalini? I mean, let us face it! By going to any one of these Theological colleges and Theo (God) experts, can they produce this effect? Because this college is different. This is the college of God. Your authority doesn't come by wearing a particular type of a dress and the gown and standing very seriously and saying, "Alright, I bless you!" Who are you to bless? It's such a mockery going on! I mean, they have no right, they have no authority, they have no technique.

Same about Hindus in India: I mean, if you think that Hindus are sensible people, you are sadly mistaken. We have thugs, absolute thugs as Brahmins. They are not Brahmins, they are actually Roman soldiers born in India. You see their faces. In Benares, especially they look like Romans! Horribly dishonest and aggressive they are. It's all mockery going on in the name of God.

But when the Kundalini really rises before a person, who is an authorised person, you can see with your naked eyes the pulsation of the Kundalini in the triangular bone, even above it, wherever it is there. Now there are so many people here who have seen. In London, we have so many people who have seen it. But, still the question of ego is quite a lot; it's quite a lot because people can't believe it. They just don't want to believe it. They want to continue with their nonsense. They just don't want to get it. And also, they feel, "Why Mataji? Why should she do it?" I mean, I said, "Now if it is my lot, what am I to do? Now you better do it!" If you can take my place, I'll be very happy to settle down. Now, you know I have been travelling, travelling for months together. Now Portugal, from Portugal I came then this programme, that programme and it's too much! But what I feel that if supposing that's my work, I should do it, isn't it? And whatever is your work, you should do it! I mean, I don't feel that. You know so many other things [that] I do not know. I don't know even how to drive! I'm so bad at many things! So I do not feel bad. Why should you feel so bad if I know the work of Kundalini? Moreover, I do it out of love; just love, nothing but love. In that love I find also lots of happiness and that is what is essential.

I have come for that purpose only. It has to be done. If it is not done, what is going to happen to this human race? Nothing but destruction you can see it clearly, writ large. It's not a frivolous thing that we should give up. We have to understand that we have

to get transformed. The whole human race has to be transformed. And this is the Last Judgment today. It has started. You are going to be judged by your Kundalini. How? God is not going to weigh you, how many seers (an Indian measure equal to 1.25kg) you weigh. Like the way you have here beauty competitions.

It is the Kundalini, which is going to say how far you are. I have seen people in Birmingham before I have come. I found, I am sorry to say, but in Birmingham I have seen [that] people are very frivolous. They come to my programme, get their Realisation - finished! They are not bothered about it, to see what it is, what they have to do, why they got it. It's like Christ's parable that: you throw some seeds here and some seeds there and so many of them are just wasted.

It's such a sad tale of human callousness and lack of self-esteem. Absolutely, it is a very sad tale. You do not know what we are facing. And that's why people play with their lives in such a cheap way. It's most surprising. Tomorrow their children are going to teach them a lesson! And I don't know what's going to happen to your children.

So now, I have to request you to be attentive about it, to get to it, work it out, have it within you and know all the knowledge about yourself and about the Spirit.

It is a very simple thing to give Realisation but very difficult, in this country specially, to maintain it. So, for you, it is necessary to put in an effort after Realisation, not before. Before you cannot. Before that somebody will work it out. But after Realisation, you have to look after yourself, look after your being. This is what you have to see, this is what you have to have.

Now some people have been to some other things like I would say 'TM' (Transcendental 'Meditation') now. I went to Portugal. I was surprised the boys had nothing. They did not know what they were doing. They did not know they had no feeling, nothing. They did not know if they were Realised or not Realised, if I was Realised or not Realised. They had no sensitivity, they had no awareness developed, nothing! What they were doing was saying some 'mantra', and by saying that mantra, they were really cutting out all the sensitivities within them because these were artificial things. I mean, you can do it. Why take mantra? Even if you say, "Stone, stone, stone, stone, stone, stone," and go on saying for three months, you will be in the lunatic asylum. And the people from this TM now are coming as epilepsy. We have here two people who have come with epilepsy.

But I told them, "Why don't you tell your mantra?" They said, "Why do You want to know?" I said, "Because you are under that conditioning which I have to remove. I know already but you have to tell me to show the courage that you want to get rid of it." They said, "It's a secret." I said, "How can that be a secret?" What is secret in nature? Have you seen anything? See the ocean. See the flowers. The best is open. Absolutely the whole Brahma, the whole Truth is open. If it is not open, it is not Truth. If it is hidden, how can it be the Truth? Truth is light. It has to be transparent, absolutely clear-cut.

But this secrecy business can be only with thugs and with mafias and things like that, because they are afraid. They are afraid of the statues of God, of His laws. That's why it is a secret.

In nature or in any God's work, in any great man's life, what was secret? They were standing on top of the hills and mountains and shouting, "Be awakened, you the blind!" What was done secretly in Christ's life, I would like to know. Was there anything secretive in His lifetime? Why this kind of a secrecy working? Why not people understand?

It is important that human beings must know that the time has come for them to transform; to enter into the kingdom of God; to be the citizen of God; to be looked after by His angels and all-pervading Divine love.

He is a Father who is compassion and love. He forgives all our sins and everything because He wants us to have all His powers and all His beauty. You cannot understand a Father of that kind who is absolutely, impatiently waiting for you, who is so anxious. And that is the only concern He has out of everything that, "When are my children going to know me?"

At this stage, when we cling on to things, which are useless, and nonsense. You must know that, "What did we know in our awareness?" This is the only question you should ask yourself. Do I know what's the matter with this person? Do I know what's

the matter with me? If there is light, I will know. I will know the other person as well as myself. Supposing you have a light in your hand, you see yourself and you see the other person. But if there is light within you, you see your light and in your light you see the other person. That's what happens in Realisation that you get collectively conscious, you become collectively conscious. Again I say, you actualise that awareness. It is not that I tell you, you are all brothers and sisters but it just happens to you that you start feeling others on your fingertips. This is a very dynamic thing should happen to all of you.

It's not per chance I am here. It looks like that because my husband got elected to this post and I had to come from India. But it's not per chance. It is the tribute to this great country that I had to be here and tribute to my English children that I had to be here to look after you. For I must tell you, I have told so many people, and I must tell you - of course it should not give you ego but is a simple thing - that English young people are the best in the whole world. Among all the young people, they are sensible, scholarly, wise, logical. If you give them logic, they are sensible. But for Birmingham, I cannot say just now. Let's see how it works out. We have some very good high people, very great people but some. On the whole, England is the heart of the whole universe. From here, everything circulates.

You have no idea of this country. You have no esteem of this country. The way we have tortured our motherland here. I wish people could know. She is suffering within herself. Only Blake has cried, he has cried of Jerusalem and that's what I'm talking about. He could see that vision because he was that sensitive. He's the one who was a Realised soul, and he was that sensitive, He could feel it. And the way he has described, the way he has talked [about] the glory of this country.

All this inertia, all this lethargy, all these curses that are settling into this country are because of our foolishness and stupidity. You are the most dynamic people. And not only that, in spirituality you are very dynamic. For your spiritual work, you can be very, very dynamic. You are the ones who are going to throw away all the shackles of nonsense and you are the ones who are going to recreate a beautiful arena for the whole world.

That's why I am here. I have been here for six years, you won't believe that. And again I am here for six years, perhaps, I hope so. I hope something substantial will be done in all the parts where the English, who are my children, who are saints of the past, are born in this country. Receive this and settle into it and not waste the energy in the ego that your forefathers did: who were nonsensical, they just wasted their life! Because you are not the same. You are different people. You are people, very different. Your aspirations are different. Of course there were some great people also in the past, I am not saying that, but not so many as there are today. But they will be lost if they try to follow the mundane type of understanding of life. It is much subtler, much greater.

Unless and until you are Realised, you cannot understand what I am talking. Krishna has said, "yasa pashyati sa pashyati" ()(Bhagavad Geeta 5.5) (meaning) "The one who can see, can only see," [So] what's the use of talking to the blind?

And I went to see Mr. Mascaró (who translated Bhagavad Geeta into English), you might have heard his name from Cambridge and, aaah, the love and everything! The way he surrendered himself and absolutely. And he said, "Mother, ya sah pashyati sa pashyati!" The one who can see can only see. How many can see you? Can they see you?" I said, "I am sorry, not so many. I am sorry for them." He said, "I have a friend who has a Nobel Prize and he has developed this thing, and he's got a Nobel prize. Oh, he's so blind, he's so blind! He doesn't know Who has given him this power, how has he got this. Who has made this universe, he doesn't know. But how can you talk to him?" I said, "He'll come. He'll come when many will be there. Then they start thinking, "Oh, so many have gone? Let's also follow!"

But the transformation is the only way which is the most convincing.

If there is no transformation in you, who is going to believe in Sahaja Yoga or in me? Like many people who know me personally say that "You are unique. You are different. But we can't believe that you can transform people." I am not transforming. There is already all [the] arrangements there! All the cord is there, just to put to the plug to the mains! That's all I am doing. I am not transforming them! You are just ready for it and it works out.

So please take your Realisation. Maintain it. And receive that glory which is meant for you.

May God bless you.

Questions, please. Not nonsensical, "I read in a book of a tantric..." and this and that. All that I don't want to discuss any library and any controversial points. Please ask something sensible. And I think you will know what to ask.

Thank you. Thank you very much.

Without any fear, I am your Mother. I am not a guru. Absolutely, I am your Mother. You are your own guru. Only thing [is] I have to give you the keys of your gurudom, that's all.

Just ask me a very simple question, coming from simplicity, not complicated.

How many! I must say we got fifty people. Just I had gone for a wedding. Imagine, to have fifty people Realised. And such great love. You don't know how much. And the recognition is so great. I mean, I was amazed at those people. I think poverty is a blessing in a way.

Wonderful people, very beautiful.

Questions please.

I mean, many of you cannot think because your Kundalini has crossed this (Agnya). When it crosses Agnya, you cannot think. You go into thoughtless awareness, so you just cannot think. Even if you want, you cannot think, that's the problem. So just try to think!

This is your own Kundalini which is transforming.

In Australia today, I received a trunk call from Australia and they said, "Mother, we don't have to say anything about anything. Just the Kundalini does the job!" Now these Australians were supposed to be convicts and things! Imagine their children are doing such wonders! Much more than in England, for your information.

Two boys came to India, two of them, and they have got now two hundred people.

Hm, what is it, what is it?(Somebody asks a question.) What is he saying? "I, I, I" I only hear "I, I, I."

Yogi: He says there are lots of people he knows in Birmingham who feel in a similar way, that they have given up. They have been disappointed and given up.

Shri Mataji: What is disappointment? Is it selling something here? Your whole attitude is of ego. We are disappointment in you or in me?

Yogi: No he says other people, not him. People he knows.

Shri Mataji: What are they disappointed?

Seeker: They just talk about life and different things, you know. Things don't work out.

Shri Mataji: What is it? Related to them. No. Isn't it?

Seeker: A lot of people around us feel how confused and corrupt and other things, you know. And we are part of them. How I am now, I'll tell you the truth, I'm declining and I don't like it. This here, to me, is like a last chance, you know, for me trying to understand this world.

Shri Mataji: Alright. You are a very nice boy. And this should work out. Now what you said is correct but even if you want to love somebody, people don't like it. You see, they want to hate. This is possible. I do not say. But now how to make people love? Even when we love somebody, we do not love the way it should be Divine. The Divine love is something like the sap rising in the tree. It goes to every part of the tree, goes to all the flowers, doesn't get attached to any one and comes back. Supposing it gets attached to one flower, "This is my flower, my child, my son, my community, my, my, my." Alright? It's finished. The tree is finished, the flower is finished. Alright?

So the Divine love is, is all-pervading. It exists all the time. It articulates within us. But still we are not feeling it. Like I would say there is ether here. There are lots of scenes and sceneries here, but we cannot see. When you just plug a television, you start seeing them, catching them. In the same way, your television is not yet plugged, that's why people are disappointed. You are disappointed actually in yourself because you find that, "What is this instrument for?" Sometimes it is loved by somebody. Somebody it is thrown by somebody. Somebody tries to mishandle sometimes. Somebody wants to fondle it. What sort of an instrument is this one?

But then you reach a point where you become the Spirit, and the Spirit enjoys itself. The joy the Spirit has is enjoying itself all the time. Our Spirit is enjoying itself. It is not bothered whether other loves you or not. It doesn't bother. The Spirit in your heart enjoys itself. Alright? But what happens [is that] we are not aware of it. So when this thing happens to you, your attention becomes enlightened by that enjoyment of the Spirit and you enjoy. You become a different person all together. You forget all this. All these discriminations, nonsenses, everything drops out just like that because you become that Universal Being.

This is not talking only, my child, it is happening. It has to happen. When it will happen, you will see the whole world will be changed. That has to change.

After all, God never created some place here and some place there, He created one universe and one world. It is human beings madly, they have changed [it]. "Now this is your territory, this is mine!" It's all falsehood! To me it is a myth.

You know, till the end I had to go to Portugal. I had not taken my visa - can you imagine? - in the morning. Then they asked me, "What about your visa?" I said, "What visa?" "To Portugal." I said, "I never do. I have to take visa?" He said, "Of course you have to take a visa!" So in the morning, you see, everybody has to rush from my husband's office to get their visa. I just travel just like that. I thought, "What is the need?" Like a criminal carrying the number of your passport and everything. Isn't it funny? Imagine to a person like me who is absolutely naive in human affairs. It's absurd. Why to carry on this? After all, we are all human beings created by one God, on one Earth, in complete unison.

We are part and parcel of that one Primordial Being. We are cells in that body of that Great Being. And we are fragmented. That's why, once you know that you are the part of that, your fragmentation goes away and you become that. You become that. Then all your sense of security is established, all your self-esteem is established, all your glory comes to you and you start distributing it.

I say [that] this is the meeting point of capitalism into to communism. When you have no capitalism means in the sense you have no capital of your own. After all these capitals, all will vanish. This is useless. But the capital of your Spirit, when you have, you distribute. You give. That's the greatest communism. You can't live without it. You have to distribute your love. See if I don't get any human beings then I'll get some plants or something or some flowers, I'll try to love them. It's like that. Alright? You just wait and see.

And you get all of them who are disappointed for nothing at all. Their connections are loose still. I have to just screw them up a

little. Alright? (laughing)

Not to get disappointed my child the Reality is so beautiful. It's just lying ahead of us. Don't be worried. Everything is going to be alright. Alright?

May God bless you.

Now any other question? What a sweet thing to say, isn't it?

You want to ask some questions?

Lady seeker: Can you tell us about death?

Shri Mataji: Death?

Lady seeker: Yes

Shri Mataji: Now, why of all the things? Alright, I'll tell you.

Death doesn't exist. There's nothing like death. We are made of five cocoons, you see. One of them is the cocoon of food called as annamay kosha (- made from food). Only that drops out (on death). And also a little bit of water within us also drops out. The rest of it remains. Nothing to die! I wish we could die but we cannot! (laughing) It's just changing of cloths! Like when I came to Birmingham, I just changed my clothes in the hotel and came here: to be refreshed, to be new. It's just like that. As our clothes become dirty, we change them, or become old, we just change it. That's all.

Death doesn't exist, it's a myth. But we believe - you see, this is another conception - that by dying we solve the problem. Like we had some Swedish girls, much younger, seventeen year old girls and they had vibrations just like a dead body! I was amazed. I called them in my house and I said, "What's the matter with you? Why are you having such vibrations? What are you doing? What is your pastime?" They said, "Mother, our main thing is that we are planning how to commit suicide!" Can you imagine? Sweden, the most affluent country. The young girls of seventeen years, blossoming like flowers, should think of their death. Why? Because what does not die, is your Spirit. You seek your Spirit. That's why people want death because they have not found that eternal thing. Nothing dies. It's a myth. You should think of life and of eternal life.

If we really want to be sensible, we should really not think of death because then we go onto the left hand side, onto the subconscious, then into the collective subconscious. Like these, you must have seen these supernatural business going on, you see, and then you can be possessed by them and you can be very much in trouble. Now practically every day I must be driving them out in thousands, can you imagine? Yesterday I went to a place where there were all installed there very nicely, some old johnnies sitting there still. I said, "Now, why don't you depart and take your births? Or go to your own places?" They just don't want to go. They act as, what you call, these spirits and things like that. So forget it. We have to live in the present because it's the most beautiful thing, absolutely beauty. What is in death? Nothing to be so serious. Cheerfulness is the sign of life.

What are you all upset about so much? What is your problem? Now tell me. All the problems can be solved if you get your Realisation, believe me, even so called material problems. Not to that extent. You will not become [Mr.] Fords but you will be satisfied souls and also you will have sufficient. "Yoga kshema vahanmyaham", Krishna has said. (meaning) "When you get your yoga, I look after your wellbeing." Your physical, mental, emotional and your material, everything He looks after. Alright? It's assured!

Seeker: Now matter which way it comes to you and it's true, you recognise the person.

Shri Mataji: You do recognise? May God bless you for that. You are very sensitive because people don't. If they had recognised,

why did they crucify Christ? Just imagine these thugs whom we are giving so much of money and people are going to them, and the nonsensical people, how they are using your women and all sorts of life they are leading, and how we have surrendered to them with all of our intelligence and rationality and to Christ? What did we give Him is a cross?

You have to really have a proper sensitivity to understand Truth, really. Otherwise normally people are naive. If somebody comes with two horns, they like that person much more than a normal person. One must carry a circus, you know! The circus is on.

Truth is something which doesn't require any adoration with it - nothing. It shines by itself. And there are many Realised-souls born on this land of your England like these children are. They are all born realised and they have feelings and some of them are born with the knowledge of Kundalini - many, many. You don't know what dynamic people are going to [be] born in this country, very dynamic. We have already had a birth of a very dynamic person in London. Ask these children. They are must be getting cool breeze. Are you getting cool breeze my children? In the hand? Is he? What is he saying?

Yogini: Not too cool

Shri Mataji: Not too good? But still it is coming, yah? See they never will be satisfied because other vibrations are also here.

Now, what about you? Let's see. Just see, not yet? Put your hands just like this. Let's see?

Please put your hands like this. Just like that. Put both the feet straight and sit very comfortably but with a little alertness. Straight, like this. Just like this. You start receiving that through your fingers. And an invitation is sent to the Kundalini when She rises.

And now close your eyes. Please close your eyes.

Now what happens is that you start feeling a cool breeze on your hand, through your fingers. A kind of a cool breeze which is known as "The cool breeze of the Holy Ghost". That is the first thing, that's the first symptom.

Put your both the feet on the ground. Touching [the ground] if possible. If they cannot touch, it's alright, but normally [they should]. And little apart.

Don't open your eyes. Just keep them [closed]. It will be alright.

Do not think. Do not think.

Thinking should be finished. If it is not finished then open your eyes and watch me. If there is no thought coming then it is alright. Just open your eyes and watch me without thinking. You can do it.

Better?

Watch me without thinking.

Got a Hamsa [catch].

Now don't worry about declining and all that. Alright?

Don't feel guilty about anything. Because I am talking about the ocean of love. You see, you are standing before the ocean. Now what is your guilt? It's just a spec. Alright? Now forget it.

Close your eyes.

Now don't think about any guilts or anything like that. That's a nonsensical thing, absolutely nonsensical because compared to the ocean of forgiveness, what is a guilt? Just forget it. You are going to just get it. It's freely being distributed. It's your own.

Do not condemn yourself.

This is the temple of God. Love yourself, first of all, respect.

Now better.

Close your eyes my child. Close your eyes.

You must get it to understand everything.

We have to forgive others. Just forgive. We must know that it's a myth. If we do not forgive, also, we are just torturing ourselves. We are not torturing anybody else. Just forgive everyone. Just say, "I forgive." Then only we can ask for forgiveness, isn't it?

You just forgive and then ask for forgiveness from God, that, "By mistake if I have done any mistake, by any sort of aggression or any torture, or anything - please forgive me." And He forgives. Just forgive.

Ask for His forgiveness and He'll forgive. Nothing needed. Just to ask for it and He will do it. But do not condemn yourself because your Father, the almighty Lord has created you and He cannot make any mistakes. You might have done some wrong but doesn't matter.

Sakshat Shiva Parvati, Om Sakshat Shiva Parvati, Om Sakshat Shiva Parvati

Om Sakshat Atmam, Om Sakshat Atmam.

Please pay attention to your heart now. And just say, "I am the Spirit."

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Finding Out The Truth

Public Program

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No I was just waiting; I thought what has happened. Sorry for this, for the confusion. I was just trying to find out. I am really sorry. "David spoke, did he?" David must have told you what I am going to talk about, the introduction. I am talking about the truth. And the truth we must find out. We have been used to talking about it quite a lot. People have told what is truth is. Many have said that this is the truth. The truth is that you are the instrument of God, that you have to become one with God, that you have to be born again. But then, it's just saying that. It has not been actualized so far. It has to be actualized; that's the main point you see. Because talk talk talk talk talk has led us nowhere. And because of talk, people could give so many interpretations of the truth.

Truth is one, single, and it can never be misinterpreted. To know the truth it is essential that whatever human awareness we have got, it has to be expanded. There is something still lacking in that awareness by which we cannot know God, we cannot know the truth. And that is why Christ has said you have to be born again. All of them have said. Mohammed Sahib has said that you have to become a Pir. Hindus say that you have to become a brahmin. Means you have to be born again. Dwija means you have to be born again. Now what are they talking about? All the time when they say you have to be born again, then there must be some truth about it. All of them all over the world cannot talk of the same thing. There must be something they are trying to tell - that we are not at that point where we can see the truth. Like Krishna has said that those who can see can see, those who cannot see cannot see. Means there is something that is less in us that we cannot see. Something beyond has to happen within us by which we can see.

First of all, to know God you have to know your Spirit. Without knowing your Spirit you cannot know God. When you say that "Yes I know," what is your I? Who is this I? Which part of you is this I which knows? This I is not your Spirit. It could be your conditioning or could be your ego. Could be anything but it is not your Spirit. When you know through Spirit, you know it as an actualization. Within you lies this power, the dormant power, which is responsible for giving you your second birth. Is the germinating power within you. Like you have a connection for every instrument. In the same way you have got this germinating power with in you, which has to rise to connect you with that all pervading subtle power of God through your Spirit. Once you feel that power within you, you can actually feel it in your central nervous system flowing from your fingers, from your hand, from your feet, from your being. In the beginning you just feel it flowing from your hand.

Now you can see this pulsation of this Kundalini with your naked eyes. Actually you can see it when It is rising. You can feel the rising of It. You can feel the throbbing here and when the throbbing stops, immediately you become absolutely relaxed and you start feeling this cool breeze flowing from you. Before the Kundalini crosses this, you have all your thoughts around you. But as soon as She pierces this center, which is placed in the pituitary and the pineal body, in between there, at that crossing point of optic chiasma there is a subtle centre, when it pierces that then you your thoughts stop. Means you can see your thoughts. You become thoughtlessly aware. You do not go into trance or anything but you are thoughtlessly aware.

When it pierces through your fontanel bone area, which we call as baptism, this is called as Brahmarandra in Sanskrit means opening to the Brahma to the Divine Power. This hole where we baptize, also must have heard people baptizing and many people are baptized like that. But that's all artificial because they have no authority. Even if they touch here and touch there makes no difference because from them the power is not flowing. The power has to flow. If there is no power, it has no meaning. But this power is the power of Divine Love. When that pierces, the Kundalini pierces this, then you feel a cool sensation comes over. You

feel as if you have got rid of all your tensions and problems, as if you have become a witness of your life. Depends on what sort of a personality you have. Some people get a very deep experience but some do not. Some people don't get Realization, may even get pat [? Not clear] by the Kundalini. Because supposing you have some problems down below, Kundalini rushes out at the first outset. But She comes back again to repair the different parts, the different beings within you. When She rises, She integrates you. Completely integrates all your beings. These are all different steps of your evolution. She integrates all of them. She supplies energy to sympathetic nervous system by which She gives you recovery from ill health, mental tensions, mental problems. So many people have been cured like that as a by-product. But Kundalini awakening is a process or a method which is employed by nature in human beings to know God, to know spirit.

As a by-product these things happen. It is not for the curing of people but as a by-product. Like, supposing I am coming to this house or room or like that, how they have decorated this, cleaned it. In the same way, if God has to be established in your heart, if He is to be awakened, your body is cleansed and as a result of that cleansing you get this curing. But it is not a curing by mental effort, by suggestions that "You are all right, you are better," and all those things. It's not psychological. It's a happening, it's an actualization.

Now when the Kundalini pierces through your fontanel bone area, in your hand you start feeling the cool breeze. It is now accepted in the medical science that these fingers and these portions represent your sympathetic plexuses. But here you can see that. But after Realization you find that they have become awakened. Through them you can start feeling your self and others. For example, now those who are realized, they are just like you to look at but they are realized - they can feel your chakras. And you will also - when you are realized, you can start feeling your own chakras and the chakras of other people. This is enlightenment - that you start seeing it as an actualization. It is not that you say, "All right, I may be feeling, may not be feeling." It is not that. It's... actually you feel it in a big way and you start judging it and finding it out by which you can relate yourself to the absolute questions.

For example, if you want to know if there is God or not, as if like a computer you get connected with that Divine Power. And now you ask just a question "Is there God?" And you get a tremendous flow of cool breeze in your hand. This is known as the cool breeze of the Holy Ghost. All this is described in all the scriptures. But only thing in some scriptures it is described in a very mystic manner, like in the Bible, because people were so foolish. Even when people did not talk much about it, Christ was crucified within few years time. Such stupid people lived there that they wouldn't accept this.

But in India, lot of secret work has been done on this subject for thousands of years and they have talked about it. They have a name for Christ. They have predicted His coming and every thing has been there. They have predicted about Mohammed and every one because they are all one. Only people who are foolish and stupid, can't see, see them as different. All these great incarnations have come as flowers on one tree. But when we remove the flowers, they become ugly and they become separated. Not only that but they are dead flowers. And then we start fighting: "This is my flower, this is my flower". Otherwise they are all connected with each other absolutely. You can see this is the tree of life described in the Bible. And this is the tree of life if you understand. You can see that at the culmination of it with a real lotus of one thousand petals that resides in our limbic area here. Around limbic area this petal is there. And this is the most important centre now because it has got all the centers represented inside it. All the seven centers which you see here are represented in the brain.

For example, you start from here, now this is the center at the back. The first centre is represented here at the back, one centre. Then the second one is the centre, that yellow one you see, is represented here. The third one is the Nabhi is represented here. The fourth one, which is the Heart, is represented here through which the Kundalini passes. So heart is the most important thing; if you have no heart it won't work out. If you have a frozen heart, if you have no love, it won't work out. So at the heart point only it pierces out, and you can see the pulsation there before it pierces out. In front of that is the fifth center called as the Vishuddhi which is here, is placed about here, is the Vishuddhi. And then this is the centre Agnya. This is the centre here as well as it is the centre placed in the same place inside the brain. Like that you have all the seven centers in our limbic area up. And these seven centers are controlled by the heart. The heart controls all these seven centers. It is the heart which controls the brain and not brain that controls the heart.

We are going the other way round. We cannot control our heart, can we? We cannot control our heart but we can control our thinking. We can control our projections and things. But we cannot control our heart. Heart works on its own, it is independent. Now this independent organ, which is heart, has got the spirit in it. So far we have never known the joy of our spirit. It is the spirit that enjoys itself, and when our attention becomes one with that spirit we also get that joy.

Normally we will say we are happy or we are unhappy. I have met some people who told Me, "Oh we went to that Guru we were very happy." I said, "You could be happy in the pub also. What is happiness?" Happiness is not the way to judge any one, neither unhappiness. Unhappiness comes to you through this super ego and happiness through this ego. But joy has no double face, joy is joy. In joy, you witness, you witness the whole thing. And when you are joyous you feel the whole thing, the joy itself coming on you like grace falling on to you. It's so beautiful that you just get lost into it.

Now the time has come; the blossom time has come for many people to get Realization. They have to get it. This is predicted, the time has come that you all have to get Realization. This is actually the last judgment. But the last judgment is not going to start by the way people think it to be - like we will be put into these weighing pans and weighed. It is not that way. It is going to be through some sort of a happening within us and that happening is this Kundalini awakening. When the Kundalini awakening takes place, we start judging ourselves, leave alone others. We start judging ourselves, we start knowing ourselves. Where are we? What are we catching? What is the problem? Where, what is the centre catching? And you start correcting yourself.

God is the ocean of compassion. He is not going to just throw you in the dust for nothing at all. He is going to give you full chance to improve yourself, to develop yourself, to mature yourself. He is going to look after you. He is your father who loves you the most. And He wants you to share all His powers and every thing and enter into His kingdom. But are we seeking that kingdom? If you are seeking, which is the way? It is through our heart if you are seeking, it works out. God has already planned everything so beautifully within us; every thing is done so well.

But we are extremist. We go to extremes; either we go to the left side or to the right side. Either we are over-ambitious or we are slow, we are slow (and) we don't want to take every thing upon ourselves. This type of behavior in life leads us away from the central path, the central path of ascent, and that's how there are problems within us. Of course these problems can be solved, resolved, and every thing can be done. The Kundalini looks after you and you do get your Realization. I mean, so far I have seen wherever I have traveled, even in Glasgow yesterday, except for one or two people everybody got it. Everybody got their Realization. But then you take time to establish it and that (establishment) should be done.

For example, a cancer disease cannot be cured by any thing else but this. This is the only way. This is the only way cancer can be cured. Cancer is setting within us every moment, every moment it is setting within us because of the sympathetic activity. We are all the time working out this or that (and) going to the extremes. And with the extremes sometimes it so happens that one cell becomes more active than the others. Again it is brought to the normal through the activity of the parasympathetic which is in the center. But it so happens that you just sometimes get lost because of too much activity.

For example, say this is the left side and this is the right side and both are working. Now if some... by any chance one starts moving too much and extracting too much energy, this connection breaks. And when this connection breaks, what happens (is) that this becomes on its own, this becomes on its own. When it becomes on its own you become segmented and fragmented like a cell, and that cell then starts moving on its own. Like, we are too segmented and very much fragmented in our society. We are so much fragmented that we are just like cancer cells. We are growing, we think "Oh we have achieved so much, we have achieved so much of thing and we are so successful," this that. But I think that's not the success, that's a cancer.

Success is when the whole gets enlightened. When you become one with the whole, that's the real success. To be one with the whole is the real success. And when that success is achieved, then you really enjoy that growth - that growth of your awareness which makes you one with the whole. That is what you have to know, is to become your whole. You are just a fragment, a segment, a cell. You have to become the whole and that can be done only through this connection. It is all being done, before also for thousands of years.

But on the tree of life there were very few people to begin with, one or two. And those who were also like that, were crucified, murdered, or butchered. Nobody wanted to accept them. Imagine Christ had only twelve disciples who were not even realized souls. They were fishermen. How could you talk to them about Kundalini? Just ordinary fishermen. And He lived there for four years and when they crucified Him and when He was resurrected then only they believed Him. Before that they would not. So His life was some how useless to them because they could not get their Realization from Him.

In the same way, all the great real saints have been tortured and troubled by society. Never people accepted the truth; even today it is so. I have seen people who are false have a better turnover as they say than the people who are truthful. There was one very good guru in Bengal and I asked him, "Why don't you go to America?" And within three days he returned back from New York. He told Me, "Nothing doing, I am going back home. I am not going work out with these people, I have no patience. They are very ignorant. They don't want the truth; they want some sort of a circus. Let them have the circus." This is what it is. See some people want to fly in the air, some people want to jump, some want to become naked. All these things you can do in any case. What is there so great?

You have to get something that is beyond, something special, something unique that happens to you, by which you become one with the whole. This is what should be asked for, not for all other things that people ask for. Isn't it? That's the truth. You have to achieve it, to be in your collective consciousness. Today the time has been too much and I think we should work it out. If it works out, it is a good thing. That's the best thing that should happen. But if you have any question, I don't mind answering.

You got some water?

[Question: Mataji, after the experience of Kundalini and presuming the experiences of unity in consciousness, one has to start assuming go back and start working on the [Inaudible]....subtle system. Is this period of time that we are going through quickening this particular cleaning or do we have to spend still a life time?]

Mother: That's what may be with others, not with me. I am quite an expert; I have jet Kundalini. May be with others - those who are naive. I am sorry it is so. What can I do? I have mastered this. You see it depends on what sort of an engineer you are, isn't it? May be I am quite an expert. Some people, supposing villagers, they come to the city and put their fingers in the in the plugs and say that the electricity gives you shocks. They do not know anything. Some people have written books like that, you will be amazed, about Kundalini. I was amazed. How could they write books? They have just got shocks from the Kundalini, and they have written about shocks. You must have read yourselves some books like that. They are absolutely naive; they don't know anything about Kundalini. First of all, the person who deals with Kundalini has to be a loving person, absolutely love, and should be a holy person. He cannot be a person who is making money out of Kundalini awakening. How can you? How can you...

How can you do something that is Divine? Even living - you cannot do that by giving money. Can you transform a flower into a fruit by giving money to it? It's a living thing, it's a living thing. And this, one who knows and one who is an... authority is a bad word, I would not say because it is not a good word to express that. But the one who is in it, the one whose job is this, can do it.

This is all they are talking is that these are your karmas, you must clean... Then why do you have a guru? I don't understand. If you have to clean our karmas and you have to do this, then why have a guru? It is better to pickle them. And so many are there just making money out of you. Just, just imagine what they are doing. Befooling to the last. You can't imagine to what amount they have befooled people in this country, in a way, in America too. They are teaching them to fly they are... I mean, all sorts of things they are doing. If you listen to the stories of the people who have been to them, you will not know how to stop your laughter.

It's such a simple thing. It is simple for Me because that's My job. Like, when you put some seed in the mother earth, she sprouts the seed. That's her job; that's her style. See, but if you do anything to the seed otherwise, you make it hang up and down and do anything like that, it won't sprout. Then people say it takes hours and ages. It will. Put it in the mother's womb and it can be done.

That's the nature - to do it. In the same way, it's My nature, perhaps, maybe.

Question: I have experienced the joy.

Mother: Pardon?

Question: I have experienced the joy...

Mother: You are? Good, great; just enjoy it. That's your own right to have it. You all were saints seeking God, sometimes long-long time back. The time has come for you to take. But you must accept the truth. Why are you running after falsehood? People are running after falsehood, then what to do? Then they suffer, then they come to Me. Then I have to cure them, put them right, do this, do that, and then they get it. It is so simple; after all, you have become a human being by doing nothing at all. From amoeba to this stage who has made you? You just become that, isn't it? What are you going to do now, standing on your heads and doing all these things? What is so difficult about it? I can't understand.

It's all done for you. How much is done for you? See in the nature, how much God has done for us. Why should Kundalini trouble you? Also, some people say that you start jumping like a frog if the Kundalini awakens. Do you know that? One gentleman who came was sitting with his feet like this towards Me. So people said, "No, you can't put your feet towards Mother like that."

So he said, "No, no, I cannot sit otherwise."

I said, "Why?"

He said, "My Kundalini is awakened and I am jumping like a frog."

So I said, "Are you going to become a frog now that you are jumping like a frog?" It's, it should be logical, it should be logical. You are not going to become a frog, or a bird to fly in the air. You are going to become a person with a higher awareness of collective consciousness. You are going to become, again I say that. All right?

Did you gave them Realization or something? Some of them have got it already.

It's so simple. In a split of a second the Kundalini rises. Just like that. But there are problems on the way, sometimes you see, so She stops. Otherwise, it is the easiest thing to do, just to raise the Kundalini, if the people are simple. If they are complicated, there is a problem. In India in the villages... not in the cities you see, cities all the thugs are there. But in the villages, thousands of them get their Realization just like that. You see the whole blossom, as if all of them are converting themselves, transforming themselves into fruits. Just see that.

All right, lets have your hands like that. Close your eyes please, just close your eyes.

First of all, if you watch your thoughts, you will find there are no thoughts in your mind. If you want to think, you can think. But you will find that there are no thoughts. And then you will find a kind of a cool breeze coming in your hand. Some people might feel a little tingling or like that, doesn't matter.

Are you feeling the cool breeze?

Jara Dekho, Sar pe Dhire Dhire Hath Rakh ke [Hindi meaning 'Just see, by moving your hand slowly over the head']. David, just see. Keep your hands open. You have got it. Just fills Mother [not clear], you can see that so clearly. Now you got it. Inko dekho... Hogaya? [Hindi meaning 'Look after him...Has it happened?'] He has got it. Got it, it's going up. You got it too. Inkeliye. [Hindi meaning 'I am talking about him.']

Enjoy yourself, close your eyes, just enjoy. Don't think about it. Just allow it to work out. Growth has started. Don't think about it, just leave it; you found it. Just leave it grow, leave it to grow. Got it, he has got it.

Just feel her. Just, just feel her. Can you feel above, on her head? You just put your hand and see. This lady here. Yes. Please put both your hands towards Me, like this straight, yes. It will work out. Do not think. Just think... if you have to think you just say that "I forgive everyone". That's all. Just forgive. You have to forgive, just forgive. You have to forgive. May God bless you.

Don't cry my child, now you found it. Don't cry. Don't cry. See how much we have to do in this world. Now the meaning of your life is coming through.

Phillip. Got it? Very good. Now you have a meaning and a purpose. Forgive, just forgive, forgive, forgive every one, you have to forgive. As I was saying that if you don't forgive, actually we are playing into the hands of people who have troubled us. We are harming ourselves by not forgiving. Just forgive.

Question: Actually I have not felt the cool breeze here...

Mother: There? Yes, yes. It will work out. Just raise it. "What do you say Phil?"

Phil: There is some heat coming out.

Mother: All right, all right. Let it come. Let it come out. Just enjoy yourself, just enjoy. Do not think about it; sit very comfortably. You can put your hands on your lap. Just enjoy; enjoyment is the thing which is lacking in life. It is all right, good... great. Just forgive, just forgive. See this gentleman. He got it also; see this gentleman.

Do not think, do not think. Better now? Hahn [Hindi meaning 'Yes!']. Now it's better.

Good. Great! Dono ke Bahut Achha. [Hindi meaning 'It was good with both of them'] It's good.

Better? Now you feel relaxed.

1980-0818, The Dangers of Inertia

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The Dangers Of Inertia

Public Program

Caxton Hall, London (England)

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The Dangers of Inertia, Caxton Hall, London (UK), 18 August 1980.

Sahaja Yoga is the synthesis of all the Yogas. Only thing [is] human beings have a wrong notion that they can do something about it. It's all built in them. Like any good instrument it's all built in and as soon as the Kundalini starts She starts working it out. And all these gadgets within us go into motion and they create that state within us by which the Kundalini rises within you.

Perhaps, we take it for granted, Kundalini rising so much because we do not see all that's happening within.

(Talking to a mother with a child) Can you take him out? He's so happy that I don't feel [he's] disturbing but everybody [else] is disturbed.

Rising of the Kundalini is the easiest for Me. No problem. Even working out those gadgets as I called them - chakras and their different movements, constrictions and dilatation at a particular point when Kundalini is coming up - is not difficult. But there are two other channels within us, which you know very well, which act our sympathetic nervous system. Which can be quite in trouble because of various conditionings within us. For example, some people have, say, a small conditioning like going to a spiritualist. Take a position, a very simple thing like going to a spiritualist. Now you ask the person, "Have you been to a spiritualist?" Because if you find burning on the left Swadishthana and the heart catching a little, it's definitely he has been to somebody like that, which is unauthorised. If you do something unauthorised you can feel it on your Swadishthana, that the person has been there. Now see, just say that he has been there, to a spiritualist, you can work it out by giving the bandhan to the spiritualist whose name he might tell. Even if he doesn't tell it can work out. It is that subtle and it works that subtle. But that much one has to say.

Now, the reason for all this is this: that at this stage when you are getting Realisation, you are human beings, the highest that the Creation has created, highest. And that you have the freedom to choose the Good or the Bad. This choice must be made by you. If you make that willing choice, then Kundalini is the easiest thing for Me or for anyone of you. But if there is hesitation about it, for example, a person may say, "Oh, so what's wrong? I went only for one day." Anything like that, Kundalini goes back. She is a sensitive thing, extremely sensitive: any kind of refusal to Her or denial to Her She goes down.

And this is something if you understand that we are human beings and we are the highest, highest in the Creation. We have no self-esteem, I tell you. Human beings have no self-esteem. If they had, they would not have behaved like this. The way we are torturing ourselves, torturing others, I mean doing all kinds of nonsense. If they had that understanding of themselves there would have been no problem, but they do not have. Only when it comes to Kundalini, then they have all their esteem. Most surprising! Then they will say, "Why not? What's wrong?" Anything you say that time, that's the time they should be most surrendering, that's the time they'll argue!

It's human nature! Otherwise they will not argue, if you ask them, "Will you come to the pub?" "Yes, why not?" They'll never argue. Have you heard anybody saying that? Me even, I mean I tell you, I dare not. Say, people come to My house for a party and thing, My husband has to offer them drinks because they won't talk to us if you do not offer them drinks. That's the thing in England. In India I never would allow anybody to even bring any bottles in the house. But here they said, "English won't talk to you if you don't have bottles in the house! How can you do it, it's not a house if there is no bottle!" That's the part of the culture, the base of it. But

I dare not say even once. They will say "Why don't you drink? Is it not allowed in your religion? Why don't you drink?" But if I say, "Why do you drink?", finished! I have no manners. (Laughter) I am most unmannerly person going round! You see My point? You are not supposed to say these things, you are not supposed to discuss these things. But if you say some sort of a dirty joke, really everybody will be very happy. There is nothing like indecency indecorum in those things. But it is indecent to say something decent!

In the same way in Kundalini it happens that when it comes to actual Kundalini rising, one should be in the most humble manner, "Oh, God!" Just see the time, the moment has come for you to get what it is. That time they'll be arrogantly like this, you see, sitting, "No, it doesn't happen to me!" As if it's a very great thing it's not happening to you! Just imagine!

It would be like a king sitting on a throne and somebody is trying to put the crown on the head and the person says, "Oh, it doesn't fit me at all!" It's that silly, you know. But it is so. And this is why the Kundalini, the Kundalini doesn't rise and She stops. And once She is that way, little bit insulted She feels hesitant. You see, like a guest who has come into your house, if you put a punch on the nose, it will take time for you to patch up the whole thing, isn't it? And that patching up is just so slow, I mean people just don't believe in patching up anything. And that's why the Kundalini is so disturbing. It is so disturbing.

One should understand that She is extremely sensitive, She is your self-respect. Any fun you make out of Her is a waste: you are wasting yourself, you are wasting the energy of the Kundalini, you are stopping your Realisation. It is very important to understand that She is Knowledge. Whatever you have read so far is not knowledge, is Avidya. Humility must come to you for that, very important. You might have read thousands of books, makes no difference to the Kundalini. She is Knowledge. That time all your knowledge will come, "Mother, I've read in this book this is written, that is written," Finished! [Then] your Realisation is a very difficult thing.

I'm here sitting down, "Oh please, have your Realisation, don't disturb Her". I'm sitting in between like a mediator, you see, between Her and you, "Now, don't disturb Her". Here you are, suddenly you come out with a special announcement that, "I've read such and such book" and that book must be from some bhoot or somebody horrible, has to be. And then you come out, "I've read that book and such and such, it says so...", finished.

Here we are talking of actualisation, of getting Realisation, not of books. You have to forget what you have been going through. You have to forget what you have been doing so far for Kundalini. You have to forget all those things you have had so far through your gurus and this and that, and all other sorts of nonsense. You have to forget all that and you have to think it's a very simple abode of your Mother where you have come just to have your food. Please come and be seated and have your food. With that simplicity of heart only, the Kundalini will react. If you are a lord of some place, Kundalini will say "Alright, go and be a lord." Kundalini is not bothered about you. She knows who is arrogant, She knows who is humble, She knows who wants Realisation. She has been recording everything what you have been doing since long, since ages, since many lives. So She knows everything. And if She even now finds the same thing, She just refuses to rise. I've seen it's a common experience: if somebody doesn't get Realisation, he feels very proud, "Oh, I'm not mesmerised!" I said, "Is it mesmerism, is it?" If through mesmerism you could cure cancer, then I think mesmerism is a good idea, if it is mesmerism! (laughing)

So first of all, before getting Realisation, one has to know that this is what you are seeking, this is what you have to have and the Kundalini is the only thing that is going to transform you. There's no doubt about it. But even when you come to that point of Kundalini, people have read books on Kundalini also. And everything they've read, already, they have sorted out everything already! So, then they ask, "Then what about that book? It says so..." Now you see for yourself, why don't you see what it is like!

But in seeing also you have to be humble. Those people who have come to us with humility, with innocence, have got Realisation very well, and they've established it. They have got it at a time, some of them, who were just dying, just dying, they came to Me at the time they were in coma. But they have established themselves because they were true seekers. If you have to seek the Truth, you have to be truthful also. And if you are truthful you will see that this is truthful.

There is no hanky-panky in Sahaja Yoga, you cannot have. There is no befooling or anything. That's not possible. The Kundalini

has to rise, She has to give you Realisation, She has to get you alright. No other certificate is needed. This is the main certificate you have to have - that you get your Realisation, you feel your vibrations, not others. Some other people can feel it.

The other day we had a very unique experience and there was a gentleman and the Kundalini was trying to push the Sahasrara and the whole Grace was flowing on him as if like a fountain coming out of here, and nothing was going into his being. Can you imagine! The Grace, just pouring onto that dumb fellow. It was all falling on all the sides but nothing going into him! And the fellow was very proud, "Oh, nothing is happening to me!" you see. I said, "Look at this man!"

The Grace has to be accepted. With folded hands one has to get it. With humility. How can we be arrogant when the Grace is coming on you? Is it sensible, is that good manners, by any chance? One has to be extremely humble. That will show to the Kundalini that you want it, that you want to have it. At the smallest of points it has been stopped. Like I would say, if a little thing goes into the eyes, you cannot see the whole sky. In the same way, a very small thing, a very, very small thing can stop the movement of the Kundalini. And that small thing, if somebody says, "Ask this question. Please ask and get it. This is your due," you have to just, to be humble. If you cannot be humble it is not going to work out. That's something so simple but it's difficult for people to be simple.

Seeker: The word 'humble' is misunderstood in England, I think, a lot. Does humble mean "no intellectual arrogance"?

Shri Mataji: No intellectual arrogance? Is a good idea, I tell you! Intellectual arrogance now...

Can you open the windows, please? Windows a little bit more. That you can open. There are so many people are here.

...that's a good idea! Now, let's see intellectuals. Oh, God! I've had enough of them! (laughing) Even the name gives you heat, I tell you. Now, let's see the intellectuals, the rationality. Rationality has lead us where? Just think over it. Rationality is nothing but your brain's own imagination. You can rationalise everything. "What's wrong?" What's wrong in anything? People are killing their own children, "What's wrong? What's wrong, tell Me? Basically, what's wrong?" I mean, they are their own children, they have produced it, they are killing it, they can produce more, what's wrong? Tomorrow, you will be amazed, there will be people coming out to say that, "If we kill our children you have no business to say anything!" People will come and fight the law that, "If they are our children we can kill them. We have produced them. We can produce more children. What's wrong?"

You see, rationality can give all kinds of absurd ideas. But it is not wisdom. It is not wisdom, it's not logical. Everything has to be logical. Sahaja Yoga is Absolute logic. Rationality is limited, but logic is not. When you sit down with the logic you can see that you have given birth to a child, he has a right to live and you have no right to kill - that's the logic. If you have right to kill then it is also rightful to kill you, because you are a child of somebody else, if your father kills you, is it all right? Reverse it back. That is logic.

So, the so-called intellectuals, where have they reached? That's all nonsense. They've reached at a nonsensical point. Take any, any realm, say take politics. Of course I've nothing to do with it because it is absurd, it's a myth for Me. They are just playing with shadows. There's no Reality in it! None of the politics has any Reality in it which is today existing whether it is capitalism or communism or anything. Because they have not yet found out the Real Laws. They have not yet found out the Power which governs the world. Only it is the Kingdom of God that can have some politics and is the natural politics. They are fighting about communism to capitalism. What sort of capitalism we have here and what sort of communism they have here? From fire to frying pan like that. It's all useless, absolutely mythical. Man has not yet achieved that state where he can decide about his politics.

After Realisation, you know that you have powers, you become a capitalist. And you have to distribute it [so] you become a communist. You become both, you have to be a communist and you have to be a capitalist and you are very happy that you are a capitalist because you can be communist. If you don't have your own powers, how are you going to distribute it?

The whole priority is changed and a big difference comes in. When you do not know your powers, when you do not know that

there is All-pervading Power beyond, then what are you discussing here? It is something like, you have no money in the bank, there is no market available and you are just discussing here what to buy!

So, this intellectual business is a mythical thing, is nothing but a myth. It's just a myth, believe Me. It is nothing but a myth. Intelligence which is not logical is abandonment, is abandonment. You cannot have intelligence with arrogance, you cannot have. If you have it, it's not intelligence. Every intelligent man knows that he should not be arrogant, if he is really truly intelligent. Very simple logic: if you are arrogant, others can be arrogant with you, do you like it? No one likes it.

Simple, simple equations are there. If you are intelligent you may be anything - so what does it matter? "You hang yourself by the nearest tree," that's what people will say, if you try to be rude to them. If you are very rich and segmented, fragmented then you do not enjoy your riches with others: what's the use of all the riches with you?

Life is so logical, it's so logical! But I think this logic you see after Realisation better and simple, because you start sharing, you can feel the sharing, you can feel it others, you can feel others Vishuddhi, you can feel others Nabhi and all these chakras and you know we are sharing now. So, here we are that we know that we are not separated, we are all one.

But today I have to warn a little bit, all of you, that in Sahaja Yoga, we have people who get into Realisation, becoming angels, really. It's the boon by which you become angels, real angels. But angels should not fall. You must have heard about an angel called Lucifer who fell down and he became a Satan. And it's very dangerous for a Sahaja Yogi not to be a Sahaja Yogi after some time. He has to take a decision that, "I'm going to be a righteous person, a good person and a good Sahaja Yogi." He cannot be a policeman and a thief, he cannot do it. You think of a policeman becoming a thief, what happens? He is punished doubly. It is just like that: a policeman cannot become a thief.

In the same way, a Sahaja Yogi has to rise. If he does not, it's a very dangerous thing and I would warn you that you'll go out of circulation. You just get out of circulation from Sahaja Yoga, absolutely out of circulation.

(baby is crying a lot)

I think it's hot for the baby. Take the baby out for a while, alright? It's very hot.

Yes, take it. It's very hot. Please, open the doors and windows, it will be a good idea.

So, one has to understand that in Sahaja Yoga you have to grow. All of you must grow, allow your growth to take place, do not hinder it. The more you'll grow the more enjoyable it will be! But as we are human beings, have coming out of some sort of a falsehood into the Truth, Reality, we have to hold on to the Reality much more than to the falsehood. But still if there is clinging, please try to shed them off. Throw them out, do not cling onto that. The growth has to take place.

Now the greatest calamity of our London, England, Sahaja Yogis, we should see that - because I know Indian Sahaja Yogis as they are, they have their own problems, but we have one, and that is inertia. Inertia is our problem. The whole country is set up with it, the inertia. It's a very serious problem for Sahaja Yoga. And I would tell you, I have been to Europe, I've been to Portugal, I've been to India, of course you know very well and also Australia - inertia is maximum in England. Now what is the reason? We must go to the root of this cause.

I have told you that England is the Heart of the Universe.

Seeker: Must be a joke - England is the Heart of the Universe?

Shri Mataji: You didn't know that?

Seeker: The Universe, is it?

Shri Mataji: Yes.

Seeker: Don't believe you!

Shri Mataji: That's too much ah? (laughing)

Then speaking aside about changing for a bigger room in 5 minutes.

Now about this heart I will tell you downstairs, I think, if we can move down. There it will be better because it's very hot here and there's a food also is to be organised in that room. So it's better to go now. All right? Go and find your seats, I'll be just there.

And you are the people who are responsible for the heart. Now heart is the most important organ in the body. If the heart fails, the whole body fails. Supposing the brain fails, still the body will go on. But if the heart fails, the body stops functioning. So the attack is on the heart. All the satanic forces and demonic forces and destructive forces will try to attack the heart, naturally, because if they attack any other place then the body will be still functioning. So, first they will try all their methods to attack the heart.

I'm saying this because today there are at least 80% Sahaja Yogis sitting here, that they should understand their responsibility. If this heart becomes frozen through inertia, there is no hope for the whole world and neither for the Universe or for this Creation, there is no hope. That's why I'm stationed in England. I have been travelling and travelling in England, spreading vibrations. But I think English Sahaja Yogis do not think how important it is to awaken themselves and to work it out. The movement is extremely slow as if it is deadening. And I am sometimes really worried about it.

We have to see now how these negative forces work in us. They work in us in various ways. First of all, they will work in us through people who are vulnerable. We have people among us who are weak Sahaja Yogis. Who cannot sustain the Truth within themselves and they are very vulnerable for all these negative forces. These negative forces work through them. They give you ideas as a very highly developed centre. There were some Sahaja Yogis who are really first class, they were given idea by one of the such vulnerable one that, "Why should we combine with others who are not so good? Let's have a separate entity." Because, before this, one person used to get very important and he used to organise, "Do this!" and "Do that!" and used to boast. Because I stopped all that, they - these people who were really good and sensible people, they were given this idea that, "Let's start our organisation separately". I mean, in the sense that, "Let's have a deeper meditation" or some sort of a thing. To a simple person it would look really good because those who are good should really go further, why should they be, sort of, tied with others. But one has to know that you cannot be segmented.

If this finger is sick it is more necessary to look after that sick finger. I do that way. If I look after someone much more, then know that person needs My help, that's why. To a point. But sometimes such people can come out to say that, "Oh, Mother cares for me so much. She has said this, She said that!" All sorts of nonsense can work out. It depends on your wisdom to understand.

Now, when these people said that they would like to have a another organisation or, say, another deeper meditation thing. I said, "You have not even followed the basics of Sahaja Yoga though you have gone so high up. How is it?" Everyone is a part of One Whole and we have to articulate through them this Divine life. Nobody is to be condemned or discredited and put down. Everyone is important. If somebody is so sick that he should be taken out, he goes out of circulation automatically. It is managed that way. You have seen so many people have gone out of circulation. Then it is their lookout. But you don't worry about these things, you have to only worry how much one you are one with others. If one person says, "I am higher than others!" then know that his fall is imminent. This kind of domination is absolutely not allowed and such a person falls, you have seen, this happens.

So, no fragmentation is to be thought of. Everybody has to grow in a tree. Every bit is important. In a body every part is important. Even if there is a slightest pain in one of the fingers, the whole body looks after it. Does it cut out the finger because it is painful?

Or does anything in the body think that that is so important? Even heart? That feeling itself is taking you away from the whole. Try to find your wholesomeness among your brothers and sisters, try to patch up. Love each other. Love each other. Now, no question of My saying as yourself, because you can feel it, that they all exist within you. So that question doesn't arise. But those who try to exclude themselves and keep to themselves and just don't bother about others, are not going to grow. Neither those who try to dominate others and try to sit on their heads and try to show off - they are going to fall.

Why I'm saying this? Because England is very important to Me and this is a very common failing among us. When I'm talking to you, I'm talking as British, Myself. All those who are also here, Indians or whatsoever, they are all British and they all develop these qualities.

So, no kind of aggressiveness will be permitted in Sahaja Yoga. Such a person will have to go out of circulation. One has to be very careful.

The another very big problem of inertia is that people say, "Now Sahaja Yoga will do everything." Where is Sahaja Yoga? It exists within you. It's in your own Kundalini, in your own hands, in your own feet. Before Realisation effortlessness is alright. After Realisation you have to be dynamic. For example, when you have to enlighten the light, the light doesn't move here and there, otherwise you cannot enlighten it. But after enlightenment, it has to give light, otherwise what's the use of enlightening it?

So, everybody has to start moving about and trying to work out Sahaja Yoga everywhere, every place, every person that you can. Talk to them in a way that they feel convinced that you are sensible people. The other day I was telling them that: I do not say that you should dress up in a way that is aggressive, but also not dress up in a way that is repulsive. Right from dressing up you go further, the way you talk to people. Then go deeper into it. It's very easy for anybody to make out whether you are genuine or not. And the most important is how far you have achieved in Sahaja Yoga is the point they are going to see. Not Me, they are going to see you. We all have to spread Sahaja Yoga, it is very important. And England is very important, much more than Europe or India. And that's why I hope you all will understand your responsibility.

First and foremost is to be humble, try to be humble. Humble because so far you have not known what is the Truth or the Reality is. To know it you have to be humble, because it doesn't come to you out of arrogance. It comes through, it penetrates in you, it sieves through you if you are humble, otherwise it does not. I am warning you! It does not. It doesn't go to arrogant people and to aggressive people, it doesn't work out in them, it only works out among humble people. Try to be humble in your heart. We enjoy your humility. You really enjoy your humility. Actually humility gives you innocence. Humility is the only way to achieve our lost innocence. Even if you have all the powers of the world and you are humble, how beautiful you look! Any person who is in a big position and if he is humble, people write legends after such a personality. Try to develop a humble attitude towards life, extremely humble. But with humility we confuse inertia, that's a wrong thing. Humility never means inertia, humility means dynamism. And that dynamism is extremely quiet, silent and beautiful.

Sahaja Yoga is a tremendous thing, it's Mahayoga. At this stage it is Mahayoga, because it has reached it's highest peak now. Never in any incarnation so many realisations were given. Krishna used to do Sahaja Yog, He used to raise Kundalini, Rama did that, Christ did it, Buddha did it, Mahavira did it. Nobody could achieve mass realisation. Today it's so fortunate that I am facing so many saints. It's My great faith and great fortune that you all have got Realisation. You don't know, My joy has no words to express itself. But let not this garden be ruined by abandonment and by foolishness. It is tender, newly blossoming, beautiful garden. Look after it with that care and gentleness. Otherwise it can all fritter away.

Most of the fake gurus are being exposed now. They are all going to be exposed. They'll fritter away because they are false. But if Sahaja Yoga fritters away, you English Sahaja Yogis will be held responsible because of your inertia or your arrogance. When you are active you are arrogant, when you are not you are lethargic. Please, come out of these two extremes. I request you to meditate on this about yourself and I'm sure we are going to achieve wonders, definitely, no doubt about it.

May God bless you all

Those who have come for the first time, I would request them to come in front so that we can see them, all of them.

1980-0822, Letter from London (MAHA AVATAR, ISSUE 2, 1980 OCT-DEC, PAGE 5)

View [online](#).

22 August 1980

Letter / Poem

London (England)

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

1980-0822 (Friday) Letter from London (translation from Marathi) (MAHA AVATAR, ISSUE 2, PAGE 5)

My dear Sahaja Yogi Petkar

and other Sahaja Yogis,

There was no occasion to write to you for very long time. These days I write only when some work comes up in Bombay, as the work is in full swing in England. However, people here are addicted and everywhere laziness and negativity have their full sway. England is the heart of Universe but it is so much neglected that it must be set in order without delay.

All of you are very fortunate to have been born in a holy place, especially Poona which is the place of Shri Ganesha. Try to understand that you have become entitled to God's such immense blessings only because of your several good deeds (Sukriti) in your previous births. I have given you only what was already yours and nothing of my own. Much more is due to you and you shall get it. My attention is attracted to impediments and pit falls. There is no problem about Poona and Rahuri people. Please do understand that, I feel relieved (in this atmosphere) to see you enjoying in the ocean of bliss, so keep it up. We, here, are not so fortunate as you are. Work is going on continuously. There are many difficulties, not for me, but for these foolish people. How can they be set right ? There are many such problems. You should take interest and solve them because I do not wish anything and therefore the question of fulfilment of my wish does not arise. All of you should therefore keep a desire in your minds and pray for helping out your English brothers and sisters.

Your progress is keeping the Sahaja Yoga alive in my heart. Whenever I feel fed up, I read your letters to feel satisfied. Therefore, please keep writing. All should write letters regularly.

Ever yours,

Your mother NIRMALA

1980-0823, There is Some Meaning

View [online](#).

23 August 1980

There Is Some Meaning

Public Program

Chiswick - St Georges house, London (England)

Talk Language: English | Transcript (English) – Draft

Public program in Chiswick, London (England), 23 August 1980.

PUBLIC PROGRAM, THERE IS SOME MEANING, CHISWICK, LONDON (UK) 1980/08/23

First of all I must apologize for being late, has been kind of ... and I was really enjoying their happiness. [UNCLEAR] has told you in short what happens after Self Realization, on which the Spirit grows an understanding. Because I think - the trapped people - people have been told on a gross state where their attention is. If you suddenly start talking about the spiritual life, the stars emitting, you can just get trapped and this is something that can go beyond that so much. Open your heart. But when I am talking to you, you have to know that whatever I am saying is not to be an [UNCLEAR accepted truth?]. It's not to be. Nor is it necessary for you to be [UNCLEAR rigid?]. I am here to prove all that is said about God, about beauty, about Spirit - that's your Atma - and also to quick fix yourself. This is my job. When Kabir was telling you about this I was looking at your faces and I was wondering, first is God and if such a fantastic [UNCLEAR] could be living in us and people might say that "how can it be?". But let us think about the great Universal Being, how human beings are created, how we are seeking God. There must be something about it. And even if it starts [UNCLEAR to protest] we should say "why not?". If you could sit with that kind of a relaxed attitude it will work fine. Because [UNCLEAR] that we cannot believe that we deserve it [UNCLEAR]

How many years it has taken? Thousands and thousands of years from matter state you have come into human state. And how many seekings you must have had in your previous lives? Perhaps we take everything for granted. Even to see that we have become human beings is in itself miraculous. You did not do anything to be a human being, you see. We just take our human life for granted, absolutely. And that's why you do not understand that even our Realization has to be taken for granted. It has to work out. Because if God has created you, it says some meaning about it. If there is some meaning what others have said it to you, you see, He has to do this for you so that you know the power which has created you. So that you know who you are. So that you know what is your fulfillment. So that you know what your roots are. If nature is anxious to do that - one should understand very carefully, put your attention to this point - that God has really created us out of something that was dead. As we are living people, we are human beings and we are seeking. What are we seeking? What do we expect to seek?

[CHANGE IN AUDIO] 05:22

start seeking ourselves. Where does the Self lie? And how do we know about it? It is said in the Bible that you are to be born again. All the churches have baptism. Whatever may be the style of church it may be, I don't know if the Spiritualist churches have the baptism or not. But all the churches have baptism. Whatever may be the outside problem or whatever may be the differences in the outside, everybody talks of that rebirth. Hindus talk of rebirth, Muslims talk of rebirth, everyone talks that you are to be reborn. The only mistake perhaps human beings have made is that this rebirth cannot be brought forth by the effort of human beings. Human beings have not done any effort whatsoever. They have not done any effort to become human beings. So they cannot do any more efforts to become higher. Like a seed sprouts by itself, this living process will happen spontaneously. It's rather difficult for human beings to understand but just think how did you take your birth, what effort did you put in. Your mother did all the job for you, she took all the pains upon herself and you were born. If you are to be reborn, also you cannot put in any effort. But specially in the West where it is more ego-oriented attitude towards things, they cannot believe it that it will be done effortlessly. It's a fact. We got everything effortlessly and it's God's grace which is going to work it out effortlessly.

Now when I tell you about our being as it exists within us, then we have to see-- [Mother talking about the child] If you remove his traps then he'll be alright, give him freedom all right? You shouldn't tie them up, they are here for enjoying their freedom all right? Good. Let him go to play. Good, just push that out, the chair.

Here in this picture you can see we have drawn out the inner being very clearly. Now when I am telling you about it, you don't have to believe. As I told it's an hypothesis I'm putting forward. If it works out then naturally you will believe me, I know that. After enlightenment you have to believe, not before that because I will be telling you a story and blind faith is of no use for Sahaja Yoga. But that doesn't mean by any chance that you should keep yourself bound by a certain XYZ book you read five years back. But keep yourself absolutely open and vacant to understand how you exist within yourself. The knowledge that we have about outside world is through our understanding, which comes to us by our organs of perception. But these organs of perception are not perfect, nor they're enlightened enough to give us a clear-cut idea about anything whatsoever.

These different centres that we have in our being exist in this final spot, till they go here to the sixth centre where you see this red mark on my head. In the centre of the pituitary and the pineal body, crossing of the optic nerve. That's the sixth centre and the seventh centre is the limbic area in your brain. Now there are seven centres as I have told you. The first one is the centre of Mooladhara which emits innocence in you. Innocence is the first thing that was created in this universe. And this innocence is embodied in a human being as a child and that portion is responsible for looking after you as a child in the mother's womb. The other day I was listening to the BBC and they said that we do not know how a foreign thing in the body is so well retained in the womb. Because a donkey gave birth to a horse and a horse gave birth to a donkey, and they could not explain it. Now this I have said it many a times before that medical sciences cannot explain many things. One of them is this that how is it a foreign thing inside the body is not only retained but is looked after, is nourished and is expelled from the body at the right time. This in the centre which has a deity which decides what is to be retained and what is not to be retained. Then there is another thing, like acetylcholine and adrenaline. The doctors would say that the action of these two chemicals in the human body - to augment or to relax - is so arbitrary that you cannot decide what is the cause of it. So they say the mode of action of these chemicals in the human body cannot be explained. It's very frank and honest, isn't it? These centres act in a manner that is arbitrary. They take a decision on their own and if you ask the doctors about them they may say that we cannot explain why different plexuses emit different kinds of stimuli, and why a certain action takes place when in the nature of a particular stimuli it is just the opposite. This they can explain that this is autonomous nervous system. It is a system which is controlled by auto but if you ask them who's this auto-- You say it's a automobile, so there's a driver sitting down there, isn't it? Automobile doesn't move by itself, there has to be a driver to drive an automobile. Anything where, you say an autocrat, there has to be some auto - somebody who controls. So in a way they accept that there is someone within us who controls these centres or these plexuses and the whole system of sympathetic and parasympathetic is controlled by somebody who is sitting somewhere there, who is doing the job. It's a kind of a confession they make but they just brand it like that. You see, it's autonomous nervous system - finished. They cannot go beyond it so they just brand it. But who does the job? We have to go a little deeper into it and find out who does the job.

The one who does the job is the one we do not know. Neither we can control it or manoeuvre it because the one who does the job doesn't come into our conscious behaviour, into our conscious mind, or in today what you call the central nervous system. Now the one who we have to know is the Self and this powerful controlling entity lives in our heart, as I think, but whether it lives or not we can verify it later. Because we have not known that "auto" we are seeking. We get a glimpse of it sometimes and we feel oh no, this is not the end of life, we have not found out our fulfillment. We have not yet found out what we are. We have to find out our meaning so we go here and there. We enter into all kinds of nonsensical things sometimes. Even we may take to drugs, we may take to some gurus, or take to this and that, all sorts of things that may not lead you to the proper place. This is the problem of today. Sahaja Yoga is meant for real ardent people. It doesn't matter if you have money or not, it doesn't matter if you're poor or rich, it doesn't matter whatever race you come from. These things have no bearing on your Realization. The only thing that triggers it is how far are you seeking. Are you truthful about it or are you seeking the fulfillment of your ego or your super ego? If you want to do something because you like it then you have not yet understood the point because you have not yet known it, so how will you decide whether you like it or not? For example if I have never seen the cake, I have never tasted it, I don't know what are the ingredients, how am I to say whether I like it or not? Who is "I" that is saying all this, that "I" like it, "I" didn't like it, "I" don't think it was correct, "I" don't think it was all right? Who says these things? Is it your Self saying it? No

because yet it is not manifesting. So who is saying this "I" is Mister E-G-O. So one has to know that it is beyond your ego. It is beyond your super-ego - is the conditioning. Now this all has been said before. This is nothing new that I am saying to you. Only all these sayings of the people has helped me to prepare proper grounds for you to understand what to expect.

[Mother talking to yogi] What's the matter with the child? Will you-- I think you better take him out because it disturbs the others. I'm alright but others' concentration is disturbed.

Now what should we expect when we say about Self Realization? What does that mean? What should happen to us when we think of Self Realization? The first thing that should happen to us is that our awareness must become collectively conscious. We are individually conscious. For example I see a lady, I will say "oh she's a nice lady, I like her. Her dress was good, her bearing was good, her manners were good." Or we can say, "she was otherwise." But this is your own understanding of the person at a very limited level. At that level it's only your ego telling you or maybe your conditioning, supposing your mother had blue eyes, so you may say that this blue-eyed lady is very nice. Somehow you feel very happy with that. Nothing more than that. Maybe some sort of a conditioning in you that draws you to that person but absolutely you cannot say why you like such a person or why you don't like that person. Why you like a particular face and why you don't like another. So the first thing that should happen to you that you jump into your own, you jump into it. You become. It's not lecturing, it's not just brainwashing, but you become collectively conscious.

Jung has said that if Self Realization takes place, it should work out into the breakthrough, into the unconscious - means an unconscious which is all-pervading. According to him, it was an All-Pervading Power. We source symbols in our dreams and expresses through symbols within us, through numbers and things like that. He has an extensive work on the unconscious and thanks to him now I can give you the meaning of what he was saying and it helps me a lot. He himself was a Realized Soul and what he said was that if you get Self Realized, the unconscious becomes conscious. The unconscious which we see sometimes in our dreams, maybe through our behaviour, becomes conscious within. Now what are we conscious about? Say we are conscious about the heat of this, all right? We can feel the heat of the flame. We can feel the cold of the item. This is in our conscious knowledge. This is our subjective knowledge that we can feel the fragrance of the flowers. It is our knowledge to see the aesthetics or we can say these colours of flowers. Animals do not see the aesthetics, they do not know cleanliness. Human beings have achieved a lot in their awareness but still I would say they live in complete ignorance because the light is not there and there's a big confusion in their minds. Now actually what should happen to us is this: that in our awareness, when we are collectively conscious, we should feel the heat of others, the cold of others, the centres of others, the problems of others. We should feel them within us. We do not really feel them within us. For example this problem in Cambodia the other day, I was sitting with a lady and was to be a very big person but she was looking absolutely miserable. So I said, "why, what's the matter with you? Why are you so miserable?" She said, "you know, I'm very much feeling guilty about Cambodia." Now what's the use of you feeling the guilt about it, I can't understand. I said, if you cannot do anything about it, no use feeling guilty. You can feel sorry and do something about it in a sensible way, but you sit down and weep and cry feeling guilty about Cambodian people. How are you going to help them? I mean, it's absolutely absurd. And you being miserable is not going to help. Now the problem of another person, whatever you feel for them is not a knowledge from within but is a knowledge of objectivity in the sense that whatever you think about the problem is the problem. Like, you see somebody in pain. The body is giving a pain and you do not feel that pain at all but you feel that "oh this person is having a pain and something mundane about it." But when you are collectively conscious then you also record a little pain within you, not much but you will. A person who is suffering from livers, for example, goes to a doctor. He has to screen him, he has to take out his all food and starve for three days, take a barium meal, and that meal, and that meal, and go on for 15 days. And by the time he comes out, oh nothing wrong. But in Sahaja Yoga, even if the beginning of the disease has started you can immediately feel it and you say "ah, there's a liver." The other fellow might not know, saying "I don't have any liver". But that's not a fact because when he says he doesn't have a liver he doesn't know. Supposing he gets his Realization, he'll come and tell me "Mother, my liver..." In a very gross way you will know and you'll be amazed how you know it. It's something so surprising. As you feel the heat of this flame, you start feeling the heat of your organs within yourself on your fingers. You start feeling others on your fingertips. You see it's a very good - always a phrase used, "it's on your fingertips". You immediately know if a person has started getting into cancer. You do not have to go to a doctor. Immediately you know the person has started getting into cancer. And then you should know also that once this connection with the divine is established - like this connection is established - you start manifesting yourself in such a wonderful way that you

start curing cancer of others. Yours also is cured as a by-product and you start curing others. It just flows, it emits, it just flows like that.

This lady asked me, "What do you think about yourself?" I said, "I think I'm like a flower - a fragrance - I'm just enjoying the fragrance." That's all. It is just like your fragrance manifesting, curing others, soothing others, loving others, solving and molding the problems in such a way that the whole thing becomes beautiful. The whole creation is going to be corrected through human beings but not by United Nations or not by any such organization, or any temples, or churches, or mosques. But by people who are enlightened. As if the connection is established and they are emitting through them the Divine Power, which is All-Pervading. If I say that this Divine Power is the one that's the reality, the rest of it is all an illusion. To Me, it is. And this Divine Power is the power of love which just flows and emits itself. It manifests itself. It loves and it coordinates this dynamic. But because you've not yet felt it, what's this of doubting about it? Once it starts flowing through you you'll be amazed how powerful you are. This is what is your baptism where you become aware of the absolute within you, not the way you are aware in a confusion. As an absolute thing, you get an absolute value of authority. For example if there are ten children who are Realized Souls, you tie up their eyes and ask them, "Where's the problem of this gentleman?" They will all raise one finger, all of them - here it's burning - means the person has a problem his throat. This means that. I went to Stonehenge the other day and I was amazed what stories people have created out of that. This is a thing which is vibrating, has come out of Mother Earth which is described in the Bible. If you see in the Commandments, that anything that is created by the Mother Earth or by the sky is not to be reproduced and worshipped. That means there is something created out of the Mother Earth, one of them is your Stonehenge. But the people who were not sensitive to it cut them out, made round circles and things like that. It's such a symbolic thing - only a person who's Realized - all those who were Realized could feel the vibrations. Could feel that this is a great thing that the Mother Earth bestowed upon this great country of England 5,000 years back. And then today you are born in this country and that kind of a thing is looking after you. But when I say all these things [it] can be Greek and Latin for all of you - and should be. But when you will get your connection, the manifestation will be like a TV set that you bring in and you don't know if anything is on. And suddenly to a villager if you open the TV-- "oh, how do you get it?" But the Self is made, you are made very carefully to know yourself.

There is this Power in the triangular bone called as sacrum - sacrum means sacred bone. Imagine the Greeks called it sacred, so they knew that something that sacredness was about this bone. And also doctors know that when the whole body burns, this bone doesn't burn out. The Kundalini exists in that bone. This is the power which is placed there, like a [UNCLEAR premuel?] in a seed-- [Mother asking yogi] how do you say [UNCLEAR premuel?] in a general word in English?-- we can say a germinating power of a seed. It is placed within you and when it is awakened it rises, passes through all the centres, enriches them, goes up and opens your fontanel bone area. It actually does, you can see with your own eyes. Naked eyes, you can see this many people, those who are Realized Souls all have seen thousands like that. You can see the pulsation of the Kundalini at the triangular bone higher and wherever you have the problem you find the Kundalini moving. Till you find here on the head, you find it pulsates and when the pulsation stops, then the grace starts coming on you and you feel absolutely calm as if the myth has dropped out. As if the drama is over, as if you have become the witness and from your hands the cool breeze starts flowing. It is described in the Bible that the cool breeze is the Holy Ghost. And of course, Shankaracharya has described it as Chaitanya Lahari, as Saundarya Lahari, and all these things in such a voluminous books that some times it's most surprising at how a learned man like him, a great pandit, a great knowledgeable person should come to this and just describe Kundalini. I'm the Mother that is there to give you Realization. He said that you try anything else, it's not going to work out. It's the grace of the Mother only. When the grace of the Mother works then only through the Mother's awakening - this Kundalini - that you get your Realization. Now this Kundalini is an individual thing for each and every person. And She's your Mother, waiting for this great occasion of your Realization. Just waiting! Of course some times through our ignorance we have really ruined ourselves. I have seen people having very bad Kundalini. With the kind of Kundalini they must have been very tortured and weeping. And there are people who have really tormented themselves, no doubt, but you can soothe Her. You can love Her, caress Her and gradually bring Her up. If She is tired, if She is very unhappy, you can bring that joy up. Once you get your Realization you become-- first of all, before the Realization, when the Kundalini crosses over this point which is called as Agnya Chakra, you become thoughtlessly aware. You are aware but there is no thought. You jump into that part of your mind where the thought that was previous doesn't exist and the thought that is going to appear of the future doesn't come in. And you are in the centre there, in thoughtless awareness, and the silence is established as soon as the Kundalini comes across. But most surprising I am seeing that people with ego have a big Agnya

[catch]; the Kundalini just stops there and goes.

It's very nice to see people getting Realization, no doubt. I mean, it's the greatest joy for Me to see people evolve. It's beautiful and the whole face and everything changing, people transforming themselves completely. All the priorities change and a person becomes absolutely peaceful and happy. As a by-product, as Cohen has told you, your diseases gets cured. As a by-product. All your diseases get cured and you feel perfectly alright. This kind of [laughter] happening explains-- what makes Me laugh is that if you had paid for the program you would have gone through it. I tell you, the human beings as they are, really-- Even if you bring in a plate, they don't just want it. But when they get sick then they come to me, "Mother get us cured". That's all. That's the only interest. What's the use of curing these bodies who do not want God within them? Just think of it. There is no self-esteem in a human being. There's no self-esteem, he doesn't understand what is his value. Why is he on Earth? Is he here just to roam about and waste his life and die like an animal? Or there is something, a purpose within him? He doesn't recognize it. Just now, on the way I was telling him that I don't know about Chiswick because we have had 30 people last time, on whom I worked very hard, and none of them turned up. I said, I don't know what type of people live in Chiswick. I really told-- just now, while coming with him I said that I don't know if they have any self-esteem. I don't know why. So far I have not met people who have self-esteem, who want to have it, but because Patricia said I said all right I'll come along. Let's see today what happens but I have to tell you again and again, whether you belong to Chiswick or anything, you are human beings and you are created by God in a flower. And He loves you very much. He is anxious to do this for you, no doubt. But He is not going to fall at your feet that, "Please take your Realization". You have to get it. You have to not only get it but you have to establish it and there is a protocol about it. If you go there like a BBC interviewer, say Robin Day style, he said "all right, thank you very much". The attention immediately receives from that point. One has to understand that the time has come for the Last Judgment. This is the Last Judgment. Only the Kundalini Awakening is the way you are going to be judged, there's no other way. How God is going to judge you? Just tell me. Only way is by giving you awakening. I've seen how it works out.

[Mother inquiring] This gentleman wants to come in or go out?

This is the problem, we have people and people and people. But we do need people who have lot of self-esteem and they are real people, they are ardent seekers and they want it. Sahaja Yoga is not based on anything which is a showmanship or anything superficial. It's a deep thing. If you have that depth then only you will appreciate it. If you do not have, you will not. It's not a shock. It's the deeper urge within us which will work it out and if you do not have that deeper urge, it will not work out. But despite all this I must say, in this England we have lots and lots of people who are absolutely deep. They are just to be triggered. Like in Brighton of all the places, just think of it. I went to Switzerland-- I was surprised that in Switzerland within 3-4 days we collected 200 Sahaja Yogis who were the first ones. It's most surprising how we got it. In India we had a lady about 80 years old. 80 year old lady, very well-read and she's a MA in sciences and mathematics all sorts of things, and she's got her Realization. Her sister was here. She came and told me, "We are amazed how my mother has transformed. All her priorities have changed, she's become such a beautiful person and such a delightful person. All the time she's smiling and such happenings. Otherwise she used to bother about every small thing. The carpet is alright or not, or this needs some cleaning, and this and that. All sorts of petty things would enter into her mind to trouble everyone in the house. But her priority has so much changed and she has become so beautiful. We are all enjoying her company."

[CHANGE IN AUDIO] 39:49

getting your Realization. He said "yes, but do you think I have that power?" I said everybody has, you have to just come and get it. It's a very, very simple thing. Everything that is [UNCLEAR white?] and simple. When we have to read we don't go to books or to libraries, do we? Which is free [laughter]. In the same way, it's such a simple thing that it works in everyone. But when it works also people take it for granted. I've known some people from [UNCLEAR Chiswick?] who came to me who got Realization. They didn't follow it up and then later on they came to that, "Mother I lost my vibrations". I said, "In the beginning when the seed is a sapling you have to look after it". Because if you were that all right, if your Kundalini was perfect, if you had no problems on your chakras you would have been there. But that's not the thing because that atmosphere is so bad, the whole society is so funny, the whole concept about life is so disturbing. It's such a matter mad rush, it's such a rat race, then you do get harmed. You get definitely sick and that's why it is necessary that all these things have to be corrected before you are established. Those who go

with that ardent feeling are the ones who achieve and establish themselves and find their fulfillment - the meaning why they are here. That's how they become one with the whole because they become collectively conscience. They become conscious of the collectivity that we have. There's no lecturing that "you're my brother, you're my sister, there should be no racialism, there should be no nationalism, there should be this -ism and that -ism." No need at all, it just happens. You jolly well become. As one finger becomes conscious of the whole body, you become conscious of the whole. And then this purity, the beauty of that All-Pervading Power engulfs into such a joyful state that I wish all of you should have it and get it. But one has to have the desire - ardent desire. If you do not have the desire I cannot make you have the desire. In simple ways one can say that I am your Mother, I have done the cooking very well and I know how to do it. I'll work very hard for you but you have to taste it. You have to eat it. But if you are not hungry, you will not. You'll find out some excuse to run away from it because you are not hungry.

So there are qualities of human beings, I find especially in this country, I find there are qualities-- absolutely, you can see clearly that there are qualities of yearning. Like today one of the disciples told me that she was reading Mahabharata. It was written that in Kaliyuga, in these modern times, very few will be people and the rest of them will be animals. And she first could not understand it, what does that mean. It means that the people are the ones who are seeking and the ones who are not seeking are just like animals. Because they just are born, they eat their food, live in this world, may be insurance or something they do and then they die. That's all. And maybe reserving some place in the churchyard or something at the most, or maybe they might be appearing in [UNCLEAR] by paying some money. That's all. Nothing they have achieved in their life because they have no seeking. If the seeking is not there I don't know whether even if you are an animal, because an animal seeks. I can't understand how with freedom we have killed that instinct within us, which resides in the Nabhi as a seed that by which we seek our evolution. At this point when we are human beings we seek the beyond, the unconscious. But in India - people being simpler, not so complicated - it just works and they just get fixed there. It's easier. Here people being more - I should say going into ramblings of thinking, thinking out everything, planning out of everything - do get Realization much faster sometimes with a greater force but they go into rambling. First they verify what Mother said is correct or not, they want to see, they want to know more of about it instead of enjoying it. But in India people say all right we've got it, let's see it and enjoy, finished. Why to worry? How she's made it, how she's done it? Let's enjoy it. It's a simple straightforward approach but here it is that they want to verify in an intellectual movement and they go into that [UNCLEAR horn?] business. They go about it and then they ultimately find "yes, it's the same". They accept me mentally. It goes the other way around. It doesn't matter whatever it is, [UNCLEAR see to it?]. You have to have it. You have to get it, it is your right. As I say, I'm just a cashier. I am cashing your cheques that's all. But also I'm a Mother so I tell you why your cheques are not cashed. So if you can do this or that it will work out. It works out no doubt, even without having any account in the bank but then you have to make changes and you have to be there. The best thing is to know that you are not on this Earth on your own and that you are created into this beautiful human being. [It] is not to be wasted. [It] is not to be thrown away into grave without making it worth it. You must find out your worth and then the dignity of your own glory will manifest and you will be amazed at how beautiful you are.

May God bless you.

You can ask some sensible questions then I don't mind spending some time, but should be sensible. I do not want to say that this guru said this, and that guru said this, or this book and so on. Because there's no need to go into controversies and all nonsense such as this. This jungle we should avoid and get to the point. That's the best way of doing things. But if there are some sensible questions I would definitely like to answer.

Thank you very much. I hope all of you who have come will not waste my energy and just go away and just don't care for it. I would expect that. If it is that then I'll never come to Chiswick.

Thank you very much.

[UNCLEAR audience member asks question]

Shri Mataji: It's all there, it's all built in all right? You just don't worry, you'll be all right. Now what else? Before we start that, now that's the correct attitude because you are a seeker. Now what's the question? Ask. If there is a question you must ask because I

know this mind comes back and says "Oh you didn't ask this important question".

[UNCLEAR audience member asks]

Shri Mataji: About what? Karma? Now who does the Karma within human beings is the ego. All right? If the ego drops out it's not no more there, it's a myth. Actually it's a myth. Nobody knows it. It's a myth because the Self is the one which you achieve. When you become the Self everything drops out. When you become the Spirit, all negativity drops. Some people are saying you must cleanse your karma. Now see you're sitting in the car, how can you clean your car? Unless and until you get out of it you cannot clean it. So this is first getting out and then you do the cleaning part. But actually you'll be amazed, after Realization you'll find that your karma becomes so minuet that to work it out is very easy. If the car is not moving what are you doing about it? Nothing. So let the car be moving, isn't it? Unless and until you have the lights you cannot move in darkness, can you clean it in darkness? If you do it you must [UNCLEAR] and that is what happens.

[UNCLEAR audience member asks question]

Shri Mataji: One session. I didn't follow.

[UNCLEAR]

Shri Mataji: You should! That's the best way. All the time I'm near Victoria and also we have a program every Monday in [UNCLEAR location name]. All of them - some of them have it in some places.

[UNCLEAR from audience]

Shri Mataji: Yeah she'll give you everything. That's a very good thing to say. One feels so happy to hear such a nice thing from you. Very sweet of you. Normally people ask me the other way around, "Can it not work out with only sitting, Mother?" [laughter]. You see, the cheaper-- the thing is like that only for say, sort of thing: "Can You do it with one penny?", it's like that.

You will see.

[UNCLEAR audience member asks question]

Shri Mataji: What does he say? Abortion?

[UNCLEAR from audience]

Shri Mataji: Before Realization one has no use talking about it - anything - because it doesn't matter. Whether you have abortion or you have many children, what does it matter? It makes no difference to God. Here I'm talking from the divine, all right, from the divine point. For example the other day somebody asked me, "You are in your country, you have such a big population problem". I said, what to do, you see? Because children do not want to be born in this country, they are all born there. What are we to do about it? So the divine's angle is very different.

[UNCLEAR from audience]

Shri Mataji: There's nothing relative. Now what happens when you are a Realized Soul - when you and your wife is also Realized - Realized children are born great souls. They are already-- you don't know in this country how many are already born. These two children are Realized Souls [Mother points to children in audience] and the mother doesn't know. And such great children will be born to you, there's no question of abortion. You cannot have the abortion. Absolutely, that's it. But if they are not Realized Souls, useless, you see nobody is dying. Actually they can be born again. So it's not something so fundamental. What I'm trying to say [is] that after Realization the whole thing changes. Whole thing changes. You don't have many children, you have few, but you

have first class children. Of course if you have say abortions, a child of yours supposing, when you do that there's a right heart. Say you are a father and you had a child, you chose abortion by you for some purpose, then you do catch the chakra on the right heart no doubt. It's a Rama's chakra, is that. But it can be cured. It's all done in ignorance, it's forgiven. Forgiveness is the greatest quality of God. He is the ocean of forgiveness. So you just don't ponder about it because then you'll say, "Oh I have done so much sins, what will happen?" Nothing. Everything is for God, it's just the way that can [UNCLEAR]. It cleanses. It fulfills all the beings. It cures all your being and washes all your sins. What sins human beings can create? God is an ocean of compassion and a sin of a human being is not even a speck compared to that ocean. He is so great. You have to just feel it, you will be amazed how forgiving He is. His forgiveness is so sweet and so kind. It's so loving because the kind of God we have known through other agencies has been something different. That's why we don't understand Him. But when you know Him through your Spirit, through your Atma, you find that you have been unhappy for nothing at all. Enjoy.

What others have to say? Yes?

[UNCLEAR audience member asks question]

Shri Mataji: Of course, of course you do. It depends on whenever you feel like. When you are out at shopping [laughter], it is not a time. If the time factor is not there— Now for example supposing when I was to be born, my father and mother were to be born before me. It's all planned out beforehand. I know who is my father going to be, my mother too because I was aware even in that situation. And when you were to be born, you wanted to know and then you were going round and round for many years to find out whom should we choose as your father. Then that desire materializes. So you cannot take time, it's immaterial what I am saying. But you do choose if you are a mediocre - say a person who is neither this nor that, a useless person, as I call them animals or something like that, of that awareness - then you don't choose. You don't mind coming on this Earth, just lay here and die. But if you are a person who is a seeker you do choose your parents, no doubt. But sometimes it tries to be wrong, but you have to pay for it.

[UNCLEAR audience member asks question]

Shri Mataji: It will be frightening to say that, isn't it? But I think we come back as human beings because we behave like dogs. Like you go in a shop— [Mother laughs] today only I went in a shop and there was a lady. She just started barking at me for nothing at all, I just looked at her and said "What's the matter with you?". I didn't say anything to her and she just started shouting at me. She might have been from a dog condition or maybe she is still a dog with a human body. So many times you can see people and sometimes I've seen people at a time they'll behave like a scorpion and sometimes like a dog because you have freedom. They can be all the things they have gone through, they could be in one lifetime. Sometimes roaring like a lion, sometimes maybe a serpent but the worst is that human beings become immoral. They can become devils. That's the worst thing. Animals may not but human beings do. That is what worries me.

Ask some other pleasant question because you all are very upset now. [Laughter]

Mark did you ask me any question? Yes?

[UNCLEAR from audience]

Shri Mataji: All the time I'm available to you. We have an Ashram here, where people live, and I'm there every Sunday afternoon where you all will meet and you'll bring your children also. And we'll have a nice jolly time. We travel together, we go to various places in London, we live together, and we had a very nice seminar recently. We had about 60 people who were down there, it was a very nice place in [UNCLEAR Yorkshire?] and we all enjoyed thoroughly each other's company. Very nice. Only after Realization we start feeling the fragrance of others and we enjoy.

You can ask Patricia, she is here, any other questions and you should meet her. Get all the addresses of the Ashram and all that. We'll be very happy, very happy, to have you all there. We have sometimes dinners there. It's all contributory, we do not ask for

money or any funding - nothing like that. It's an Ashram which is supported by some of the Sahaja Yogis who pay for the rent of the house and live there. There's no money involvement of any kind. [UNCLEAR] That's how they have kept it well. Everything is so open.

With Yoga - this is the Yoga, it's the union with God - it cannot be taught. It has to be worked out. But this Hatha Yoga, as we call it the Patanjali Shashtra, we have to use some times but depending on the chakras. Supposing some chakras are not working out all right then we do have the asanas and pranayamas we use, but only if it is necessary. It is like this, you don't take all the medicines together in this manner, everybody taking it. So whatever is needed is exactly the point. The mantras also you will know, you will be able to [UNCLEAR coin?] your own mantras, you will know where is your Kundalini, you will know how to improve it, how to raise it. You can tell others also what mantras they will need and how it changes. Everything you will know. All that knowledge which will be verified by you. Absolutely verified. All these things have a meaning if you have the light, otherwise anything done in itself is nonsense, isn't it? I've seen people who have done Hatha Yoga, they catch on the heart. Can you imagine? On the heart, where their Spirit is, they catch on there. Why? Because if it's Yoga it should reflect. You are more worried about your physical being [then] there is an imbalance. Of course the body is important but [UNCLEAR] because once you have the light everything works out by itself. Even cancer is only curable through Sahaja Yoga, there is no other way out. But till they get it they won't come and then I'm not interested either because Sahaja Yoga is not for curing people. It is for Realization. Just as a byproduct the cure comes in because God can recreate it. God is not a doctor. Why not get your Realization so that you cure others? Is a simple thing, all right?

Any more questions? Now how many Yogis you have met? [laughter]

[UNCLEAR from audience]

Shri Mataji: One or two, that's all? [UNCLEAR from audience] Thank God. [Laughter]

[UNCLEAR from audience]

Shri Mataji: Are you a doctor?

[UNCLEAR from audience]

Shri Mataji: More than important. I told you that before Realization all this is done. They have to do something because they are not Realized.

[UNCLEAR from audience]

Shri Mataji: You see now for example, I'll tell you a case of a heart plant all right? I'll tell you, I have seen a person with a heart transplant. He came to me. He was better, he had been cured, he got his Realization also despite all that. You know it is nothing. People have committed such tremendous mistakes, still they have got it. The Spirit doesn't live in the heart like a package stuff. Every night it comes out. So even if they start transplantation, it's okay. Here we have all kinds of samples and all kinds of people coming around. One of them was a gentleman who came with a very crooked [UNCLEAR] like that, just like serpentine and all, I said now, how did you get this one? All kinds of samples are there I tell you. He said, "Mother I used to feel that this life is of no use. I have not found my fulfillment. So I did all kinds of things like parachuting, grand [UNCLEAR], this, that, dropped myself from everywhere, dropped myself on my house and I didn't die. So I thought there must be some reason". I said, "Now you'll come with this broken stuff here". So I was working on him left and right. So you see, he's got his Realization.

What is it my child?

[UNCLEAR audience member asks question]

Shri Mataji: Oh when you pierce your Sahasrara here - when you pierce this point, here at the fontanel bone area - that is the time you really get your Realization because it starts flowing through you. All right?

[UNCLEAR from audience]

Shri Mataji: No you shouldn't say it that way. Enlightenment means your rebirth. You are born as a new child into a new awareness and you have to go and mature. When you mature then you can call it as Nirvana, but is the beginning of it. It is the beginning of it. It is not absolute Nirvana - some do [get] it, some do, I must say. I've known people who have just got it like that and they are there. But not more, not all. Some of them grow gradually. They are not yet prepared for that maturity. They mature gradually. Some grow very fast. There's a difference.

Even the people that are sitting here, there's difference in their growth, in their way of movement depending on what sort of a problem Kundalini has. Not necessarily that you have committed sins. Could be that you have been to a bad guru who has ruined deliberately your Kundalini. Could be. But this is a state into which we move our awareness. There's a very good lecture I gave in [UNCLEAR location name]. If you have time please ask them to give you that tape of whatever is the style they have. Listen to it. I've given them the seven points onto which you move in your awareness. But first of all you become thoughtlessly aware then you become doubtlessly aware. Once you become doubtlessly aware, you start giving Realization to others without any force. Now there are many here who are doubtlessly aware, can you believe it? First they were not even thoughtlessly aware. They were in a great mess. The first 6 ones, I worked with them for 4 years continuously. 6 of them. It would be sometimes say 6 or 8, I thought I'm going to lose but it worked. Now they are all right.

All right, should we now go ahead? Can you take out your shoes? Now why do we take out our shoes is because there's a better earthing, you see? Just for earthing. Just put it like this, can you take out? Just, keep it one side- we can keep it on the chair. All right.

Now you have to just put your hands like this. As I said told you that the fingertips have all the sympathetic centres here which have to be enlightened. So you just put your hands towards me like that.

John can you remove this from here? He will do it, no problem. Thank you.

Just put your hands - just like this towards me - and now you close your eyes. Just close your eyes. Now while closing the eyes you have to see that there is no flickering in your eyelids. If there is any flickering then you keep your eyes open. If there is no flickering then keep your eyes closed.

Close your eyes. You will now find that there is no thought in your mind. Close your eyes completely. You will just find that there is no thought in your mind, please close your eyes. Don't keep them open, just close them because the Kundalini won't rise. If your eyes are open, the Kundalini won't rise. If you see that, it will not cross the Agnya.

Please hold your breath for just a second until I tell you to give it. Just hold your breath. Close your eyes.

Aham Sakshat Jagadamba, Aham Sakshat Jagadamba, Aham Sakshat Jagadamba.

Please leave it.

Again, please hold your breath.

Aham Sakshat Jagadamba, Aham Sakshat Jagadamba, Aham Sakshat Jagadamba.

Leave it.

Last time, again please hold your breath.

Aham Sakshat Jagadamba, Aham Sakshat Jagadamba, Aham Sakshat Jagadamba.

Leave it. Thank you.

You'll start feeling cool breeze in your hands, in your fingers. Keep your eyes shut. Just don't think because the thoughts have stopped now. It will work out. By worrying about it, it is not going to work out. It will just work out because it has to work out.

Keep your neck in a straight line, not in neither very high high or low, but in a straight line. Don't pay attention in the centre of your eyes or anywhere, just let it be loose. Just let your attention be loose. Don't force anything upon yourself, anything, just let it be loose. It's a happening that has to take place within yourself. As soon as the happening takes place, the attention will be attracted inside. You don't have to do anything about it. Nothing to be tried, just sit relaxed and it will work out by itself. You have to ask it from your heart, not from your brain but from your heart.

1980-0826, Raksha Bandhan

View [online](#).

26 August 1980

Talk to Sahaja Yogis

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – VERIFIED

Raksha Bandhan. London (UK), 26 August 1980.

Today in India, we celebrate a special festival. It is called as 'Raksha bandhan'. 'Raksha' means protection and 'bandhan' means the bondage, the bondage of protection.

It's a very nice, good, social custom to have this beautiful festival today. Today is the full moon day and this day what we do is to tie a band of threads around the person whom you want to protect. But it is done between brothers and sisters.

The sisters tie this bondage to the wrist of the brothers, and when they do that, they are putting all their love around the wrist, [such] that it is the day for giving all their love, everything to their brother, as a protection, as a symbol of their protection, through that thread.

It's a very, very simple thread they use. And this has to be tied on the left-hand side. But people tie it on the right-hand side, which is a mistake. But it has to be tied on the left-hand side.

In our Sahaj Yoga the significance of left wrist is that it is the Left Vishuddhi, Left Vishuddhi, which is here. And this is the Left Vishuddhi expressed here, you know that very well.

Now, Left Vishuddhi is the place where our relationship of brothers and sisters exists. When they are disturbed within us, we start getting the problem of the Left Vishuddhi.

In these modern times, the talk of pure relationship seems to be quite boring for many people. But it's very practical and logical. I would say it is the most scientific thing to do. For example, every brother has a special feeling for a sister, and her chastity is very dear to every brother, if he's a normal person - if he's abnormal, then forget it. But normally a brother is very particular about the chastity of the sister, and he doesn't like anybody to, in any way, even pass a remark against the chastity of a sister.

I mean, these natural things we might have lost because of whatever you may call it, the modern style of thinking or the machinery that is sitting on our heads. But the normal thing is to feel that way, purely, about the sister; and the sister about the brother. Brothers' and sisters' relations are extremely pure and are also accepted in this country very well.

For example, even in England, if you go to a hotel and if you are brothers and sisters they'll say that, "Sleep in two separate rooms," because under law you cannot sleep in one room. But in India people will not understand, because if they are brothers and sisters they should sleep in one room only, they'll say, "What is going to go wrong with them?" I mean, people can't understand. It's an insult to say to brothers, sisters that "You should not sleep together, it won't be good, it is illegal." There is no law against this, because nobody does that. You see it is like we don't say that don't eat faeces. In the same way it is. I mean, you are not to pass a law for a thing like that! So people are quite shocked at seeing such laws. And first thing, people told me, "Do you know what sort of laws there are?" And I was amazed at this kind of a thing. I mean, people are so much natural, that it naturally comes to them that, how brothers and sisters can be like that.

Apart from that, supposing you call somebody as your sister or as your brother. It's a very well worshipped connection in India, and should be with us also. If you call somebody a sister, then not only that you do for her the way you would do for your sister,

but in all your relationships, in all your festivals, in all the weddings in the family, she's treated like a sister.

Now I had somebody like that who called me a sister. When they got their daughter married, I told them, "It may not be possible for me to come to Delhi on that date," so they changed the date. But they said, "For engagement we'll come to Bombay and have the engagement, because you are there." I mean, I am not related to him as a sister, but these things never crawl into the heads of the people. When this brother of mine, who might be at least, I think, sixteen or seventeen years older than me, was going to Delhi, my husband said, "Very good! He's going, so now You can go with him in the train." And they booked a coupé for us. I mean it was quite natural and I mean that, it should be. My husband would not allow me to travel alone in any other compartment, but with my own brother. I mean, he is just like my own brother.

The more you think about it, the purity of it, just think how we keep ourselves clean, our attentions clean, our societies clean.

For example, you go to somebody's house: the gentleman has three, four sisters. Now, when you go to his house you are his friend, then they are also your sisters - no complications. There's no problem. In the same way, Sahaj Yogis and Sahaj Yoginis are brothers and sisters. You have to understand that you are brothers and sisters, and the relationship between us has to be purer and purer and purer.

There should be no choice going on between brothers and sisters. But, if somebody has a feeling for someone from the very beginning, not like a sister, then a relationship can be established. Or somebody sees someone for the first time, not as a Sahaj Yogini, but is shown as a bride or something, then it's a different point. But if the person has been a Sahaj Yogi and a Sahaj Yogini, let this feeling grow within you of complete purity. It will clear out many of our problems and you will be amazed, our attention will settle down very beautifully within us.

I'll give you a very wonderful story from the history of India. Once Alexander the Great invaded India, and he was a very powerful man. He came up to a place where there was one king called as Puru, who arrested him. When King Puru arrested him he put him in the jail. But the wife of Alexander was an Indian lady and he did not know, Puru did not know, that she was an Indian lady. But Indian lady as she was, very clever, and she knew the traditions of the family. That was the day, what is today, is of Rakshabandhan. So when King Puru came to the courts, in one little plate, a brass plate or a silver plate, she sent one rakhi and covered it with a proper cloth and sent it to him. So when on that day the rakhi came you cannot refuse it. So he asked, "Who has sent this?". They said, "It's one of your adopted sisters has sent it." You are not to refuse that relationship. And when he opened it he found a rakhi there. So the rakhi was tied to him. He said, "Who is this sister of mine?" So they said, "She is the wife of Alexander." He was so upset with that idea that, "He is my brother-in-law and I have put him in the jail."

He went there. He said, "Sir, please forgive me. I am sorry!" He prostrated himself before Alexander. He said, "Come along now to the courts." He took him, he said, "You sit on my throne. I'm sorry for whatever I've done. You do whatever you please. You can take my this thing." And he couldn't understand what had happened. He thought, "He's gone mad or what?" Then with great pomp and show he sent him home with all the jewellery and everything and with all the things for the sister whom he had never seen before. So when he went in, the wife was smiling. He said, "What's the matter? How am I here? I can't understand. What have you done?" He said, "What do you have in your hand?" So she said, "This is the rakhi, I have got." He said, "What did you do?" She said, "I just sent a rakhi like this to this Alexander. Did you see in his hand?" "Yes," he said, "it was tied on his hand." "So that's it!" He said, "What? For this he left me? I would devour this country completely!" She said, "Yes, he has left you because that's the symbol of sisterhood. Sisterhood is a very powerful relationship. He cannot cross that! There are maryadas. You cannot cross that relationship." If a sister is before you, you just stop there. That's a maryada. You cannot go beyond it.

And then Alexander just thought, "Look at these people! On a thread they are going to release a man like me who is so dangerous? What sort of people are they?" He just bowed to the soil of India and he said, "Oh Lord, please, I cannot do anything anywhere here." He returned back from Karachi and he said, "I am not going to rule this country anymore. It is too much, they are too sensitive people for me to do."

But in the society we have to know that you can only enjoy if you have one wife: really. Your society can enjoy better and you can

enjoy a better life if you have only one wife whom you love and she loves you.

Now, what we see in modern societies today is that even after marriage, even having ten children, the old men are going searching for their brides. It's such a wasteful energy. It's such a boring stuff. It's an absolutely joyless nonsense.

So, let us settle down today, and decide among ourselves that we have to establish our Left Vishuddhi by understanding the purity of brothers and sisters. The purity of brothers and sisters has to be established.

Now, today is the day when, in India, we had a function held where people tied rakhi to someone, to someone whom they found to be a sister. And still now, it's now ten years have passed to those things, but that day they will call the sister. Then sister comes, she ties the rakhi, and the brother has to give some sweet present to her. And the sister makes some nice things for him to eat and everybody is very happy. Even the wife is very happy at such a thing. Because if the husband does not have a sister, how will she enjoy her married life with her husband? Because he'll be always having bad eyes towards other women. This sister teaches you to put your attention in such a way that you automatically become righteous.

Now, when we extend our righteousness, when we see...I mean, to me, when I came first - I came a long time back, as I told you - when I saw the women dressed the way they are, I was amazed! What are these women doing? They are writing 'Welcome'. And like prostitutes just attracting men. Horrible it was! I just couldn't understand how have they lost their character. Just like pornography walking on the streets! It's ugliness. And, I was vomiting all the time, oh vomiting. I was so sick. I just couldn't understand what are these women doing here! And this is the sense of chastity the women must have first.

We cannot put the responsibility on men. The way women move about, the way they behave, the way they are all the time...Here I was surprised that, men will button their coats if they see a lady and the lady will open her clothes. I mean, just the other way round it should be. What is there in a man's body to hide? But a woman has to be respectable. If she has no respectability, she has no business to complain for all these things there are going on like rapes and all sorts of filth and dirt.

As Sahaj Yogis I would request you to pay attention to this side of your society, which is very important: how women in their foolishness are becoming slaves to the caprices of men. In their esteem and glory they should stand, and must know that chastity is their power. If a woman does not have a chastity and a dignity of chastity, why do they have rape business? Rape absolutely should be acceptable to us. It should be just absolutely just like going to the bathrooms. What is wrong in it? But that sense has to be born when you have a brother. And when you know what a brother is, then you will know that: would you like to do this before your brother? To walk on the roads in this manner? To walk on the streets like cheap women? For Sahaj Yoginis it doesn't behove! Sahaj Yoginis have to be dignified.

There are so many dignified dresses in this country, I don't know where have they vanished. I don't know what has happened to them. Now the way women walk here, I think from the dictionary the words like 'prostitutes' and all that will vanish completely! Though it may sound very out-of-date, but it is the most modern and ultra-modern thought, if you give it a thought to it. It will create an atmosphere for you in which you'll feel extremely secured.

Now, take the modern disease women have of breast cancer. You know that breast cancer is caused because of the centre heart problem, as you see there. Now centre heart is caused to a woman when she sees her husband is having those adulterous eyes as Christ has described. That starts working, she feels insecure all the time with a man like that, you see. She's walking hand in hand but inside this insecurity is building up. All women who suffer from such subconscious worries and subconscious fears, suffer from breast cancers.

So, those women who walk about [dressed scantily] like that are adding to it. Now those women who walk about like this also are losing Ganesha's blessings completely according to Sahaj Yoga. Because you are just trying to be nothing but prostitutes, just think of it! And this is one thing I have been thinking of saying, and today is the most auspicious day that I have said to you in such clear words.

So please understand that you have to respect your chastity. And men have to respect women as sisters, and not as every woman is for them, for their use. That's how they are reducing the value of their mothers and their sisters. And in the country where the women are not respectable, no gods are going to remain. That's why all these horrible things are happening in this country and in the countries which are taking to this kind of life.

These horrible things are working out in such a manner that you cannot imagine what satanic forces are working it. Prostitutes who have died are coming back as spirits, they are possessing you. All sorts of sly and filthy women who are not to enter into the thresholds of the temples of households, are entering into your household because you have accepted their way of life. And the only thing they say is, "What's wrong?"

The depth of it is to understand, it is the greatest cause of today's malignancy: not only physical, not only emotional, not only moral, but social malignancy.

You just see. It's very subtle. I know you are so many realised-souls, you can understand it. You go to somebody's house to have a relationship with them, to talk to them, to be free with them. This is what is collectivity, isn't it? You go into a group of people where you want to have absolute free behaviour with them: like children you want to play, talk to them, in a simple manner. You cannot do it if you have such an obsession, you cannot: your eyes will be fixed on one or two persons; you'll be running after one or two persons. Even in music, I have seen, people cannot enjoy their music because their attention is moving here and there for nonsensical things.

It's a very subtle thing: try to understand. It's [that] by which your collectivity is killed. That's why people here are so frantic. Anybody comes they close the door. They are so afraid of other people. They do not want to talk to anyone, they do not want to have anything with them because they don't know what sort of attack is going to come. And the worst attack is this social attack, of which they are frightened.

Today being this day, I would say that you should ask for strength to rise above all these nonsensical ideas which have settled down and become those beautiful people, the special ones, the unique people, who respect their chastity and that of their sisters.

Let this feeling grow, create health and wealth in this country.

And there are so many types of things which one can say: Lakshmi and Vishnu were married, and the sister of Vishnu was Parvati, the one who is the Mahakali. And Vishnu was a royal person, because He is in the centre. He was like a king. While Mahadeva, the Shankara, was a person who lived like an ascetic, didn't bother about anything. He used to only rub those chandan and all those things on the faces, and His vahana is a big bull, and He's not very well-covered, His body. And He lives like an ascetic. You can call Him a hippie! All right. (Laughter) And, while She comes from a royal family and She's feeling very shy that, "Look at this! My husband is such a fellow coming on that horrible thing! And His disciples have one eye or they have one horn or they have a tail coming out from here." You know, all kinds of things He has gathered, as I have gathered also sometimes! And then She's feeling very shy and She thinks, "Oh, God! Now what are my people going to say and what are they going to do?" So She prays. She says, "Please, Vishnu," She says, "Please let me see what is Your position to my husband!" And She finds that Vishnu is washing the feet of Shiva.

I mean, just see, just feel it, how beautiful it is, how beautiful it sounds! You see, because, "He is the husband of my sister," and He says that, "Even all the wealth of my being, if I give You as the dowry oh my sister, how can I adorn this ascetic, the King of Kings?" And the whole conversation is so beautiful, the brother and sister talking to each other. But She's feeling shy and He's trying to tell Her.

You see, all these beauties are lost because the whole thing becomes a sex point! All the manifestations and the sublimation of these things are lost.

Now, I would tell you today, because today is the day I don't want to talk about all the Kundalini thing. But one thing about Kundalini I have to tell you: what is the way to bring forth this things.

Like when a child is born in the family – as you know Gavin [Brown] has got a little girl and Peter [Pierce] has a little son. The child is allowed to sleep, should be allowed to sleep, with everyone in the family, with the brother, sisters, everyone. That is the time that the innocence is complete. And they then touch those sublime areas within them which makes them enjoy that sublimity all their lives.

But if you make the child from the very beginning conscious that he should not sleep with this one and sleep with that. And, "If you sleep with that..." and "Don't sleep with a boy!" and, "You don't sleep with a woman!" and all that, they'll start thinking, "What do we do? What is the matter with these people?" You see. They just don't understand. And then ideas start crawling into them and funny things come up. The places where they have taken so much care and given so much training and all that, you find it's so perverted! While the places where they don't talk about it, it is perfect, they live naturally, nobody does these things.

And then under these circumstances, when you develop that sublimity within, you enjoy your chastity; to such an extent that it becomes even more important than your life. Like in India, there was a case when a very beautiful queen, Padmavati - was Padmini. She was known all over for her beauty and dignity. The beauty doesn't mean like Elisabeth Taylor's style. It's a different type. Now, this lady was a wife of a king and a Muslim emperor said that, "I want to see this lady." So they said, "All right, you can see her, there's no harm in seeing." But she said, "No! Why does he want to see me? He wants to see with bad eyes. So at the most if he has to see me, he can see me only in a mirror. I will not directly face him, because that's a question of my chastity. He can look at my reflection but not at my body." So she stood and he saw her in the mirror. Instead of feeling the sublimity of that chaste woman, he felt that he must get that woman. And he said that, "Somehow or other I must have the woman. If you don't give me this woman then I am going to just finish you off. I am going to kill you, all of you!"

Now they did not know what to do and they were not such a big kingdom and he was such a ferocious man. Now what to do? So, then they said, "We cannot do this, to send our queen to this man. This is against our manliness," because that sense of chastity, of saving the chastity of women was there. So they sent a message that, "We are bringing the queen to you." And they made a hundred palanquins. In the hundred palanquins they put a hundred sepoys inside and the king sat in the first one, and four people were carrying each palanquin. In the palanquin were the arms and ammunitions. And they thus walked into the military camps that were just pitched for this [meeting]. And they had told these women that, "In case we lose, then you will see no signs from us. In the morning, if you see about five o'clock, a big fire then know that we have won."

And when this emperor, he drank a lot and he came to the queen and opened the door, first his hand was cut and everybody started fighting. And a big fighting began. They fought to their last but they lost because they were very few in number. They lost it. So, these women were looking out for a thing and when they found that there is no sign they made a huge, big pyre on a fortress, all of them, and they made a big, huge fire on that pyre and got into it and killed themselves, before anybody could touch them.

There have been many such stories. But this comes only if you have a sense of chastity. If you do not have the sense of chastity you will think, "This is foolishness, why should they kill [themselves]?" Because nothing dies. This body doesn't die. But if you become unchaste, you are ruined. You have no respect for yourself then.

So we have to, today, think that we have to lead a life of very good brothers and sisters, with all of affection and love.

From India all the people have written to me. They have sent their best wishes to you. And they send their love to you. They have remembered all of you by name and everything. They are very happy about the marriages that took place. And they are very much anxious to receive you in India. They said, "Whatever is possible in our small way we'll attend to you and look after you. But this day we all remember you, because we are your brothers and sisters." And they have also sent it to Australian people and to

some Americans and to other people like Gregoire and all that. So all of them are today thinking of you, all you brothers...

(break in recording)

...which really has ruined our society, ruined our families, ruined our children and has ruined our sources of joys. So, today you have to think about it how we are going to re-establish it.

Now, when I talk about these things you shouldn't think that India is perfect. Indians can be quite horrid on another side of it, which you are not. They are different type of people. So, when I have to talk to them, I'll talk to them something else. But with you, I have to request you to think about it and to put your attention to it. And you will be amazed - when you will know about it - how much a chastity of a woman is important and graceful and energy-giving to her and to the whole society, to her own brother, to her own father, mother and everyone, to her children; because she is the one, really, who is the Shakti. And if she starts frittering away her Shakti like this then the Shakti of the whole community, the whole country, disappears. And that is why all the gurus, right from Adi Nath or you can say, Adi Guru, up to Moses and Abraham and Mohammed Sahib and all these people have been so particular on this point that even Mohammed Sahib said, "Supposing there are too many women then you can marry four times." It doesn't mean that every Muslim should marry. But it was meaning that there were too many women in those days. So he said, "All right, but marry them!"

Once we start understanding then our relationships with each other, with the Nature, with everything, straightens out and we get into a complete, full picture of ourselves - how we are related to others. There is no confusion about things. And this confusion can be removed with a little help.

I have seen that, when I tell you these stories sometimes, people feel that this might be a legend. It's not. Even today you might find such people all around. There are people, but they suffer a lot, because they cannot get any appreciation or understanding. They are regarded as bad people or useless people. But now, among us, when we are in a group, we can form a very strong personality, if we have that pure relationship, that purity within us. And that is something very, very important.

We had another very great example in India of a queen which always has enamoured me very much. And that was when she was an ordinary girl and there was a prince with whom she met and the prince fell in love with her. But Akbar did not want - the father, Akbar, who was the emperor, did not want the boy to marry an ordinary girl. So he sent her away, he married her to another man. And he sent her away and gave her a big place, a big area to rule.

When this Akbar died, the son got the throne and at that time there was a war on and her husband was killed in that war. And she thought that, "This man has killed my husband on purpose to acquire me." He brought her, the emperor brought her. Now, he was the Emperor of India, her [future] husband was the Emperor of India. He brought her back from her place and he offered her that, "I would like to make you the queen, the empress." She said, "If you are under any misapprehension, please know that I cannot marry the man who has killed my husband."

He tried his level best to explain, but she would not take any explanation, she would not listen to anything. She said nothing. She went into a forest, took a hermitage, she was living there, and she would not meet anyone. Now, this prince took it very seriously and he got very sick. And then the doctor said that, "Unless and until he marries this girl he cannot be saved." So, the mother was another lady called as Jodha Bai. I mean, Akbar had married a Hindu lady. She said, "All right, I'll solve the problem!" So, she went to this forest and started serving this lady, like an ordinary maid servant. After some time this lady said that, "What do you want? Why have you come to me?" She said, "No, I want you to promise me something. Will you give me that?" She said, "Yes, if I can." "Yes, you can give me". She said, "I want you to marry my son." Now, she went there as an ordinary woman, a maid servant. She said, "Yes, I am willing to marry your son, if you think so. Because I have given you a word, I will marry your son." And that turned out to be this Jahangir and his wife was Nur Jahan. What a character it is! Then she married him, because she had given her word. But what a character! Just think of that character! What a character it was, to be like that.

Another story I would like to tell you today - because today is a very auspicious day and we should talk of stories and laughter

and enjoyment - [is] that we had another very great king in Maharashtra called as Shivaji. And he was a king who was like Robin Hood because he was trying to oppose these Muslim emperors who were dominating India. And the people who were his soldiers and things, they would go and attack people from the emperor's side and would plunder them just like Robin Hood: take all their properties and things and bring it to Shivaji.

Once it so happened that a daughter-in-law of a Moghul courtesan, you can say, or a man, who was like a duke or something was going that way; the daughter-in-law. And many people were with her. And she had lots of her jewellery and everything was going with her. The treasury was very large. So, they plundered her and brought all the treasury and everything and plundered that lady and brought her to Shivaji. Now, Shivaji was sitting there and she had covered her face with a veil. So, he said, "Please, lift your veil." Now, before the king she can't say anything, so she lifted her veil. He said – see, the beauty of it. I don't know if you can feel the subtleness of it. I mean, whenever I remember the words, really it fills me with such joy. He said, "If my mother was as beautiful as you are I would have been equally beautiful." See the expression. That means, "You are my sister." "If my mother was as beautiful as you are I would have been equally beautiful." He took all the treasury and everything and forbid them, that, "Don't touch women. The moment you touch them you'll be ruined. It's not holiness."

And he sent away all her treasury, everything, all her people with all great respect and complete release of all things that she had. He didn't keep even a farthing out of her. But he gave his own things to her as a sister and he said that, "You can always recall on me, wherever there is a problem. I am your brother." What a great thing it was! Just think of it!

Now, these relations are disappearing; which are to live again, to prosper again and to grow again and thus we are going to improve our Left Vishuddhi.

Left Vishuddhi comes out of guilt. But in the subconscious the greatest guilt in a human being is when he crosses the limits of sisterhood. This is the greatest guilt in his mind, which he is not aware [of]. If you could clear out that guilt completely.

Left Vishuddhi is only in the West, I find. I have told you many a times.

Now, all other guilts are built up on that particular guilt. Like feeling guilty about something happening in Vietnam. Actually it is just shifting your mind from one to another. Actually, the guilt is this. In the very subtle way this is the guilt: that at every woman you have looked with lusty eyes - is the guilt. And that guilt builds up and gives you another picture because you do not want to accept the reality, so it gives you another picture, "Oh, I am guilty about that. I feel very guilty about the poor people." In Switzerland they told Me, "Mother, we feel guilty about the poor people." I said, "How much have you donated out of your money? Have you even reduced your one bottle of whiskey per day? What have you sacrificed that you are feeling guilty?" So, this is what it is. And this is because we are here placed with this deep problem in the society. It is for us to remove it from our Left Vishuddhi.

And then you'll be amazed, if you have a Left Vishuddhi, you cannot even smile properly. There's no childlike smile. It becomes very funny. When people smile also sometimes, I feel they're crying. You can't understand if they are smiling or crying, you know, it's very difficult. Somebody was smiling and I was telling the person, "Don't cry, don't cry, please, please," and the person looked at me!

The cheerfulness, which is so pure just like flowers, cannot come up with your Left Vishuddhi.

So, do not build it up. Now, finished, is finished. Now, forget about the past. Now, do not go onto the past. If you go to the past, you go to the Left Vishuddhi. And you'll be amazed most of the baddhas go and settle down into Left Vishuddhis, you have seen that. Anything you do, first of all it goes to the Left Vishuddhi. And who stays there is the sister of Shri Krishna, who was sacrificed to save the life of Shri Krishna, which is another long, long story, which will take too much time. So, I'll tell you about it some time later on.

Now, those who have come for the first time, for them it was quite an entertaining story today because it was a festival day;

doesn't matter! Even if you have come for the first time, it's nice to know about some things which are very important and vital for life.

Now, righteousness after Realisation becomes a need, because you start getting the pain here all the time. The hand is always here: one hand towards me and another here; is a common picture. It's a common picture, you see. I see here, slowly I find somebody's hand is going like this. (Laughter) If there is a scarf they would like to do it. It's a very common picture I see.

So, I would say that, if we can basically purify ourselves. And today try to find a brother for yourself, a real brother for whom you feel.

Now, the Indian Sahaj Yogis have sent me three rakhis. This was by somebody else, but three of them, which is another very poetical situation. Modi has written that, "You are the protection for all of us. And what do we do to put this onto You? And what are we doing it?" So, they said that, "All the sisters of Sahaj Yogis are sending this to be tied on all the brothers of Sahaj Yoginis who are in Your wrist." And that's how they have sent three – of Mahakali, Mahalakshmi, Mahasaraswati – three things which I will ask one of the children to come and do it; because it is the work of a small little child. Where are they playing? Just call them, they are needed here.

May God bless you!

Now, some boy has to come and do it.

For the people who have come for the first time they have to know that Sahaj Yoga is the yoga which is the only yoga where you become one with your Spirit. It's the union with the Spirit. There's no other way out. It's the awakening of the Kundalini, which enlightens your attention with the light of the Spirit. And other things that people think of – that we can put in an effort or we can work it out, that is not a proper method. Because it is a living process, it's an evolutionary process. You have evolved in such a manner that you have become...

Sit down here. All right, come and tie it, right, just see. You have to tie it on my left hand. Not a complete knot, but a half knot. You know how to make it? Like this.

All right? Yes. Like a bow. Can you make it? Like a bow.

Chaya, can you come and tell them?

Like a bow you have to do it. All right. Just now you tie it like that as it is, then I will do it later on.

Child: Yes, we can do it now.

Shri Mataji: You know? You know? That's good! Like a bow you tie. Yes, great, yeah. It's all right. Great! That's it! Keep it out. It's all right. If you do it one bow it's all right. All right. That's all right.

1980-0827, Feel that urge to grow

View [online](#).

27 August 1980

Talk to Sahaja Yogis

London (England)

Talk Language: English | Transcript (English) – VERIFIED

Shri Mataji: When did you come back?

Yogi: I am here some of the time but I still have to do things in Exeter.

Shri Mataji: He goes back? Is it?

Yogi: I have to go back so often for work. I should be free of it soon Mother.

Yogini: He has to go back so often but he'll be free soon Mother.

Shri Mataji: Alright.

Yogi: I owe money, you see, down there Mother.

Yogini: He says he earns money down there Mother

Shri Mataji: Is it?

Yogi: Yes.

Shri Mataji: I see. You sing there?

Yogi: Yeah, but I also owe some money and I have to pay it and until I pay it I'm not really free of it.

Yogini: Ah, he owes money Mother.

Shri Mataji: Oh, I see.

Money seems to be the problem everywhere and it can be very sapping and it can be very funny. Perhaps you do not know that we are just playing into the hands of lots of negative forces in this country and we are doing lots of things which are really against the Divine, and the curses, everybody will have to suffer.

We really have to understand our responsibility. Whatever you people are, Sahaja Yogis are, people are going to reap the benefit of God. If they are suffering, you are responsible for it - hundred percent. One has to understand that. If you are quarrelling amongst yourselves, there will be a problem of quarrelling in the country. You are the symbols for God. He knows you and whenever you are negative you are actually helping the Satan.

And it's a very sad day I must say. Everybody seems to be very much high handed and - I am not saying about Steve, Steve is not yet into this - but we have had big, bad problems here in this ashram and it's horrible things have happened. I have never had such an experience in India, which is a poor country. Never such a thing! I mean, it's the first time I have seen such a thing happening!

First of all we all must get properly employed. You must have your self-respect force you to have a job. You all must try to get a job. This I have been telling for the last six years, if you remember. We cannot be parasites and could be Sahaja Yogis - cannot be. Everybody must find out a job for oneself. Do whatever you please, but you must do some job.

Imagine in India people spend money on you people! I have never had any problem whatsoever to solve of this kind, in India - never! You know that very well. And when I am so strict with them, thinking they are Indians, that all the money that they have gathered in Bombay or in Delhi, or any place, is clamped, completely closed. And nobody can take a single pie (1/192 rupee) out of that without my permission! Absolutely I have told the banks. And nobody is unhappy about it. Not a single pie! But when we go, they make collections and whatever money they collect, every pie of that is written down clearly. First of all they give all that money to me, then I give that money to them to spend. And every single pie that they spend they write it down. I may or may not read - is not the point. And whatever is left out, every single pie of that is put on my feet. I may put to any use or anything - that's a different point. I may not even take it - that's a different point. But every pie! Nobody is without a job.

This parasitic nature of any other country may be excused but not of England. In England you cannot be a parasite because, I told you, that the heart of the universe is here, and if anything happens, you all will be held responsible.

Now you are going to another ashram (Chelsham Road) and you are going to stay there. Ashram is not a place for a luxurious life, not at all, or lethargy and laziness or for making money or living free! It's absurd! It's sinful, it's blasphemy. That's the place where you go to develop your inner being with all truthfulness to yourself.

Before Realisation this was alright, every way, but after Realisation you have to be very, very careful. It's a tremendous thing to have Awakening, it's a tremendous thing to have Realisation, it is, no doubt, but to maintain it, you must have, first of all, personal integrity. If you are bent upon deceiving yourself nobody can help you.

In Sahaja Yoga, as you know, there is no fees, nothing. It's for your gain. It's for your good. It's a short term policy to be something nonsensical. One must think of the long term policy. It's for your good. If we have to go higher and higher, we have to be truthful to ourselves. I know everything about everyone, but what's the use? You have know about yourself.

And this may be very dangerous, you must understand, because we are placed at a very precarious time now. Because of that you are getting Realisation because it's very emergent - there's a great emergency. Thousands of them have to get Realisation, no doubt. But at this time one has to also understand the dangers of the atmosphere. Because of so many things that have happened in this ashram, I cannot account for anything. I just can't understand it in Sahaja Yoga. Such people should not stay in the ashram at all, they should get out of it. Everybody cannot stay in the ashram. You must be prepared to face yourself. Absolutely, there's no doubt about it.

I love you very much and I have great concern about you, but the sort of things we are doing we are just like primitive people here. Simple things we cannot do - is to be honest to ourselves. What are we going to do? We have to give salvation to the whole world. How can we do it? Just tell me? I am sorry for all that is happening but now, with a new vow and with a new understanding, we have to go to the other ashram. Obedience is very important, humility is very important. We have to go still further. Anybody who is obstinate by nature should not stay in an ashram! Anybody who is arrogant or aggressive should never come to the ashram. Any sarcasm and all that is nonsense for an ashram: it brings a bad name to the ashram. Any kind of extravagance is not needed. It's a place of ascetics; people who have detached their life. Detachment doesn't mean going to extremes, standing on your heads and behaving in a funny manner on the street carrying my photograph in the hand! It doesn't mean that nonsense. It's absolutely normal behaviour but inside the attention has to be drawn inside.

Anybody who is intelligent can understand that Sahaja Yoga is a tremendously fantastic thing and one should not take it for granted. It's very, very, sometimes, disheartening, very disheartening, the way still the interest of the people is more into some things which are absolutely worthless and useless. Your attention has to be cleared out, then only this attention which is

enlightened, is going to enjoy the Spirit.

And, as we were discussing the smog: like the smog, the whole being becomes darkened and black. It's not nice for me, as a Mother, to say all these things, it really kills me. I really feel very hurt. But I must tell you the headaches [that] London Sahaja Yogis and English Sahaja Yogis have given me, as nobody has given me such headaches. I have worked hardest in this place. It's very, very sad.

You should read the letter from a girl from Australia and a letter from a girl from Switzerland. I just met her once - I gave her Realisation - but look at them, how beautiful they are! I mean just see it (Mother is opening a letter). And when I get really concerned about you I just read these letters. So truthful! There's not only the praise and all that nonsense, it's the truth. I mean, there you can feel the vibrations are coming from these letters only.

What's the use of writing to me something which you are not?

Now, you have to take a decision. Even if you are only two persons in Sahaja Yoga I don't mind. I don't want people who are not truthful; who want to compromise with nonsense and falsehood. Please, be truthful. You cannot say that I worked any less. I have spared no effort at all. But I am very sad today.

The whole thing will fritter away.

Sometimes I feel that Sahaja Yoga is not suited to you people at all, the way the things are. It's so beautiful outside. You can't imagine how people are nice. Are you going to waste all my energies?

It's not even the normal way people behave here. It's most surprising! I have told you that after Realisation you become really vulnerable and you have to be careful.

Now [regarding] marriages I would like to say something.

Is he come? Tony [Paniotou] Is he there? He didn't come.

Marriages are not to be treated like that the marriages you have been treating! This is something important!

You are married for a plan and the plan is to get very high souls into you. They are to be born on this earth. They wanted good parents, that's why I arranged this marriage system here. And all of you are giving me headaches! Even that fellow Rustom, who I took to India, he is giving me headache even today! God knows [if] he's in India or not. People don't know where he has disappeared! I mean, just like vagabonds or criminals! This is criminality, I think, the way people are behaving. I have never said these things to you but when the whole thing comes up I just don't know what to say!

You have no understanding of the whole thing. Or have I chosen absolutely rotten stuff for my work in England? You have no depth, no understanding of any kind. So childishly and immaturity you are handling your marriages. There's no respect for each other.

Marriage is an institution of a great value; specially, I thought, if it is done in a Sahaja way. I just can't understand - how can you think of the same things that you would do without being Realised? You fight, you quarrel, you are so petty! How can you behave like that?

You are supposed to be the pillars. If these are the pillars, I don't know about the future. I'm really very sad today, really very sad - in every angle. Even I have heard that people don't know even how to keep the bathrooms clean. Now am I to teach you how to keep bathrooms? You are putting big lemons in the bathrooms and WCs and loos? What is this? Have you gone off your heads? Are you small children? Or what am I to do now with you? Why are you doing like this? Are you all possessed? What has

happened?

Restrictions you have to put upon yourself, with your own freedom and understanding and intelligence. I am not going to tell you to do this or do that. That's a different style. You have got the Realisation so easily, in a simple way. All over the world people have got Realisation. In Australia there are three hundred people who have got Realisation. You don't know how to use your loo? I mean what sort of a level it is that I have to deal with? Just tell me. Even my little grandchild knows how to do it. What's the matter?

There is no place for lazy people in Sahaja Yoga. You all get out of these ideas. You want to laze out? You can get out! And those who want to make money out of Sahaja Yoga, get out please! I don't want to see their faces again. Anybody who is supposed to be working for Sahaja Yoga has to work outside. There's no place for lazy lumps! You get out of Sahaja Yog completely! I don't want to see your faces again here! It's my love that has ruined you? Or what has happened? It's too much love for you I believe. Is it that?

Somebody starts thinking he's a big guru teaching others. Nonsense! Hundred times I have told you: there is nothing like segmentation in Sahaja Yog. You all are just my children, all of them, and you are not to do this way: to put somebody down and bring somebody else up, make chelas (disciples) and things like that. Why don't you start some gurudom yourself and make some money outside? You will do very well!

Is this the way to treat me? What have I done to deserve all this?

Because I have loved you so much so you should take me for granted and do all these things for me? Not working out your Realisation, not going ahead, nothing of the kind; except for fighting amongst yourselves and misbehaving! Everybody thinks they are very clever and intelligent. It's better to have less intelligent people who understand God and goodness and righteousness in life. You have to wed yourself to righteousness. This is not another gurudom going on here. Even if there are two Sahaja Yogis or one Sahaja Yogi in London it's sufficient for me. I don't want a quantity of thousands of horrible, synthetic personalities. I can work on one person all my life and I'll be happy.

Even the candle understands me. You have seen even the fire understands me. You should not take God for granted. I am telling you again and again; and Divine for granted. You have to become something. You have to grow up. I think I have done my level best. I cannot do better that way. I may disappear to India and I'll go away. That's the best for you people: you fight with each other, break each other's necks or plunder each other's money and live with that! That's what it is.

Just imagine how I must be feeling to say all these things to you whom I have loved with all my heart, with all my concern, with all my time, everything. You've made me so miserable, I tell you! You will take a vow, you'll do this and then least bothered! You can live with it! You are compromising all the time with all the cunning that is within. You think I don't understand the cunning? But you are cheating yourselves! You have to be righteous. Sahaja Yoga is not outside, it is inside! It is not standing on your heads and doing things like that, it is inside, the growth inside.

You will lose all your vibrations in no time. But that's a dangerous thing to happen. How do you permit such things? Also I hold them responsible [those] who permitted these things. Why did you permit in the ashram [that] these things were happening? Why didn't you find out? All this kind of high-handedness and all that - how did you permit it? Why did you permit it? Why didn't you tell me?

I mean, I have to be bothered about money and these things? Is it? Is that my purpose of life and work and mission? Or you have reduced me to that? It's very sad. I think I'll have to fast for a week for your cleansing, that's the only way things are going to work out, because you don't want to cleanse yourself. Only when Mataji is facing you you think by vibrations you know. What about your own growth?

I knew there was something brewing up but I didn't pay attention to it. I thought that you, yourself, will realise and come to it and

you will have your own understanding.

Everything seems to be mechanical. Everything seems to be outward. There's nothing inside. Sahaja Yoga is not a joke - you cannot make it. You have to love each other truthfully. And anybody who does any mistake has to get out of Sahaj Yog.

It's all deliberate. Because I had told you that you will be possessed. Be careful! It's nice to put everything in the name of a Satanic forces working on us! Then if you going to live with the guidance of others it's better you stay with them permanently and go with them wherever they are going. If you do not have your own personality and you cannot think for yourself it's better you be out. Those who really want to come up should come to Sahaja Yoga otherwise there is no need to do it.

If I have spared in any way you can tell me that. I think I have not sighed for years now and the time has come for you to sigh and sit and that's what it is. It's very sad. There are people who write to me. You can see from their letters how much they are doing for others, how beautiful they are. I don't know when am I going to get that quality in this country.

You have to mature, you have to face yourself. If you do not mature in proper time you will be rotting on the street. You will be just wasted - useless. You will be just like other people. There's no difference between you and others then. You have to mature in proper time at the right time.

I have really started doubting myself now, that I am no good for you people. You need a stronger hand and a sterner person who will handle you better.

I have been hearing from people who came for the first time and they told me something about someone and something about someone and all that. But I said, "They have come just now, they cannot understand." But no! It exists. And if you have any of such things within you, even a slightest hatred within you can create a Hitler in this world. You are the people who are going to create a Hitler or God's world. It's your desire. You have to cleanse your hearts completely, completely. Cleanse yourself. It's not [that] you are possessed. Just think it over. It's your own weaknesses and you think that you can get away with it. You cannot get away with anything I tell you. God's laws and statutes are very strict. That's why all the gurus are so strict with their disciples; extremely strict. Those who are real gurus, I am saying, those who are not making money. Of course, those who are making money will always pamper you. But those who are not making money, who are true gurus, are very strict. Mostly they throw stones at their disciples. But I gave you flowers and you gave me stones! That is the best! It's everything is only tongue deep, nothing more! Nothing goes in the heart, that's why. If you feel it from the heart, the need to grow, then you will forget all these things. If you feel your Spirit you will feel that need, that urge, to grow. Only your ego or superego is manifesting, not your Spirit.

If I say something, the best way to run away from it is to feel bad about it. The second best would be to feel guilty about it. But just detach yourself and become your Spirit and think what have you been doing to yourself. Actually you are harming yourself every minute! You cannot harm me, you cannot harm Sahaj Yog, these are all eternal things. They are eternal, they cannot be harmed, they cannot be crucified, they cannot be killed, but you are covering your Spirit with darkness.

I have never seen such things happening so far. I mean, I have worked even in East Africa, all over, but never, never such things. This is demonic I don't know how you can explain it. I didn't know you were not keeping any accounts. I had no idea. I had no idea at all [that] you were keeping no accounts. I had no idea that money was taken from others and everybody coming here was paying and nobody knew what was paid, who was paid, who was not paying. Nothing is known! I mean, I thought at least that much you can manage among yourselves.

And you know me, I am so particular about, if you spend any money on me, how much I am anxious to pay you back - every single pie. If I have forgotten I don't know, but if I have not. I try to remember every single pie if you spend. I mean, you are supposed to spend for your guru, but I do not want you to spend a single pie on me! And if you spend I want to pay it back more than what you have spent. Nobody does this way. And I remember ten times that it should be paid.

Telling false accounts and false things. I mean, I just can't understand how can Sahaja Yogis do it. Now, I wouldn't be surprised if

they take to drinking or smoking or something. I mean, anything is possible under the sun. I mean, if you can do such depraved things, you can do anything! After all you are free!

This abandonment at this time is very dangerous. I had told you that, when the saints fall they go very deep down, very deep down. So be careful: you are all saints now. Understand that, realise it. Assume your powers. Assume your seats, your thrones, and don't behave like beggars on the street or criminals. There is no excuse for such people. No excuse at all. Do not try to find excuses!

There were so many people yesterday who were not Sahaja Yogis and I didn't want to say there, in their presence yesterday these things. But I came to know about these horrible things which happened and I was amazed! Everything should be in the open in Sahaja Yoga, I have told you a hundred times; not to hide anything. Accounts, everything should be written down. You will be amazed, when I go to India, you will see, even Rahuri, it's a village where there are people paying £5, £10. They make a book, when I go there, at my feet. They leave it with me for one day that, "Mother please see it. You must see it. At least glance." I mean, imagine! These are uneducated, simple village folks and they understand. Even my servant! My servant has so much sense! He's so honest.

No Sahaja Yogi should ever marry a Sahaja Yogini. Better stop all that seeking. And now this nonsense has started now, working out. As it is the problem of money management is horrible and then if you start like this there cannot be, no more, any yogi left! It's better to marry outside than to marry a Sahaja Yogi and Sahaja Yogini. As if the bhoots go into geometrical progression when they marry and they become so horrid and ugly; if there was a saint to be born he'll run away! Only the bhoots and the rakshasas will be born to these people! That's what I can see. The way they talk and the way they behave it's so funny. I can't believe it that they are the same Sahaja Yogis who were married the other day! (the marriage of Tony Paniotou and Dawn whom Mother married on 4 July 1980)

Every pie that is spent now has to be shown to me because you do not count all those. No money should be borrowed from each other! Not a single pie. Everything that is financial, you have to tell me. Everything that you are doing in the name of Sahaja Yoga you have to tell me or in the group of Sahaja Yogis you must tell. You'd better not do anything on your own. Then you will be blessed.

"Yoga kshema Vahamyaham" First yoga. First yoga. Achieve your yoga! All your problems will be solved. I promise you. First achieve your yoga. You have seen so many people. It has happened with so many. You know Regis' case as you have seen. He could not get through his PhD. I only blessed his thesis. I didn't even read! Nothing of the kind. Next day he became a Dr! I mean, there are so many cases, thousand and one, you can see it, where yoga has helped. But yoga must be achieved and maintained and respected. If you are not a yogi why should God bless you? For what? Why should he bless you? Then the kshema also changes it's form.

There's a lady who has written to me from Australia. She wrote to me, "My grandmother is very sick Mother and I don't know what to do. And I want that she should be helped." And she wanted to do some operation or something but she was so much better that they did not operate her. But she had to go on a nursing home and there was no reservation, nothing; suddenly she got a call that there's suddenly a reservation for you and you come. I mean, this is one of the smallest things that can happen.

Yoga is to be established on two points. The sin against the Mother and the sin against the Father. Sin against the Mother is when you do not look after your chastity. Your attention has to be pure and purer and purest. And the sin against the Father is when you try to make money here and there: cut corners and try to save money and run after money and worry about it. Any such enterprise, any such thing: underhand dealings, high hand dealings, anything like that, is the sin against the Father.

You are the people who have started believing, also, that money is not important. So, according to them, if you make some frauds it doesn't matter, "After all money is not important so what?" And they have reached such conclusions. But in the name of God, to take a single pie is a sin. In the same way, to mishandle even a single pie while dealing with God - be careful, I am telling you! And grace cannot help you there! And this is a very sensitive point. For you it may not be, but for God it is. Those who make

money in the name of God are equally bad [as] those who try to do anything to hide money. It's just the same.

This is the work of God and you have to be pure people, you have to be clean, beautiful, loving people, like children. Christ has said that you have to be like children to be able to enter into the Kingdom of God. But you have entered and you'll be thrown back!

There is more attention towards gaining more power, like saying mantras after mantras, this, that, just to gain power. What power is this? The power is of innocence and of purity. There is no other power higher than this - of simple innocence and purity. And you know that from me. An innocent person can never be harmed. Try to be humble and ask for innocence to be re-established within you. A cunning man goes a very little way to his doom, very fast. If somebody cheats you it does not matter but if you cheat someone, you will be doubly punished because you are a yogi, you are wearing the banner of God. Try to remember this. I do not think you should....

(recording ends)

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We Have To Get Our Yoga

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I have been always telling you that Sahaj Yoga, it is sprouting of your seed within you. When the seed is dormant you cannot visualise the maps it has in it of all the creations it is going to create. Out of one seed, how many trees have grown, how many fruits have come out and how many seeds are coming out and how many they are going to produce. You cannot understand how dynamic it is.

There has been talk about the Spirit within you. Many have said that the Spirit is to be brought into our conscious mind. We have to achieve our Spirit. We have to get our Yoga – the Union with God. When they said it, they meant it to be done, not to be just talked about. But as everything goes to waste much more than it is utilised, all these descriptions of the Self to be achieved – how, when – everything got lost because they started just talking about it.

People like to intellectualise everything, they do not want to imbibe it. Just to talk big about something, their ego gets pampered, they'll stand up and give big lectures on Gita and all those things, but they have no idea as to what Gita wants you to do: it wants you to find out the Truth, it wants you to get your Realisation, to have your yoga established. You have to be born again, you have to be christened as they said, you have to be baptised.

But the difference between the reality and unreality is such that we think if we talk about it, we have done it. This is the illusion, the Mahamaya. We live with it and we carry on with it, we are very happy with it because it means you do not have to face any reality. You can live with unreal life. But you cannot even live with unreal life, can you? That is not going to give you joy. With unreality you are not going to be satisfied. You are not going to get your joy, you are not going to get your meaning and you are going to discard yourself as a useless thing, unless and until you find out why you are here.

So everybody wants to find out in a way but honestly, but on a slippery ground He wants to find out the reality on one side; on the other side the slippery ground is always taking him away from the Reality. The struggle is on, within us. You have to just keep yourself on the ground, not allow yourself to be slipped out into any extreme behaviour for anything whatsoever. Just be there – it works out. But we are extremists, in everything we go to extremes.

Just now today I was discussing capitalism, democracy and communism. Abraham Lincoln was a realised-soul, no doubt; he had his vision of democracy. But he could not fulfil it because others were not realised-souls they could not come up to his vision and they could not imbibe these things within them. They just praised him. He's their hero. They'll make a statue out of him, garland him, write books on him, but nothing of Abraham Lincoln goes into their being, nothing. They do not follow him in the way he lived his life. They'll call them 'Lincolnists' or something like that. Some sort of a "ism" they'll put to that. They will try to possess him, brand him into something, but not try to imbibe him into themselves.

Then, Lenin was a realised-soul, too, as I told you, he was a realised-soul. He had a vision of collectivity, very proper vision he had. But he found that people are going to fail him. He cannot do it. So he had to, he shifted into another, he drifted. Anywhere you find a person who's a realised-soul, in his own way he has made contribution.

I'll say Shakespeare the other day I went to...Now, Shakespeare was a very great realised-soul, no doubt about it. His contribution

is so beautiful, but people do not see it. They have no eyes to see what he's trying to show. Say we saw Hamlet. Hamlet is what? Is nothing but he's trying to show the futility of every nonsense we do. First of all a man killing another king. Then the woman running after that man. Because the father is killed the father comes to the boy and compels him that you should take revenge. He taking revenge. One little girl, innocent girl, madly loving that fellow. I mean, the whole life is made into something so small. The mother's life, she has no esteem, she thinks that by loving this man she is the last word. So she can kill her husband. The husband, so-called the second husband, he thinks by killing this man and getting this woman, he achieves the last. Then the third person is this poor son, who gets the ghost to tell him that "this has happened." The ghost himself should die and go away from this world and live where he is. But he comes back and tells him that, "You take the revenge." He is not interested in his [son's] Spirit, in his well-being, the father also. Now the son takes a tip and he goes on hating. He gets into this of destroy. He wants to destroy this man. In that destruction he kills the father of that little girl – his fiancée – and the girl also dies, she also becomes mad. Everybody becomes mad. Even Hamlet becomes mad.

What does he show, you see? I call him Shakespeare, an avadhuta. Avadhuta is a person who's beyond. He's a person who's not an incarnation. Incarnation comes on this earth, plays with you, lives with you, acts like you, goes with you into all kinds of moods and things you live with, and tries to help you on that level. The incarnation can come down very little. They do not. They keep themselves there. And what do they show? The futility, the futility of this kind of a nonsensical life people are leading. This is what he tried to show in Hamlet. Now, how many people who read Hamlet understand this point that the futility of even taking the revenge on his mother or the fellow who killed his father was there? It's so evident. All those emotions to which we pay so much importance and make it so much identified with your whole life, are nothing but wasteful and futile things, we are wasting our energy.

So he puts a drama before you. "See, this drama is a play. See now." Now what happens, you become Hamlet if you see that. You become one of the persons. If you see that drama you'll become Hamlet. Immediately you start thinking, "How many revenges I have to take?" You'll make a list of people. You immediately become Hamlet. You do not become Shakespeare, you become Hamlet. "And now how many people have I to hurt? How many revenges have I to take? Which is the way I should do? Should I play a drama the way he played?" Or you can even become the lady. You can even become the person who killed, you can become anything, instead of becoming the person who has created it.

That's how we live in unreality in our life all the time. Instead of imbibing Christ's life within our life, we find another drama, we play with that drama and identify ourselves with that drama. This drama is going to keep you in that dramatic condition all the time. Reality is to finish the drama, to know that it is a drama. We are not part and parcel of that. This is what is the Real state of the mind. Unless and until that is achieved, you are not going to be happy, you are not going to be satisfied, you are not going to be your Self, you are not going to find out your meaning.

This is what Sahaja Yoga is, that a happening takes place within you, the Kundalini rises within you. She passes through all these various centres and gives you that, what we call the Self-realisation, by enlightening your consciousness with the Spirit. If seed is the Spirit, then Kundalini is the water that pours on it its grace and manifests it in our consciousness. It is manifested by itself, but not in our consciousness. So our consciousness and our attention becomes one with that. This is how the things work out.

One has to know that God has created you. You have not created yourself. He has made you human beings from amoeba stage. He has brought you to this level and He's going to give you the Ultimate. He's going to do it for you. It's His job. It's not your job. Now in a case like that when you think that there is – say first case is we can take of people who believe in social injustice sort of going on. What should we do in social injustice? Which is the greatest force? Which is the greatest power on this earth? The one which manages all the other powers is the power of God.

Today as the time is, achieve that power and then work it out through that power and not through your intellectual power, which will create problems for you. Any social injustice, if you work it out on your level, will never reach its successful stage. It will be just falling short of its achievement. Everything has gone wrong because of that. The power that controls the whole Universe, every part of it, every particle of it, every atom of it, is the power which is called as Divine Power of God. That is the power of God's Love. In His love He bestows all that is beautiful to you and removes all that is ugly in you. For that He may have to

sometimes even kill you. He may have to even destroy. It's His power. It's not your power to destroy anyone. You have no right to destroy anyone. It is His power to destroy you.

Please put your hands like this and sit quietly. Don't make noises and things in Sahaja Yoga. You see, all these things which these gurus have done to you and you are really ruined by them. That happening takes place within yourself and not outside. All these ideas come to us again from the same myth that we can achieve our Realisation, we can stand on our heads, we can breathe fast, we can breathe less. How can it be? I mean, everything these things are done by animals and by every person. How can you do it? You cannot do anything to achieve your Self-realisation. This must be accepted with complete humility. It's also God's job. Everything He does. Only thing what you have to do is to merge into His Power and then you can tell Him whatever you like because then you become His Power and you can work it out.

But anything external that you are doing now before Realisation has no meaning. When the power flows through you, then you can manoeuvre it, then you can organise it, you can work it out. First of all, achieve your Spirit. Then allow it to manifest itself within you, fully establish it. After full establishment, then you work it out. There is no hanky-panky about it, one should know. And you cannot befool anyone. It's something that has to happen within you. We are deceiving ourselves. Do not do that. We do not want to waste our lives. We are not going to make ourselves so low as to destroy this being which is just there to manifest.

All those things that we worry about, say our personal things and natural things and this and that and that and that, you cannot help it out; you cannot cure it. Unless and until you are a realised-soul you cannot help it and that, too, a realised-soul in a very collective way. If you are collectively realised you can do it; otherwise, you cannot do it.

The whole emancipation and the whole great work of bringing humanity into the kingdom of God is only possible if you all get your Realisation fully established. Now, after Realisation also I received a telephone call today from someone that, "Mother, that day I got Realisation all my worries went away, I got completely relaxed and the cool breeze started coming into my hand. I felt very much better. But now gradually again the tension is mounting up. Is my Self-realisation temporary?" Self-realisation is not temporary but you are temporary. How much attention have you paid to yourself? For example, some guest is coming to your house and you close the doors to him, will he come to you begging of you? If he comes inside also you do not give it a proper eminence as the position is. The Spirit is the highest and if you do not give it the highest position, that my Spirit is the highest and I must pay full attention to my Spirit and you fritter away your attention on to other things, is he going to be there on your seat of heart? Is he going to be settled down there?

How much attention have you paid to your Self-realisation? You have taken it for granted, and then what have you done about it? The Spirit won't be happy with one person. When the Spirit starts manifesting through you like light, it wants that it should be put on a higher place from where everybody could see and get their Spirit. It wants its company. It seeks its collectivity. If it is not there it is going to run away. If you cannot enjoy the love of other Sahaj Yogis you are not going to achieve.

Now in this country of yours, I must say, we had a variety of Sahaj Yogis which is something such a great drama for me also to see. And the varieties and varieties I have seen in the West I have never seen them before, specially in England because they are very cosmopolitan and international. Now the lowest level of Sahaj Yogis are there who think that they can exploit Sahaj Yoga to such an extent, I mean, they are such low types that you cannot imagine. They go to, say, a program in the ashram. Then they eat food, that's all – not even pay for it. I mean, that level we have. There are many who never just pay their money. Can you imagine? Of that level we have people who go to the ashram where they make others pay for their food. Just they want to go there.

Here you are paying for a wretched guru, who came the other day, and gave him a Rolls Royce as a present. Do you know that? Who is well-known, that he is a swindler, he's made money and all that, out of hypnotism. People starve themselves, beg, borrowed and gave money to him to buy a Rolls Royce. And here is Sahaj Yoga which gets all kinds of lepers. One of them is this kind – I think this is the worst of all – and this kind of people should not expect much in Sahaj Yoga. It's better they leave and go away. They cannot rise: of this level of people who think that they can go to a place and eat the food and do not even pay, and make others pay. I mean, this is too much, I can't even understand such people. I mean, these are not human-beings. Must be some worms born here or some parasites.

Then the second kind are, there are some people who do not know that you have to work for Sahaj Yoga. You have to work for others. You are not going to die if you are working for others. You are not to judge that what others are working. If I were to judge how much you are working, I would have given up absolutely long time back! See the disparity in My style of working and your style of working. You know that I work day-in and day-out. Nights together I keep awake and I have travelled for miles together without any complaint. Today is the first day, perhaps, I'm doing it. After all, I have this physical body, and you know how much I have worked: working on single person for hours together and also we lose that person so many times. It's so disappointing and so frustrating. And you people are avoiding work. You want others to wash your dishes even. Why don't you wash the dishes of others for a change? What does it matter? You are not going to die.

But this comes out of, all these things come out of ego. But what, from where the first one I don't know from where it comes that you don't pay for your food. These people will never stick on to Sahaj Yoga unless and until they change themselves. One has to work very, very hard on yourself.

Now the third type, is to keep yourself cleansed. You have to work. You have to see what are your vibrations, how are you, what are your problems. You all have had problems you created for yourself. If you were beautiful flowers I would have done the job Myself. But no, you have really ruined yourself. So you have to clear out yourself. You have to work it out. You have to clear out yourself. You have to love yourself as you have to love others. Now you have to love yourself. Now come to that point. You have to respect yourself because this is now the temple of God. You are a realised-soul. You are a saint. Love yourself. How much I love you, in the same way you have to love yourself and care for your body, care for your mind, care for your Spirit, pay attention to your Spirit. "Is my Spirit happy with me? Am I doing what I should have done for my Spirit or am I doing something for my ego or for my superego or for saving some money out of my food?"

All these things, are, to be seen within us. I am not saying it for others. I'm saying for individual persons to see what are our problems are. Now even those who are ardently believing into Sahaja Yoga and are going into it must know that they have had really big problems. I've never told but some of you are suffering from cancer which is settling in fast, and I'm worried about them. Some of you have serious physical problems which I have not told you. Some of you have very, very serious mental problems.

You must see all those things. You must correct yourself. As I said, you must love yourself and understand that you are the saint. You cannot just play about with yourself and try to ruin it, just not paying any attention to yourself, just taking it easy. It's a precious trust you have with you, because your Spirit is enlightened, because you are the light for all the rest of the people of this world who are walking in the dark. Keep your light afloat, keep it clean.

You are specially you are bestowed this. Upon you this great grace has fallen. All this beauty, are you going to waste it because your light is not shown through your dirty panels? We have to think about it and that's how once you come up at least this much then one can work with you.

Face yourself as you are. You try to give explanations. Explanations are not wanted! Who wants explanations here? Whom are you giving? I am your Mother. I love you. What explanations are you giving? Even anything big happens to you, I will go out of the way to save you. Even if you beat Me, and murder Me still I love you. So what explanation can you give Me? No explanation is needed My children. It is what you do to yourself is the point I am concerned about you. What are you doing to yourself is the main point.

And when you understand that, "Am I the most beautiful representative of Sahaja Yoga? Am I the person who can influence others with my light? Am I looking after my light?" It's very easy to make out, you get your vibrations. Your vibrations are flowing if you are in light. There is the way of finding it out where you are. It's not like other gurus just taking money from you, and you are walking in the dark. If you know what chakras you are catching, where is the problem, what is happening to you, why it is happening, what are the deities, what mantra is to be said – everything you know – despite that, why is it that there is no

progress and growth? Because you have no self-esteem, you have no love or you are not in the centre. Unless and until you are in the centre – that's what these avadhutas have done all throughout. They have tried to show that: Be in the centre. Why are you going to extremes? Leave it to God.

Now, when it comes to that we are very clever to cheat ourselves. That's intelligence. Leave it to God. So cleansing, you leave it to God, alright? That's what part you leave it to God, that God should clean us, that part is God's job. And what is your job? Then is to do, what will you do? If I ask then what are you supposed to do? If I have to do cleaning, I have to look after all your meditation, I have to put your Kundalini up, I have to keep it there hanging, and you have to pull that! That's your job. In every way possible if you try to pull down your Kundalini, how long is she going to be there?

I'm giving you the extreme case but despite all that, Kundalini is your own Mother. I am much more spread out than She is. She's just localised within you, she loves you really! She loves you very much and She tells Me what's wrong with you, She asks for forgiveness for you. She wants Me... Put down her child. She puts forward all the problems you have. She wants Me to work hard. She works hard herself very much, day in and day out. Once she's awakened She has no sleep. Twenty-four hours she's working, She's helping you, She's guiding you, she's coordinating all the things that are needed for you. She brings all the blessings upon you to show that now you are awakened, you are growing, you are transforming, you are changing. "See, see for yourself". She is the one who pierces the Sahasrara, and the whole Grace falls into you. Without Her piercing the Grace is also useless. Without Her awakening I'm useless. Without her help I cannot do anything. To such a Mother what homage do we pay? What do we do for Her to please Her? We should find out. She's pleased all the time, that doesn't mean that you take Her for granted. It is your duty, your gratitude which expands you.

So to grow in the centre is to be in the centre, to see that you do not go to extremes. As I have told you that the things that are to be done by you should be done by you, and whatever are to be done by God will be done by God. The simple example is that when it comes to cleansing your personal things you leave it to God, but when it comes, say, to telling others something which will hurt them, you take it up upon yourself- which will show off your ego! We've had examples and examples of ego-oriented people – horrible people they were. They took up upon themselves Sahaja Yoga, they became the big like gurus and they started preaching. I'm so frightened in My lifetime! If they are doing like this what is going to happen? When I'm gone. Humble down yourself in your heart. There resides the Spirit of your being, of your attraction – attraction for the Divine, for God Almighty to be gracious on you, to be happy with you, and in Hindi language is to be prasanna is to be pleased with you. We say, "O God! Be gracious to us, be kind to us, bestow Your grace upon us and Your mercy upon us." We ask in humility. He loves you. No one can love like Him, His love is dynamic. He is so Great that you cannot describe Him in words – just you can feel Him. But we should not be thorn for ourselves and for Him. We are problems for Him. We are creating problems for Him. We are not helping in any way. We are nothing but problems and problems for Him. A day will come [when] He will just recede from you.

Give up your personal things, personal problems and think of the bigger problems for which you have to ask His grace. Do not start solving yourself those problems but ask for His grace and be humble, be humble in your heart. Be a witness of the whole thing, the absurdities into which you have driven into. Be a witness. As Hamlet has shown how he's ruined the family, his own and everybody's family. He was doing something right according to all human laws but not according to God's law. You have not to take the law into your hand, of God. God is going too. But, for collective things you have got courts and this and that. Let them work it out. You don't worry about those. You worry about your own punishments you want to bestow on a person. Do not do that. Let God punish them. Why do you want to do the dirty work of punishment? It's horrible. I mean, if I have to punish somebody I don't like it. I mean, it's a horrible thing to punish someone. Why do you want to do it? Do the beautiful, that is, love others. Loving is the most beautiful thing, is the most energy-giving. When you love others only that the love flows into you. Otherwise, why should love come into you? If you are not giving the light, why should light come to you? Love others as you love thyself but here thyself love itself is destructive. Christ never knew there are people like that who are all the time destructive to themselves.

There are, in so many lectures I've suggested what is the special problems of the West is, and one of them is left Vishuddhi, and if you go to the subtlest of subtlest point where we are at Left Vishuddhi that we can always find out the injustice done to us and to others but not what injustice we are doing to others. To avoid that we say that we are guilty of it. Supposing I'm between My

own child. Now I would take up the blame on upon Myself that I am doing wrong to Myself but what I'll say is that the attention in Me, "What am I to do [UNCLEAR] is to understand?" or else what second thing I will do is to feel guilty. "Oh! I know. I know I should not but I'm [UNCLEAR]" And in this small thing we can see how we are deceiving our Self. The Self which is your light, the Self which is your meaning, the Self that is Sat-chit-anand. That's the one which is the Truth, which is the attention of God and which is the Joy, we are deceiving every... Better to be honest, face ourselves and put it right.

May God bless you.

Hain na, ho gaya na? Thik? Ha! There was nothing to worry. You are all right now, you got it. See, takes time, but comes up. You are all right now? See, it's all right. Nothing wrong now. You are all right. Takes time. Kundalini works out. Have faith.

All those who have come for the first time, please close your eyes.

Hm, aaj to bahut achcha hai, thik ho gaye naa? (Hindi: today is very good! Are you alright?)

Ha, Just close your eyes who have come for the first time. Put both the hands on your lap and feet on the ground, touching the ground. When the time comes, then only you get your Realisation.

A little time has to be matured, you see, for every person though it's working out. You cannot say what time exactly a flower is going to become a fruit, can you? In the same way, it's a living process, it takes its own time and as a by-product it gives you all the other things. But how far you imbibe it and how far you go further with it is to be seen.

1980-0902, Translation of Marathi Letter from London

View [online](#).

2 September 1980

Letter / Poem

London (England)

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

My dear Sahaja Yogis,

The programs which you have arranged at Baneshwar will certainly be very successful. Our attention is there. All God's work will now have a new dynamism. Sahaja Yogis of Pune have given fulfilment to the 'Punya' of Pune. There is nothing special of mine in it. Whatever is with you has been discovered by you and accepted. This is the source of joy.

Sahaja Yoga is evolving as Maha Yoga. Baneshwar seminar will manifest that. Work has now commenced on very large scale in Europe also. This year many people will be coming to our holy land. I will come in November. Till then the message of Sahaja Yoga should reach every village, My affectionate blessings to all.

Ever Yours, Your mother Nirmala

1980-0905, Conversation of Shri Mataji with Ratna (see also MAHA AVATAR, ISSUE 2, OCT-DEC 1980, PAGES 21--22)

View [online](#).

5 September 1980

Quote

New Delhi (India)

Talk Language: English | Transcript (English) – Draft

Conversation of Shri Mataji with Ratna

OM SHRI MATAJI

Shri Nirmala Devi Namoh Namah

The moving finger writes, and having writ it moves on, Nor all they piety nor wit can scratch a single word down.

A young girl of sixteen fascinated by these lines so much that she lived on then for twenty-six years. If there was a "Moving Finger" who could control your lives, then what was the need for temples, churches and worship ? A question which haunted her for many many years to come.

Then one day she heard a saying "Arise, Awake and Stop not till the goal is reached". It appealed all right and so she got up at 4 a.m. (called herself a Karmyogi) and kept on working, but still the problem of life and its meaning were not being solved. Everything appeared existing but what was her role in life ? This was a question, probably an eternal one !

May be we were not the lucky ones, like those born when Shri Ram and Sita, Radha and Krishna, Lord Jesus and Mother Mary came down on Earth to Bless them. Sometimes I thought that may be we could still get a Darshan of Mahavishnu or have a vision of Sakshat Shakti Herself. I kept on thinking and lo ! we were Blest.

In 1980, Her Holiness Mataji Nirmala Devi was in Delhi. She was here to Awaken the Kundalini.

This young girl now a mother of grown up children went to meet Her Holiness as She happened to be her Mamiji (aunt) by relationship, but when she bowed to touch Her Lotus Feet, she realised that more than a Mami, a "Mother" was needed. The change was all in a few micro-seconds. She asked Her Holiness to bless her daughter Ratna who was accompanying her. Ratna, a student of Miranda House felt completely relaxed in H.H. Mataji's presence (for which she herself was surprised).

H. H. Mataji : How are you bete ?

Ratna : I am alright Mataji, but I would like to know about the Third Eye which Lobsang Rampa wrote about.

H.H. Mataji : Bete' can any-one operate in between the eyebrows and open the third eye ? In that

case all the surgeons would be much sought for (Laughter all around as no one can stop laughing in Her presence.)Ratna :

Mataji is it possible that the Divine power be converted into Evil as shown in the latest movies "the omen, Exorcist etc".H.H.

Mataji : The Divine Power always remains Divine, there is no doubt in it. It is a Power which can never finish. If you forget your path, I may give you a little jolt, that's all. My love for all of you is always there.

Ratna : In the spritual Path, is it necessary to wear good clothes ?

H.H. Mataji : Once the Kundalini is awakened, She passes through 6 chakras touching the Sahasrar which is the final destination. All these chakras have Deities to guard them. Once the Mahalakshmi chakra (Manipur) is aroused, you have to respect Her by putting on your best and being scrupulously clean. Mahasaraswati demands precision and neatness and so on. The Goal was reached. H.H. Mataji with Her Glances and Touches had given Ratna self-realization (awakened her Kundalini). The Moving-finger moved on and Blest every-one in the room, and now we understood that all that had been written for us could be scratched down with all H.H. Mataji's Blessings. With Ratna and her whole family meditating and taking salt-water treatment in night, life seems to have developed a new meaning. No hurry, no worry, no taxis, no cars to rush you up to any place of pilgrim mages. She was the lucky one to have made it ! Yes ! Mataji's looks and glances are enough. Even Her photograph Vibrates. It is absolutely true. Our beloved and revered Mataji absorbs all our sorrows, and this keeps us always smiling. Smiling as we always are others want to know the secret. Then, as there are no secrets in "Sahaja Yoga" we told them say Jai Mataji. Mrs. Varma

B-18, Press Enclave,
New Delhi

5th September, 1980

1980-0907, How To Know Where You Are

View [online](#).

7 September 1980

Talk to Sahaja Yogis

Chelsham Road Ashram, London (England)

Talk Language: English | Transcript (English) – VERIFIED

How To Know Where You Are, Advice at Chelsham Rd Ashram, Clapham, London (UK), 7 September 1980.

...vibrations on the photographs, that's very important. How to know where you are, as far as God is concerned. That's the main thing, isn't it? We are here for that: to be one with God, to be [in] union with His Power, to be his instruments. And how our connections get loose, and how we can to correct it, we should try to understand that.

First of all, we must realise that you are not to think about it. If you start thinking too much about it, then you have seen that you do something funny which you should not have done. Do not plan out too much about it, also, because, in this country, if people start planning out, they'll get all the planning done. For example, they have to go for a walk: then they must have proper shoes, they must have proper sticks, they must have this, they must have that, and they must have gloves, and they must have everything, and they never go out! They are so exhausted with the planning itself. (laughter)

In the same way, it happens with Sahaja Yoga. It very much happens the same way with Sahaja Yoga, I have seen that though I have told you not to plan it out, not to think about it, still you go on doing it and that is how you get into problems; that by thinking you cannot correct yourself. What you can do is to know that you can put bandhans or you can give yourself a balance with your hands. You have to move your hands and not your brain. Alright? Our brains are moving and hands and feet never move! And out of proportion our brains are moving but our hands and feet do not move. This is the society which H.G. Wells had described, I can see it very clearly, that you have more brains than your deftness and than your understanding. Your fingers are not so sensitive and the brain leads you to artificiality. So, you are not to use your thinking for correcting your chakras. Now should I write it down in golden words? That, "You cannot think about it and sort it out." This is one thing people do not understand.

Now we have got mantras for different chakras. Every chakra has got a mantra which you know. If you do not know, you should find out. Now, if one chakra is catching, then you work on that chakra only and develop your mantra on that. For example, supposing you have to say something for your heart: then, first of all, you must ask for forgiveness from God. That means your attention has not been so much as it should have been on the Spirit. Or, if you have done any mistakes, ask for forgiveness, you ask for forgiveness. Now, you ask for forgiveness from your heart. Even doing with hand can be artificial, you understand that? It could be just ritualistic - but from your heart. Whatever you have to say, you say it from your heart. Ask for forgiveness from your heart, not [to] think about it. You see, this is the trouble is. If I say something then you start thinking about it, and then you said then, "Now, I have to take out my attention from the centre," and then you start taking out your attention. You cannot. With your brain, you cannot take out your attention from anywhere. It's only through your hands, or movement of your hands, or by saying mantras you bring in. Do you understand that point? Absolutely clear-cut.

Many people think that if they pay attention to something and pull their attention - you cannot. But what you can do is to, when you are saying the mantra, put your attention, without thought, to that particular chakra. So you master that chakra ultimately, the one which is a weakness can become your mastery. But if you think, then you are catching again the heart much more. You have known that by thinking you catch your right side in the sense that it starts [getting] overactive, it gets over-activated, and left side gets frozen up, by which heart is catching. Your ego develops which engulfs your heart. So the more you think about it, how to correct your ego, the worse you are. You fight it.

So then we know that you have to give a balance, bring down your ego - with your hand, with massaging, you can bring it down, because in your hand it is flowing, whether you are catching or not catching, it is flowing from your hand is there - the flow from

your hand is there. You may not even receive from Me but there is flow already started, it's germinated, little bit is always there. Use that to massage your head, bring down your ego.

Then for heart also, do not think about it but give it, or you put your hand towards it. Direct the vibrations but don't think at that time. This is the important thing. If you are thinking and directing, it cannot be directed because your attention is engulfed in the thinking process. Do you understand that point? And here, the problem is people think too much and talk too much. I mean, they talk about everything. They know everything. It is such a wasteful habit of thinking and then talking about it. Everybody is a monarch here because of ego. So now please tell your ego, "You please keep shut - now we know you too well!" Try to push it back as much as you can, with force sometimes, bring it back, like that. Try to bring it to its normal position and you will be amazed once it goes to its normal position you'll feel very much lighter. So this is to be done with your hand.

You can use oil to rub on your body, if you have to rub, you can use even powder or anything for having less friction, but it is through massage, through giving bandhans, by taking it out, or through limbu (hindi: lime/lemon) or you can use even an orange or something like that, Try to take out these vibrations through these mediums and not through thinking. Through thinking, you cannot do it. Once you think about it, you have no power over yourself. There's a barrier between the Spirit and you, because you are thinking through your ego.

You must have noticed many a times, when I tell you that, "This you should not have done!" You said "I know." You see, this is something I can't understand, when you know that this should not have been done, then why are you doing it? (laughing) Now which is that 'I' which knows? Is your Spirit. Or which is that is doing it against it? Is your ego. So, identification should be with Spirit, and Spirit does not think - it manifests.

So you cannot sort it out through your thinking. It's all false and faulty life. Anything you do with thinking, it will be all faulty. Now why you people in this country have lost your deftness in the hands? For the same reason. If I ask a question, say, on, say, some art, people can tell me a lot about art, but if you tell them even to hold a brush in their hands, they cannot! In any art, any deftness or anything, they think. That's how the creativity, the spontaneity, is finished: by thinking.

And that's why you must have seen, the people these days who producing art, is also so horrible, that within twenty years all these artistic pieces will die out. They will have no value. All these are produced in these, I see them everyday in so-called "modern art" and all that. The real modern art can only be done by a person who has got his Spirit manifesting, like Blake. The one whose Spirit is not manifesting, whether he's a poet or whether he is an artist or anything, whatever he is doing is going to finish in no time, has no value, because it cannot give happiness to Spirit. It can only give happiness outside.

So do everything in silence - not thinking - in thoughtless awareness. That's the main point. How much you pamper your ego, you just see morning till evening. It's very simple to see in life. We try to be angry and in temper, or sometimes try to be very, very gentle, and sometimes very, very humble to look at, just to please that ego of ours - not to ourselves, the Spirit.

Now just fighting your ego, you are not going to achieve much, as I have told you. Just do not accept its existence. It doesn't exist for you any longer, does not exist. Ego is only existent in God because He does something, you do not do. That's why it's a myth. Your ego is a myth, you have no ego. It's a myth and you are carrying on with the myth. Now ego in a man is nonsense. Ego in God is all sense.

Now when you are facing the photograph, just to check up yourself, humble down yourself. First of all, humble down like a person who wants to perfect oneself. Before the photograph, you humble down yourself and try to find out what's wrong with you. Best thing is to give yourself a bandhan. Don't think again. "Humble down" means try to bring down your attention to your heart. Humble down. Bring it down to your heart. Don't think.

Now you put attention to the photograph without thinking and see for yourself what chakras are catching. One should not immediately jump into conclusion, "Oh yes, I am catching for this, I am catching for that, I am catching for another person," and all this nonsense is not needed. You need not take it to a rationality to judge it why you are catching, that's not important for us. It

is catching, alright. So do not go on a trip of thinking. I can ask, you need not.

If you are checking other people, then it's alright because you can tell them what is to be done. But then you find something - now left is catching. So, now you know that this is because of your guilt, whichever is built in your subconscious you are catching on the left. It could be due to anything because you didn't have proper sense of morality. That's the basics. Left Vishuddhi is immoral. If you have been immoral you get this. Basics. Then, sisters relationship. Then, guilt that is built in the subconscious. If you become immoral, in the subconscious the guilt is built. Any such guilt can come as any other guilt. Like you see, the real guilt is due to something else, but people express it as something else. Alright?

So, do not worry as to what guilt you have got. I never tell you what guilt you have got, if you remember it correctly. Never I tell you that you should say that you have got this guilt. Many people tell me that, "I have got a guilt that there is war in Vietnam," or some sort of a nonsense, or "My forefathers went to Argentina and killed many Indians." All this is nonsense, you see? The guilt is a subconscious action, is what you call the conditioning in the left. When there is some sort of an immoral behaviour that is done. Even you may not be knowing what is morality, you see, if you do not know dharmas, might be something you are doing which you should not have done. So forget about it, detach yourself. The one who has committed mistake is your ego, not you.

You are pure because you are Spirit.

So don't condemn yourself for that. You are not to bother. For example, if there is defect in the instrument, there is no defect in the electricity. Electricity is pure. It is not carried out because there is defect in the instrument. So we have to correct the instrument. Now, if you think you are the electricity you can correct it, but if you think you are the instrument, you can never correct it because again you go to your subconscious, try to find out, "Oh, what things I must have done?" It could be from your previous lives, also. It could be you might have caught it by saying something very filthy which you do not remember.

So do not tax your mind. We are not psychoanalysts, at all, to find out psychologically what is wrong with us by asking questions and this, then troubling yourself too much with ego. Psychologists only think of the left [side] but they don't know when you try to do that you develop your ego. When you start thinking about it, from where this has come, immediately you develop the ego of a person and the person goes on to the ego trip and which is even more dangerous than subconscious problem. Because people who have ego trouble the whole community, while those who are superego only trouble themselves. People with ego are much more dangerous and troublesome than the people with superego.

So you just, first of all, see what is the matter with you. Now, Left Vishuddhi is catching. Alright, so that means the Kundalini is not properly going through the Left Vishuddhi. Alright? Then you be attached to your Spirit. Try to attach yourself to your Spirit. Then you clear it out. I see like that. Supposing I am the Spirit and you are the body. I see my Spirit and I see your Spirit. I am not bothered what you have got. In the same way, you see yourself in two ways: that you are the Spirit, and you are not the body or the mind or anything. So we have to clear it. They are paroksha, they are different, they are another. We have to correct it. As electricity is separated from this instrument (microphone), in the same way you are separated from your Spirit, but this separateness must be understood in meditation, that's why meditation is necessary.

For meditating, you should say that, "Mother, make me the Spirit. I am the Spirit. Mother, I am the Spirit." You start seeing through the eyes of the Spirit everything, then you do not feel bad. You laugh at yourself, make fun of yourself, and then you enjoy yourself, only with yourself. You play with yourself. You joke with yourself. And the whole thing becomes a joke.

But for this, when you meditate, you find out first of all what is the matter with you. But not mentally you resolve it, through your vibrations and mantras. Mantras are very important for Sahaja Yogis. If these mantras could be said, loudly is better in the beginning. That is why, in privacy, you can do all these things, in your room you can work it out. Now you can use lemons, you can use water, you can use light, you can use ether, aakash, you can use sea - all these things you can use to cleanse yourself.

Once you start facing yourself through your Spirit, you won't be so frightened. Because you do not want to face yourself, you are all the time in that mood of frightened, fear. But once you start facing [yourself], you will be amazed that, really, you are beautiful,

and all these things will drop out. So there is no need to condemn yourself in any way, or to elate yourself, but just be your Spirit.

The best way to be with your Spirit is to forgive, forgive, because then your thoughts will go away. I mean, here there are people with superego, but as soon as you remove their superego, they get into ego very fast, I've seen it. I mean, they are really basically egos, actually, as if, from the horse they have fallen for a while and as soon as you take them away, then lift them, they just jump onto the horse again, it's like that. So one has to be very careful about this point. Now when you meditate, how much time, again, you are thinking? All this meticulousness, if you try, then again you are thinking. You just take the proper place to sit down, keep the photograph before you and just feel your vibrations - where are you catching?

Alright. Then you know how to remove your catches. Without thinking, try to do that. Then say the mantras on different chakras, wherever you are catching, first of all. First of all ascertain them (which are catching), need not say all the mantras. Only say the mantras in that part, with your heart. Remove your baddhas with your hand and movement, as you know that, and it would work out.

(baby starts crying)

You can take her out now because it's very congested now for children, she'll be better off. Too much for her to face.

The less you think, the faster you move with your realisation. This is the blessings of Indians. That's why you can ask Ray what he has to say about Sahaja Yoga. They don't think much. Now see my cook whom I wanted to teach cooking. In one month he learned: how to cook very well. But I can tell you I cannot teach you people for six months. Even I don't know if I can teach you that much even in one year. Because very few things will go into the brain, and then come to the hand is also difficult. You discuss anything, say, planning of the room, everybody will be arguing without thinking that, "Just receive the thing, let's see what it is," everybody will start arguing. In the same way, if you have to learn how to be a Spirit, do not argue it out. Do not think about it. Just try to become, to become, you have to become.

Now I have understood, [what] your basic problem is: that everything you want to sort out with your brain and don't want to use your hands, and that's why the inertia is setting in.

People are becoming lethargic, you see. Unless and until you move physically, how the inertia is going to go out? Not through your brain. So reduce your thinking. Do not try to sort out things through your thinking. It will give you a serenity, a kind of a peaceful existence. While talking to each other better to whisper, talk slowly. In my presence, you shouldn't shout and talk loudly [but] in a very whispering way, it's a silence in which you are here. Normally, people talk as if, say, I am just a housewife or something. One should understand that's not the way to talk, because then you are missing the point, you see? You are playing with My Maya, which you should not come into. Try to [do that with] each other also. Because you are saints. Do not quarrel and argue. Reduce your arguments to minimum and minimum.

Moreover, find out all the ways by which your mind goes out and stop it. Try to stop that, because now your mind has thought for at least seven lives ahead. You don't need any more thinking, you have done enough. Whatever brain God has given you, you have so much bashed it, that now better leave it alone and don't think. Then the inspiration will come to you from within. And when the inspiration will be coming, then you will find it will be very different; it will be very beautiful, absolutely beautiful it will be.

I think if you read Zen - I am not saying go and read [because] immediately you will buy ten books and start reading!! For heaven's sake, don't! I am just telling you that if you read Zen, you won't understand, normally. People won't understand. They'll just describe like a little flower standing, lonely, alone in the woodlands. They go see and enjoy it, and see that identification of loneliness that: God is alone, He has no companion, He cannot share. But you cannot. You will think about it, put words on it and make something nonsense out of it. But they'll enjoy, just enjoy. They'll make a pattern out of some stones and some sand, and I have seen all Americans and all other people who go there, they say, "What is this? What is this? What is this?" It is a pattern to neutralise your thoughts, that you go into thoughtless awareness, you just see the pattern without thinking. You try to see, at

least, my face, without thinking which my face, itself, makes you thoughtless. If you watch my face, it makes you thoughtless.

So, you watch my face without thinking. On the photograph you can watch my face without thinking and it will work out. Try to make yourself thoughtless. That's the first stage you have not achieved, and you jump onto that. For no rhyme and reason, you jump onto that thought business. This is the only quality difference between you and Indians. They do not think about it, they just imbibe. Have you seen a child being nursed? It doesn't think, it's just sucking and enjoying. What they say is to take attention inside, but if you tell anybody here they will say, "We are pulling our inside attention!" With your brain you will be trying all tricks and doing nothing. Is to silence yourself, silence your mind, and a serene atmosphere is there which you feel around, which I feel very much in India. Here, also, sometimes it sets in within you, during puja time and all that. At the puja time, now it's much better [but] before they used to quarrel, early in the morning, before puja a big quarrel is on, and then the puja would start and I wouldn't know what to do with that kind of a puja!

And, the main thing is that we have to be one with our Selves. Without knowing the Atma, you cannot know God. You have to know your Spirit. Once that beautiful personality is developed within you, people will know that you are Spirit.

If you think less, every work you will do will be good. I have seen, you ask somebody to connect one, say, pipe to another pipe, they cannot. There will be leakage, there will be some problem, because you are not connecting it without thinking. You see Douglas has that, now, capacity: he doesn't think. You have seen how much he has improved. He doesn't think much, he just does, and that's why he's come up in Sahaja Yoga. Though he had gone down very much, he knows that very well. But how, by not thinking, he has come up!

You people are over-developed so try to stop your brain acting any more and just make it humbler. All these, you see, ideas of hippyism and all that, is actually the consciousness, awareness, of this overdeveloped mind. But just by wearing dresses, or living like hippies, or by taking drugs, you cannot stop this brain thinking. Sahaja Yoga is the only way, and balancing yourself.

Also, there are many other things which help you. For example, physical things - you must learn dieting. What diet is needed for that, what exercise is needed for what kind of a thing. Get to it!

Now I am going away for a month, you have to work it out. Actually, unless and until you impress others whom you are addressing or whom you are going to meet with that kind of love and that kind of serenity, nobody is going to believe! Secondly, what impresses people the most? Do you know that? What does it impress, even if it is false, impresses people very much? Simplicity. Simplicity of character, of talking of dressing up, simplicity. Even, say, if you are a dandily dressed person, people know you are dandily dressed. Even if you are say wearing a jean and making a thing as if you do not care for a suit and all that, still you are trying to impose something. But if you just wear a normal, simple dress, you dress up in a simple way, absolutely in a normal way, people are amazed at you: how can you be that normal, simple?

And the second thing that impresses people is what you have sacrificed for Sahaja Yoga or for anything that you are doing. How much you are dedicated yourself. Not what you have achieved out of it, but what you have sacrificed. That's very important. This second point is very important: what you have sacrificed.

You see, if you read what Indians write or even you people write and all that is there that: Mother has all the comfort of Her own, She has a family of Her own, She has Her grandchildren, but She's still, She's so much interested in us. She comes here and She doesn't mind anything, and She sacrifices all Her time all Her enjoyment for us. She enjoys our company, She wants to be with us. I have many ways by which people get impressed, but you people: try to sacrifice something out of you.

While, you have noticed that some of you have been really parasitic. This is another thing which people will be shocked [about]! The gurus also, obviously, they do not show. In the beginning they will show that they are very sacrificing, they have sacrificed their families, they are wearing a kashaya vastra (monks clothes), they have become a sadhu and they have given up everything. All these Llamas have impressed people with that! Of course that's falsehood, we are not going to take to falsehood. But in our life, if we are sacrificing, doing things for others, every time if you weigh how much they have done...so for example, if I start

weighing, "How much the English people have worked out Sahaja Yoga compared to others?" And then I start paying you according to what you have done, giving you that much time as it should be given to you, immediately my work will not give me satisfaction. I can't, I'm too sincere, I'm too genuine, I just cannot get out of my genuineness or sincerity, I just cannot. You people have that much freedom, I don't have any of these [freedoms], this is my nature, I just can't help it. Whether you come up or not, till the last breath of My life I'll work hard on you, but to make it easier for Me and enjoyable for you, you must try to work in a way where there's no thinking. You cannot understand me through thinking can you? How far can you go with thinking? Only you'll go mad! So just don't think about it. Develop serenity within you. And no superiority complex is needed. You have got realisation, others will also get it. Maybe others may be better than you are today.

You will see that dignity and serenity coming in to you once you realise that you are the Spirit. Realisation never means that, from your brain. You see, with my brain if I 'realise' that I'm the queen of England, I cannot become! I have to realise within me, means it must actualise within me that I am the queen. It's an actualisation, it's not just thinking, just believing into something. It is the nature, the very nature, it should become because actually you are the Spirit, your nature is the Spirit. You are nothing but the Spirit.

The time has come for all the manifestation of the Spirit, and all these superficial and silly, stupid things that you are doing through your brain: drop it out! Do not waste your energy. There isn't much time left.

And with this I would like to bless you all that you develop that serenity within you and that affection and honour and respect for yourself, and become that. The way I honour you honour yourself and love yourself and understand yourself.

May God bless you all.

In India they'll say, 'Suck in the vibrations'. Now you will say, "Well, how to suck?" Just become thoughtless, it will go in! Just become thoughtless it will go in. Just try to be thoughtless, you'll imbibe it. If the thoughts are coming from ego, just tell them, "Be humble, be humble, be humble," and they'll disappear. Because your brain cannot suggest anything to you, sensible. Only your Spirit can manifest. Just tell your mind, "Be humble." The this relativity will go away that you have to be unique, you are some higher soul and something. All that is nonsense. You have to be the Whole, you have to be in the centre.

You see, what happens is that you are in a centre, moving in this direction, alright? Like that. In the centre. And once you try to go to anything extraordinary you go like a tangent outside. You see, you keep to the centrifugal force or I can say the centripetal force. There's also a centrifugal force acting. Now when you try to go out, anywhere, try to do something exceptional or better and all that, and try to show off or in anyway you try to come out from the whole, you just go like a tangent: and in such a big way that you are amazed how you are left out! And such people then go out of circulation.

Better now. Don't think!

But some people do not even soak their feet in the water, do not even meditate. I mean, I don't know how they are Sahaja Yogis, I just can't understand. Every day you must soak your feet in the water! Every morning you must beat yourself with shoes. This is a ritual of Sahaja Yoga. But if you do not do it you should not also be killing yourself for that but if you have a chance do it, because that's how you cleanse. That's a part. Not by thinking that I've done soaking of my feet! I was amazed that some people just do not soak their feet even do not meditate at all, don't do anything. And they are supposed to be Sahaja Yogis. You see, Sahaja Yogis are to be decided by the Divine, not by if you become 'members' of Sahaja Yoga [that] you become Sahaja Yogis. It is to be decided by Divine.

People think that, whatever we do, we are Sahaja Yogis. You do not become Sahaja Yogis at all, those who do not meditate. This is our way of life. You see, as in Islamic rules there are that there are Shariat is. Shariat means the style of life. This is our way of life, is to keep ourselves cleansed, how we cleanse ourself, this is bathing ourselves, our, all those things that are filthy within us to take them out and do it. That's the main thing. Then you'll be amazed that you won't be wasting your energy in, say, doing your work. You'll be doing your work much better because you are wasting all your energy through your brains.

Then I don't have to give explanations, once you become the Spirit. You just enjoy. Alright? It's good now, it's working out let it settle down, let your attention be on the Spirit.

hmm. Just watch. Agnya is too much. Can you take from My Agnya, right. Thinking you see, is the main point is: too much! Will you go into a ? or something. Better thing would be.

Gone up to here. It's stuck here!

You see, your thinking is reducing now. Try to watch your thoughts. Hold each other's hands and one hand should be outside. Should be left loose one hand. And what you can do is to hold her hand, one hand, and one hand...Good. Better, thinking is going down.

Agnya is so sticky.

You can't open the door here is it? Yes, you try to open. What sort of arrangements they have made here? This is all thinking process! Open the door, it's quite warm today, very warm, open it!

What has happened to Cooly, why is he getting into such a big ego?

Sahaja Yogi: He could have come earlier but he's trying to...

Shri Mataji: I know, he's trying to avoid me now. You see, this is the problem. He has ego and you have ego too. You were having a fight? You don't join hands with him, he'll be alright. He has been neglecting his work. If you are not properly working, why will people accept you? You must show more sincerity about work and involvement into it. If you do not think you will do it better. Cooly never used to do that. Now suddenly, I don't know what has happened to him. He has started thinking too much. Don has really not done good to him. Don, please try to now be kind to him and bring him round ,alright? He's a very old Sahaja Yogi and he should not be just gone out of the circulation.

If you don't work...you see, if you are a good worker then anybody would think, nobody would allow you to get out. On the contrary they'll say, "Please work for us" But if you are a bad worker they'll find ways and methods of throwing you out. Same in Sahaja Yoga. If you are genuine, you are simple. God knows [that] you are alright, you'll be there. If not He'll thrown you out. He knows everything. You'll go out. You'll be amazed how you'll be thrown out.

You are not to fight with each other. And try to understand that unless and until you work with complete devotion [and] dedication nobody's going to accept you for any work whatsoever. All those people who have come up, even in work field, have been doing things properly. If you try to pull him out John, you are his friend.

Try to help each other by telling, "Don't lose temper, don't get angry, everything will be alright. Take it easy." On the contrary if one person says [to] another one things, another one says at a louder voice.

You all have not yet know your self-esteem, that's the main point is. You see, because, if you are born say in a royal family, you would have had some sort of a self-esteem which was artificial. Now you are not born in that kind of family, you are normal people ordinary families. So what? You can be born anywhere. Christ was born in a manger. So what? He never lost his self-esteem. How can Sahaja Yogis fight for like this? I didn't like it, tell Cooly, and be sober down and be humble. Don't take the laws of God into your hands. Do not fight. Alright?

Where is Peter? Where is he gone? All ego. Where is he, Peter?

Sahaja yogi: He's gone upstairs Mother for something or other.

Shri Mataji: Just call him. Get him here. Very egoistical fellow. He'll get out of the circulation very soon. At the time when people are meditating what is he doing upstairs? And he wants to be the leader of the people!

Peter Pierce: Yes Mother?

Shri Mataji: Sit down, and hold the hands of people! And you must soak your feet every day, and when you are meditating....you better sit here. And all those who have to be Sahaja Yogis and have to live in this ashram have to soak their feet every night, and have to meditate! Because your egos pass from each other. It's contamination, complete contamination. Try to humble down. Now take it. Let it pass out. Such a lot of ego you can't imagine. See. See that? 'Huk, huk, huk, huk' it's going on!

You just say that, "Mother, you are our ego. You are the ego." I am, you are not. You don't do anything. That will solve the problem. "We don't do anything, you do everything," You say like that otherwise it will not. Be humble. And that's why there are no emotions, nothing. Just talk, talk, talk, talk, talk!!! No feelings, nothing comes up.

Be humble! Be humble in your heart.

Ah, it's stuck up all here. See? Somebody come in I don't know. It's all hot. See? See that? Sickening, absolutely. And that's how you catch then Ekadasha Rudra. You know, when ego develops too much you become Ekadasha Rudra problem and that's the thing which sets in the real place for cancer.

Now don't worry and think that...when I said 'cancer' everybody starts thinking, "Have I got?" None of you can have! You see, I know what you think all the time: real foolish things, nothing sensible! If you get cancer, do you think I'll rest in peace?

Hmm, see? See how much ego and useless activity and the smoke of this horrible ego in the brain. Such a lot, still sticking on.

See your liver is nourished.

What you have to surrender is your ego, means your thinking. If you are thinking open your eyes and say "I forgive, I forgive". You see, to neutralise your thoughts, use mantras. "Oh Mother, I forgive" even if you take My name is sufficient, it can take out your...Taking My name is very good, helps you a lot. Hmm, taking My name is the best way of killing your ego I think! Aha, I can see now! You see? In the subtle way everybody thinks that, "Mataji is also like us, so why take Her name?"

Take My name, you finish your ego very nicely on that I tell you. I am not [like you], I am very different, absolutely a different person. I'm telling you again and again: don't be illusioned by Me. You see? I am really an illusion, complete illusion for you, you cannot understand Me. Just take My name and it will work out. Better? Still sticking on here! Now it's better, isn't it. Aah, better? All the heat going out. It's better. Eyesights will improve.

Now on the left, it's coming more on the left. Hmm God bless you.

Just one thing you [should] do: to see that you don't think.

Is it very cold outside?

Yogi: Yes Mother

Shri Mataji: Are you sure? Phillip, when is Bala going to Singapore?

Phillip: I'm not sure Mother.

Shri Mataji: You find out. Alright? Tell him to give Me a phone before I leave because I have to give him addresses of people whom he has to meet in Singapore.

Phillip: Yes

Shri Mataji: Because I'll go away on Thursday. Tell him to come and see Me before that.

Phillip: Before this Thursday?

Shri Mataji: Hmmm

Phillip: Yes Mother

Shri Mataji: Means must be Wednesday or something if he can come. Haa. See? It's clearing out. Better?

Do not condemn yourself you see, there should be cheerfulness that it's clearing out....

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The Dangers We Face

Public Program

Caxton Hall, London (England)

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“The Dangers We Face”, Caxton Hall, London (UK), 8 September 1980

This has been the month of warnings somehow, because certain things I have been seeing in people, how it happens and how people get into problems. How our inner being is disturbed and why sometimes Sahaja Yoga fails within you. One must understand the dangers we face as human beings.

No doubt, you are the highest of this Creation. No doubt. For you this Universe was created, for you this Earth was created, no doubt. And today you are at a situation where you have to get out of this illusion.

The time has come. Everything is ripe. But on a tree, if you notice the most delicate stage is that of a flower. [The] flower is the most delicate thing. The roots are tough, extremely tough: they penetrate through the land, hardest possible land; they go through different rocks and find their ways. But when it comes to the flower stage, it's a very, very, delicate stage. Though the whole Creation just waits for that time.

The whole tree works it out. And the tree creates that beautiful flower. It's waiting for that time, that blossom time, when the flowers have to become the fruit. Now that is the time. That precarious time. That beautiful time. That fantastic, dynamic time is here. But we do not know how delicate it is and that's how we really play too much with ourselves.

Before Realisation, you have seen people who have come to me who had terrible mental problems; who were mentally deranged people absolutely epileptic and of serious type. They got cured, they got their Realisation they settled back.

You have seen people with cancer, with blood cancer, all kinds of physical troubles: they got their blessings, they got their Realisation, they are settled back. You have seen people from very false gurus who have damaged their being completely, who have been mesmerised, who have been absolutely misled and lynched and have been made into, we can say, just cabbages. Such people also came to Sahaja Yoga and tried and prospered.

But again it's the flower stage, one must not forget. And that is the time one has to be very careful, at the blossom time only. Imagine, the times are so precarious that the gardener has to worry that there should not be a hailstorm. And all the satanic forces have worked up in their fullest form, with their greatest strength, with all their tricks and methods, to curb down the progress of this Creation into its fruitful happening. At such a precarious time one has to be very aware of all the dangers that we can face.

The greatest danger comes to people when, after getting Realisation also, they do not have faith in Sahaja Yoga. It's the greatest danger, because that's your anchorage, that's the way you are saved.

Say, if there's a boat, which comes for your rescue, and you are drowning and it rescues you, you see, you can feel it. Those who have not felt, alright, but those who have felt it. You come off the boat and then you do not believe in the boat. You do not have faith in boat. That's the greatest danger you face.

People have faith in all kinds of nonsense very easily. But to believe that you have found the Reality, to believe that you can be

saved, is very difficult for people who are all the time drowned and are threatened and frightened. Because the habit is formed to be always drowned, harassed, haunted by fears. So that habit doesn't go and that comes over and you feel frightened and you lose faith in Sahaja Yoga. Whether you have faith in it or not, it works. It works on people who do not even have faith.

Today only I received a very interesting letter from India and a man who is supposed to be something big there. He told me he read an advertisement about Me, that Mataji is going to give Realisation through Kundalini awakening, and he just came just to make fun of the whole thing, to the program. And there, he felt that I was just befooling people, it is not possible, he sat with a very sceptical ideas. But his Kundalini rose and he felt the cool breeze and he felt that calm and everything. He was amazed. I don't remember, he relays that I came to him and he said, "Mother you are so kind. Despite the fact I came with this kind of idea you gave me Realisation." Because Indians know what Realisation means. Here people even don't know that, so the situation is much worse. They know that Realisation means cool breeze, it means you must get cool breeze flowing from you. They know it. You do not know that. So the situation becomes much worse here that the faith in Sahaja Yoga goes. Now this is not blind faith. This is the faith. One is blind faith and another is the faith: means that you have now seen it and now you have faith in it. It's not like many people, I have seen many people saying, "I believe" and "I believe" and "I believe" Out of what? It's a thing that you have felt, experienced, you have had it and then you believe it.

Of course you are not obliging anybody by having faith. That's one thing. It's the grace of God that has really been kind, extremely gracious, to grant this to you. By that you do not oblige God or anybody, nor me. But despite that it's time. What grace, what grace, what beauty, what love! It happens. But this faith does not settle down.

Now the reasons for that are many, but is a very dangerous thing. You can rationalise it. I have seen people who go away, then again come back and they said, "Mother we are sorry, I mean we just doubted you. We went away," this that, "I started thinking about it and I spoilt it and I lost it, and I said 'oh it was just temporary,' I went away."

Why not, once you get Realisation settle down with it for a while? Why not see for yourself what it is? All the gurus who take money and have made a money making proposition out of God - which is absolutely against God, anti-Christ and anti all that is Divine - people stick onto them much more, like leeches.

One thing of course there is that they mesmerise. There is no freedom. You cannot get out of them. One thing, I agree. But the second is the money. They get involved with them because they have paid for it and they have to stick onto it, because they have paid for it. And so many people have told me, "Mother you better take money from everybody who comes in and they will stick on!" I mean this is going too far. I have too much respect for humanity. I respect you too much. I do not think you could be that low. I cannot think, [that]. And those who are that low cannot get Realisation also perhaps. Maybe if you get it it's not worth it, you see. We do not light lamps in paper bags do we? People have to be of some calibre to get Realisation.

But the faith, faith in Sahaja Yoga, is the only way you can rise and understand and move and grow with it. The faith has to be so great that nothing should disturb you.

Look at these flowers sometimes, how delicate they are. And it rains and sometimes it's too sunny, especially in London. You don't know what sort of a climate it is, it's a funny climate, absolutely! But the flowers, they stand up to that because they have faith in the tree on which they are born. That's the strength-giving thing. And to know it, fully - so that you love it more and more and imbibe within you more - is the only way you can really establish yourself firmly into the strength of the Divine Power.

The understanding of Sahaja Yoga is not mental. I told you [that] yesterday. It's not mental understanding. You cannot understand it through brains. If you try to understand it through brains, you get away from it. Because you cannot explain how it works out. It's a miraculous thing. It's a mystery. It's a mystery. God is a mystery for man, will remain a mystery to a point, but he can become His power. He can become an instrument of His power.

So you cannot comprehend the complete thing through your brains. You cannot even comprehend a little bit through your brains. Only thing is when you see it happening, you see it working out, the effects of that experience which are put on your brain, that

gives you faith.

How do you have faith in a man? Say there is a man who is very astute, straightforward. You give him ten pounds. He spends nine pounds three pence, returns the rest to you. Then you give some more money. Again he does the same way; he returns all the money that is due. By mistake he forgets, he again comes and says, "This is it." So you develop that faith in him. It has not come out of your intellectual understanding of the man. A man may be very good, maybe a very great cheat, could be a 'very fine' gentleman, very well dressed. Mostly I have seen sometimes when I see these pictures where they show the bank robber, especially the gentleman, is absolutely top class. He wears beautiful lined dresses you see, he walks with an umbrella, straight forward and he's absolutely, you can see his face and I mean it's chiselled completely! It's beautiful figure and extremely innocent face and all that he puts it up, very well, that's why he can befool! He can befool people very well and he can get things out of them.

But, in Sahaja Yoga, when you start feeling it, seeing it, how it works...when you saw this man, seeing the way he works, you have no faith in him anymore. You start seeing how Sahaja Yoga works and then you have faith in it. And that is faith, that is not reasoning.

Actually by reasoning you have achieved nothing so far, if you see it properly. For example, you see, all scientific laws, were discovered, were seen, were felt. Even if something comes into my mind by thinking, it could be just an imagination unless and until I see [that] it works. Anything that does not work out doesn't become a law for us.

So for Sahaja Yoga you have to see it. But not with the idea that, "Let me see if it works or not!" That's not the way. But just the seeing of it and understanding it.

If you sit down and reason out Sahaja Yoga you will be lost in wilderness, absolutely! But how it works!

I'll give you a very simple example now. We have got the gentleman here. He wrote a thesis. I don't know how many years he was working with it. He could not get through it. He had not even made a bond out of it. It's a very material style of understanding, but still. So he came to me and he said, "Mother now I leave it at your feet and I surrender it to you. Do whatever you please." So I looked at it. He said, "Are you not going to read it?" I said, "No need to read." I just put a little bandhan on it. Put my hand there - finished! That's all. That's all I did. By next year he was a doctor. He was. How it happens?

Today we received another letter from Portugal. There was one fellow, whom we had sent all the articles, everything, but he had certain problems with his sister and mother and all that, so he didn't want to do much of Sahaja Yoga. And there was another one, who wanted to do it. And he writes to me saying that, "I received everything. I don't know. He does not know my address. How it has come to me I don't know. Who has dropped it in my house? I do not know how it has come to me; the address was of that fellow." And that gentleman who has this address, does not know his address. It's that mysterious. There are angels. God has many hands, many eyes. He's God Almighty. He's very powerful.

So, after Sahaja yoga you cannot comprehend Him, you can only see Him at work and you can see His laws working out and you can see it works out.

A simple thing: there's a gentlemen sitting here, now you put your hand on that. There was another case, very recently it happened, one gentlemen came to me and asked me, "Why everybody is asking about my father? What's the matter?" I said, "Really? They're all asking about your father?" I went further to tell him about his father and he was surprised. "How do you know?" I said, "I just know." "But," he said, "How did they all know that there was something wrong with my father?" I said, "There is a way of finding out. Everybody, even a little child knows there's something wrong with your father." So when he put his hands toward that gentleman the Right Heart was catching, everybody's Right Heart. This is father's [chakra]. So he asked, "What's wrong with your father?" Now see the mystery. You see, Sahaja Yogis also take it for granted! See the mystery, the alertness of the vibrations, just think of it, how they work it out, that you just extend the hands at somebody and the vibrations tell you this gentleman is catching the Right Heart. And Mother has told you that it means the father's problem. That decoding I have done,

but what about these? These vibrations they look so silent. Do they think? How do they tell about anyone who may not be here, present. You can tell. And if Sahaja Yogis just start telling about that person that, "This has happened, that has happened, and this person has got this, and that person has got that." Sitting down here! It's a tremendous dynamic force which is working it out.

But if you have no faith, then the same vibrations know that you have no faith. They know you out and out, absolutely out and out. They know you too well. It is they only who play around with you and put you into problems so that you realise that you have been trying to cheat yourself. You are cheating your own Spirit. You are not truthful to your Self. And it would be like taking a dagger and putting it through and being very happy, "Oh how I have cheated myself!" It's that foolish and stupid! I tell you.

They know you too well. And they just take you round and put you into a problem to realise that, "Do not cheat anymore!" These dangers are there for all the people who get Realisation.

And the, another, realisation one should have, when you see others around here, the kind of people that come in. All kinds of people have come. And when you start judging them also you should know that if you become like that, you will also have the same problem. Even after Realisation possibly. For example some people start suddenly sulking in Sahaja Yoga, say, after Realisation, for nothing at all. They should be, very aware of it, immediately give it up and become cheerful. Is there a negative force pulling them down to sulk?

First sign of being a Sahaja Yogi is to have a very cheerful disposition. Look at the flowers, look at them. Have you ever seen any flower, which is not dead, not cheerful? If they are, even at the fag-end of their life, they'll try to cheer you. That is the first sign, and all such signs should be expressed, not artificially, but really spontaneously, from within and nothing should disturb you which is trivial, useless.

If you have faith in Sahaja Yoga, then you must know you are here for a tremendous work of human emancipation. You have a very great responsibility. You represent that part of Creation which is the most important, the most vital. And if you fail it, it's absolutely fatal also.

All this works out in such a manner that it builds up tremendous sense of security within you, that you know you are standing on the Truth. Hold it with both your hands. You'll grow on it. You'll enjoy yourself. Life will be so much better, much more beautiful. And it is only through you [that] the whole world is going to be saved. So strengthen yourself, strengthen your arms and strengthen your feet. The faith is the strength of Sahaja Yoga, not the brainwaves that you have about it.

Of course, you need it sometimes to argue with some intellectuals, you see, as I have told Gregoire to write the last two chapters (of The Advent) for all these Rock of Gibraltars (egoists). But, for you the greatest thing is the faith, to enjoy it, because you have seen it, you have known it, you have found it. It is with you! You are the master of it! It is at your service, and so beautiful, so loving and so kind.

Maybe today is the last day, I'm here. I'm going now. I may not be here for one and a half months or so. I hope so, I'll be back, by the 17th of October or so.

Whatever it is, even if I am away or anything, Sahaja Yoga exists everywhere. Within you it is working, without you it is working, everywhere it is working. So you see for yourself. To see it you have to go and see people and meet them and talk to them and find it out how it works. And develop that faith that gives you the sense of security.

There are so many ways of cleansing yourself, which you know, you can find out. Meet each other. As many times as you can, call each other for tea, meet each other. Go around England. I was thinking when I'm out it would be better that you go round to different centres, meet people, get organised, get more people, tell them, talk to them about it and do something. But they'll judge you by your faith. And when you have found out the Reality, the faith should be much greater than any of these fanatics have, any of these nonsensical people have.

But for faith you must have the quality. Only people of quality can have that kind of faith, not ordinary people. They'll fall off. All the flowers do not get transformed into the fruit state. You are transformed into fruit state. But all the fruits do not come up to their maturity because they lack faith, the strength.

Gather up your strength. It's all behind you. It is within you. It's around you. Everywhere there is light, within and without. Try to work it out properly. Do not condemn yourself or condemn others, but know that you are something that you are standing on the Truth. And you are in for the Kingdom of God, which is promised to you, which you are in already walking in that. You are settled in there, just enjoy that beauty.

May God bless you.

Is there any water for me? Water?

Now I would like now to know how many new people are there, and, yes, just come forward, those who are new, and we'll have a look at them. Those who have come for the first time please come in. And then I would suggest, that those who come for the first time, must... please come...must get to it, you see. It's a serious matter, it's not just a shopping centre. It's not guru shopping. It is your own shopping I should say, it's your own being.

So, take to it seriously and work it out properly. Ask others. Not that in any way they are higher or lower. Only thing, they got their Realisation before you came to me. So it's alright, doesn't matter. They'll tell you what is to be done.

In Sahaja Yoga there is no restriction, there is no compulsion, there is no membership I can say. There is no way of allying you with Sahaja Yoga No nothing. It's your freedom, complete freedom. Your freedom is to be worshipped and to be respected. If you have to achieve the highest of the highest, you have to be absolutely free because that is the complete freedom you have to achieve.

So nobody is going to force you to do anything or compel you to do anything. No. You are left alone to yourself.

No doubt, there is a Kundalini within you which rises and there is, in every human being, a possibility of achieving Realisation. Every human being should receive Realisation. But it's a real work, it's a living work, and living work takes time.

If you people are of that calibre, you will become great fruits of this Creation. I will work as much as I can to keep you up there, all my level best. I've worked very hard and I'll always work, and all of them are willing to help you out. They have no problem. You too become like them, very soon.

Now about Kundalini I must have spoken I don't know how many times, and there are lots of tapes with us. It's all again intellectual feat, you see? Let's see if the light is there. Let us see the light, then we'll talk about it, isn't it? I mean, if I have to put the lights on I have to just press the button. That's what it is, really, because it's all built-in. Once it happens to you, then you [can] ask me about the engineering, it's better, than to have the headache before and then the light.

So let's work it out that way Then, later on, you can go through, you can find out for yourself how it works, what is the system that works it out, what is God's plan for us, everything. Gradually, you see it for yourself that this is the baptism that is promised to you, this is the real re-birth that has been prophesised before, this is the time that is promised that somebody will come and do this job for you. And it is here that you receive it.

No religion is to be condemned because they are different steps in your growth, but, you should know what is real and what is unreal. That's very important. Once you learn this science of God's ways, then you start talking about it. Before that, you just see for yourself. Be just witnesses and achieve something out of it and make the best.

May God bless you all.

Now let's have the feet like that straight, yes. Just like that. Just like that, yes. And put your hands towards me.

For anything small just do not get disturbed. Keep your eyes shut. If you can put your hands on the lap it's alright, because you'll be comfortable. Be comfortable. If you have any discomfort in the stomach or anything tightness you can loosen it. And it's for your comfort only. I want you to be comfortable. That one thing is, that you should be comfortable bodily. Though the Kundalini's such a sweet thing, She's your Mother, and She rises without giving any trouble.

Now close your eyes. Just close your eyes. Everyone.

"Aank ke band kar lijiye" (Hindi: close your eyes)

Now there are some centres within us, they might get a little obstructed, supposing you feel guilty for nothing at all. I mean there's nothing to feel guilty you see. You are facing somebody who is love, so how can you feel guilty before such a person who is just love? So have no guilt of any kind.

Then you have to forgive. You have to forgive all the people.

Not to bear any bitterness just now, just forgive, because by bearing that bitterness you really embitter yourself, you do not torture the other person.

And lastly you have to ask for forgiveness, if you have done any mistake by ignorance or anything. You just ask for simple forgiveness.

All the obstructions can be overcome by the rising Kundalini. She does that.

Just relax. It will happen by itself. You are not to do anything.

Keep your attention absolutely loose, if there are thoughts, let them come, don't worry, they will stop themselves. You don't have to stop them. Do not put in any effort, just leave it alone. It will work out. It will just rise and work it out. You just leave it alone.

Suddenly the thoughts stop. But you are aware, you are not sleeping. You are not in a trance or anything you are absolutely aware. But you reach a point where there are no thoughts. But do not try to do that. Do not try to do that.

And when the Kundalini pierces the fontanel bone area, the talu, you start getting cool breeze in the hands. In both the hands you start getting cool breeze and also from your head, you start getting cool breeze.

First the hot breeze, I think (laughing), and then the cool breeze, for many people. It happens like that, doesn't matter.

Good! You see? You can feel it on his head, here. You have a breathing trouble have you? Do you have a breathing problem normally? Do you have any breathing trouble?

Seeker: No, I'm just breathing.

Shri Mataji: Hmm? No just don't breathe. Just leave it alone. Don't you think it is too much breathing or is it automatically it happens? Happening automatically. This never happens before?

Seeker: No.

Shri Mataji: It never happened before you say? Hmm? You have been to some guru or someone?

Close your eyes. You are alright. You don't pay attention to him you pay to yourself alright? Are you alright? Are you feeling?

Are you feeling hot on the right (hand)? Eh?

Seeker: Yes.

Shri Mataji: Can you sit there? Would be better nearby. Just look at her not that. Ann, just look after her. Please sit down. You're alright.

Now what about her? Where is she? After 10, 15 minutes her vibrations will be alright.

Colin, can you see the vibrations of this gentleman here?

What about these Indians who have come? Can you see their vibrations? This gentleman. This gentleman. There are two ladies there. Are you alright now better? Good.

Just can you come up to tie up the Kundalini? You come and help.

What's the matter with his heart? Keep your eyes open.

You have done some breathing exercises? No?

You have not been to any guru or spiritualist or anyone? You never get this trouble normally?

Seeker: No.

Shri Mataji: No? Come here. I'll just talk to you and it will be alright. Come here can you come here please? Just come here. Just get up, by Me, come. Come down. Come forward; come forward sit, come here sit down. Can you sit on the ground? Alright.

Be comfortable.

You have not been to any guru? Sure? Then what is the sense of insecurity you have?

You have some sense of insecurity, what is it? You are not well? Yes, you had some mental trouble. Did you? You had? What is the problem, tell me.

Have you got some lemons with you? Alright.

You are not well?

Seeker: I'm fine

Shri Mataji: You are alright?

Seeker: I'm fine

Shri Mataji: Keep good health? What work do you do?

Seeker: [Inaudible]

Shri Mataji: Hmm?

Seeker: Can you feel it?

Shri Mataji: No, what work do you do? You tell me. What work do you do? No work?

Seeker: I do nothing.

Shri Mataji: Do nothing?

Seeker: Nothing.

Shri Mataji: Why? Your living off dole. Just relax, just hold it in your hands. You don't do any work at all? You never get this? You're not well?

1980-0917, The belief that you have got through experiences is the real belief

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17 September 1980

The Belief That You Have Got Through Experiences Is The Real Belief

Public Program

Paris (France)

Talk Language: English | Transcript (English) – Draft

H.H. Shri Mataji Nirmala Devi, 1980-0917 Public Program Talk Day 3, Paris, France

Today is the last day in Paris and I'll try to sum up the subject of Sahaja Yoga as far as possible. (Can you hear over there?) Yesterday I told you about the chakras within us, which are the subtle centres, which are existing. Before understanding the whole subject we must understand the attitude that is going to help us to understand this subtle subject. For example this is not a political lecture. It is neither a sermon to you but it is an exposition of a discovery, for which you should not deny because you do not know about it. The attitude should be that you still have to know.

This subject has not been discussed or has not been told in these way that people could get an experience. Supposing I describe to you the art of one of the Indian temples? You have read something about it and I describe you something else then of course you can say that this is not so because you believe in one person and not in another. Most of your beliefs are blind beliefs and you stick on to them because maybe you have paid for it or you have read it. The belief that you have got through experiences is the real belief. That kind of a belief you should seek.

Dealing with spirituality also there have been thousands and thousands of writers. Thank God I have not yet written anything. But there have been writers who have written about spirituality who have experienced it. I would say they were the people who were self realized. And, there are writers who have not been realized and have not experienced or the experience they have had was not of realization but of something else.

The understanding of this subject is only possible properly also if you are a self realized soul. Otherwise you cannot understand it fully. For example if you do not have a microscope and I describe to you something about microscopic vision you won't understand it unless and until you see it.

Now Gregoire has already told you that we have this power called as the Kundalini in our Sacrum Bone. This is the residual energy God has placed within us for our Self Realization. It is the second birth. It is the Baptism. You can say like an egg we are, indulging in our ego and superego, absolutely calcified. When you come to a certain point of maturity this has to break, the mother bird breaks the egg and the bird comes out.

Surprisingly in Sanskrit language a bird is called as Dwijaha and a self realized soul is also called as Dwijaha because dwijaha means twice born. That means they're Brahmin but later on this word got absolutely spoilt and we now have professional brahmins. It's absolutely a misnomer now.

This Kundalini rises from here as you see and pierces the six centres, the last one being here, known as the Sahasrara. This hole that She creates, is the, in your childhood you have a soft bone, it again becomes exactly a soft bone. This piercing takes place at a point called as Brahma-randhra. Brahmarandhra. This means, the-hole-in-the-divine-power. It means through this we are connected to the divine power.

Now you can sit down and say just like a politician, how can that be? But you see so, as I have told you yesterday that God has made you in His own image and that He is not going to allow for His creation to be destroyed. He has already made this inside you, this instrument inside you beautifully. In so many cases you can see the Kundalini pulsating in this (Sacrum) bone, clearly,

with your naked eyes. You can also see the rising of the energy in your backbone. With the stethoscope you can hear the lab-dab of the Kundalini. But when it reaches here you can clearly hear the throbbing. When the throbbing stops then you start feeling the cool breeze blowing into your hands. This is the seat (Fontanelle) of the Spirit but he exists, he exists in the heart and the information goes to the Spirit and then this cool breeze starts flowing through the Parasympathetic Nervous System. On your Central Nervous System you start feeling the Spirit for the first time. We do not realize how beautifully God has created us. We take Him for granted and take ourselves for granted.

If you cut the brain, transversely, you can see it looks like a lotus, in its design, of many petals. It is said that there are thousand petals encircling the Limbic area. I have seen it. It has many colours. They are like living flames. It is said in the Bible that 'I will appear before you like tongues of flames'. These are the tongues of flames. Now by reading Bible can you explain what are these 'tongues of flames' that God is going to appear? There is a description of Tree of Fire. This is the Tree of Fire within us and the Vibrations are the Water of Life.

Sahaja Yoga explains all the scriptures as an experience not only mentally. It explains the Koran. It explains the Gita. It explains the Upanishadas. Of course, it explains the Bible. The time has come for us to know the truth and to prove it. So far we have been told but nobody has been able to prove it. That is why I am here before you.

This is the last centre, which we have to cross. It's called as the Sahasrara meaning one-thousand-petals-centre. It is surrounded by another centre called as Ekadesha Rudra. It's the last incarnation that is going to come on this Earth. This incarnation is going to destroy everything that is unnecessary. It is not going to persuade you. It is not going to request you. It is not going to give you Self Realization. The Last Judgment has already started. Kundalini Awakening is the only way you are going to be judged. God is not going to put you into a balance to see how much you weigh. He's going to raise your Kundalini and He's going to know what's the problem with your chakras. He's going to know what you have been hankering after. He's going to know what harm you have done to yourself and to the society. But the judgment is compassionate. It judges and corrects, helps you to improve, gives you a very, very patient understanding and attendance, it tries to explain in every way that your brain can understand, tries to explain all your funny identifications and to remove them, it sees all the stupidities you have been doing, all the foolish things you have been indulging into. It cleanses. It cures you of all these things. It pardons you. It removes even the little guilt you might be involved in. It is purity but it is not afraid of your impurities. Don't be afraid of this. It loves you. It is going to judge you in the most unique loving way before getting into the problem of Ekadesha Rudra. The manifestations of that has already started as cancer disease. That's the minimum. That is not as you call it as a sin but going to the extremes into things.

First of all Sahaja Yoga cures your cancer. It absolutely can cure you of your cancer. It can cure most of the incurable diseases. But it is not interested in curing like hospitals have. Those who want to get Self Realization, as a by-product get completely cured physical(ly). Of course as I told you your mental and emotional problems are also solved.

The emotional problems come to you from this Power of Desire, which creates your conditionings and ultimately your Superego. This is your past. Those people who indulge too much in their past, cross the limits and go into the Collective Subconscious and as a result the Collective Subconscious comes on them. Now it has been accepted by so many doctors who are doing research in cancer that there is an attack that comes from unknown areas within us. But they don't know what are these areas and the attack of the virus, what is the nature of them. They are some compositions of protein they call it. They do not know more than that. Actually all of our scientists can only give names to things that they find out.

If they find out that Earth is pulling you down they call it gravity but they don't know why there is gravity and how it is there. Through Sahaja Yoga we will know the why and how of everything. Now all collective problems come to us because of this left side, over active, and that is how our mental problems come in, actually, emotional problems come in. Many people also call it mental problems, they're confused, so we can call it a mental problem or emotional problem it's the same. But the mental problem is from the other side called as the Ego problem. The psychologists talk of the left side problems, of the psyche, about the conditionings but they did not know that if you try to decondition you do it through your Ego. If you try to decondition yourself you do it through your Ego. So while deconditioning you, you pump up your Ego. That pressure (unintelligible).

You have no instrument to cleanse yourself. If you try to pay attention to your psyche you have to use your Ego. The Ego can bloat completely here, and occupies the whole of the brain, pressing the superego like a pin. This is what happens in the developing countries, developed countries. They work very hard to develop, created all the plastics and junk, mountains and mountains of broken cars, and then their Ego got so big, bloated they got tired and they got frightened of it. Like they created the Atom Bomb and now they are frightened of it. They created a devil and now they don't know how to save themselves.

Now this Mr. Ego, when it pumps up, you have certain expressions outside also. But do you know Ego ends up in stupidity? Absolute stupidity because Ego starts saying 'what's wrong,' everything, they will just answer one question: 'what's wrong'. Every time you say like that Ego becomes big, big, big like that and such a person lives in an ethereal world of idiocy. For example a man who was about 60 years of age was found with a girl of 10 years old and when the Judge asked him why did you do it, he said: 'What's wrong?' Another case was, there was a French robber and he robbed a bank. And I saw that on the BBC and I was amazed, I saw him running away also. But that shameful person was, shameless person was so boastful I was amazed at him! He was not at all ashamed that he had taken the money of so many innocent people, just to enjoy that money with some dirty prostitutes or get drunk somewhere and then to come and ask, 'what's wrong'. It is nothing but stupidity. Sometimes I feel that's why Christ must have rode on a donkey. What is, what is the sense of behaving like this? It's absolutely stupid and foolish behaviour. 80-year old man also trying to copy a 16-year old boy.

At a dinner party I met a lady, I mean she was the wife of a Lord, of about 75. She was trying to talk like a 16-year foolish girl. She had no dignity of her age and no respect for her age. And next day we read in the paper that she died because she fell from a horse. We had another lady, and Indian lady, from a, her husband is a (tape disconnected) ... This is the problem of Ego. The best part is that the egotistical do not know that they are egotistical. They have created such a lot of problems because of their Ego.

But the young people of the West, not all the old, but so many young people of the West, have realized that there is something wrong somewhere in the whole society. They have tried to see that there is some sort of funny Baroque way of expression of the Ego, Baroque, Baroque style. Actually they are fed up with all that nonsense. For like in London you need to wear a tailcoat if you are to see a queen. They borrow these from one shop (unintelligible), they look like clowns but they think no end of themselves. You don't know how to stop laughing at them. But in their idiocy they think they have become big barons.

This Ego problem was seen by young people, they saw what is happening in this world because they are Seekers. They said we are not going to waste our energies running after all these nonsensical things. They are Seekers. They said we are not going to accept the Ego. So they tried to develop their Superego by taking drugs and things, by which you run away from your Ego.

With Ego you destroy others but with Superego you destroy yourself. To Me the second thing is more serious because you are saints and you are destroying yourself! Now who is going to save this world? It's alright if the world is destroyed which is useless but what about you people who are the ones who are going to emancipate this humanity?

The other day I just said to one person that have you been taking too much drugs, he was so offended he went away. As if drug addiction is a great religion with them. They have given up all the nonsense but caught hold of another horrible nonsense. Before Realization I don't talk about it. I do not want to scare you away. But after Realization you cannot take drugs! You won't be able to bear it. You become very sensitive. Like if you take a horse through a dirty lane he doesn't smell anything dirty. If you take a man through a prostitute's shop he doesn't feel funny. But after Realization he starts feeling the heat from them. He gets a headache from them. He cannot enjoy them. He runs away from them, automatically. For example, when I, if I can see my sari, I know if it is dirty or clean and I can clean it if I am away from it. Like that you get out of your Superego and Ego.

So many ask Me what about our Karmas? Karmas are done by Ego and transferred to Superego! When you go beyond it who's going to do the Karmas!? You jump into A-karma. Then your language changes! You don't say 'I do it.' You speak in third person. You say 'It is coming.' 'It is happening.' 'It is going.' 'It is working out.' You start speaking in third person because you have become the third person, the Spirit, because you are the Spirit and not this Ego and Superego, which is a balloon. The Kundalini sucks in both the balloons.

This centre, which I have already described, this centre is very important where you see the red mark on My forehead. Actually it is in the brain where the Optic Chiasma cross each other like that. It is a very, very subtle centre. It controls the Ego and Superego. And this is the centre, which is crowned by our Lord Jesus Christ. - This is the door to the Limbic Area, which is the Kingdom of God. His Resurrection symbolizes your Realization. - As He was born, in the same way you are reborn.

There is a lot of controversy about the birth of Christ. What can these Human Beings understand a Divine Personality like Christ? You have no business discussing Him until you are really Realized! These churches have not given you the goods, they have not given you Realization, they have not given you the real baptism. You don't need any conviction once you are Realized that Christ was the Spirit! There can be no controversy about truth unless and until you have your Realization! That is the most important thing that we should do before we discuss anyone of these great personalities; it would be like the ant discussing the political situation in France. You have to evolve to see Him. That's why He has said 'You have to be reborn' hundred times!

Moses and other people, like Him, the Primordial Masters all over the world, incarnated, in this area and established your Sustenance. This was to prepare you for your ascent.

Then came Krishna, who said that 'the Spirit cannot be destroyed.' I say it in Sanskrit because it is a mantra. (HH Shri Mataji says the couplets in Sanskrit) It cannot be destroyed by anything, truth. So the truth He's saying Christ was to be Resurrected. Christ has said 'Those who are not against Me are with Me.' Who are those people...?

Now you may say that why didn't He say anything about Kundalini? These stupid egotistical Romans and the Jews did not allow Him to live for more than 4-years! They crucified Him on the cross and while we are paying homages to Jesus these satanic people are exploiting you. You gave them money, you gave them Rolls Royces, you gave them all kind of luxurious life but what about Christ? He was crucified!

If we do not accept the truth we are anti-Christ. He crucified Himself to prove that Spirit is eternal. He crucified Himself for your sake so that you should know that the Spirit is eternal! If you do not achieve your Spirit and manifest it, His life is no use to you. That's why he has said, 'You'll be calling me Christ, Christ, I won't recognize.' I need at least 41-lectures to speak about Him. Only thing I have to tell you is that He lives within us.

When the Kundalini stops at Agnya Chakra we have to take His name and request Him to be awakened. Lord's Prayer is the Mantra for this. If a Realized Soul says Lord's Prayer, this chakra can be opened out. But if the non-Realized person says it, it has no meaning, he is not connected, has no connection. If the telephone is not connected and you go on dialing, you'll spoil the telephone. Everyone of you must see that you are connected and firmly connected to the Divine Power. And that the Divine Power flows through you so that you Glorify your Father, so that you enter into the Kingdom of God and to really feel the citizenship and the security of your Father. That is a very difficult job for Me.

I'm like a mediator. On one side the Deities are very fixed people. They do not compromise. If you don't listen to Me they'll play tricks on you. I have to tell them to be kind. On this side are people who are egotistical. They think no end of themselves. Some of them are possessed with foolish ideas.

Now I would like you to know that you have to have wisdom and understand that you are the people on the stage. I'm not. I'm like a bubble. I've just come for you, to put you on the stage. You are the laughing lions, which have been described by one of the French authors. What was his name? (Voice of Yogi: German, Mother, Nietzsche.) German. Nietzsche.

Now it is for you to get Realization, then to establish it. As we do not take any money we have to work in a very modest way. Marie (name of translator) has been my disciple for 7-years. I wish she can tell you sometimes what was her shape when she came to Me. And, she's much more nourishing than Myself, she's much more loving than Myself, in a way, she gets very much into people who are English bashing. She's more bothered about people who are hysterical, (Marie: Am I? HH Shri Mataji: You

are.) who have run away from lunatic asylums. I tell her can't you get some sensible people to begin with? In your parish, do you have all madcaps? (Laughter) Can't you have some wise people also over here? Why should you take interest in people whose screws are loose so much? But she told me, 'Mother do You remember how I was? You have saved me and You have to save them.' But she took 4-years!

Now how can I spend so much time on everyone? You have first to get people who are wise and sensible. And, do not argue with people who are obstinate. For example, if they are Krishnamurti disciples, finished! Send them to Me. But once they get Realization, they are excellent people. We have some very powerful Krishnamurti disciples who are very good in that once they leave Krishnamurti they stick on to truth with a greater strength. But you don't try all that.

Then Ha-Tha yogis are another obstinate people. You have to deal with them very carefully. There are some types you never try yourself, like TM. Send them to Me. All such special people I will handle. Then Rajneesh and all these, you just don't bother. They will discover it very soon. But, if they have reached a conclusion that it, all was wrong and false and fake, then Sahaja Yoga works just like that (Shri Mataji' snaps her fingers) because they are the members of that race which is the most precious, is that of Seeking. And, they are the ones who are going to support the Truth. All over the world that race is coming up. And, so many children are going to be born who have very great spiritual strength to adorn this great monument, edifice to the Truth.

I request to attend a program every Sunday at Marie's place after your Realization. I'm going to Orleans tomorrow and I may not be able to come to Paris for quite some months or maybe a year. But some people will come from London to help Marie sometimes and some will come from Switzerland. Once you are all well equipped you can also go abroad to tell people about it.

One enlightened light can enlighten many lights. In India we have a very tremendous Sahaja Yogi who has given Realization to 10-thousand people in the villages. You can also come to India to meet your friends there.

We have many Sahaja Yogis who are Muslims in the most fanatic countries. They are understanding the fallings of these fundamentalists and they will come up very soon. Without any revolution, there will be a complete transformation!

I'm sure you all will be Realized today. You have to be kind to yourself. It will work out. Thank you very much. Thank you Marie.

Maybe some of you will not get Realization, maybe. Maybe some of you will not get Realization. But those who do not get Realization, sometimes start pressurizing you. For example, a husband and wife, the wife might get, the husband may not get but you must have your opinion about it. Do not get impressed by the opinions of others. If you do not get Realization, that means something is missing in you. There is something fixed in you. There is some problem within you. So, you must ask for your Realization and if you do not get it, try to get it! And, try to establish.

It has worked wonders in England. It should work much better here. I hope so. I have been understanding French people now. They are very aware. It will work out.

End recording.

1980-0918, You cannot pay for God's love

View [online](#).

18 September 1980

You Cannot Pay For God's Love

Public Program

Centre Charles Péguy, Orléans (France)

Talk Language: English | Transcript (English) – Draft

Public Program

I am sorry I cannot speak French and I have to use the English language. I hope to learn French sometime in life. Gregoire has already introduced you to Sahaja Yoga. Sahaja means Saha is with and Ja means born and Yoga means union. Union with the divine. It is the union with all-pervading power of God Almighty, It is a spontaneous happening. That is the meaning of Sahaja. that means you cannot work it out. You cannot put in any effort to do it. Like a small seed which sprouts by itself spontaneously, you are made in such a way that this happening has to take place spontaneously. you do not put in any effort for sprouting a seed. If you stand on your heads on your legs the seed will sprout, then it has to sprout. Every living process is spontaneous. You cannot say what time exactly a flower will become fruit. But from experience, you can say this is the time about for the flowers to bloom. And this is the blossom time of the seekers. The time has come for many seekers to become fruits.

On the tree of life, there were very few flowers in the beginning. There were never so many seekers even up to the time of Christ. The human awareness has reached such a state where they are now in a blossoming state. And time for their transformation is now. It is now so heartening to see that in this Orleans that there are so many seekers of truth. For this transformation, you cannot pay any money. that is an absurd thing. You must understand that you cannot pay for God's love. It is not a marketable commodity. It is the grace of God, the desire of God that he wants you to have the Kingdom of heaven, which cannot be repaid back. He is a compassionate Father, an ocean of love. He wants to give all his powers to you to enjoy yourself immensely.

On my way I went to the beautiful church of (UNCLEAR), In thirteen century they talked about Kundalini they talked of Kundalini. They have talked so much of the day of judgment. That day of judgement has started. How are you going to be judged they have not been able to tell you. The whole inspiration has come to them from the unconscious and not through meditative knowledge. But still, it is quite a clear cut. You are going to be judged through your Kundalini awakening. Otherwise how God is going to judge you. It is the Kundalini which rises and informs you and the person who is trying to raise the Kundalini what is your problem. Christ has said that you have to born to be again. He has said that you seek. You knock at the door. Nowhere he said that you pay money for it. The way we are Guru shopping everywhere, I am surprised how can you do that? God has placed within you this beautiful power of Kundalini in your triangular bone for your realisation and for your judgment. This bone is called as sacrum and sacrum means sacred. In the Greek language, it is called as sacred bone, that means the Greeks knew that this was a sacred bone. Medically also it is true that it is now easy to burn this bone. Now this power exists within you. And when the kundalini starts rising when there is obstruction then you can see the pulsation of this Kundalini very easily. if there are obstructions in the spinal cord, then you can also feel the rising of the kundalini slowly. But when there is no obstruction Kundalini rises like a jet. There is no feeling of its rising. You do not see anything. You just be there. At the most, some people do feel a throbbing here in the fontanelle bone area, where you have to receive the baptism. But some people don't feel that and they become themselves. It is the becoming which is important. And you know have become because you can feel it from your hand, a cool power flowing, the cool breeze of the holy ghost. In India, we do not have any organised religions. And the climate is so good to the people that they do not have this fight. They can live in a forest for their seeking without any fear. In the ancient times, many people tried to find out how we are built within. They tried to find out where this shakti is coming to us, this power is coming to us. We as modern people should try to find out why we have become human being from small amoeba stage? Science cannot answer two questions why and how. For example, if there is gravity in this earth they will say there is gravity, why and how they cannot tell. But after you get your realisation you enter into a new awareness of collectivity. You become the collective consciousness. It is not we say we are all brothers and sisters let us have united nations. But you know that you

belong to the whole, not through your brain but through your awareness itself. Because of this fingers of all the symbols of centres within which are shown here. all these centres get enlightened when you get your realisation. You start feeling them. even a child who is a realised soul can feel it. Sometimes you find a child putting his thumb in the mouth. Freud has some funny explanation. He was a half-baked person. I will tell you why I say that. He then (UNCLEAR) half-human being, What can one say one-third. The child is feeling this centre very much. This centre suggests, maybe your liver, or may he is facing people who think too much. He is trying to cool his centre. If he is trying to improve the centres of the others. We have to become that awareness first. We are all made that way. the instrument is made and has to be connected to the mains. In the same way, you all have to put to the mains to know the meaning of this instrument which has been created through creation through so many years. As every instrument have the arrangement for its connection, you, too, have the connection cord coiled up there. But the only person who can do this work has to be authorised by GOD. He cannot be authorised from any theological college. Or any going through the process and paying lots of money to some Gurus somewhere. It is a living process and living process can only happen in a person where the divine is living. you cannot read about in the books and understand. How many books did Christ read? or what university did he go? it is an awareness that what is human awareness. But whatever is the unknown is not divine awareness. Not I will tell you how many types of awareness are around us. On the left-hand side, you see a blue coloured line coming down, is the power of our desire. It flows through the channel called as Ida Nadi within us. This is the one is the psychic about Mr Freud is talking. It is all in our sub-conscious area. But Beyond the sub-conscious area on the left hand side is the collective subconsciousness. This is another awareness on the left hand side, in which you can jump. This can have by doing some sort of funny things like concentration through your ear, through your nose, or something like that. Or also concentration through darkness or going into symmetry. you can go possessed by the left-hand side attack. I do not know if Gregoire has told you that through Sahaja Yoga you can cure cancer. Only through Sahaja Yoga you can cure cancer. I have seen in all my work so far that cancer is caused, mostly, by the attack of the left hand side. Recently I saw a very amazing BBC programme in which some cancer experts, doctors were discussing about these attacks. They are also vaguely understanding like the Charter artistes. They are saying there are certain proteins, from certain names that they have given them, which are coming from the areas within us. These areas may be existing within us since the creation. That means they accept that there are unknown to us and there are attacks coming from there from some protein material which they cannot understand who they are. In our subconscious area, into our subconscious area, there were many such things which were discarded in the evolutionary process. So many vegetables, so many animals and so many human beings. They all exist into in our collective subconscious area. So we have on our left hand side, an awareness into which we can easily enter, called as collective subconscious. On the right hand side we have another power called as the power of action. I will not give Sanskrit you words to complicate it. Now this power flows into us through a channel called as Pingala Nadi in Sanskrit language. Through this, we go into action, physical as well as mental. We the left side we do our emotional work. Beyond this line on the right hand side is the area of supraconscious. Supposing you take LSD and all such drugs, which will take you to a realm where you start seeing hallucinations of colour and all, you enter into supraconscious awareness. You see an eye and a third eye, and all that is nothing but supraconscious. The more you go into that area you are again attacked by the entities which are supraconscious in nature. All the great planners and the great ambitious people exist there. Maybe Napoleon from France or maybe Hitler from Germany exist there. If you are a very ambitious person and a great planner, if you go too much on the side you may be attacked. So above that, on both the sides, very much above the head, is the area of our collective consciousness. Above that we can say super collective consciousness. Now, this is the area where we have to go. We have to take our attention to that area of collective consciousness. And when the Kundalini rises she takes our attention to that. The spirit, the reflection of God exists in your heart. When the Kundalini rises she touches this touches this point which is the seat of your spirit. And when she touches that, from the heart the spirit starts emitting cool vibrations. Actually, it should be explained this way that spirit is enjoying itself all the time. It doesn't seek outside enjoyment. That is the one which knows our feelings. It knows us, but we do not know it. But when your attention is driven into that, then you start feeling that enjoyment in your attention. That means in your consciousness you start feeling the spirit. That means on your central nervous system you can feel the spirit flowing. This is the energy of love'God, Which Christ had, which Christ had. Which was explained very well by Adi Shankaracharya as Soundarya Lahiri or Chaitanya Lahiri. Lahiri means the waves, Soundarya means the beauty, the waves of beauty, the waves of consciousness. Now your attention is enlightened. You start feeling others on your fingertips. You start feeling your self on your fingertips. Now you get separated from yourself and you start seeing your defects as something outside. The identification with your outside is lost and you start seeing what's wrong with the outside. Also, you are empowered to cure that. This is what you have to see, its your own power of your spirit within you.

32.35 It is that.. everything has been prepared beautifully and delicately within you. Only in your frantic seeking, you have spoilt your (UNCLEAR being). It can be cured also. So in the last judgment, you are not condemned immediately. First, you see your faults and defects clearly before you. You get empowered with the cleansing power, you cleanse yourself and then you are judged as the citizens of God's kingdom.

33.42 to 33.48

(There is a break in the tape where what Shri Mataji has said is not there, but it is followed by the translation)

And he was quite sceptical about it. One day he asked me, I told him that you can feel the vibrations of other people. One day he asked me, Mother I am getting a burning sensation in this area, what does that mean?

34.20 I told him these are all the centres of your father, (UNCLEAR) and this is the Vishuddhi chakra here which manifests in the cervical plexuses. I said telephone to your mother and find out your father must be down with bronchitis.

34:47 to 35:50 (UNCLEAR)

The father was in Scotland and he telephoned in my presence. The mother came on the phone and she said that your father is down with bronchitis.

35:21

And she said one more word is (unclear). You can feel the cure sitting down here if you know how to do it. But curing mentally and physically is not the aim of God's creation. To give realisation is the aim. So that you feel the power within you and learn how to use it and enjoy his blessings. God is not interested in curing useless people, because nobody dies. They will get their life again they will be born again like that they will go on all their lives till they come to (UNCLEAR some) seek.

The seekers are the most important things in the vision of God. Today they are on the stage and they are protected. After realisation, they start understanding the amount of care the divine takes of you. It is already one hour I have been speaking to you. I know that it is a very vast subject. In the English language, in London, I must have given at least 300 hundred lectures. And they have taped some of these lectures. You can have them free to understand Sahaja Yoga. But the main thing is that you must get your realisation. For example, if this room is completely dark and you come inside the room you get confused. Somebody will say that the door is the room, somebody will say the chair is the room and somebody will say a table in a room. And they would go on shouting on top of their voices as if that is the truth. Partly, it may be, but on the whole, it is not. It is very boring to talk about all these things with such idiots. When you are sitting in darkness.

39:40 For example if I start telling you the history of this electricity and how it came to (UNCLEAR) city, you will be just tired. Then if I start explaining (UNCLEAR), you will be fed up.

And you will run. But supposing I tell that there is one little switch, if you switch on, you will get light. It is all built in here. Just press the button. You get the results. You have the light and you see everything for yourself and judge it. This is the spontaneous awakening of Kundalini. Now there is one question that is coming into the minds of some of you people, it is told, I mean that there are many books written on Kundalini. I have seen big-big books written about Kundalini, those people do not know anything about Kundalini. I am amazed at how they do that. Somebody says Kundalini is in the sex part, some says in the stomach, some says in the head. Kundalini has nothing to do with sex. She is your mother, sitting on the top of the chakra, which is the lowest here, called as Mooladhara chakra. The deity who is adorning that chakra is the embodiment of innocence. This centre controls our pelvic which controls all our excretory organs. You can see here that the Kundalini is placed higher than this centre. This innocent diety is here, just as a witness watching all our activities and looking after the protocol of the mother Kundalini. We must use some logic. All the animals are very good sex activities, are they going to get their realisation because we get. There

are some people who go to a guru and start jumping like a frog or roaring like a lion.

44.12 Now are we going to become frogs and lions or earthworms. To wriggle like earthworms also has become one of the practices in the yoga system. Then some people are paying money to fly like kites. Are we going to now become birds and fly in the air? In which scriptures it is written that birds are higher evolutionary species than human beings? You are the highest produced so far in the evolution. But we have no self-esteem. We should understand that God has created us out of so many species for a very very special reason because we are special beings. There are cults and cults all over the world and some of them are so stupid that I do not know how human beings can go to them. Only the donkeys can go to such cults. We have to use common sense we are human beings. We are not to be guided to by these (unclear) that are floated as free enterprises. And not to be enamoured by these blahs blahs blahs of these horrible people who say that you better seek yourself.

Some of them talk that you must de-condition yourself. With what do you de-condition yourself? Do you know if we (Unclear) your ego? When you start de-conditioning yourself, the superego goes down, but the ego comes up like a big balloon. There are many posh Gurus like that who teach you such things and float some books and you like to sit down for a coffee party discussing your evolution. What discussion can give you realisation, you just tell me? Is it possible by discussion can you transform a flower into a fruit? Can you do that? If a living process, you cannot discuss it. It has to happen. It is happening. Let the happening take place. You are so very educated people that I can talk to you about Ego and Superego and all that nonsense that Mr Freud has told. But in Indian villages, people are not bothered about these things. They are not so much complicated. They have sensitivity for the divine. Thousands of them can get realisation just like that. There is one gentleman who got his realisation in Pune and has given 10,000 realisations in the villages of Ahmednagar. We have to become simpler (Unclear). Christ has said that you have to become like small children to enter the kingdom of God.

It is the ego which gives us nonsensical ideas. But still, I am must say that you are seekers of ancient times. It was predicted a long time that in this Kaliyuga, in the modern times, you will be borns as ordinary householders and that you will get your realisation. I am here to prove all the scriptures of the Guru. The Bible, Koran, the Gita, the Upanishad, everything. And as your mother, I have to fulfil all the promise. You don't have to work for it. I have to work. But I have a tremendous love for you. Because I see that diamond, your spirit in you. You are clouded, yet you cannot see it. If you could see a glimpse of that, you will know my concern and my heartfelt anxiety about it. I do not know to want anything from you. You cannot give me anything also. Take your realisation. This is a very different thing, from all the other things that you have seen so far, where you cannot give anything. You have to get something out of me. And just me. I am begging out of you to think. You can understand a mother's heart who wants to share her love with her children. That is the only thing that she can desire. Please do not get into rationality. That is very limited. You are to be triggered on to it. Then everything will be very logical. May God bless you.

It is a very simple thing how to do it. It's like one light which is enlightened which can enlighten the others. You have to just put your hands towards me like this and take out your shoes because the Mother Earth sucks out our problems. Please do not be, you should not be obstinate about it. There is no show going on here. If you want to have your realisation you are welcome, otherwise do not stay here just to see the joke.

I have not said that you don't do that or don't do this. I am very careful. I know how you want to escape sometime. But it will work out. Then you will see the transformation within you. And you will see your own power emitting. Please put your hand towards me. Close your eyes, please. Just close your eyes.

Speaking to a Sahaja Yogi - I will have to blow out something. Is it possible to open the windows? It cannot be opened. Alright, I will work it out.

Please close your eyes.

To a Sahaja Yogi - Maureen you just ask them to close their eyes.

I will have to blow a little wind for you.

1980-0921, What do we have to become after the human stage?

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21 September 1980

We Have To Know What We Have To Become After The Human Stage

Public Program

Aston La Scala Nice, Nice (France)

Talk Language: English | Transcript (English) – Draft

Public Program, day 1. Nice (France), 21 September 1980.

I'm very sorry I do not know French language but Marie will be able to translate.

Today we have assembled here to know about our evolution. We have to know what we have to become after the human stage. Human life is not the end of evolution. We have not yet found out our meaning. The scientists have to ask a question: why we have made human being from amoeba stage.

In fact there is within us a great source by which the human seeking comes in. Sometimes we are not even sure as to what we are seeking. But it exists as a kind of a dissatisfaction within us. In the modern times there are so many seekers of truth. I find them in every country, in every race, in every so-called religion. They are not satisfied with themselves. If they are satisfied they are frivolous or naïve people. If they are not satisfied there is some reason which they do not know why they are not.

Sometimes they reach a confusion thinking their existence is futile. It is absurd to think that way because if you follow your evolution you have been slowly, gradually evolving into something. After all everything in our body has a function.

In the nature nothing is wasted. Then our process of evolution which is a living process must be having some purpose. Without purpose nature has not taken so much care, so many years to make us beautiful human beings.

I'm here to tell you that you have a very great purpose in life and that you are to be bestowed your power of your Spirit which resides in your heart. This has to happen to all of you. You are seeking this. You are seeking your Spirit. You are trying to bring your Spirit into your consciousness, into your awareness. This is your second birth. This is your baptism which is actualization, not just a lecture or a brain cleaning. It's a happening that has to take place within you.

If this happening takes place within you or not is to be seen. But first I will tell you logically how this happening has to be effortless.

We have evolved to human stage absolutely spontaneously. For becoming human beings we need not read any books or stand on our heads. We have taken for granted our human stage. It has happened to us without doing any efforts, without thinking about it without planning about it. So, if this is a living process of evolution we are going to get it effortlessly. For example you cannot pay for it. It is absolutely absurd. How much do you pay for a seed to be sprouted? And whom do you pay? Nature has prepared the seed in such a way that it sprouts by itself. So it is absolutely spontaneous which means 'Sahaja'. 'Saha' means 'with', 'ja' means 'born'. It is born with you. The living process is built in you as everything that has to be manifested by the seed is built in it. The seed becomes the root then the shoot. Then it becomes the branches and the leaves and the flowers and the fruits.

You cannot say at what time exactly the flower becomes a fruit. You cannot specify the time. At the most you can say the season or the blossom time. I feel the blossom time has come.

Yesterday in Spain eighty per cent people got their Realization; it might be between eighty or hundred. Actually I did not know

anybody in Spain. From London we sent the advertisement in a hotel and the people came as bees coming to the flowers and they got their Realization without any trouble. In two days there were eighty people. It is most remarkable how the brain of this living process is acting. Even in Paris now we have - Paris and Lille - we have lots of people who have got Realization, and why not in Nice?

Now I will tell you how this process takes place. When I'm telling you about this you should not take Me for granted, but you must have an open mind about it. Though this knowledge is known to you through scriptures it is very vague. It is mystical. You don't understand the mystery.

Even in the Bible it is written that, "I will appear before you like tongues of flames." Also there is a mention quite a lot of Tree of Life and Water of Life. Now I will tell you here what exists within us: these are all the subtle energies that are acting within us.

With your naked eyes you can only see the gross. Our germinating force lies in this triangular bone called as sacrum. This one is called in Sanskrit language as Kundalini. You can see with your naked eyes the pulsation of this Kundalini when Sahaja Yoga takes place. The awakening of the Kundalini also you can see as the rising of the energy you can see it. Not in all people. People if they are simple, not so complicated, then the Kundalini rises just like a jet.

But if there are problems on these centers which are subtle then Kundalini takes time. When there are obstructions you see the Kundalini hitting the centers to get out. That is how you see Her pulsation. Ultimately you feel the pulsation here in the fontanel bone area and then the Kundalini breaks through this area.

Then you start feeling the cool breeze in your hands first. This is the enlightened energy of your Spirit. This has been described very elaborately in Indian scriptures, because in India there is no organized religion of any kind. People go into meditative areas like some forests or hills or mountains.

Since ancient times the knowledge about Kundalini was available in India, much more clearly than anywhere in any scripture. Maybe people understood it better there. The knowledge was kept a secret for quite some time till Shankaracharya - Adi Shankaracharya - the first Shankaracharya came on this earth. He also has not given all the details about Kundalini but he has just given the names of various centers. So the people started making research in Kundalini, but as I told you that you cannot put in effort: like if there is one light enlightened it can enlighten many lights, the Kundalini can be only awakened by an enlightened person.

[Translation problem, Shri Mataji repeats:] As an enlightened light can enlighten many lights, it cannot be enlightened by something that is not enlightened. This is the basic ignorance of people. That is why all the religions have failed because those who were teaching religions were not enlightened beings: they had no authority from God, they were not connected with God. Unless and until you are connected with the mains how are you working it out?

For example if your telephone is not connected: can you telephone? You cannot get connection in a theological college nor you can do some course about it or purchase it in the market: it is something so living like the flower becoming a fruit. This was the mistake of many people who called themselves as Tantrikas in India. When they started moving with their efforts, they moved in the beginning on the right or the left side.

On the left-hand side resides our collective Subconscious: all that is dead resides in that area. I was surprised the other day in B.B.C. people described cancer very well, because cancer can be only cured by Sahaja Yoga. We have cured cancer but, of course, our job is not to cure. But as a byproduct of self Realization you get cured completely.

The other day the B.B.C. people said that they have found some sort of protein matter which has forms, funny forms, are invading from your being from some areas unknown so far. These invaders actually trigger the process of cancer. About them I'll tell you tomorrow.

Now we have programs here for three days. I hope you'll make it convenient to come every day and learn about it.

On the right hand side exists the area of collective Supraconscious. But on top here exists the area of collective consciousness. The seat of the Spirit is on top of the fontanel bone area here. The Spirit exists in your heart. When the Kundalini rises and pierces through these centers through here, the Spirit gets enlightened.

Actually Spirit is an enlightened light and your attention is spread on this area just like the sari like that. The Kundalini presses from down below and pierces it at the fontanel bone area. The Spirit enlightens the attention. Spirit is enjoying Itself, by Itself. Its enjoyment comes into your attention and you also start enjoying but because Spirit is collectively conscious you become collectively conscious.

The becoming is the important thing, not the blah, blah, blah of it. There are such big, big books meaning nothing. Do you mean to say those who have not read books are not going to get their Realization? If this is a universal phenomenon, books should not delimit it.

The Kundalini when it rises She indicates the problems that are in you. She is your Mother. She has only you as Her child. She has no other child and She loves you very, very much. She follows you all your lives and in this life also and She knows your problems like a tape recorder: She is coiled together in three and a half coils, like many threads, you can say, put in a rope.

You can see this green area of which we have said: this is the gap which is between our consciousness and the Spirit. The center you see there green is the center through which we seek. This center started when we were ameba and we started seeking our food. When the seeking became subtler and subtler you've reached a state where you wanted to seek the power and the money and then your emotional enjoyment. But when it became the subtlest you started seeking the Spirit because ultimately you have to become the Spirit.

It is natural to be animals but it is also natural to ascend. Ascending towards the Spirit one finds a big gap. This gap is filled with Kundalini awakening. Now this Kundalini is placed in all of you so the whole world has the hope of becoming the Spirit. But people are not seeking in the true way. They don't understand how to seek. They're more attracted towards circuses and fake people who try to befool them.

One should know that you cannot pay for this happening of Kundalini. God doesn't understand your money: French Francs! So once you understand that it's a genuine process which takes place and has to take place in everyone then you approach Sahaja Yoga with a different attitude: the attitude of a seeker.

We have within us these seven centers which are shown here. They are all within us existing and asserting themselves. These are all subtle centers but they manifest themselves as gross plexuses within us. I do not want to give you the list of all the physical plexuses that medical people know of but we have got papers and books which you can see and you can understand them very well, but vertically they represent our evolution. They're the milestones of our evolution and all these are adorned by deities.

These deities are incarnations who came on this earth to save human beings. There are two types of basic incarnations. One: the incarnations which are born out of the primordial Masters. In Koran they are called as [Kaitambars?] because they're prophets. In Indian language they are called as Gurus. Now, we should call them only as Sad Gurus because there's such a big cohort of these mushroom gurus that it is better to separate them from them, the ones who are realized souls. They may not be incarnations of the primordial master but they should be at least realized souls. There are many Gurus who are Realized souls.

The other day I met a priest who is a disciple of some guru in India and he told Me that he's having a guru in India, he wrote the name of the guru and then should he talk to Me or not? See his guru is a Realized soul, I could see from his name because he was giving vibrations. I told him, "He's a Realized soul, he's my son, why shouldn't you come." Then I said that, "At the most you will become my grand-son. And grand-sons are more dearer than your son." Then he told Me that his guru had already told about

Me to him and that he had told that I was the universal Mother and I had to give enlightenment to the whole world.

In Spain one young gentleman came very early to the program and he said, "Mother I've come to help you." And I said, "You see, the girl who has come from Switzerland doesn't know very good Spanish language and she doesn't know how to translate. So, will you translate?" "Yes", he said he will. And he translated very well. When he sat down for his Realization he got his vibrations very fast. He came and told Me, "Mother, I have a guru whose name is such and such. He lives somewhere near Himalayas." I said, "He's a Realized soul." He said that, "He told Me that Mother will be coming to Spain and you must go and help Her."

But they don't want to come out themselves. Some of them told Me, "Human beings can never understand us. They will crucify us so we want to keep away from them. You give them some light then we will talk to them later. Otherwise from people we'll get crucified." But I've met many like that. For example you might have heard the name of Mascaro who has translated Gita and other Upanishadas. He lives very near Cambridge. I went to see him. He is about seventy-five years old. He is very great, very great. He gave Me a rose and he had prepared some nice sweets for Me. He was so sweet to offer them. For five minutes I couldn't talk to him, My eyes were filled with tears. I asked him, "What do you Me want to do Mascaro for you?" He said, "Mother, give them light, please give them light."

He said that Krishna has said that, "Those who cannot see can never see. They are seekers but they fall in the trap to something wrong." He wrote a very beautiful poem-like letter to Me requesting Me to give light. He has a friend who has got a Nobel prize for producing some sort of a reactor or something. He said, "When he has no eyes, he cannot see. He cannot feel the reactor of God that emits this all-pervading power of His love, which is so very dynamic and beautiful."

It thinks, it organizes, it cooperates. The best of all is love, but you cannot feel it. For example if I say there is music on here and there are lots of pictures going on. If I put a television here then you will realize what I'm saying is true. In the same way this has to happen to you. As long as it has not happened to you why should you believe Me? But it has to happen. The time has come. This the Last Judgment. How God is going to judge you? Only by raising your Kundalini: you yourself start feeling the problems within you of these centers. You start judging yourself. As you grow you understand how these centers are working in you and in others.

As soon as you get your Realization you start feeling the Cool Breeze flowing from your hands. But these fingertips where all the sympathetic centers are there get enlightened. For example one, two three, four, five, six and seven centers are there. They actually get enlightened. Even a Realized soul, maybe a child can feel. Just putting hands towards a person you can feel his centers, where are the problems. You can feel it as numbness, you can feel it as little tickling, or maybe little heat. Ultimately you feel it like Cool Breeze.

When you start feeling it as a Cool Breeze then know that this is the Cool Breeze of the Holy Ghost. That is how you are going to know whether you are Realized or not. You are going to know what is wrong with yourself. This is Self Realization. But also you know about others. The energy starts flowing through you and you can raise the Kundalini yourself, you can give Realization to others.

In India we have an Indian gentleman who has given Realization to ten thousand people. Marie knows him. He has done it in Indian villages because city people are very materialistic. They pose to be very cynical and subtle, and they pose like that, very subtle, but in heart they are not. They are impressed by fake people more. They don't want the reality.

I also go in Indian villages more. Most of these fake ones are working in the cities, but now most of them are been found out gradually. Indians are spiritually very sensitive. They cannot understand a holy man takes money from people and lives like a parasite. These are not parasites, they are living like lords. One has to understand a person who is a holy person is holy in his privacy.

The Kundalini awakening takes place because God loves you very much, that He wants you to enter into the Kingdom, that He wants that you are the ones who are really chosen by Him. He is a Father who is ocean of compassion and bliss and He wants to

give all His powers to you. You have to receive Him with humility and achieve your Realization.

Sahaja Yoga is not meant for frivolous people. I started My work in London only with six sincere people. I worked on them for four years. Now we have thousands of them. But those who are... [Tape interrupted]

[Second CD - Translator : "Il faut qu'Elle travaille très dur..." i.e. "She has to work very hard."] But after Realization you yourself will start working hard giving it to others. You get drunk in the beauty of your being and you do not want to do it alone. You want to share it. You feel very selfish to just enjoy yourself. And that's how you spread light.

Christ has said, "You do not enlighten the light to put it under the table." When you become enlightened you give and you become a witness of the play of God's love.

Now, before starting the program of Realization I have to make a very humble request to you. Now I know French people very well. They feel guilty for nothing at all. They have made themselves miserable with this idea of guilt.

I'm talking of the ocean of love. This gout of your so-called guilt - mythical one - can be washed out by this ocean. This guilt is very destroying. You do not destroy others with it but you destroy yourself. I can see that Spirit in you twinkling like a diamond. I want you to get that. Throw away these clouds of guilt and be cheerful. I'm sure it's going to work out.

May God bless you!

On the first day if you have any questions I would like to answer but if there are not, better to get it.

You came very late...

Q. : Is it possible for a woman to awaken Kundalini?

A. : Ah! Who else? Who else? A man cannot have so much patience as the Mother has. Woman is the Shakti, the Holy Ghost is a woman, your mother was a woman. The woman is the power. By condemning women here you have really condemned [your entire society? - From translation] She is the power of man but if you ill-treat her and do not respect her she also becomes disresponsible. Say, supposing today in My place there would have been Shri Krishna, what He would have done? He would have used His Samara Shakti, He has the power to kill. He would have killed all of them, all these fake gurus, He would have finished them off. With the gurus so many of My children would have been killed too. This is a very delicate work. You have to have tremendous patience. They are children: you are not to get angry with them. He can't do it. He's there to help Me out and out but it's the work of a Mother.

Who gives you the birth? Father or the Mother? I'm talking of the re-birth. Your Mother is only your Kundalini. She can only give you birth. Men may not, they think no end of themselves, but can they produce children? You have to be children to enter into the Kingdom of God. This is a funny idea that women cannot do God's work. This is a kind of a funny racialism I think. On the contrary they do it best. You can see that, I will show you. I've not only raised the Kundalini of people but I've given Realization to thousands. You need tremendous patience, love that is patience. And the only - only - joy is to see your children getting their Realization. You need that tenderness and kindness.

There is a gentleman whom I know who is a guru, he is a Realized soul. He lives in a very high mountain in the state of Maharashtra. I went to see him. He was of course very good to Me but very harsh on the Sahaja yogis. He asked them, "How many of you are going to give their life for Mother?" I said, "What do you mean? I don't want their life. I want to give them life." He told Me that, "If somebody troubles You, send him over to me. After all I'm their elder brother."

I did not know he was such a hard fellow. I sent him one man who was really troubling Me for nothing at all. I told him you go and see the guru. He was very impressed that the guru has called him. Because Mother you always take for granted. About after

fifteen days this man came with both his legs broken and hands broken, hanged by two people, just brought like that. I saw him, the tears started falling down. I said, "What has happened?" He begged of Me, "Mother never send me to that guru." I said, "What happened?" He told Me a horrible story. He said, "This guru, I went and told him against You."

I said, "What did you say against Me?"

"I told him that Mother gives Realization to every Dick, Tom and Harry. She should discriminate about it."

So the guru said that, "Do you think that you have more wisdom than She has?" And then he said, "Now you go and sleep." He lives on a mountain. His both hands and feet are incapacitated because he lives in the water and he moves about on a tiger, everything ferocious.

See, He told Me that the tiger came and pushed him in the ditch down below. He fell down twenty feet. He broke both his legs and his hands and for two days he didn't get any food. Third day he got some bread tied to a string and pushed it down - the guru. He gave him that food and he said: "Unless and until you promised that you will never say a word against Mother I will not take you out." And then poor man was picked-up. He told this man, "Hang your legs in your neck and go in a swinging way to Her. She's the only one who will look after you."

The real gurus are very strict people. They cannot be bought by money. You have to have complete dedication to them.

Another doctor who was troubling Me too much, I sent him to another guru. After one month he came down absolutely thinned down. Now I asked him, "What happened?" He said, "I had to go and wash a temple of Shiva which was about a mile on a steep rock, every day twice." And he did it.

I asked his guru, "Why did you do such a horrible thing to him?" So he said, "Donkey must be treated like a donkey." They are horrible. They think that's the only way to make you learn the lesson. I told them, "Give them Realization. They themselves will know. The Kundalini will itself tell you."

The other day I met a lady from Switzerland whom I had given Realization. She had met Me only once and had her Realization and she said that, "Kundalini says me everything. If I try to do wrong things She comes and hits me here [on the head]. If I talk too much it comes and touches me here. If I eat food with people who are very egoistical I get pain in the stomach and diarrhea." It's very interesting.

So understand that Kundalini is a woman. She's the Shakti, She's your Mother, She understands Me better than you people understand Her. Or Me, also She understands Me. So do not have these ideas of racialism. All these people who are also realized souls and gurus are also My children. Sometimes I'll tell you later about them.

Any other question?

Q.: (In French) "Pour faire monter la Kundalini est-ce qu'un travail de purification n'est pas indispensable avant?" - "Shouldn't there be a purification work before the awakening of the Kundalini?"

A.: Purification? Maybe with some, maybe, I don't know, but with Me there is no need. Because here if you have ocean of cleansing power, it has just washed it all. You can suck all their Karmas and all their sin so called and your Kundalini itself will help you. You haven't done anything wrong. That's what power is, power is of Divine love which is tremendous and dynamic. All right?

You have to get off your shoes please because the Mother earth also help us. Put your shoes back in the backside, behind you and put your hands towards Me. Because I told you these are the centers of the sympathetic nervous system. Tomorrow I will tell you elaborately how it works. As I've told you that you cannot think about it. But do not try to stop your thinking. Kundalini will

spontaneously rise and when She will cross this center [Agya] She will make you thoughtlessly aware. She will make you absolutely thoughtless but you will be aware, much more alert. You will listen to Me.

Then the second stage is that the Kundalini pierces the fontanel bone area. At that time you start feeling the Cool Breeze. But maybe in between these two things, these two happenings, you may feel little hot sometimes or maybe little, little tinkling but doesn't matter. I will work it out and then I will teach you how to work it out yourselves. You have to become the masters of Kundalini technique which is a living technique. There is no other technique to awaken Kundalini.

All right let's put your hands and close your eyes, close your eyes. Now do not bother about others or look at others. It will happen to most of you if you are in a receptive mood to receive the power. Do not deny and again do not feel guilty. You can say, "Mother, I'm not guilty", thrice. This has worked wonders in Paris, so please say, "Mother, I'm not guilty at all."

Second thing you have to do is to forgive others, just forgive. Say that thrice, "Mother, I forgive all of them about whom I've felt hurt, those who have hurt me. I forgive all of them." Please, say it thrice. Just forgive. That's very important. Once you start forgiving a great center in your Agnya opens where resides the deity of Christ. Just forgive. Even when you don't forgive, what you do is to destroy yourself. Those who have hurt you are not destroyed. So please say that, "First of all I forgive myself." Again and again you forgive yourself and you forgive others. That will help a lot.

Unless and until we forgive ourselves how can God forgive you? We have to have self-esteem. We have to ask for forgiveness from God. Please ask thrice, it will just work out. But if you are an adamant type God is not going to fall at your feet. You have to be humble and meek to enter into the Kingdom of God. By adamants, like a child who is obstinate you lose your own Spirit.

This is all freely available, but if you close your nose and your mouth and don't breathe, you die. This kind of obstinacy is sheer stupidity. We have to have wise people for Sahaja Yoga, not stuck-up people.

Let's put both your hands towards Me and close your eyes. Close your eyes. Please pay attention to yourself, to your heart. Now, you have to ask for your Self Realization. Ask for it thrice. If you do not ask it will not work out. [Lapse of time. Shri Mataji repeats a Mantra in a low voice, sounds like: "Sakshat Shri Mahavishnu"?]

You are feeling again guilty. Now, please do not feel guilty. I've told you that nothing is to be washed there, it's absolutely clear. Do not feel guilty, just say, "I'm not guilty." Keep your attention absolutely free. Do not concentrate at any point, just leave it free. Keep your eyes shut.

Ha! Are you feeling the Cool Breeze in your hands? Don't be intense, just relax, relax, relax. It just works, it's living process, it will just work, nothing to be intense about it. Have patience with yourself. [Addressing SYs] What is the trouble? Left Vishuddhi? Or right? Or both? It's left. You are still feeling guilty that's why the left Vishuddhi is catching. Say that, "I'm not guilty, Mother, I'm not guilty." That will help Me and help you. Ha!

When you start feeling the Cool Breeze in your hands you'll also start feeling that coming out of your fontanel bone area. You can feel it yourself. Something can be felt in your hand. Just put your hands, it's there, just feel it. Now try and feel in your hands. You've got it. Feeling the Cool Breeze now? This is a subtle thing so you have to be little subtler. Try feeling it, try to feel it. Do not deny it.

You just watch Me without thinking. Put your hands towards Me. Most of you have felt it, have you? Now, it's nice, I'm here for three days and three days will establish you fully. As the first outset the Kundalini sees Me, She shoots down.

There's a difference in the pattern of realization between East and West because the Indians know what to expect. They just settle down with it. But in West people start thinking about it, they are so rambling. Again tomorrow they'll come saying that you've lost your vibrations. Nothing to be worried about, because Kundalini goes back to look after your problems. But we'll give you a way of establishing with it in the night.

Marie has done the photography but it didn't turn out very well but doesn't matter you can use My photograph. She will tell you how to do it. Take from us a photograph. She will give you the photograph and tell you how to use it. And also she has got some papers. But in any case I'll feel their Sahasrara

[Tape interrupted.]

1980-0922, The manifestation of the Spirit

View [online](#).

22 September 1980

The Manifestation Of The Spirit

Public Program

Aston La Scala Nice, Nice (France)

Talk Language: English | Transcript (English) – Draft

Public Program Day 2, Nice, France 1980-09-22

Yesterday I told you about the residual power within us which resides in the sacrum bone. This power is called as Kundalini. This is the power that ascends through these centres and gives us our Realization, our rebirth. I've also told you that in so many people you can see the pulsation of this Kundalini, clearly, with your naked eyes. You can also see its rising in the different centres, up to this point. You can also feel the pulsation on your head. And you can also — afterwards, when it breaks this area — you can feel the cool breeze flowing from your hand. This is the energy of your Spirit. We can say this is the manifestation of the Spirit.

Thus you enter into a new realm of Collective Consciousness. You become collectively conscious. You start feeling others on your fingertips. Actually, all these five fingers — plus, six and seven, points — are the centres within us. You get enlightened — because you can feel them here and sometimes within also. Some people do not feel it on the hands, and some people did not feel it for some time yesterday. But they definitely felt on their head.

Now, one has to know that this is the knowledge which is known through many Indians. Adi Shankaracharya, he has very elaborately written about Kundalini awakening and its manifestation. He has described all these centres. These centres are created within us during our evolutionary process, in a vertical manner. But in a horizontal manner, your subtleness grows into various emotional, mental, and physical areas.

Sahaja Yoga means: “saha” means “with”, and “ja” means “born”.

Today I will not tell you more about the gurus who are trying to exploit the Western people. Because you are spiritually very naive and are very great seekers, you have been seeking for ages — and when they came to know about your seeking, they floated the enterprises. But you have got Christ before you to understand. He never floated any enterprise. He never ran any courses. He never took any money from anyone. Why should we not take a lesson from Him? He was a carpenter's son, He lived like a carpenter. Krishna was a king, He lived like a king. They are not parasites to live on your money. But somehow, you were too naive to understand these subtle things.

It's all right, whatever has happened has happened. You have to get your Realization. It is your right. In your seeking, you have to get it. But it has to be an actualization, not just a bla-bla-bla. It has to happen within you, and there is nothing to be frightened of.

Some people have written such huge books about Kundalini. They do not know a word about Kundalini! One gentleman has discussed for hundreds of pages whether the Kundalini is in the stomach or is in the brain. One other person has floated a research institute. What research can you do with your ego? Before Realization, whatever you do, you do through your ego.

To know God, you must know your Spirit. You cannot know God without knowing your Spirit. That has to be achieved first. All the great saints of India and all over the world have written the same. We had one great poet in England whose name was William Blake; he has written great things about Realization. Now for you it is necessary to understand that it is a happening that should take place. And otherwise it has no meaning at all. I will explain to you how God has made you so beautifully and how you get your second birth.

To begin with, you must know: the light which is enlightened can only enlighten other lights. For example, there is a candle which is enlightened — can enlighten another candle which is not enlightened. But if it, this one, is not enlightened, what it's going to do to that? Now, the candle is all made that way. The candle is just ready to be enlightened. Only thing what one has to do is to put this candle next to that one and enlighten it. In the same way, your instrument is just ready to be enlightened.

As yesterday I said, that if I tell you that in this area there is a lot of music and you cannot hear, but if you put a television, you can even see the pictures. Yesterday so many people got their Realization here. Practically most of them. It's a remarkable thing that's happening. Because it is the blossom time. Many fruits are going to be ripened and matured because the transformation is going to take place.

As I told you yesterday, you cannot transform a flower into a fruit. It is done by nature. You do not know the technique. You cannot achieve it either, it is done spontaneously.

[To somebody] Let the little one come further if he wants to. He can't see Me. He can't see Me.

You have to be like children, is a fact. If you are very complicated, it doesn't work out. If you are like children, it works out much faster.

So within us are placed those seven centres, which I'm showing you. Yesterday I told you about the first centre, which is guarding the protocol of the Kundalini. It's the centre of innocence. And this innocence is the first essence of life. But when the Kundalini rises, she rises above that centre. At the first centre, you can say, we were carbon atoms, to begin with. The sustenance, or the religion, of carbon atom is that it has got four valencies. Because of its four valencies, it combines with other elements and forms life.

Above that, is the centre of creation, here. It receives its power from the yellow line, which is responsible for our action. This is the Kriya Shakti; also you can call it Prana Shakti. This power gives us our power to think and also gives us power to act through our body. The channel through which it flows is called in Sanskrit language as Pingala Nadi. This is the subtle channel inside the spinal cord and inside the brain also. And in the outside, this subtle channel expresses grossly as left sympathetic nervous system. No, I'm sorry, right sympathetic.

On the left-hand side, you see another channel of the blue colour, which means this last centre. This channel is called as Ida Nadi. This supplies our emotional energy. It gives us our existence. It deals with our past, with our conditionings. This is the psyche about which the psychologists talk often. But they are very half-baked people. They know very little; that, too, about only one... one of the channels. And they have created terrible problems for the Western people. Like Freud: he says that you should try to de-condition yourself. When you try to de-condition yourself, you have to use your ego, means your right side. You have to go into kriya, or action. As a result, you develop an ego there, the white-coloured balloon. And if you... if you have too much action of the left side, you develop a superego. So, whichever way you try, you cannot go in the centre.

For example, this second centre is also responsible for transforming your fat cells for the use of the brain. If you think too much, then it neglects its other duties. It has to look after the upper part of the liver, the pancreas, the spleen, the kidneys, and the uterus. Poor thing has to work day in and day out because you are all the time thinking. Then you... as a result, you develop a bad liver. On top of that, you drink too much. Poor liver gets tired. This is all self-destroying. Liver has a very important job to do. It clears all the poisons of the body as heat. The heat must pass into the water. But when you take water... when you take alcohol, it changes the form of water. The water becomes like this: oxygen here on top and hydrogen here. It does not receive any heat any more! Same thing happens in cancer. Cancer people never feel the temperature, never getting temperature. But they feel head very much heated up. Now, in the same way, the spleen and the pancreas go out, and people become pale—

MARIE [translator]: Pale?

SHRI MATAJI: Pale, with the spleen, and with the pancreas you get diabetes. In the same way, you develop diseases—

MARIE: I'm sorry, Mother, I got a bit lost.

SHRI MATAJI: Huh? No, no, no, no, pancreas gives you diabetes, and the spleen, you know, gives you anaemia conditions. This makes your temperament also very irritable, and you could become pessimistic, too. All cheerfulness of life is gone from your faces. You really become then very boring. You cannot sit and enjoy each other's company without taking a cup of whisky in your hand. There is no rapport established between human beings. You have to go to a cinema together, or you have to have a discotheque together, but you cannot talk sensibly for more than five minutes. You have to have some agencies in between to protect you from each other. Otherwise there are quarrels and divorces.

Human beings are the greatest creation of God's love. They have to know what is God's love is. But when they think of God's love, also, they just get confused. It is pure divine blessing. It just emits from your being. It just gives, it doesn't... it doesn't expect anything. The establishment of our own sustenance is very important.

MARIE: Sustenance?

SHRI MATAJI: Sustenance. It's religion, as I've said already; inner religion, you can say. Sustenance. Inner... inner... just like carbon has four valencies, we have ten sustenance of our own. This green area represents that place where the Primordial Masters are born to give us that sustenance. Yesterday I told you about them.

That's why it was said that "Be in the centre, do not go to the extremes." But human beings have a special tendency to go at a tangent. If it comes to seeking, they'll go to such a limit that they'll be good for nothing. I've met people who came to Me, they had cut their tongues, which were wagging like the dogs' do. Some of them have got popping eyes, some of them have got these blown-up things with too much pranayama. If they will do Hatha Yoga, they will become just skeletons. If they will take to fasting, they will end up in the grave only.

Who has told you to do all these things? Just to destroy this beautiful temple of your being? You should have just waited in the centre instead of getting so frantic. The God, who has created you so beautifully, is going to do something about it. He has made you human beings from amoeba stage, and He is going to make you higher. It is... it is His problem, not yours. You did not create yourself. If He does not do something about it, He will have no meaning. His creation will be lost. If He is the God Almighty, He is going to do something about it.

But this comes because we think we can also do something about it. [Shri Mataji laughs] But all this should come logically with you that you do not do anything. What do you do? If a tree dies, you make a chair. You think you have done a great job. You have changed one dead form into another dead form. It's like children playing in the sand. What living work have you done? Can you transform one flower into fruit? At least children do not get involved into their play. But you do all things so seriously that it is most surprising. There is nothing great in creating this building there or there.

There is something, of course, when you do something beautiful, when you are doing it for the pleasure of God, to show Him that you can create beauty, as a reflection. As you have got a beautiful church at Chartres, which was very beautiful — it's just to glorify Him. But you cannot give Realization, you cannot give baptism. That is all artificial. You can do artificial things, but God-made things are real.

After Realization you do living things: you can raise the Kundalini with your hands, you can give Realization to people. If you give vibrations, say, to a flower, it will sustain life for much longer time. In India, we have some Sahaja Yogis who are professors in agricultural university. They have experimented with these vibrations. They have found out that if you give vibrated water to the soil and have the crop of it, it is sometimes ten times more! It won't be twenty times — too much — but it would be optimum in

the centre. Where they could not grow coconut, with vibrated coconuts they are growing.

We can solve all the problems of poverty if we take to Sahaja Yoga. But you should not ask to be like Mr. Ford. He is too rich for... to enter into the Kingdom of God. Such people are mad! They go on collecting junks after junks. They have no beauty in them. So, after Realization you understand what is the extreme.

Within us, there are other awarenesses also. For the left... left side of this Ida Nadi, if you move, there is the awareness of Collective Subconscious. On the right-hand side, if you move to the extreme right, there is the area of Collective Supraconscious. Kundalini is the Unconscious. And the lower part we need not discuss, it is the Hell. The above your head is the Collective Consciousness. That is the one we have to achieve. We have to become collectively conscious.

If you move too much to the left-hand side, you are attacked by the left-hand entities who exist in this collective subconscious. Yesterday I told you that I saw a BBC program in which they said that in cancer you are attacked from some areas which are built in you from creation. Unknown areas. Sahaja Yoga is the only way you can cure cancer and stop it. [Here Shri Mataji is explaining how cancer starts] Because you go into the supraconsciousness. When there is a centre like this, the left-hand... right-hand- side energies are pulling the energies from your body. When left- and right-hand-side sympathetic nervous go into activity, the thing becomes much faster and the exhaustion is much more. When it is too much exhausted, then it dries up and it moves outward. Then the relationship with the whole is lost. A cell starts behaving on its own. It becomes egoistical, it says: "What's wrong?" It becomes a unique cell. It becomes malignant, it starts overpowering other and also mesmerizing the other cells.

MARIE: It becomes...?

SHRI MATAJI: Overpowering other cells and mesmerizing. In Sahaja Yoga, when the Kundalini rises, she takes your attention to the super-conscious. Like in a sari: when you push it out, how the sari is pulled up. Your attention is collected from the left and right extremes. And the Kundalini pierces the Sahasrara. Means the Brahma... it is called as Brahmarandra, means "the hole in the Brahma". These vibrations is the Brahma.

Now, then... the attack actually comes mostly from the left, that is the thing I've noticed in cancer. It is sad, but some of the gurus are doing that. They are introducing left cancer into many disciples. Some of them make them mesmerized, so that they become epileptic. One develops through that mesmerism epilepsy and also things like hysteria, melancholia, fright. Some of the gurus have made the disciples so frightened that they develop... they are even afraid of garlicks. And the right-side ones are something like the LSD.

MARIE: Mmm?

SHRI MATAJI: The right-side supraconscious — attacks are like LSD. Right-side are all over elements, five elements. So you start seeing lights or hallucinations of... sea and all that, you feel you are becoming sea, you are becoming light, sort of nonsense. Many people who also see Me when they have taken LSD, they just see light, they don't see Me. Some friends of Marie [translator] had that experience.

So you do not have to be in the past or in the future but in the centre, in the present. The centre is a very small part. Because a thought rises and falls down, and another thought rises and falls off. There's a very little space in between. That space is called as vilamba in Sanskrit language. If this space increases, then you can be in the present. So the thought that has gone back becomes the past, and the one that is coming is the future. One thought comes from the superego, and another comes from the ego. Kundalini sucks both of them, and you go in the centre. You become the present. Then your language changes. Your hands start emitting the power. Then you say: "It is coming, it is going, it is rising, it is falling." You speak in third language, third person, not in the first person: "I do it." You say, "It doesn't work out, Mother." Then you say, "It works out, it's coming." That means you become akarmi: actionless, non-action. It just emits.

This has to happen to you. And then you should know all about chakras. You should know how to manoeuvre it, you should know

how to master it. You have to be experts. If you are... if you do not become expert, you will not be happy either. [Shri Mataji laughs]

It is such a joy-giving thing. And Sahaja Yoga is such a joker it makes you laugh. Because you start witnessing everything. The whole drama finishes off, you are no more involved in the drama. And you are surprised how God's play works, how His illusions play with us. Life becomes such an enjoyment. For you all have to enter into the Kingdom of God.

I've told you that the Last Judgement has started. It is going to happen through Kundalini awakening only. Is God going to... is God going to put you on some weighing machine? Kundalini is the central point, pointer, which will show how far you have gone left and right. And you will correct yourself. Because you'll come out of yourself and become one with your Spirit, which is your real Self. And you will know everything about yourself and about others.

I'm very happy that today there are so many people, and I am sure today it is going to work out even better. Tomorrow I'll tell you about other centres and also what to do after Realization. That is much more important in the West because there are many preconceived ideas about Realization and about God. God is what He is. You cannot have your conception about God. Spirit is what it is. But those who know are easy people to remain there. For example, if I know this is the hall I have to come to, I settle down here.

[0:47:00: cut in the recording]

MARIE [in French]: There is a man, over there, who yesterday said that he had lost hope, that he was hopeless. He feels already much better.

SHRI MATAJI [to the man]: You are perfect, don't worry. What can they destroy? They cannot destroy your Spirit. It is indestructible. I see that in you. These are only clouds. You see? Whoosh! And they... these are only clouds. Clouds cannot destroy the sun. Don't you worry, it's going to work out.

Just take off your shoes and please take them behind.

1980-0926, Advice to Ashram on Prayer

View [online](#).

26 September 1980

Talk to Sahaja Yogis

Chelsham Road Ashram, London (England)

Talk Language: English | Transcript (English) – Draft

Advice to yogis. Chelsham ashram, London (UK), 26 September 1980.

Now, first I want to tell you what happened where I went, and how we got lots of Sahaja Yogis all over. That's very good news.

The first thing was, I went to Lille, where you know Cathy is doing the organizing. She is a very sensible person, and her father is somehow [a] little bit opposed to Sahaja Yoga, but mother is not. And she called Me to her place for lunch.

Shri Mataji : [Aside] What are you doing now?

Please keep it. All right.

And when I went to her house the mother had- was suffering from arthritis and things like that, and I cured her, and she got Realization. That convinced her mother very much, and she was very happy.

Then in the evening, she had booked a hall in Lille and to our amazement, we had lots of people. We were surprised that how about sixty people or sixty-five people were there in the hall. And among them were some very, very nice people.

One of the friends of Cathy, her mother came and they got their Realization so fast in Lille that I was surprised.

And there, we met husband and wife who had been with TM. Very sensible people, both of them were really very sensible. When I explained to them what was Sahaja Yoga, they didn't get their Realization but they understood that there was something great about it.

So they said, "All right, we are coming with you to Paris." And one lady had come from Belgium. I took her also, and we went to Paris. They have their father's house there, they stayed in their father's house. And these two were wonderful people and they followed us even to Orleans.

But in Paris, the advertisement did not appear for two days. But these people had put some posters. We got about seventy-five people on the first day. And in that, we got a priest also there. Out of that, at least eighty per cent got Realization. They again came second day and came third day. And the third day, it was in the paper, so there was a bigger crowd, much bigger crowd, and it was a much bigger hall. And about eighty persons have got Realization there who are really very good. And they have decided to start a good center in Paris. Even in Lille now the center has started because these husband and wife are going to start a center there.

Then I went to -you must have heard about - Chartres. It's a very beautiful church there. Went to see that church; it was very beautiful. Very good vibrations from that place. And then we went to Orleans, where we were just informed, a hall to be booked for us, and we had then one advertisement. Only in one advertisement, there were about seventy people. And practically everybody got Realization. Except for some TM's they are good, and as usual, they are very funny - but they went away. And we had another gentleman who came in his orange robe, who has - he says he has taken a sanyasa and he has some technique and this and that, but Marie said there is no technique for Sahaja Yoga, there is no technique of God.

And then he and one or two with him, they went away. But so many people got Realization, and they offered their houses for their centers and all that. But the hall- the man who was organizing the hall, he said that he just charges six pounds per meeting. So why should we have another hall? And so we decided to have the hall there.

It was done by a girl who came from Australia, her name was Annie. She had met Warren there because she knew him before, but Warren didn't tell him [her] about what had happened. When she came back she wrote to him that, "I saw such a tremendous change in you, I didn't understand how you got this change. You were was so settled down and so detached from things. And you're very different, otherwise so particular about every detail and things like that. All that had vanished, and you had become

such a relaxed man, and your attention was somebody else. How did it happen? Then he wrote to her, "It is Sahaja Yoga, you go and see Gregoire." And Gregoire gave her Realization.

Then she went and saw Marie, and Marie confirmed it, and the whole thing became all right. Now, Marie is a person who has really done such a lot, such a lot and all out she went to do everything that is possible.

Then from there, I came back to Paris and then I flew to Madrid.

We had two programs in Madrid. Actually, Gavin had sent her one advertisement, which appeared and a second never appeared, only the one appeared there. And when I reached there I was wondering how many people would be there. There were about a hundred and twenty people in the hall, and we didn't know what to do. It was so suffocatingly crowded we did not know what to do. But we found out fifty per cent of them were frivolous people. They were saying, "We don't believe in God," and they were talking, "We don't believe in Christ. This Catholicism we are against," and all sorts of things, you see. And the fifty per cent got Realization. And they were very, I mean they were reactionary, they said, "How could God be there if there is so much poverty?" This, that nonsense they were talking.

But that day, the girl who came from Switzerland, her name was Miryam, she's also a Catholic and she had problems because of that. And another was Hélène. She's another very intelligent girl, something like Gregoire's elder sister, extremely brilliant girl, and she could see the point very well and she was so clever. She said, "Only I got it once, and the Kundalini is now doing everything for me, She goes up, She teaches me, and whenever I do wrong, She comes down and She teaches me, She gives me faith, She's so kind to me." She's so sensitive, I was so amazed at her!

Another person was Miryam who was little bit suffering with this Catholicism sort of thing. And then I brought her round, I brought this one lady round but she could not translate. And then, people started helping her to translate. Then one of the gentlemen was sitting there, I said, "All right, why don't you come and translate?" He came forward and he was like a professor, in the way he started translating Me as if he knew Sahaja Yoga very well! With this beautiful translation, he got his Realization, he went away.

Next day, the hall was to be- we had to shift to another hall, a very big hall, a very beautiful hall, and all that. Then when we went to the bigger hall, you'll be amazed, there must be at least ninety people or maybe a hundred people in that hall – second day and all very sensible and nice people. They didn't have all these things and so attentive, so attentive to My lecture.

But the first thing that had happened is when I went to Paris was something very remarkable if you like it was repeated again here. This priest came to see Me and he said that he couldn't get his Realization. So he wrote a letter to Me, that "Mother, I have a secret guru, in Rameshwaram, his name is such and such. When I go there, I stay with him and I cannot get Realization, I don't know why." So I told him, "There should be no problem because your Guru is a Realized soul." I could see vibration-wise.

Then he told Me, "Yes, he told me that She's the Mother, She's going to emancipate the whole world, and you just can get your emancipation through Her." And this was really energy-giving. I was so happy to hear that people are now recognizing, these gurus are recognizing and they are understanding My value. And I've never seen this fellow before.

The same thing was repeated in the second program of Madrid, where this gentleman appeared on the scene. I've forgotten his name, but Maria has all the names and all that. And he just came at the beginning of the hall, he sat there. He took charge of the whole place and he said, "Mother, I'm going to translate You." And he used Spanish and English very well. He stood up and he translated Me, he looked after everyone, extremely wise and sensible fellow. And I asked him, "How are you here?"

He said, "I've come to do this work, Mother, especially." And he told Me, "My guru's name is Swami Ram and he lives on the Himalayas, he doesn't go out anywhere."

I said, "He's a Realized soul, I know, he's a Realized soul."

Then he didn't talk to Me but he talked to these girls. He said that: "My guru has told me that She's Her Holiness. She will come to Madrid, you go and help Her. That's why I waited for Mother to come." So, such a help is coming to us now.

Now I want to know what our London Sahaja Yogis especially are going to do about themselves. That is a very important matter because I find the progress is very slow. Extremely slow, vibration-wise is not much progress. Even Regis doesn't have good vibrations. I saw him, I was surprised, he's lost his vibrations quite a lot. And same with Peter I would say, he was quite bad. And

this is something I can't understand, what's happening to them. So it may be that you people feel guilty or do some sort of a nonsense of your mind, and you go on thinking or I don't know what you are doing.

You have to improve in your vibrations. I think Harry is the only person who has improved, very much.

So what are you doing? Sitting and sulking and thinking and putting your mind into something nonsensical? Paying more attention to something like food? Is it? That: "What food should we eat, what should we have for food?" You must know if you are staying in an ashram, ashram is a training. What is the training you have to have? Let us see now. Is not to how to manage food, is to how to manage yourself. The main thing is you have to see where is your attention. What are you doing about your attention? Are you putting it to food and all these nonsensical things and money and finances and this and that? If that is so, it is not going to help you. "We should have this for food, we should have that for food."

Now I have found out that Western people waste so much of their energy in decision-making. And what are the decisions you have made, so far? Like, what food should we have? What does it become ultimately, all the food that you decide to eat? Same about our lives. When we think and try to plan our lives, what do we make out of it? What is the ultimate result of our life? We should think. Because of this ego-orientation this decision-making is there. I'm amazed how this decision-making about food has started.

Actually ashram is the place where you should try to control your attention and deny things. That's why people used to fast. If that extreme is not there, this extreme is also not good, is to think, what are you going to eat today, what are you going to eat tomorrow, what are we going to have for food. I think, best thing is you better fast every evening, that's the better idea. It's the best idea is that you all fast, so that there is no attention about food.

And what a thing to waste about? And there is a quarrel on, "And this much money saved, that has happened, that" You forget about money and forget about all these. You have to improve your vibrations. In the ashram you have not come here to find a convenience. I have told you before and today again. We have to improve our vibrations, our relations with each other.

Now another thing I want to tell you, nobody should talk to each other saying, "Mother says so." I think you stop all your meetings, that's a better idea. "Mother said so, Mother said so." I never say to anyone. If I have to say, I say it directly. Nobody should use this phrase. I'm requesting all of you. "Mother said so." I am very public and I say everything public. So, nobody should pass words to anyone saying, "Mother said so." And whatever is in Sahaja Yoga is already quite a lot. Learn from that. You don't start teaching new things. Because you will act as mediums, and bhoots will act through you. And you will become real mediums of real satanic forces.

Last time I was quite harsh about it, I said to you that these things are to be seen in a proper perspective. What I find there is no prudence in it; there is no prudence of any kind. You fight among yourselves. Doesn't matter if somebody says something to you. All right? Just bear it up. In Sahaja Yoga you have to learn how to bear it up. How much you can bear from others. Nothing is going to be lost. I'll give you a very simple example, Dhumal had a friend, Mani, and he got jealous of Dhumal, very jealous. When he started finding faults with him, he complained Me about him, against him, "This happened, that happened." He was a very dominating man, he was a lecturer and all that and he used to think no end of himself. I told him that, "You do not fuss about things, it's not good, you are a very fussy person, you better keep quiet. And you try to bear it up." But he would not listen. This happened about, say, three years back. And last time I met him, I told him that, "Now you will be in for trouble if you don't stop this nonsense of your fighting."

What does it matter? You do your best. How much have you born, what have you done? You have got the example of Christ. How much sweetness are you pouring to others? Everybody trying to show their knowledge of Sahaja Yoga. Best way is to articulate among yourselves the spirit of love. Instead of everybody becoming a great leader, is better you lead yourself and that will help you. Now same thing happened with this Man, and he would not listen to Me till the end. I mean, before Me he was like a cow, and when I came away, he was a bull. Every time he did that, and his attention was so badly spoiled, I told him, "Look after your vibrations." [He was not bothered?], he was trying to show off, and today his letter has come – he's got leukemia.

In Sahaja Yoga one should never get any cancer, is out of question. But one gets it because of your attention. People have been cured of leukemia. Why they are getting leukemia? It happens. If your attention is not correct, you will get it. Today his letter has come that he has got leukemia. So to show temper, if you get angry, anything is against you. Try to love each other, just bear it up. And do not be agitated too much and do not demand. The humblest are going to enter into the Kingdom of God. The meek people are going to enter into the Kingdom of God. Not the ones who are very particular about something and who take decisions.

Please take decision-making at zero, "I do not take any decision. I will not take any decision. Let Mother take the decision." This is the way you can do it. Now, everywhere Sahaja Yoga is coming up, people are understanding. You have to discipline yourselves; there is no idea of discipline. You try to disciplining others and nothing about yourselves. Everything that is living is disciplined. See on a tree how the leaves spread, how they discipline themselves and how they arrange themselves. Is there any fight going on?

First of all, decision-making about food should be zero. Please stop all the meetings, I think that is also another ego-trips going on. All the ego-trips, meetings, what do you achieve? This. Better not have any more meetings, better all sit down and quietly meditate within [INAUDIBLE], and work it out, [properly?]. Your vibrations should be all right, that's the main point. And do not deceive yourselves. You have to grow! 'There should be [prudence?] that you have to grow, nobody else has to grow. You are the losers. Who is the loser?

Now, Mr. Paul went there, and I don't know what happened, he went there, stayed with Dhumal. Now, Dhumal has given realization to ten thousand people. And Mr. Paul thinks no end of himself, he thinks of him he is a very great guy and he can do anything. He went and said, "Why do you have a servant in the house, you are enjoying yourself, your servant is working like this", and he fought with them. And he came away, misbehaving. What does he think of himself? It's a very, very bad manners.

I never knew that you are to be told that when you go to somebody's house – the guest, if you are a guest – somebody's house, you are not to behave like this. And he quarreled and fought and came away. Now, what are we to say? They have written to say that he quarreled very much. He is so much elder to you. Apart from that, in Sahaja Yoga he is senior to you. That is the thing: no sense of respect.

I think you have to take up things much more seriously. I have seen also, people laugh at others – all of you, suddenly start laughing, suddenly. Must develop your dignity. You must develop your dignity. Even when you talk to Me I have seen, "hehehe," like that you laugh and then say something. That's not the way to talk to Me, it's also wrong. If your dignity is not all right you are not going to get deeper into it.

Now, better stop all meetings and all these things. For what? For arranging food? Is it a hotel here? Just arranging somebody's food is whatever you get, just eat and don't say anything about the food. Some do not want to cook, some want to cook. What is this? Everybody should be forward there, "Yes, I will cook, I'll do, I'll learn." Nobody has this desire, "I will do. I will do." Labour saving, money saving, all kinds of devices. It is not good for you. It's not proper for you. You just see your own selfishness. You have to grow in Sahaja Yoga; you have to become great in Sahaja Yoga. You are not to waste yourself.

And when I say something, you think I'm saying about somebody else. You just put it to yourself, the same question and ask yourself, "Where am I?" That's the way you are going to improve, and you don't know how much work I want you to do when I go away from here. But I am sure, I cannot send you anywhere – you create problems. Mr. Paul went there and he's ... and everybody is shocked at him. That he doesn't even have proper manners. This quarrelsomeness is one thing should be avoided. Anybody who is quarrelsome is not a Sahaja Yogi. You are not to quarrel for anything; even if somebody beats you, even if somebody slaps you on one side, you turn the other. That is Sahaja Yoga. Don't forget your teachings. If somebody slaps you on right side, you turn your left side to that person. And the one who is a trouble-maker should be branded as that.

Who fusses, who troubles, who makes, "This should be done, that should be done," he should be treated like that. You must also

try to give Me some joy and happiness. Or always must you give Me headaches? I would request you now to give Me less headaches, otherwise I will never come to London. What I hear, somebody fighting with someone, something happening with someone, I don't like it.

Now, another thing I have to tell you is this that I was thinking that if you people feel all right, your vibrations are all right, if you are settled down, if you really become gurus, – guru means dignity, humility, meekness, understanding, loveable nature – all these things must be developed in you, you cannot suddenly become like that. In that case you should decide to go to various places in England and also outside. I have arranged for that. For example now TM-people, they can act as mediums, even now. You can see that, it does happen, you have to be very careful about it. You will become mediums of satanic forces. And you have to be very, very careful, extremely careful about it. I have talked to people ... Now you have to save all the TM-people, I have already arranged that. There are two places in Paris who want you to go down there and talk to them. I have also asked people in Nice – they are very anxious. There are people in Madrid who want to arrange a program where you can talk about it.

Now look at how negativity, this thing, works out. Bart went to Paris and he told one Ceylonese gentleman is against [Me?it]. He said that, "He's not giving me my money, he's not paid for me, he told me lies that I'll give you so much money, he did not give me any money and this and that." When I was talking about it, he came out with a thing, "Is that the same Peter Pears who was a cook?"

I said, "Cook? He's not a cook."

He said, "Yes, Bart told me about him."

I said, "He's not a cook, he was the head of the thing and all that."

He said, "No, but Bart told me that money was not given and ..."

"How do you know Bart?"

He said, "He's my old friend," this and that ...

Now, I could not say much against him, but I said, "Why did Bart tell you like this? He never even met Me."

He said, "He's a very shy person, he did not want to meet, but he was telling me that sahaja yogis are horrible people, Mother believes them, She's too simple. And they are not worth believing. They are all very horrid, and they are extremely dominating and all such things Bart has told."

I said, "Bart should come and see Me. If he had told Me I would have corrected these things. And, all right," I said, "he went into bankruptcy, he went into trouble and that's how he did not get his money, but he should have told Me." Why didn't he tell Me about it? That, "I am going away", he never told Me. He went away. Now he has no business to talk against Sahaja yogis.

And I received another letter from these, one of the hippies who had come to our program. Who says that, "Mother You are Sahaja Yogi in- You are all right but Your Sahaja Yogis, we cannot bear them. They are very dominating, they think of no ends of themselves. When they talk to us, they talk in such a way, ""Do this, do that."" All such a letter he has written. And he says that, "We would all have liked to come in but we don't like this kind of people trying to dominate us, and they are very intellectualizing and..." – all sorts of things. They have written about it. [Cut in the audio] Now, this is what it is.

So the secret of Sahaja Yoga failing in England is Sahaja Yogis, not Mataji Nirmala Devi. You must know that you represent Me. Try to imbibe some of My qualities. Do I ever complain about food? Some of My qualities. You must show patience.

Now, the best way would be to pray. Prayer is a very great thing for Sahaja Yogis. Pray with your heart.

First of all, you must ask for strength from Mother. "Give me strength so that I be genuine, I won't deceive myself." You are deceiving yourselves, morning till evening. "Give me strength that I face myself and say it with my heart that I try to improve myself." Because these are defects which are not your own, they are outside. If they fall off, you'll feel all right, you'll be perfect. Now, then you should ask for forgiveness, pray for forgiveness. There should be prayer, said that, "Forgive me because I have been ignorant, I did not know what to do, I have done mistakes –so You please forgive me." That is the first thing one has to ask, is the forgiveness.

Then, second thing you ask for is, "Give me a sweet tongue. A method by which I become communicative with others, others respect me, they like me, they like my presence. Give me strength. Give me love, give me that beauty of culture, beauty of understanding that everybody loves me, wants me." Ask for them.

In the prayer, you ask that, "Oh Lord, give me the sense of security of my Spirit, so that I do not feel insecure, by which I trouble others, or get angry. Give me sense of my own dignity, so that I do not feel that I am belittled or somebody has belittled me." If you are at a higher position nobody can belittle you. It's only you belittled by your foolishness and doubtfulness.

Ask for strength that, "Give me my witness-state, give me satisfaction." Ask from Me satisfaction. "Let me feel my satisfaction from what I have. Whatever I have, whatever I eat, everything, take out my attention away from all these things." You know that your attention is in the stomach, and those who are very much interested in food will get liver, in any case, whatever you may try. "In anything like this, wherever my attention is going, please give me strength to pull it back. Chittanirodh. Teach me how to avoid things that tempt me, that take away my attention.

Take away my thoughts. Give me witness-state by which I see the whole drama. Let me never despise others and criticize others. Let me see my mistakes, not others. Let me see why people are not happy with me. Give me strength to have a very sweet tongue and a sweet nature so that others like my company, they enjoy my company. Let me be like a flower and not like a thorn."

You have to pray. All these prayers are going to help you. Then ask for the greatest prayer which reduces wrath that, "Please keep me away from ego that gives me ideas that I'm superior to others, I'm better than others, or in any way it takes away my meekness and my humility. Give me natural humility by which I can penetrate into the hearts of people."

Just you have to bend your head and you go up to your heart. You have to bend your head. Just to bend your head and there is your heart where resides the Spirit. Be with it. If you are any way hurting your ego, or you are hurting somebody's ego – it's just the same. You'll behave in the same manner, in the same egoistical manner. So try to understand that these things have to go away.

The best is to pray and ask for help. Prayer is a very big thing, but with your heart pray that, "God, give us strength and that growth that we can please our Mother sometimes. We want to please our Mother, we want to see Her happy." The only thing that really will really give Me happiness is that the way I love you, you love each other.

In the meetings you must discuss how to raise the Kundalini, what is the problem, what chakras are catching, then it's all right. But not these meetings, "How much money to be spent, how to go, how to collect," and all this nonsense. Do not waste your energies on that. But that doesn't mean that some people should not take at all any interest in cooking, should not do this Everybody should try to do as much as possible. People are so lethargic.

You see their brain starts working. If you start working with your hands, you will be surprised your thoughts will stop. Use your hands. Your thoughts will be much less. Try to do some things with your hands. Try to do, whatever is possible, whatever you want to do. Try to do it for your own training, not because somebody else is not doing or somebody else is doing it. You just do it because of your training, try to do your level best, you'll enjoy, you just sing songs and do it yourself, you don't worry.

If I started worrying that nobody does anything for Sahaja Yoga, why should I do? What will happen? I, may give every excuse to get out of it. Everybody must do some handwork. It's compulsory. Something you must do. Get up suddenly. Let's see who gets up first? Gets the plates serves the people, looks after others, gives the food to others. Try to go out of yourself. Selfishness has to be controlled. Self-centeredness has to be finished. Self-indulgencies are to be taken away.

How do you do it? Pray, get the strength and act. Otherwise you will end up with prayer only. You get the strength and do it. Try to give away things. This you should decide because Navaratri is coming now. It's a very big day and sahaja yogis have to be prepared for that day. It's a very big privilege for you people that Navaratri is coming and there is going to be a Puja of Navaratri. But one thing is compulsory that you all should improve yourself and try to be there where a son of the Mother is sitting. Be mild. Be sweet. Create an atmosphere of congeniality. There should be congenial feeling, loving care for each other.

If you are fighting with someone you should say that, "Oh Lord, how could I have an enemy? Why did I fight? Please give me strength so that I should have no enemy, so that I do not see any enemy in anyone. So give me power that I forgive them, so that You can forgive me." If you can just say these two things, you can get rid of your thoughts.

Last of all you have to pray that, "Mother, we should recognize our Mother. That She has come within us. We are very fortunate and we know who She is. Please give us strength so that we recognize Her and imbibe that recognition in our life. It is not only recognition, but imbibe."

I think in certain things Gregoire is very good. He was saying, "In the church when we go, we never talk loudly, we just talk in hush. How could we talk loudly in the presence of Mother, when She is in the house, how can we, it's a temple? How can we talk loudly when She is around?" I was really surprised how Gregoire could see that point. [He said,?] "She's a living temple, and how could we do that?"

Now, before going I want to tell you also [INAUDIBLE] you have to prepare now for the Puja. The first thing that is to be done: prepare yourself. I would like to see you in good vibrations and good conditions. For you, you get some sugar, you need some sugar for yourself. Markus, take lot of sugar, take, say, one kilo every day, minimum. Have you got here some sugar with you? Bring it; I'll vibrate it for you.

Now, about this work also I have told you that you put up this wall as it is in any dilapidated way you want to put it up, but put it up. Because later on they will not have any objection that the wall was not so high. Just do it because I've told you, it will help you. So, just put it up, up to eight feet and then the rest of it you try to clear it out. I would like Alan to make all these things before I come back. It's 17th, I'll be back, there is lot of time. So find out what things are needed.

You do it the way you want to, you have to do it. Before I go I would like to have the size of that one. It has to be [prepared?INAUDIBLEto the?] sahaja yogis to make one. And also I would like to know, what we have to do about it, how we have to organize it and how you are going to get the money and how we are going to work it out. So all this has to be done in a way that is very congenial and friendly. And one should not ask for, say, thirty p and forty p, a thing, but on the whole money should be used properly. Even a single paise out of this money should not be wasted, nor should be misused, nor should be [INDIST.]. That is very important.

Because, if that is done it will have an effect on all of you, specially the ones who do it. Now, you have a case of leukemia here, very clear.. So I do not want you people to have any suffering because, actually, Sahaja Yoga helps you. But if you leave Sahaja Yoga then you fall into the trap of the satans. The satans are around you.

Sahaja Yogi: [INAUDIBLE]

It's working out. My attention is working it out, but it throws you out also, you go out of circulation, so be careful. There is no use just worrying and being anxious. You see this is a very typical european-style thinking. Now you are very anxious, you are very worried, you know, you are pessimistic, this, that. Do all that, and achieve what? Nothing.

Now I must tell you about French, I have understood them very well. Now, what they are doing it's very interesting. I mean, that doesn't mean that English are all absolutely all right, they are also very much the same style. So [INDIST.] but the French, what the French have done is to decide that the existence is futile. That they have got some sort of a ... they had there some

philosopher who told them that existence is futile. So they said, "Oh, then what's the use, this life is futile, you see, then why worry about anything and why ..." So they are very anxious always, very unhappy people. They said that, if a person says that he is [very?] happy, then they think he is naïve. He doesn't know that he is in for hell and his life is futile, he has no character. How can he say that a person is happy? Because by saying "he is happy" that means he is naïve, he doesn't understand the life's problems and he's trying to avoid and he is a foolish man. So they had to have a person who has got all his cheeks both inside, who is drawn out. He has to be somebody who looks like nothing on earth.

[ASIDE: It's not such a good sugar[cane?] for you, it should be white. Mix it up with that. This is much hotter, and fish you should never eat. That's it]. You can add white to it and eat it.]

Now, so they are very unhappy people and they are all the time, "Hahhhch, hahhch. hih." I said, what's this? They said, "This is character." If you have character you have to be unhappy person. Otherwise, if you are happy, then you are naïve, you don't understand that the whole world is going to fall off, that Kalki is coming. You should all sit with them, face like that. It's quite funny, isn't it?

I said, "It's all right," but when they do this, why do they indulge into all these nonsensical things? Like every street has got at least ten prostitutes, when you walk along. [About thirty places?] you find ten prostitutes standing. They don't mind prostitution, after all life is futile. [So what is to be done?]? They are very unhappy people. They all will be very unhappy, anxious; they are extremely anxious, unhappy. They are the most miserable people. I said, that's how Victor Hugo wrote "Les Miserables". All of them are just here, you see, and that's how they are the most difficult.

People don't understand French. When they talk, their sarcasm is horrid, their laughter is horrid, their jokes are horrid. And whatever they do, they just bite you. The reason is, the life is futile. So what does it matter if you bite someone or you cut somebody's throat. Anything is all right, if it has a character. Now the whole thing has reached to such a futility that bankrobber – I saw here ... I told you the story about the bankrobber – has become the big hero now there. There are stories written after him, there are poems written, now there are some pop-singers who are singing his praise. I've no place in a society [like that?].

So this is French, and English also think that French are very great, we should be like that, very miserable people, absolutely looking like nothing on earth. So this is the French tradition and French style, but I put them right. I made them smile, laugh aloud and enjoy themselves. If I could trigger them, why not the lethargic friends here?

I said, it's very nice. I say Europe is the liver. Europe is liver of the Universe, where they drink the most. India is the Kundalini, where there is no seeking. England is the heart, which is lethargic. God save this Universe.

And lethargic to such an extent that they do not even have energy to organize their food and organize their things. In small, small things they go on fighting. I wished they were a little lethargic about fighting. But the French have started laughing, they have given up their anxieties, they are loving each other. Only our lethargy is horrible.

The whole fight is about how to save money and how to save labor. Nobody is going to die if they work hard. So please work hard. I've been telling you that do something. Something can be done, if you don't get anything you go and hit your head, but do something. Do not sit down, like that, it's no good. Just start doing something with your hands because your brains are working, hands are not working, there is no balance. And the brains that work, you know what they are working it out? So what's the use of allowing this brain to work. Make your hands work.

For example now, here is Malcolm. His brain is now growing this way. He should not use his brain, but his hands.

Like the servant in My house is our feet, say, I'm the hands, My husband is the head. We all work in that unison, together. When we are like that there is no problem that servants are needed, wife is needed and the head of the family is needed. Because we are doing our own work, so there is no need to bother about it. But supposing everybody is only using the brain, and the rest of it is useless, then what about the rest? Who is going to do it?

Because you are not integrated with the whole. Because you are not integrated with your society, not with your family. You are only integrated with yourself – if you are, I'm also not very sure about that. But you can only work out your hands and your head. So best thing is that all of us should do some work. Some work must be done.

Every one of you should [serve?] to stop the brain. You see, when the brain starts thinking, start cleaning, painting something, get something. Why not painting? Get something, do something, try to do some work. As soon as your brain starts working, start doing some work. All right? That's the way you can stop thinking of your brain, which is very important.

Because what this brain is going to take you to I don't know.

H.G. Wells has written certain things about it, but he also did not know that brain-development can take us to such madness that you can't imagine.

Now, the only example is that we came back and we met two, three people who came and went away. They were about My age, some were sixty, some were sixty-five. They all came in the bus [and start?] talking, ['Nnnnnnnnnnnnnperhaps this can be deleted].', very loudly. So I asked, "What is he talking?"

"He is talking about last war."

"To whom?"

"He is talking to himself."

Very loudly. And what [nonsense?] he is talking. And another fellow came in, he started talking about something else, "... and Marlene must know," and all that, he started talking. Of My age, imagine. I said, "He's talking so loudly, nobody says anything [INDIST. to him. That is unexpected here?]." The third person came in, he says, "See, this is all expected, you see, we help everyone, we don't mind, we are very tolerant." I said, " You are tolerant, but why don't you see you'll become the same tomorrow." Because your brain is working. Now the tape is going back. And when they get into the bus and they are shouting at the top of their voices, and everybody thinks that there's somebody [worthful?] and it's all right, it doesn't matter, take it. And this is what is going to happen to us also.

If you start thinking, now, what about your machine of thinking? You are already ... frenchy character is there. [What INDIST.] Still on, thinking?. Doesn't stop.

Forgive everyone, forgive your mother, forgive your father, forgive all of them. First forgive, say, "I forgive." Then say, "Mother, I forgive everyone."

Today we were very lucky, I must say. You should see the saris, so wonderful. She gave us forty two pounds less, can you imagine, for the sari? Such a beautiful one you can't imagine. I wanted because this Puja has been done here, and it will be seen all over, and I wanted to get a good sari. In any case your name should not be bad. And she reduced forty two pounds for the sari, can you imagine how things work out. I'll send it to Italy, for someone. Tomorrow you can see it.

How are you now, better? He is all right. He is a very happy person, that's the main thing. You have to be a cheerful and a happy person. If you are an irritable person, you can never feel all right. How many are cheerful? Count your blessings. The best way to be happy is to count your blessings. Count them. How much God has given you. First of all your realization.

Count your blessings. Then you will be cheerful. Thank God. Thanksgiving is not there. If you start thanking Me, it will be a good idea. Just start thinking what has happened to you. Just thank Me. It will make you very cheerful and happy. Just start thinking

about what you were and what you are, just start. Thanksgiving is not there. Know it for sure. That's the first thing one should do is to thank. All your gloom will vanish. I feel very happy.

So, you will have to keep some days when you will have to travel to these places. Paris, you will have to go to Paris and you will have to go to Lille and maybe Madrid because these people are spread out very well. People are selling their furniture and everything. They are selling in Lille. All their furniture they are selling, they are [horrible people?.]

There's a very sweet child, just like [INDIST. – bumbles/crumble??] with these two persons. She's just a saint, she's so much [opposing?] and all that. Now she's all right. Estella is her name. Justine is the name of the lady. I don't remember the name of the man but he's a very great musician. He met a very big pianist who plays in the churches. He got his realization too, in Munich. He found a very nice person in Munich, his name is Philip. And his mother and his whole family came, father and sister, and everybody got realization. He's willing to call people at his residence. We have to send books and things there. You had sent some books to My house, I did not know. I didn't take them with Me. But now I think we'll have to take some books to Germany, perhaps.. And we'll need some more papers and photographs.

1980-0927, Lethargy Most Anti-God

View [online](#).

27 September 1980

Talk to Sahaja Yogis

Chelsham Road Ashram, London (England)

Talk Language: English | Transcript (English) – Draft

"Lethargy Most Anti-God". Chelsham Road Ashram, London (UK), 27 September 1980.

...and he talked about the tour, how successful it was, I wish you could have heard it before I started this lecture of Mine today. But yesterday I was talking about two things, which we have to do in England, which one should understand, you see. Because every country has its own problems and we do absorb the problems.

[Shri Mataji speaks aside in Hindi sounds like "Left hamari aur kar. Left hand, ha."] [In Hindi: Point your left hand towards Me, point your right hand outwards].

Now the thing is our work is spreading very fast and people are taking to it. In Europe I find the land is much more fertile, surprisingly and once people get realization they become fantastic, I mean they think it's something that they have been expecting and they understand Sahaj Yoga much better than we understand here. Though your Kundalinis rise very high, I've seen that, but the progress is not that all right.

Now Ray has been to India, he'll tell you how, what sort of people we have in India and how they have progressed themselves. Now as I said the main problem of our country is lethargy and lethargy is something we have to overcome somehow and this lethargy is a, actually a satanic force. It's not lethargy only of the matter that comes from material domination on the Spirit, but it is really satanic because it stops your progress and is to be avoided. And to get out of it one has to be really alert about it, how it crawls onto you. Krishna has put, the worst vice in the whole world is "aalasya", means lethargy. "Aalasyo Bijayate" – everything comes out of aalasya. According to Him, first the lethargy comes in and because of lethargy we get into vices and then we go to the right side also because of lethargy. Because just to avoid the lethargy we go to the right side too much. So according to Him everything starts with lethargy and then the person loses the essence of life through lethargy and this is our special quality and that is our real problem – is the lethargy.

Because Sahaj Yoga is a thing where we say there is "akriya". We don't have to do anything. It is effortless. Everything works out effortlessly, spontaneously. So we think that everything is going to work out for us spontaneously. Only the Kundalini Jagruti is spontaneous for the first time, not for the second time, only for the first time. That is I have to do it or My photograph has to do it. But afterwards you have to work, you have to keep your Kundalini afloat. You have to understand what are your problems, what are you getting into. I mean, individually every one of you is a masterpiece, individually. Because of lethargy you are clouded.

Secondly because of lethargy you are secluded, lethargy gives you also ego. Because anything that challenges lethargy you get on top of that person, you don't like such a person. But the lethargy also those do not have are the people their attention is not on spiritual development. Theirs is as I told you yesterday, on other things, which are not important to spiritual life. We pay so much attention to other things than to our spiritual life. Why is it? Why is it we pay more attention to material things, to material comforts, to material achievements, to material obsessions? Why? You must think about it. And why not to our spiritual ascent? The reason is we have been identified with matter. We have been going through that circle. We thought that we must have material development, so we had industrial revolution, we created a society dominated by industries, machinery came up. We saw the machinery started dominating us. We wanted to misidentify from that machinery. Machinery has also given us lethargy because we use machine made things our hands do not work.

We have lost all the deftness of the hands; we have lost all the walking capacity. We can only take a bus or a car; we do not want

to walk at all. Now this mechanization and the use of matter too much, has made us sort of matters ourself. We have become matter that we cannot live without it, yet we are so identified with it. After realization if you are still identified with the matter, then your realization slows down.

So to, one has to understand, one has to understand fully that matter is absolutely secondary. Without of course getting your body you cannot receive realization, you have to have your body. But matter which is gross, is of no meaning. Subtle matter is all right for us, that's important. Like this light, which is burning, is important. Water that is in the ocean is all right. The sky, open sky – say here it is not so good but if you go to a country is even better. The Mother Earth say example here, I don't know how it is, but in India certain places Mother Earth is very much subtle, your material identifications. So matter has been identified with us, we have been using it, living with it and that's why it is easy for us to get back into the same circle of matter. And we get into it, we pay attention more to it. Now if I say, "Do not pay attention to it more," then you go on to another side, in a subtler way you jump into vices.

Vices of – I can say uncleanness, filth, dirt, mismanagement. So from one extreme to another extreme you go. Now in the center what is matter, we should understand, and we should try to then identify ourselves with our Spirit. Now what is matter? Let us find out. What is matter this. And what is created out of matter?

Matter you know is made out of five elements. You know the five elements, which have made this body of ours. And these five elements are on the right-hand side of the human beings and these five elements either push you towards the left side or pull you towards the right side. I mean to say that when you start using the matter gradually you become lethargic. You become slave to it, it forms a habit. If you use a chair then you cannot sit on the ground. If you are used to a comfortable life, you cannot live in an uncomfortable life. Sort of it slaves you. Secondly, if you try to overpower the matter, getting overactive with matter, you make everything properly and make everything nicely and everything; you are over efficient with the matter, then your ego develops and when your ego develops you go into violence. Because if you produce more, you have to be violent about it otherwise you do not know how to sell it. You become, sort-of an aggressive businessman or a country, which tries to sell the matter, which tries to overpower other nations with their material advancement. With violence you go little further, then what becomes out of you is nothing but you become materialistic.

And materialistic people have no heart. A materialistic person has no heart. He is just dried up. [10.02] He only understands money, money and money. He doesn't go beyond it. So too much attachment to money is also materialistic, waste of money is also materialistic; mismanagement of money is the worst of all. So to be materialistic is your nature. You have started with it. That's human nature to be materialistic because we have started with matter. But it is also the human nature to ascend. As it is natural to be a beast, it is more natural to be a Sahaj Yogi. So both things are part of the nature. Now which way you go is the thing. Now the ladder can take you up or can bring you down. If you have to go up your eyes should be upward.

Now these five elements create what within you? They create the five chakras within you or you can say the six chakras are created out of these five elements. And these five elements, when they create the chakras then they also give us a support to have the deities' aasana, a seat for the deities to come in. So they are important. But if you have to give a deity a seat, you do not give some sort of a filthy seat. You give a nice, the best seat, whatever is available, to the deity. So you must know that when you are using the matter, see the auspiciousness of it. You have to know the auspiciousness of things that you are using, whether it is auspicious or not. At random we buy clothes. At random we buy things. If you could use your vibratory awareness to buy your things to see what you should buy, what would look nice because beauty and auspiciousness goes hand in hand. They are not two things. Because beauty is a thing that gives joy to your Spirit, auspiciousness is the same, which gives joy to your Spirit. All other beauty is no beauty

So for a Sahaj Yogi it is necessary to use all the matters, which are auspicious. Now auspicious matters, whatever are there, which are important matters must be kept at a higher level always. For example say My photograph, is very auspicious. Then you don't put it on the ground, then don't trample over it. In that also there are gradations of auspiciousness. But now your clothes because you are saints now, are very important. You are saints do you realize? Do you realize your self-esteem? You are saints now. What clothes you wear, you are not vagabonds. You are not tramps. You are not on the street. So you have to wear dignified dress. I have told everyone of you that, "Wear something dignified, not indignified." It has to be majestic, because you are a saint

now. You are no more a person running on the street, you are the selected saints by God. So the dress you wear need not be absurd or something funny but should give you dignity. Not any false but a real dignity. You see the vibrations of a dress. Wear your country's dress. You need not wear somebody else's dress or something, but the interest in the dress should be that it should give you dignity and a sense of respectability.

It is to preserve your respect that you have to wear a dress. That is the utility of a dress.

And now you go to another thing, anything that you are using, for example your house. Your house should be a house of cheerfulness, a house of dignity where people come in, they have comfort, they sit comfortably.

But too much comfort is against Sahaj Yoga. But spartan also is not necessary that you do not have anything to spread on the ground or something. It should be comfortable. But it should not be comfort personified, because comfort creeps on you.

Comfort is one thing is better for English people to avoid completely, is very good for them not to allow the body to get into comfortable positions. Specially bathroom addiction is too much in English people I have seen it. It is so much so I was so surprised that if I go supposing to a reception I can tell you whether it is owned by an Englishman or by somebody else. If it is owned by an Englishman, the bathroom will be done up very well, there will be towel for everything, soap for everything, I mean they are extremely particular. And immediately I know that it is done by some English gentleman, because they are very bathroom conscious. Though they do not take baths. I have seen houses with sixty bedrooms and no bath in England only. Now of course they have started. Bathing is not their quality. But bathroom – they are very particular.

And even if you put an easy chair they wouldn't mind sitting in a bathroom. And as far as bathroom is concerned one should just form such habits, that within ten minutes you should be out from the bathroom. Now when I say you have to take your baths, that doesn't mean that early in the morning go and take a shower, it doesn't mean that. You should take a bath at a time when you'll have one hour before going out, but that also from auspicious point of view. Now you are saints, so use water as much as you can. Wash your hands ten times is very essential. To get your vibrations all right, you must wash your hands. But now in India there are people who wash their hands countingly sixty four times. And I always warn about the another side of it, like doctors go on washing their hands. In the same way, there are some people who go on washing their hands. You need not take out the skin out of your hands. But as many times as you wash your hands, it is a good thing. I mean you are saints but you are children. And I have to talk to you as to the children who are saints. It's a big complication. While you are grown up people and sometimes you might feel hurt also, the way I have to tell you, but this is important that you have to understand that, "We are saints and as saints, what we have to do as far as the matter is concerned."

Now in a house there should be no dearth. Dearth is not the sign of a saintliness. Miserliness: dearth – you come to somebody's house and you find a miserable beggary hole. That kind of a thing should not be. You must have proper plates, proper things or a broken plate somewhere, no. All these things should be clean, neat, maybe handmade, or even if you don't get handmade, but they should be clean, auspicious. If you can get handmade things, nothing like it. That's a very good idea if you can get hand made things and if you can use them it's very good.

I think we went to see Gandhiji's ashram, didn't we? You saw it was a simple place but very well done, everything. And that way Japanese are very good at these things; one has to learn a lot from them. You have to learn from so many people and because of Zen influence, the Japanese picked up the aesthetics of life. Very simple house they will have but everything very comfortable. And they know how to make the house look beautiful and how to make people feel comfortable.

[Shri Mataji speaks aside] Matter is to be treated with respect because it is created by God. But whatever is respected is to be respected – not everything. Everything in the matter is not to be respected. For example, if you see some sort of a painting, which is, which is not auspicious, is not auspicious. You should refuse to see such a painting. You should avoid seeing such painting because it is not going to give you any joy, any happiness, nothing. It's not going to work out. <

Now one of the things which people always tell Me that in ... "Sahaj Yogis do not have a presence." This is a very important thing. The presence is done by matter. Now our presence, if it is not all right people can make it out. All things that are in us, if they

become auspicious will have a presence. Wherever we'll stand people will know there's a presence. And this presence is a blessing of the matter to us. So you must respect matter in the sense what clothes you wear. Throwing clothes on the ground, throwing here and there, living like a donkey, like a pigsty, is not the way a Sahaj Yogi should live. He has to be orderly; he has to respect his clothes. But it should not be that you respect your clothes so much that you throw away others' clothes. The others are Sahaj Yogis also. You have to respect each other because you are all saints. If you respect yourself you have to respect others.

And once you start respecting the matter, which is the essence in you, that is attention. The essence of matter is attention. Attention gives you the presence. For example – recently Marie was with Me. While translating Me, she suddenly saw some flowers here and there, she started putting them right. It created a very funny situation. Everybody started seeing what's matter with this woman? But now she's understood it. And now I told her that, "When you are speaking you should say it with full concentration. Your attention, where is your attention?"

If your attention is on money, even if I am talking about the highest things you'll be thinking about money. If your attention is on something else, even if I am talking to something, you will be thinking of something else. That's why our presence should be such that nobody's attention is diverted or deluded. You understand My point? If your presence is funny, like a joker or a clown or a funny, untidy, everybody's attention will be disturbed. If you are overly dressed also the attention will be disturbed. But if you are completely a presence then wherever you stand, people will feel there is somebody standing, great. The respect flows, actually respect flows. And it is something so remarkable that you don't know how people try to help you then and how it works out.

Your attention if it is dominated by matter, people can make it out. And that is one thing has to look after very clearly because these are countries who have advanced so much in material advancement. So what happens, every matter attracts your attention. You go on the street there's this one woman is standing or there is something selling, this happening. All the time the attention ... You see it is their job to attract your attention, otherwise how are they going to exploit you? See, they will have no justification. So they produce things, advertise things, to do in such a way to distract your attention. Now this is a force, which is acting against our attention. So as far as possible keep your attention straight, or on the Mother Earth. If you can control your attention, you can overcome your material domination.

Now the best thing is to put attention to your Spirit. If you start putting your attention to Spirit, the sweetness of the Spirit itself will make the whole thing very sweet and beautiful. The attention should be in the Spirit. Even you are getting ready; keep the attention on the Spirit. Now it's not difficult because Kundalini has reached that stage. Before realization if I had said it, then you would have said, "Mother, how to do it?" But now when you have got realization, try to bring your attention to Spirit. Means first when the Kundalini rises you start looking at the Spirit or you say when you get realization you see the Spirit. In the sense that the Spirit starts flowing through you, you start watching its flowing in this thing. But then after some time, you must enter into Spirit and [DEL: see,] see through the window of the Spirit, the whole thing by developing your witness Spirit. If you develop your witness state, from attention you become knowledge, the truth. Then material things become the knowledge; aesthetics of matter start giving you joy. You do not want to possess it, but they start giving you joy and even if you want to possess it, it would be just to enjoy it and give it away to somebody else. It's like that. It's for your enjoyment and you want to give it away to someone else.

When you develop your witness state this will come to you that you will not keep things to yourself but you would like to give and share, sharing. That is the time you should know you have become a witness, because you are enjoying. Witness state is the state of Shri Krishna, of Virat. When you start sharing your things then it is a proper thing.

Now the essence of puja is also how to overcome our material grossness. Puja is nothing but is how to overcome our material grossness. When we want to have a matter to ourselves, we must know that it is given to us by God. Everything belongs to God. Supposing we give flower to God, after all it is God's own creation, what are we giving? We show light to God or do 'aarti' to God. What? It is all God's light only, what do we do?

But by showing light to God, what we do is to, we worship light within us. The light element gets enlightened within us. The light element is here on the Agnya. When you do aarti, or when you put light before God, when you show light to God, the light element within you gets enlightened. When you give flowers, Mooladhara gets enlightened. When you get honey, then your attention gets enlightened.

So, why we give it to God, after all God doesn't need anything.

But God is the enjoyer. You are not the enjoyer, you cannot enjoy. Enjoyer is God. In you, when God is there that enjoys, that is the Spirit. So whatever pleases your Spirit is used in the puja to be given. Now you give rice – all these things are discovered – that you give rice to the Devi. Rice should be put in Her lap. Now what is rice, a little rice to a Devi? Is, by putting rice, in you the satisfaction of getting food or food that gives you satisfaction is enlightened.

But that doesn't mean you start showering things on Me, that doesn't mean that. What I am trying to say, do it with dignity and understanding. That you give Me rice. Now, rice giving – these people don't understand why rice is to be given to God? After all, why give Him palm leaves? What is He going to do? If Christ was the Son of God. What was the use of putting palm leaves for Him? Or to give Him oil, oil bath or to rub His feet with oil?

It is for you to get the advantage. Now in Sahaj yoga it is proved now. When you rub My feet, you feel better, not Me. You rub My hands, you feel better. When you fall at My feet, you feel better. She, she is a great – what was, what is, what were you doing?

Lady: Reflexology.

Shri Mataji: Reflexology. Big name, ah? Reflexology. And she is supposed to know about the feet and things like that.

One day she said, "Mother I want to come and massage Your feet. I know this and all that."

So I said, "All right, come along." So she came to rub My feet. Instead of I feeling, becoming relaxed, she was becoming relaxed. The more she was rubbing she was getting relaxed.

So you see when you do for God, the blessings comes to you. You are blessed. Whatever is the problem with you, you give to God to solve. Also whatever satisfies you, you give to God. The satisfaction comes to you.

Now, these flowers when you give it to Me, Mooladhara. They give you two things, Swadishthana and Mooladhara. Flowers that's why are very important. They give Swadishthana, if the flowers are beautiful, then they give Swadishthana and if they are fragrant they cure your Mooladhara. Now, I mean there is no end to flowers also. But think about it, that you are doing it to improve your chakras.

Then other things that are used like say ghee. Ghee is used. It is for Vishuddhi. Shri Krishna is very fond of ghee and butter. So when you rub My feet with say butter, your Vishuddhi will improve, you know that. Not Mine, I have no problem. I have only one problem that you are within Me and when you have problem I have problems. Because these vibrations have to go to you. So I prepare vibrations here as an antidote and they have to flow. It's a very subtle thing to understand.

To move from gross to Spirit, this is the thing by which you move, because first you enlighten your chakras. By enlightening your chakras, your deities get happy, prasanna. By making the deities happy, you keep; get a passage for the Kundalini to pass through.

By making the passage for the Kundalini, the Kundalini goes up and then your attention starts becoming one with the Spirit. It is step by step, you move from matter to subtler matter, from subtler matter to your chakras, from chakras to deities, from deities to the Spirit. Then Spirit enjoys itself. So there you do not have to do anything. Just give your Spirit to Spirit.

That's why these things were prescribed. Now people could not see this linkage. They thought that, "Why should we give anything to God? After all it is all His own." The argument started. "Why should we put lights? There is no need." But this is an escape. Where are you, at what stage? You are at a stage; you are at a stage where you have to detach yourself from matter. Same with Sahaj Yoga, I find it that you must understand the complete vision of Sahaj Yoga. It's a very big thing you are doing. You are not small.

You are doing a very great work, because it is "the" solution of all the humanity. This is the solution of all the problems, whether political, economic or anything, whatever you call it.

Is not only that but the more people you have, you will be surprised, I'll work out much better. Collectively I can cure cancer if you are more, if you are clear people. But your channels are so full of problems that nothing flows through you. If you get yourself cleared out, collectively I can stop cancer spreading, because if you spread more vibrations, what happens that the left and right side in Virat becomes clearer and the attack from the left and right side which creates cancer, all these horrible diseases, will be less. Because there will be less.

But you do not understand your responsibility what you are doing. You are playing into the hands of satanics. By not paying attention to your cleaning, by not paying attention to your spiritual growth, you are not helping Me at all because these vibrations do not flow out. They have to flow through you. If I could manage them there was no need for Me to run after you. It has to flow through you, you are the channels and if you do not keep yourself clean and humble and meek about it, it doesn't work out. You are not helping Me at all by that. So the localized problem of yours limited problems, should be given up and see to the bigger problems that you'll be solving. I can stop the happening of cancer completely if I have twenty-one thousand Sahaja Yogis. Completely, Cancer will go out of ... leprosy I can control. Cancer already I am controlling, but it'll go down, collectively also. I mean the statistics I've not seen but will go down.

It's a left side attack and the more you try to go to left side there will be more attacks. Right side attacks are also lots of these wars. All these wars and all these things take place because we are invaded from the right side. All these aggressive people like Hitler and all that are aggressing us.

How much it is necessary for you to rise above your lower self. One should understand that and not to indulge into nonsense that you are doing. You have to really work hard for that. Even if you have to get up early in the morning, you have to get up and do it. You should understand your responsibilities, that's the main point is. People are now busy only doing jobs, working here, how much money you get, how much do you go, when do you go to job and all that. That's not important for us. Now that doesn't mean you give up your jobs and be a liability on the ashram, it doesn't mean that! It means you do your jobs, have money, money is needed for the work. I need money, you know that how much money we need for all this work. You have taken such a big project of going to Europe having this little money. It's not possible. But we are doing it somehow. So, we need money, you have to earn, you have to give; you have to give money.

Here people are, they are not even willing to give ten pounds. Such people. With them where am I going to do Sahaj Yoga? We are so attached to money in a subtler way. We do not understand we have to give money and we have to do it up. Not only money, money's not the only solution; we have to be ourselves channels. But then some people have money, then they are exploited in a wrong way and the money's all wasted. This is precious money, this is auspicious money, this money goes into the right hands into right places.

Problems are created because of that. Now this money I do not need, you know that very well. But for your own betterment you have to give money. Ask Gavin he'll tell you. He's a very generous man and he, he found it very good. It's not that I need a single paise from you. On the contrary I am willing to spend My own money on things, you know that definitely. But, you must understand this work has to be done, so you need money.

I need not tell you that you have to pay money. I have never said this to Indians, I have never told them. They have never given Me a problem you'll be amazed. How they solve their problems God alone knows. They are not the people of money. There's never a quarrel about money. Nobody talks about money, nobody tells Me anything, nothing of the kind. Nobody oppresses anyone or mishandles anyone or controls anyone, everybody does so well. Money is not with one person. Say about two, three people handle it. Everybody knows how much money they are taking.

This one part is important. For solving this problem you give Me rice. It's called as "Oti bharne," that you give Me rice I beg of you, actually. You put it in My sari. Rice, you give Me five times, I give you seven times back. That's the symbol. You know how symbols work out. Even when you say, "Mother are you the Holy Ghost?" it works out, it gives you realization. If there is somebody so alert and sensitive sitting before you, you must know how to do the symbols, how to do them properly, with full maturity, understanding, in the proper way. You are very anxious to do the puja, but do you understand, before the puja always there's a quarrel going on. Somebody who is a very possessed person will come, to begin with, and everybody will start fighting. Imagine! You must take your bath, "What are you doing?"

In the morning don't talk to anyone. Be in hush condition. You are in for opening out to the great power, which is going to solve the problem of the world. So you cleanse yourself, you wash yourself; you cleanse yourself, so that you get your chakras evolved. People talked against it because they became only ritualistic, mechanical; matter became very important. Then only doing these things became important. But not now, you people are different. You are realized souls. That doesn't mean that you should take to sanyasa or anything. You should, I've told you, you should live like normal people, but a very dignified people. Nothing of indignity, childishness, superfluousness or joker-like, clown-like, outstandingly funny, all these dresses should not be worn. You should be properly dressed in a way that you have a presence. I mean this is to a children I am telling you. You must have a presence of grown up Sahaja Yogis, You are all saints. You know such a lot even many saints do not know. You can go and ask so many of them.

There's one thing they know that I am that. That's one thing you do not know. They know that. This is a big difference. Because I am easily available to you, you do not understand. For them I am great. As I told you yesterday that how these saints have recognized and they have sent people to help Me. In saintliness only, your recognition of Me is poor. Because if it was not, you would not be shouting in My presence, quarrelling in My presence. You give Me headaches, you tell Me things, which you should not tell Me. "He knocked at my door," somebody tells Me. He says "he came there, he did this," another tells Me. You should not talk like this to Me.

You are materially again bound by talking. From where does the talk come from? Vishuddhi. Talk comes from Vishuddhi, but it starts from, the whole vani, the whole sound starts from much below. So, to raise it higher there are stages of this sound coming in. And when it becomes madhyama, is in the heart, in the heart region where it just throbs, you do not feel the throbbing. Then it comes here. Here it becomes vaikhari. Then it becomes pashyanti means it sees, it just sees. Then it becomes Para, where it becomes just silent in the aweness of the presence. We have to develop those things. But we do not understand that all these things are our attributes, which we have to enlighten and rise. And make every part, every petal of our being beautiful. If you start understanding these small, small things, which are very important because I am talking of very big things. But even a small thing can close your eyes completely.

It's a very big vision I have, very big vision. And that vision can be done through you people. You do not think that you are ordinary. Otherwise I would never have chosen you. But you have no recognition of yourself also, as you have no recognition of Me. You have to recognize yourselves and respect yourself. Do not respect material things, respect yourself first of all and the matter within you. If [side 1 & 2 overlap in this paragraph] you move that way I think you'll understand better what I am saying.

The body of a human being is a temple of God. But this temple has to be enlightened and has to be auspicious. You have to clear and clean your being completely so it's a beautiful temple for God to reside there.

But we deceive ourselves, you see? When I am talking, you listen to Me and you think that "Oh, Mother talked very sweetly,

beautifully," finished. But nothing goes inside. Why? Because of lethargy. Lethargy is a thing, which is a barrier. It doesn't allow Me to go inside you. It's a barrier. It's very sweet thing, which smiles, just you see thinking, "Oh, Mother is saying something nice, it's very great," it gives you happiness and all that, but it doesn't go inside, you do not imbibe. And that's why, try to put your attention to yourself and feel your dignity and honor.

Feel your presence that you have to have a presence and when I tell to some people, they'll say, "I know, Mother, I know I do that." Then why do you do it? That means you are possessed. You are a possessed person that you know this is wrong, still you are doing it. Then you are a possessed person. Then is better you beat yourself with shoes. But that stage should go now, I don't like you to beat yourself with shoes, I mean are you that, that level? But the level is such still.

And your presence is the one that should give Prasannata, is the cheerfulness to others. Others should feel cheerful in your company. A presence is something, which you can understand. A presence has prudence. It understand how to behave in a particular thing. It is not imprudent like it won't rush to a thing. It won't jump on to a thing. If somebody is talking you just do not become absolutely dominating on that. When you talk, you do not talk in a way that is dramatic or sort of theatrical; or neither you talk in a way that is lunatic-like or something like that. Presence has its own balance in the center and that presence must be maintained. Presence is very important and just see yourself: are you having a presence? Some people are very good Sahaj Yogis, but they have no "go," they have no dash, at all. They receive things, they see things, they should have a dash. They have to tell people, but in a way that is congenial, that is sweet, that is beautiful, that works is the point. If it does not work, what's the use?

Now again I am going for seventeen days. Really seventeen days I'll be out. I miss you all very much and I feel concerned so much, because you have to still grow quite a lot. I feel that among you there is no understanding of collectivity. A very irritable people; you get irritable with each other, how can you? You are all saints. You must respect each other; you must love each other, talk sweetly to each other. You are all saints! A saint meets another saint, how does he meet? Have you seen anytime, a real saint meeting another real saint? You should see. You do not look like that. The first proof is this. Are you really saints or not. He has gone to India, how they met you?

Yogi: Take really hold of me.

Shri Mataji: See?

Yogi: I couldn't believe him ...

Shri Mataji: How they meet each other! They'll hug each other and they enjoy each other's company. They laugh at jokes and understand it is such a congenial thing. Nobody thinks, "I am right." Nobody thinks like that. Once you start thinking, "I am right and that person is wrong." "I am doing all right, he's wrong," finished. They enjoy themselves so much just like one wave it moves, you see? They are all the time laughing, enjoying you know, loudly. They help each other such a lot. It's absolutely worth seeing that.

While we had only five or six people to begin with, in [INDIAN PLACE NAME, SOUNDS LIKE: Nilambar,] from London. One better than the other. They are all fighting, quarrelling and they used to come up to beating. Can you believe it? This was happening. So shameful I tell you and everybody was coming and telling, "What sort of Sahaj Yogis you have got, Mother? Are they Sahaj Yogis, really?" Arguing and doing this and doing that. All sorts of things were on and they would not inform Me the whole of it, but part of it would come to Me. I was so ashamed. Ask Malcolm. They used to, I mean they would break each other's heads there. This was the condition. Can you believe it? While you would never find any Sahaj Yogis doing that, never, in India. I have not seen anyone. Anybody who tries to be funny goes out, immediately out of circulation. There's no group-forming, nobody fights with anybody, nothing. And everybody was surprised how strange these people were, one better than the other. They were very irritable, hot-tempered, fighting and all that. They were so surprised that how can there be.

Give you an example here of Chhaya, see. Despite, she's quite shocked; but she doesn't know how to really beat things, meet.

People are so criticizing, so this thing, but she's trying to keep the balance. She'll be always at the back. She's never in the forward, when it comes to work she'll be the first to do it. She takes up responsibilities. This is what happened last time. It's not only lethargy, it is worse than that. In lethargy, you see it is a devil's mind, and when you come out of lethargy you just come to blows. But as it is in India, I've not seen people coming to blows, I really tell you. Very seldom you'll find people coming to blows. I mean, people never even talk loudly or in a temper, never. Now normally people are very quiet type. Then Sahaj Yogis, Oh! You should see how they enjoy. Oh! The girls and boys and every one, the way they enjoy. Love seeing them. You must try to enjoy each other.

Now the worst thing that can happen to human beings is ego. Worst thing, possession is better, at least you feel the pinch of it. But ego you never feel the pinch. It is you never feel that there is ego in you and you think you are the most correct person, you are the best person and the temper shows here in the nose. I can see the "haw-haw," nose coming up like that.

Such ego, such ego, and this ego Indians have also picked up from you. Those who have come in contact with you, you see, as the dog when he comes in contact with human being learns many things, in the same way Indians who have come in contact with you people have picked up ego and we can see the difference. But in simple villages people try to be nice, congenial, good. How – by understanding auspiciousness. An auspicious presence is soothing, comforting, absorbing, beautiful.

And this, how do you develop? You should do little aarti to My photograph is a good idea. Now when you do the aarti also, somebody is shouting at the top of his voice. He's trying to lead others. Then another trying to lead others, this should not be. There should be some, homogeneous, I can make it out, there's no rhythm. Sing in the same tone, same style, try to make it one, one, concord should be there.

In a humble way, in joyous way that we all are singing, all our hearts are singing. All of us are here to do it. So many of us are... feel that joy, we are so many.

And it has a very bad effect on others when they see you this way. I mean anybody would be shocked. Why in India it is spreading, because they see that love between the people.

Now of our attention if you take it to the Spirit you'll feel the collectivity. Attention should be, as I told you yesterday, find out how many times you have talked nicely to others and how many times have you have been quarrelling. If somebody says even a harsh word just keep quiet. Do not feel bad, it's all right, it comes and goes.

Now some people are negative in the sense that they are on the left hand side and some people are negative because they are on the right hand side. Sometimes these combinations work very well. When a dominating man tries to dominate a left handed person, they are great friends, nothing like it. Because one dominates and another takes the domination. As soon as the left hand side person becomes little on the center or tries to come to the right, the dominating ones starts clashing. Then they are the worst enemies of each other. It happens like that, so be on the alert. Now a person who is on the negative on the left side, should try to come in the center and in the same way a person who is on the right side should come to the center.

Now how do you do it? Which is the way we can do it? Let us see it. A person who is very much on the right hand side should try to become friendly with the left hand side and left hand side person should try to be friendly with the right hand side, supposing. Let us start like this. So what is the give and take in this thing? The person who is on the right hand side will be better organizer, may be, may not be. At least will be a better orator or maybe a better sort of a leader, may be, may not be, you can't say. He may be the one who will suggest things and who will bring out things, who will say "I'll do this; I'll do—" sort of thing, maybe. The left hand person will be frightened but will be humble, more loving, more affectionate. He'll be much more at the command of others. This one will be commanding and the other will be receiving the command. This will be there. Now how do we solve the problem of this mixture, you see? The one who is very much on the ego side should try to obey the person who is on the left hand side. And on the left hand side should try to command more on the right hand side person and should be accepted. They, it should be mutually understood, there should be a contract. "All right, I am an ego oriented person and you are superego oriented, now let us do one thing. You try to dominate me and I'll try to obey you." It will work out. It's a psychological style.

You just work it out. Try somebody who is a left sided person to dominate you. But rather difficult to get left sided people here. They are very few, because I believe some people were left sided, but when it comes to ego they are worst than anybody else, you see?

So rather difficult, but you can have a person who is left sided and let ten/an? ego oriented ask him to dominate. Till he develops his ego, he's all right. If he develops ego stop it. But with complete understanding, watching yourself, how you develop, how far you go – a play should go on. Play with yourself.

But if you are identified with yourself that "I am always right, and nobody is right," nothing can work out. I can tell you this much. Because if you are perfect I need not waste My words here. So the best way is to do this sort of a thing, "All right you order and I'll do. Come along let's see what do you think? Let you organize and we'll do it. You tell us how to do it." So he will use your heart and you will use your attention, it will work out very well. The combination will be good.

Let us decide to improve ourselves and not to feel bad about it. We have to improve a lot and a lot and a lot, because the relationship between you seems to be so bad. It's like cancer – absolutely cancer. It is malignant. So try to see your ego and if it's a... now even people if you have told them that somebody says you should say "I'm sorry," they'll not say like that. They'll say sarca... "Aha, I am sorry," or something like that. They'll say in a sarcastic way so that sorry also has no meaning. All right, all right don't say anything. This is not the way. You should say, "See yourself. So this ego has come. Now please tell me something else, I'll do it."

Christ washed the feet of His disciples. Just think of that. And that's what a sensible Sahaj Yogi does. He washes the feet of another disciple. If you remember Aradhna, my granddaughter, when you people came to My house. There were I think about eight or ten of them. She got a small bucket; she washed each and everybody's feet. Every time she would take it back to the bathroom throw it away, again fill it up bring it with great Spirit. She was five years. She had not completed her five years and she would wash everybody's feet, wipe them, again put back. She did for everybody and then after that she came on My feet and then she said "I'm not going to look at anybody, I'm going to run away now I have done my job," and she went away. Aradhna is of a very high quality Sahaj Yogini she is, very high quality. But she thought that this is the best way of washing their feet is showing the essence of collectivity. "Some part of me is not all right, let me clear it." For example if you think of Me and you, you will understand how much I work hard on you. Why? Because I love you very much and you are My part and parcel. If you are not all right I'm not going to be all right. If you consider then, you will never think somebody is lower than you. Is better to wash the feet of someone than to wash your own feet, will be a good idea. Put down your ego every time.

Mohammad Sahib used this method. But best was used by Nanaka: He said, "Let all the Sikhs do some seva." They have to, as a punishment they have to do some seva. So, what is a seva when there is a group? Somebody has to sit down. Even one guru, very big guru, had to clean the shoes of all the people who came for the program. He was given polish, brush and everything – very recently he was punished to clean the shoes of the people who came round. He was supposed to wash their clothes, wash their things, as a punishment. Anybody who is arrogant should do it. Anybody who quarrels or fights should do it. Anybody who is blunt should do it. And it worked, it works. They are supposed to wash their clothes, they are supposed to wash their feet, rub their feet, give them a massage and feel better.

In India if you see, all the Sahaj Yogis are working on each other's chakras. But here nobody will accept even that you have these chakras caught up. Have you seen that? Everyday they are working, cleaning everybody's, they'll say, "Baba, clean my chakra," they'll say. Then when they do it they say "Thank you, you've cleaned mine." And then they helped them, they rub their hands, feet because you have done so much work for them. This is not done here. I would like to see more mutual understanding, mutual love, mutual attraction for each other, should look forward to each other. Try to help each other than to criticize. I hate to hear any criticism of anyone from any one of you. But when it gets, goes too much is better to tell Me.

But you must judge yourself, "What are we doing for others?" Some people think, "As long as we keep quiet it's all right." It's not

the point. Try to be nice, give some presents, talk to them and there are so many ways of expression of your love to them. Give sometimes flowers, try to find out what are the likes and dislikes of the person is, is very good idea. Do not do things that people do not like, sometimes you see. It's better not to do it. What is the use? If the relationships are spoilt, not to do those things. Just find out what you don't like.

A simple thing: my husband doesn't like Me to put flowers in the hair. But in Maharashtra all the married women are supposed to put the flowers in the hair, that's a custom. But because of I've married him, he doesn't like because in their community, only bad women put flowers in the head; I have never put flowers in My head. Only when it is a special puja or they tie up – in Maharashtra, there I agree. But I never make a bun and put a thing. It's all right, if he doesn't like it why do it? Unnecessary to increase all the clashes and the problem. Don't do anything that people do not like you to do. Try to avoid, it creates problems. Try to do something that pleases others.

Let us see if you have devised this method how to please. If you please others, your deities will be very happy, because they are all one, within you, within her, within her, they are all one. And they feel happy, because they're all related to each other, and they feel unhappy when you try to be unkind to each other, because they are one.

If this is worked out, properly, understandingly, all of you are going to be great saints. I see your image in future also. Of some of you are going to be very, very great and some of you are going to take it up. It's a, it's a project launched. Launch a project against yourself, towards yourself, building up yourself. How sweet you are going to be others, let's have it. Talk to others. Some people just don't talk, I have seen they are all the time ...[SILENCE]; they will have very bad Vishuddhi. You must talk; you must be nice you must be open-hearted. This Yugoslav girl is very open-hearted, I like her for that reason. She has a big heart.

Talk with a big heart, open! No secretiveness and this cold, what is it called, English manner?

Yogini: Aloof?

Shri Mataji: Aloof?

Yogini: When you keep yourself above people.

Shri Mataji laughs: Aloof. I think there must be some English special word for this thing. The way they are cold you know. When you sit....

Other yogini: Stiff upper lip, Mother.

Shri Mataji: Ha?

Several yogis: Stiff upper lip ... Upper lip.

Shri Mataji: Upper lip? Upper lip, not so much upper lip. There need not be upper lip, could be pride.

[Yogi's laugh and one make an indistinct comment at which Shri Mataji laughs]

Shri Mataji: That kind of a presence is here, [INDISTINCT: DOUR,] which is specialty of English also, isn't it? You go in a train, they just don't talk. I mean they don't allow you to talk, they freeze you with silence. They can't see people laugh, smile or joke, anything a ...[SILENCE] and you don't know what to do with them. Newspaper they will read only all the way, and they will fold it and read it. But they know each and everything about you.

Yogini: Could it be called "insular."

Shri Mataji: Insular. Ah yes! And is a very dangerous thing for Sahaj Yogis. The one who becomes insular is in for trouble. Is in for trouble, insular. You know why, because you are left alone, you'll be attacked. Be together. All these bhoots also know you are insular. They'll attack you. By any chance you try to become unique, they'll attack you. Even some people become, by talking too much also they can become insular, unique; you sit on top of everybody else. Better be with everyone, is better. Be one with everybody, congenial. Take a joke from others. Other are joking with you, you should not get angry. If somebody joking with you, "Oh! Shut up." Like that one should not do. Take a joke, be a sport. English language has one very good quality that they can laugh at themselves, you see. All the language has found out ways and methods of how to laugh at yourself, that's something beautiful about English language. I don't think any language has so many words to express these odd situations, which are very, very embarrassing you see. You can only brand them and by branding them, you know where you are. You exactly know what medicine is needed for this. You see it is like that.

It's just branding, "Oh this is it," and it's very interesting to watch these things in the society and everywhere. Which is described, even Charles Dickens, now example, at that time he found out these things and he said it. And I mean the description of all these things is so beautifully done in the literature that you are amazed how people had a capacity to see themselves, the society as it is and to de... Characterization of people: how characters are built up you see and how it becomes a social problem. It's beautifully done and that's the wisdom. That's the real wisdom of British, I tell you. I mean you may lose it if you start getting dominated by nonsensical ideas, but otherwise that wisdom you have innate. I mean to have a person like Shakespeare itself shows what?

I mean you are a country of great people. How can that be? Where some, they are not "some," there are quite a lot of them and you are going to be the wisest because you have the advantage of their creation. On top of, you have got advantage of your creation. Then/that? you belong to a great country like that. Imagine the whole country is getting into the mire of lethargy, who is going to save this country? You people.

So again and again it is against lethargy and whatever is lethargy is anti Christ, is anti God, is anti Mataji. Try to become cheerful and blissful, happy, dignified, sensible, sweet. It's not too many things, is very few, it's only one. And I know we are going to enjoy life very much. You are going to be very happy people. Take out your tempers from your heads first of all, the angers you see and to say, "I got very angry." Means what? Why did you get angry? To be proud of your anger and temper and your irritations!

It will be very beautiful I am sure. You are growing up, but the growth becomes little dwarfed with these nonsensical things, you know. So you have to protect your growth from these things as we protect a small plant from say frost falling on a plant. It's like that. Frost is nothing compared to the plant, because plant is growing, but the frost can kill it and that's how you do not make it a frost. Be cheerful. People come up and they go down. I've seen people come up and then they go down. Try to look after yourself.

[27:35 side B] [Extra 19 min on reviewers tape:] Now after seventeen days I am going to come and see you very beautifully developed and all the time My attention is on you, I work on you all the time. And I'm much more intimate with you than with anybody else, because these people see Me only for two days and then they started crying! They're lost. But I see you so much, more than even Indians.

Is Paul there? Paul has come?

Yogi: Yes Mother.

Shri Mataji: Yes. Hm. Paul, what happened?

Paul: I want to get a message to, from the people of India...

Shri Mataji: Ha?

Paul: ...Apart from the – the people of India send their love. But one of the Sahaj Yogis in India has become very ill.

Shri Mataji: Who?

Paul: Professor [INDISTINCT: Manneh] in Rahur.

Shri Mataji: I know. But why did you get angry with Dhumal?

Paul: Dhumal? By that time I'd really, I'd had enough of seeing in India the way that there's two classes of people in India: those who have a lot of money and those who –

Shri Mataji: And what about in this country?

Paul: Well it's the same deal in this country, but the people in this country who don't have a lot of money, at least they have bare necessities of life. You know like a roof over their heads.

Shri Mataji: You went there to do Sahaj Yoga or to do these things? You see, what I'm saying, where was your attention? Now you knows, Dhumal has given realizations to ten thousand people. And he's your elder brother, you should respect him. He has a servant, because in India the situation is different. If he gives up his servant, he'll have no food to eat.

It's not that everybody use brain. You see this is one thing in this country people do not realize. If you use, you work much harder than his servant, do you know that? Because your brain never stops. His servants works with his hand he doesn't think! His energy goes to his hands, he rests also. You see here the idea is if somebody's working with the hand, it's cruelty. But what about this brain? The amount of brain you use all the time – now tell me, you cannot stop your thinking, all right?

Now see My servant, though he works hard, he's much more relaxed than My husband is. My husband doesn't do even lifting a, say lifting a glass. All right? And what happens, that one can say that this man is a lazy fellow, he's enjoying everything in life, he's enjoying all the comfort while the servant is not. But My servant is, in a way, is doing his handwork, because that's all he can do; his brain is not that developed. And he has much more rest than My husband has. He's much more relaxed. Somebody is the hand, somebody is the feet and somebody's the head. But if you do work with your head, is the same.

Now if you are doing work with your head, you have to have certain amount of comfort to your body, otherwise even if you have to suffer on your body – of course I do not say that servants should be ill-treated by any chance, that should not be done – but... And nobody gives your money to anybody else like that. You see he's paid for it and he does the work with his hands so you can see it. But what about the brain part, do you see the brain how it works? I wish you could have a microscope to see how the brain works, and all the chakras, "cutcutcutcut-cutcutcutcut" going on. One thought itself is a dynamite and you cannot stop it, ask him. Yesterday his thought going on like a machine! There's a machine here working out.

So, this happens and then one should understand that when you go to any country, you are a guest there... He was very unhappy and he wrote a very sad letter to Me and that was not good. You didn't want him to be unhappy, you w –

Paul indistinctly: What if I write?

Shri Mataji: Ha? Dhumal?

Paul: We didn't have an argument.

Shri Mataji: Ha?

Paul: I didn't have an argument.

Shri Mataji: You didn't have what?

Paul: I told him what I felt.

Shri Mataji: Ha?

Paul: I told him what I felt, I just went, I just... you know the most, quite a lot of places in India. And—

Shri Mataji: You, what did you feel?

Paul: Well I felt that if somebody's telling me how many houses they've got and how many houses they're buying, when their servant doesn't have a roof over his head, when the roof leaks and the children—

Shri Mataji: Now, supposing, here people have so many houses which are lying empty, here, in England. Do they give their houses to you people? Do they? Is there any way? How many people you should give also, is there any system by which you should give?

See that is not Dhumal's problem, is the problem of the government. Dhumal has houses, he has given a huge big fort to us as a present to Sahaj Yoga. If he gives a house free to his servant, I think he will make him a parasite out of him. Do you know in India, beggars have got big, big buildings? Do you know that fact? Some of the buildings on Marine Drive are owned by people who are professionally beggars. So if you see some problem it has so many deeper roots, which you do not see. But, you just write a letter of apology to him. I was hurt, very much, because he, he has done such a tremendous job.

He is going to give a huge big place to us for Sahaj Yoga. Nobody has been able to do that so far. He has given Me ten thousand people as Sahaj Yogis. And when you people say, "I felt," what is this "I," what is this "I"? I know you have a very sympathetic heart, but sometimes you are swayed by it. Sympathetic heart, to a point is good. It should be prudent heart, it should not be unwise. You must know the sense of proportion. I mean that's a system in India, which is working, but you cannot do without servants. Here also. What is happening to you, without servants, you are all intelligent people, why you live in a mess, in pigsties? Because you are using your brains, you don't know how to use your hands. All these communistic ideas are of no use. People have to do some sort of a job, this job or that job. There's nothing wrong. Some people who can do brain job, have to do brain job, those who have to do handwork has to do handwork. Of course there should not be much disparity in their living, I agree, but that's not his problem, is the problem of the whole country.

But I tell you even to servants I have seen, you give them something... There was a lady nurse, you see? Once I was rather sick so she used to come and see Me and help Me a little bit. So I thought just as a favor I must do something to her. So I sent her by our ship to sea, I said "Let her have a holiday, she'll be all right." So I sent her to Africa. I mean the problems are much deeper than you understand. I sent her to Africa. You know, she came back and she started telling the doctor off. She thought she has become the doctor.

And the doctor told Me, "Why did you do it?" They get into imbalances. You see, even to poor persons, if you give them something like that, they go into imbalances.

I'll give you another very concrete example. My husband, who is very socialistic in his approach, and is a good thing, so what he did, was to increase the pay of the drivers. You see the drivers started getting one thousand Rupee, which was very, very big amount. And the lowest clerk gets about say twelve hundred. So there was a very little disparity. Now the driver's getting one thousand Rupees, was too much. Within six months their wives came to Me. They said, "This was a very wrong thing he did to our husbands. They have got keeps now; they have started drinking; they have started not giving any money to us." So to poor

people if you give them more money, they do not know how to use it, they will be drinking. Poor people drink much more than the rich people. So they had to be trained how to use money. You just give them money is no use. You do not understand the deeper... thing... People are to be brought up properly.

Like we have got in India Schedule Caste – I agree Schedule Caste is a nonsense, it should not be there, you should not treat somebody as a lower caste, is all right. But what they have brought into now, suddenly, that Schedule Caste must have equal seats, equal rights in every job and everything, whether they are qualified or not. So you have got people who are not qualified, or even in exams, in the colleges, you must have so many Schedule Caste.

Now what has happened, by doing this kind of a top-heavy work, some muck has come up, and they are absolutely useless people, they cannot do administration. Instead of that, what Ghandiji had said, that, "Train them up, educate them, bring them up." Suddenly the educated people are there and some people suddenly, uneducated, nothing, brought to that, they cannot bear it.

Now we had a servant with us who came to Me, who was a – you must be knowing him, Paramshivam – who came down here. And he used to, he was getting hardly hundred Rupees there, we gave him a big pay and everything, when he came here he started misbehaving. Then his mother, when I wrote to them that, "He's misbehaving, I don't know what to do. He has developed all bad habits." He was buying pornography pictures here, going to the pub, then having girlfriends and doing all sorts of things, he started here. So when I wrote to his mother, what his mother wrote to Me is very interesting to read. She said, "Those people who live in mud, if they have to sleep on a bed, it hurts them. So suddenly giving them something materially is not going to improve him. You have to train them up. You do not know what problems there are of poverty. Poverty is just like leprosy. Leprosy: you know what the leprosy parasites eat? They eat petrol; they thrive on petrol. So gross it is.

And then, you being an Englishman should not have said it, because English are responsible for the poverty of India, you like it or not. They have created this problem for us, we didn't have this problem before. Our servants were part and parcel of our house. They treated us just like slaves, so we have got this idea from them.

How they treated us! I must say Dhumal was very decent not to say this to you, but this is what it is. The way they treated us in India, you have no idea. Even till yesterday we had "White Clubs" where Indians were not allowed on our own soil! When we were independent, and they're fighting for it.

They killed thousands of people, raped so many woman there. "We English" should not say that, in that country were we have ruled and made them slaves. You see they did not allow us to come up. What are you doing to foreigners here who are coming up? How you treat them? What racialism you have here compared to what we have in India, we have no racialism. They treated you with such great respect. They should have said, "You are white, so 'racialism,' all right we'll ill-treat you." But if you go to Africa they will teach you. Africans, West Indies – they are on top of you. What I'm saying, to break the vicious circle try to understand the problem of every country. From where does this problem come to India, and to most of the countries who are underdeveloped. The French, they dominated also many countries. This is also, one should understand that we should not dominate any more. We should wash their feet, that's what it is.

Now you have killed the culture of all the Africans and Africans have taken to all French and English culture. Absolutely, they have prostitutes the same way you have, they have the women the same way you have; their ideas of liberation's the same, only the Indians have resisted you. Otherwise everywhere you have never respected anybody's culture or anything. You have to face it. If you go to South America, you'll be shocked the way people have wiped out all the... all the people who lived there; all of them, one and all. Except for Colombia, can you imagine? Every country, every soul has been wiped out. Just see that.

Of course if he was ill-treating him I can understand, but he doesn't ill-treat. These ideas are Western ideas; they're applicable to you people, not to Indians. And this is the big mistake people are doing is to put your ideas onto us. For example in field reforms, you see? My son-in-law is a very enlightened fellow, he had twenty-five miles, square miles of area of his own. But he used to get his labor from all these areas, he used to provide them everything, he used to pay them very well; they were living very well. Suddenly the idea came, "No. They must have their own land holdings," all right – without understanding that they are to be

trained, they are to be brought up, they are not educated, there must be communication – so everybody was given a one patch here and a one patch there and a one patch there and a one patch there. What happened, that they started getting strangled in those areas. There was no way of communication to them, they could not get their wheat, they could not get their seeds, they could not do anything, they started starving. And they came to My son-in-law that, “You come forward, you are the one who was the agency in between and you should have done it.” But they removed the agency and without training these people.

Ghandiji suggested these things. He said that, “You must enlighten the rich people and you must also try to emancipate these people by education, by making them understanding,” and all that. There is a huge, areas in India, which are called as “Backward Areas,” where these aboriginals live. They do not believe in any sedentary habits, they are like, what you call the gypsies. So what they do, these people plough their fields and all that, and they come in the night and plunder it. And they live like that. And they have been living like this and they feel very happy about it. They second is this (?), the so-called poor of India. You must see how leprosy grows also. They started in Maharashtra a scheme by which they said, “We will provide you jobs and otherwise we’ll give you a dole.” Now this is the worst thing that can happen to anyone; that we have realized very soon, I hope they have withdrawn it. So they what they did – Indians as it is they are very cunning and clever – so what they did they would go and write their names as the people who are doles, getting doles, you see? And they would work somewhere and get the dole as well, double money. Then they would go and drink. What are these people doing, but to drink? It’s such a problem, prohibition; they, they drink iodine, they drink, what you call this... What do you eat, drink for this thing, it’s some sort of sulphuric acid or some sort of an acid they drink? I don’t know?

Various yogis: Meths... Methylated Spirits.

Shri Mataji: Methylated or whatever... [laughs] I don’t know! I don’t understand. So, you see they are so foolish, what I am saying that taking up anything like that at random is not good.

And I was sorry because his wife wrote to Me, “How much they have done for Sahaj Yoga.” The only solution is Sahaj Yoga. There’s no other solution, which he has helped Me a lot.

“You see,” and he was very sorry he said that, “How am I to do without servants?” You see the servant system is like that. If he gives roof to everyone he’ll be left with no house. There’s not done, this kind of generosity’s not done anywhere. If there was such an agency like that, which was doing such a work, it is possible.

Even the so called communists everywhere, wherever they are in a democracy, have their own properties. Once the democracy will go away they won’t be able to even talk.

But I do not say that Capitalism is the solution; I say Sahaj Yoga is the solution, all right? It is the Sahaj Yoga and he’s done so much for Sahaj Yoga. For that servant we cannot in any way insult him; servant is not important for us, who is the servant? Who are these poor people to us? We are not responsible for them, the state is responsible. We are responsible for Sahaj Yogis, because they are the people who make the difference. What does it matter if thousand people die or live, to God? He can create thousand more? There are people who are realized, even poor people, but our attention should not be shifted otherwise we’ll become like that lady, Theresa. She collects money from people, she has no money of her own. She gets people who are somewhere dying and she, she has mission, I...

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Within Yourself There Is A Seeking Of The Beyond

Public Program

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Public Program in Zurich (Switzerland), 29 September 1980.

[introduction]

Gregoire: I would like to introduce very quickly Sahajayoga and Mataji. It is beautiful thing to do, it is not an easy one to introduce Sahajayoga. It is not an easy one because there are many, many propositions in the sale of spirituality, which are running in the market, hence Switzerland is a very unfortunate country, very unfortunate, because Switzerland is rich country. Being a rich country all the people who have been attracted by money had come down here. We have gone with Sahaja Yoga in countries like Portugal and Spain and there we have noticed that many hundreds of people got their self-realisation without any problem. One of the reasons was that none of these people had been exposed to any of the false prophets, which today occult gurus. In Switzerland it's very different because most of the fake gurus have taken the head quarters in Switzerland.

So first of all at the level of cybernation, at the level of energy, there is a lot of negativity and whenever people come they have a lot of problems. So we should be, may be proud that our trains are running on time, very happy that this itself, we should, however may be aware that there are other problems that they are very much there in our shoulders in this country. This is one reason for which that there are so few people here, whereas everywhere else there are many hundreds of seekers who have come together for self-realisation. Because, with Mataji, what is the whole thing about is not brain-washing you, giving a pep talk on Kundalini, Chakras and Spirit. It is not giving you a lecture on spiritual achievements.

What Sahaja Yoga is about is to let you actually experience your own self-realisation and self-realisation is that is, is what has been promised by all the great spiritual leaders such as such as Guru Nanak such as Mohammed, such as Lao Tse, such as of course, Socrates and Lord Jesus Christ. Several realisation is happening. Now Mataji is the only person, I know a lot of people, I went to California I mean I have met all kind gurus. Mataji is the only person who come Her own and say that I will give you your self-realisation. She is the only One who does it because She is the only One who has the power to say so. And indeed every time is happens that after a program of Sahaja Yoga, many, the majority of the people lead the whole having felt their self-realisation. What it is Mataji will explain to you, more in details. What have you just try to say may be that, we have all been looking for this thing. We have all been seeking.

Actually in my generation, when you were throwing stones at policemen, it was not human. May be the most intelligent thing we did in the nineteen sixties, but it was not totally purposeless either. I mean, basically there has been a generation, which has been seeking something, members of which today are nicely settled down as director of insurance agencies say is well, was all nicely, was all wrong. It's not true. It's not true that the quest is meaningless, it is not true that it reached nowhere. The quest has a meaning, the meaning of this quest, the meaning of our life. The meaning of our life is to find the 'Self'. And whoever has all the great pictures of mankind know this, know that outside of the self there is no happiness, there is no fulfillment, you can seek it in power, in wealth, in woman, in whatever you like, you won't get it, because the 'self' is joy and the 'self' is the source of joy. Now who can give you self-realisation? Who can give? Not an ordinary one. This is very important, it has question. Because when we face the extra-ordinary or when we relay to the design we need push it back in to the past. So everybody become a great Catholic or a great Mesuline [NOT CLEAR] or great Ayatulla or great Silopro [NOT CLEAR], because it's very easy to live with a divine personality when the personality is no more. Because can you do whatever you like with it? You are no more confronting with it. Or you push it in the future. So you are the Jeodar [NOT CLEAR] witnesses, which are waiting the Christ to come or Hare Krishnas

who are waiting for Krishna to come and they gather regularly to say now He is coming on such and such date and as He does not come they say we prayed so much but He didn't come. You know, it's all a bit foolish and He does not or He does is not the point.... [NOT CLEAR]. The point is that we have now to experience what we have been seeking for and experience it in the present.

And to face Mataji in the present is not difficult at all. What it requires is just to be open. To be open, to be aware that belief is not the point, understanding is not the point, the point is to become what we want to become. The point is to become that part of our 'Self', which is within us. To face Mataji we need no more than this, this honesty, this seeking and also a drop of humility, because it's not a market place. None of us need you, very frankly. We don't need your money. We have plenty of it, I mean because we are working. We don't need social status, by the grace of God we are born in families who are all right. We don't need popularity, neither does Mataji need all these. She is born in a royal family, She is the wife of one of UN General Secretary. She has everything that you can wish as a human being. She is a mother, a grand mother. She is of course a married woman. This is a very different background mind you than other gurus, most of them were train collector or this kind of thing. The reason I explain you this is that you must realize that one has to see the whole picture of someone. Everybody has come to Mataji as a human person, has seen Her absolutely compassionate. Knowing the problems of all kind of human beings never ending, Her husband disclose that She knows the pain that She knows also the fullest details of problems of the painter who has to come to you know paint the wall of a flat. And he is a drunkard and he has a problem with his wife and Shri Mataji helped him and very much so.

She has knowledge of human beings, in the human quality, which is amazing and She is led in this understanding by a boundless compassion. And also She very much as amicable, thus [NOT CLEAR] super human knowledge. What Mataji will talk about this evening is very human because it handles our being, emotional, mental, physical, spiritual, and it's also super-human because it is the way we can reach that higher level of awareness which has been promised by, again by Christ and by all the other incarnations.

Mataji is not a saint, Shri Mataji is not a leader, She is not a guru, She is, I don't dare saying She is not a Mother, because She is that, but I would like to say that She is all these and much more. And please forgive me if I push it through you straight now so that we are always in time. Let's not done a lies [NOT CLEAR], let's not a false shyness, let's not try to make trivial some thing, which is actually safer. I have approached Mataji like all others, I mean with a lot of questions in my mind, very analytical, extremely skeptical, ups and downs, ups and downs for ... [NOT CLEAR]. And She will own on experimental basis I could check every thing, which She is teaching, and above all I could see how positively I have been changing in my own life. This doesn't mean anything to you because you didn't know me five years ago that five years ago I was in trouble. I was back from the US, I had a lot of all kind of analytical things in my system, wrongs, other things. And I was pretty normal, I mean I had done my studies, all that was quite there. That I was pretty abnormal, because I could not stop thinking any more. I was a very disturbing sign. Now I am very much in I can say very quietly because it is simply true. This you know it happens or it does not happen that if it happens you know someone very great has worked it out.

So you are facing now someone, who is of boundless compassion and who is also very, very great power. Who that person is, is also no mystery because the meeting with your 'Self' is triggered by the awakening of a energy, which is the energy of the Holy Spirit within us, energy which is called Kundalini in Sanskrit. And it is written in the scriptures that, that energy can be raised by a very, very high guru after many, many lives of practices. That coincides with the Markandeya puran and in the writings of Shri Adi Sankaracharya. It is written very clearly that this energy is vision by the wave power of Bhagawati. Bhagawati is a name for Divine Mother. Divine Mother is all about for Holy Spirit. And it's very simple, I don't know how to avoid saying it. You can't have a father and you can't have a son without having a mother somehow. I mean, so that's it. Everything I say is no matter of faith, it's no matter of belief. You are not meant at all to accept any of my words. My words are just supposed to bring in, I profess it to you, which is very cheerful because it says this hypothesis that there is here some one sitting down here who has the power to raise my Kundalini, who is a divine personality and this I really would like to emphasize. And I am fortunate enough to meet Her. It is may be our sorrow that there are many more of you, which are here this evening that it doesn't really matter because in this realm it's really the quality of the seeker who comes. We never were in the circus I mean never there, that those who are seeking will come there. Mother I think I should end up here ...

Shri Mataji: It was very nice of Gregoire to introduce Me in this manner. Actually, this is the second time I am coming to Switzerland. It's such a beautiful country that surprisingly all the negative forces are attracted towards it, and they want to spoil the beauty of the Lord. But even among human beings we can see how people have become so reckless in this country, such a beautiful country where God has blessed you with everything, that the rate of suicides in this country are today the highest. We have to think about it, why young people of this country try to suicide? It's a very sad thing. You have taken everything for granted, not to understand that there are some undercurrents, which are throwing us towards our self-destruction, towards our complete frustration.

I have been studying human nature since ages I should say. In modern times, the human nature has changed very speedily, because the speed has taken over time. Specially, in all the developed countries lots of things have been written, lots of ideas have been floated, and people have taken a line of thinking in most of these that life is futile. It's not worth living. . The reason is, you cannot live with what you have. Within yourself there is a seeking of the beyond. You cannot be satisfied with what you have. That seeking lurks within you . Even if you try to avoid it by, say, going to some little place , or reading some book, going to the church, going to the temple, doing this and doing that but you cannot be satisfied unless and until you have achieved your self knowledge, unless and until you have become your own 'Self'. It is not possible, because you are meant to get it.

Sahaja means that, Sahaja means one that is born with you. This urge is born within you, you are born with the urge. As you have the urge to eat, in the same way this urge, which is a very subtler urge, is becoming so evident in modern times. In most of the developed countries, that people do not understand why, why is it they are committing, these people are committing suicide. The thing is from inside they are seeking something. They are not sure as to what they are seeking. They are very weak and when they approach the subject of seeking, may be they are lost in this big universe, and they don't understand how to get it. On the contrary in the East, I would say especially in India, thanks to the climatic conditions of India that people didn't have to fight the nature so much. They have been practising meditation in the forest since ages and they have been able to discover many things about our being within and what is our seeking. Actually why are we born. This question has been looked into, in the same way as you have looked into the scientific research in the modern countries. And they have been able to see within themselves that there is a power called as Kundalini in the triangular bone, which is the source by which our germination takes place, our second birth takes place.

For example, for all of you, Bible is the book and if Christ is the ideal, then Christ has said many a times that you have to seek. Actually the message of Christ's life is seeking. The message is the rebirth. He has talked about it often , often, but some how that seeking has been stopped as if people felt that that's not possible so forget it. But you cannot forget it because this is natural to us. As it is natural for you to be a human being, it is absolutely natural for you to be something more than that. If you do not achieve it, not today, tomorrow you will have to come to a point and you will have to find out what is the reason, why am I here, what am I doing, what is the purpose of my life? Is it meaningless, or is it just to earn some money, live well and die? The question should be asked by the scientist, why we are created out of a amoeba, a unicellular animal into human being? Why? Why this big process of evolution took place within us? And what is the purpose of this human being who is half baked yet, who does not know, who knows half, who does not know half, what ever he knows he knows through his rationality, but there is no actual understanding, actuality within us, to know whether there is spirit or not.

Are we to believe that all those people who talked of the spirit and of the second birth were false people or they were just trying to misguide us? They were not. They are absolutely truthful about it. The problem is they are born on the tenth story and they see something, which the people on the ground floor can not see. That's why they crucify them, they kill them, they poison them, they never accept them. And this is the reason something has to be done to the common masses that they reach at least the first or the second story to see that some thing beyond. This is very important and the time has come as I always say the blossom time has come. Now we went to, say Madrid is a place I had never been there, we just put an advertisement, we had about hundred people and most of them got realisation. Just like that. They can, because the time, when the time has come that maturity has reached, many flowers have to become the fruit.

It's a living process, it's a living process of transforming you into something else which is the fruit of this age. The process is working out from the very beginning from ancient times till you have come to the human stage and now you have to become that where you start understanding this divine power, which has worked it out. Everything is Sahaja. It's spontaneous. Sahaja is born with you. Like in the seed there is the map of the whole creation, which is going to be there. In the same way within you lies all the map, everything how far you have to go. Now the question is what have we to seek? We have to seek our Spirit. Now what can we do about it? Actually we cannot do anything about it. That's the fact. Because to become a human being what did you do? Did you stand in your heads or read some books. Nothing. It just happens. It's spontaneous.

It's God's grace that has made you human beings and you are going to be something else also because of the same ways. You cannot do anything about it once you know this fact that it is effortless. All living processes are effortless. For example a flower becomes a fruit without any effort. It is spontaneous. In the same way you also achieve that state, effortless. Is a fact. Those people, who tell you, give us ten francs and we will teach you how to reach to God, better tell them there is no ticket. There is no way of doing it. If they tell you that you stand on your heads, three days you will become self realised, it's absolutely wrong, because, if it is a living God and the living process, it cannot be manufactured or it cannot be put into it (unclear). But it is very difficult for people to understand that you can achieve anything without paying for it, specially where Zurich and all these places where banking is the main thing. (section unclear) You see we can, I have a banking even of God. But you cannot purchase God. You cannot purchase it. You cannot perceive it. You cannot organise it. If you want to organise God, you are sadly mistaken. He organises you. He looks after you. It is his grace that is wanted. It is not that you can make God to think, but it is He who should do it out of His grace and love for you. It is a very different thing, while the fake people have just floated a market. Just imagine, market of God. It is all predicted in all the scriptures that they will be coming and they will be saying I am Christ, I am Christ and they will be floating a market. But this is the one thing one should see, those who have floated the market can not be Christ. Cannot be anything Divine. This first thing one should find out, if the person is trying to make money out of you, selling God then he has nothing to do with God. With God he is anti. This is first thing one has to do. It has to be compassion, it has to be love. And compassion, which just flows, which doesn't ask for anything, just flows. It just emits from your being. Just, just to give and not to receive anything on the other.

As you remember, once somebody touched Christ cloth and he said the energy has passed into the person. Its like that. It's flowing through. All the time it's flowing, it is to be received with an open mind and to achieve what you have to achieve. Like the Sun's rays are received by the flower to become the fruit. What does the flower do? Nothing, it just receives the power of the Sun and becomes the fruit. In the same way this happens and He has very nicely placed within us, all these different things just to achieve the results.

Now as you see here, there are seven centres are shown in this picture out of which the lowest one is placed below the Kundalini, it's placed below the germinating power. This one is placed here. This is your innocence. You were born in innocence. First the human beings were born in innocence. (inaudible) This is the centre of your innocence. We all were born innocently. And this represents the quality within us, which is absolutely pure, which is purity. And above the Kundalini, the rest of the centres are there which they denote our different ascent in our evolution. Vertically it is the evolutionary process and horizontally it is our subtle and subtler and subtlest development of physical, mental, emotional and spiritual being.

So as you see these centres exist within us, in our spinal cord, then in our brain and then in the limbic area, which is encircled on top of the head. These centres are actually subtle centres but they manifest themselves outside as gross plexuses. For example the lowest one, which is called in Sanskrit language as Mooladhar chakra. It manifests your pelvic plexus. The second one, which is called as Swadishthan chakra manifests as your aortic plexus. The third one, which is called as Manipur is manifested as solar plexus. Then higher than that is the, what you call the heart centre, you can call as a Hriday chakra is manifested as your cardiac plexus. Then, here is the centre, which is called as Vishuddhi chakra is manifested outside as cervical plexus. On top here is a very subtle centre between your pituitary and pineal body, which is called, as Agnya chakra, is a very important centre, is the centre of Christ. And on top here in between here is the centre of we can say, we call it Sahastrara means a.. we can say the centre of one thousand petals, Sahastrara. And this is the centre of your limbic area, which is responsible for opening the top most point here in the fontanel bone, which is called as the Brahmarandhra means, the whole of the divine power where in

through which we enter into the subtle awareness of divinity. This is baptism. This is actual baptism. Not a false one, where just somebody comes from the theological college, brings some water, puts on your head and says now you are baptized. That's not actual, because Kundalini hasn't risen with that, because the person has to have authority from God's college. If the person doesn't have that authority, if a person is not enlightened already, he cannot enlighten another person. It's a very simple thing, like a candle which is not enlightened cannot enlighten another candles. It has to be enlightened to enlighten another candles. In the same a way person who is not enlightened cannot raise the Kundalini. You have to be an enlightened person, a realised person, a person who is twice born, a person who is called also as brahmin in India. Of course its all words as called. Even Christian means the person who is baptised. Baptised in the real sense and not in an artificial. Artificially if you suppose I take a telephone and starts dialling and there is no connection, will it work? It is a very simple thing. The one who has no connection with the Divine has no right to raise the Kundalini, he cannot. Whatever you may try it won't act. Because, She understands. She knows everything, She coordinates everything, She works out everything, She is your mother and She loves you very much. So She knows who is the person who is responsible and that's how spontaneously the Kundalini rises. You are just made ready. No instrument is there. It's like a computer, it's all ready. Just to be put to the mains. And once it is put to the mains you are surprised at the manifestation of your own.

Like I would say in this place, you can say that there is a lot of music and lot of scenes and things like that and there is a lot of colour. But you won't believe till you have a television set and you put it and plug it to the mains, you start the manifestation of the television and you get surprised. In the same way you are an instrument most beautifully made. Absolutely so beautifully made that once you discover it you will be amazed as to what you are. The reason is the self-esteem, its not possible because you have not known your elf, you have not known your self, you have not known your own beauty and your values. I can see that spirit, I see that diamond sparkling in you. And I know that with little patience I will work it out, the clouds will go away and you will shine in your own beauty. It works out through this awakening of the Kundalini. Now there have been also many gurus who are talking of raising the Kundalini. I mean whatever you talk they are there. Like everything has a plastic reproduction, in the same way even about God in modern times your plastic production of everything. Now they will say we raise the Kundalini, we do this and we do that – then why do you take money? If it is a living process why do you need money? It just flows automatically. Why should you take money for that? Or why should you in any way connect it with material? If it is spiritual, you cannot exchange material for the spiritual. It is very necessary, specially in Switzerland for people to know that how these gurus are exploiting. But still despite the fact so many things have been found out. Last time when I came to Switzerland, Gregoire has taken Me to one of the gurus place and he showed Me this is one of the gurus place. And within eight days time he was caught by the police and I was surprised that he had a nurse who had poisoned some people and all that, and he was caught by the police. But still people believe in such things because they are mesmerised. They do not want to give it up.

Now in England recently a guru came from America and he has already got fifty-eight Rolls Royce's, imagine. Fifty-eight Rolls Royce's. And he wrote to them that if you give me a Rolls Royce, I will come to you. So these poor things starve themselves the whole year. These are seekers, these are real seekers, you see, mesmerised by these horrible, satanic people and they starve themselves and after a year this fellow came in. They gave him a Rolls Royce. When some of the Sahaja yogis went and asked, why did you do it? they said, you see, he has given us something special, we live in another world, you see, because mesmerised person lives is like a mad man, he doesn't know where he is living, and, he has given us that. So we just give him what, metal. What is Rolls Royce, is matter. We give him matter and he gives us spirit. There is no exchange like that. You cannot exchange spirit for matter. Spirit stands by itself, by its beauty, by its glory. You cannot exchange it for anything and you cannot force it to express itself. It has to happen. There has to be a happening within. Then only we can feel the spirit in our attention.

The thing is so far we have got our nervous system and that nervous system we are aware of. We know how to increase the rate of our heart, supposingly jump or run, the heart increases in its rate. But automatically it comes. Now when we say it comes down automatically people say there is an autonomous nervous system that does it. Now who is this auto? Autonomous system means there is some auto. Now who is this auto? Which auto is doing this job? That they cannot answer. And then they say, o that part we do not know. I mean they are very honest about it. But if somebody can say that through meditation we know who is this auto, they don't want to believe it. Because, I am talking of an unlimited sphere, where you become absolutely collective, you become unlimited. Because now through you starts flowing unlimited force, the unlimited energy of God's love. You cannot reach there through this limited rationality. When you try to rationalise it either you will go to the left or to the right.

Left and right, there are two areas within us. And these two are really dangerous. You have to go on top of the head. On the left hand side we have the area, which we call as collective subconscious. All that is dead within us since the creation resides in that area. Recently, to My amazement I saw a program in the BBC where they showed that cancer is caused by some sort of a protein matter that invades us from the areas unknown to us within ourselves, which were built since that age (check). And these are the areas we have got within us according to Sahaja Yoga and that's why Sahaja yoga can cure cancer. Because when the attention through the help of the Kundalini raises and enters into the realm of the spirit, which is here, then you cannot go to the left or right but you keep to the centre. Once you try to go too much on the left or too much on the right then there is an invasion on both the sides and you can become overactive, so active that you cannot stop your thinking. Gregoire was one of the victims of such a such an attack on him, because he went all out for his searching to all sort of people he went and there I found that he was caught up and he could not stop his thinking, his mind was going on like a like a mad horse and when he came to Me he was in a very bad shape. Now this comes from the right hand side movement. But it can come also from the left hand side movement. Anyway if you move away from your central being, you fall into the area where you are attacked. Now cancer can be cured through Sahaja yoga. I have been saying this for so many years. Of course we have done it. Also for your information I can tell you that our president, president of India was cured through Sahaja Yoga. His cancer was cured. He had a cancer, he went to America and the whole, the operation was unsuccessful. He was just dieing. He came to London and there I happed to meet him for ten minutes. You can write to him and find out. And he was perfectly alright. But the trouble is people don't believe it. Even the doctors, when they come to Me, they are very sceptical. But once they get a cancer they come to Me to get cured. The trouble is the whole thing is unbelievable. It is such a dynamic thing, it is such a fantastic thing that people cannot believe it.

Only thing you should know that there is a power, all pervading, which exists all around, which thinks, which understands, which coordinates. We do nothing. Human beings have this ego for nothing at all. They really don't do anything. For example, what do we do is to making a chair. Just a tree is there. We make it into a chair – a dead into a dead. Any living thing do we do? Can we transform a flower into fruit? You can't. Billions and billions of such things are done every moment on this earth and is done through this divine power of God. We have to feel that, we have to become that. We have to be instruments. God has specially made this instrument in such a way that ultimately you get connected to the whole. Once you get connected you start feeling your working on collectivity. Your awareness becomes different, from your hand cool breeze starts flowing and energy starts flowing. And you can feel another person through this cool breeze. You can feel it, what centres there are catching. You can see on the hands we have shown. When these centres are enlightened how these sympathetic centres on our hands, you can feel it and you can find out what's the matter with another person. What centre is catching, where is the problem, what we have to do. It's an integration of a person, completely because these, all the centres represent our different beings. When the Kundalini passes through them, She pierces through them just like a thread through many pearls and integrates. But when She enters through this path, then she enters into this awareness, this dynamic awareness of which we become an instrument, which starts flowing, you can feel it. Then as Gregoire has said, he was really very sceptical [NOT CLEAR], he wanted to find out, he could not believe.

Though you have heard about it, you know that there is a God's power and all that but you could not believe it. So you try to experiment, you try to find out what Mother says is correct or not. And when he found out, then he was amazed. And that's how he is a Swiss person and he felt that his country must know this and it has to happen in Switzerland also. Why not? I said all right, I will try to come. But you see how is the response, that people are enamoured in a materialistic country by the outward show and the service. God does not have any service, or outward show. It is what it is. What is there to show when it is there why should we show it off? But the trouble is that you have to talk and tell them about the people who are trying to enamour them because they are seekers, that you do not seek God in the way you seek other things. For God you have to have a happening within you, an actual experience within you, it's a real actualisation. Now why the happening is within us? Why should we deal without a happening? The thing is you are paying attention to Me now. If I say pay attention to yourself, you cannot do it. Because that's not the way you can manage. Your attention is always outward, you cannot take it inside. Supposing something falls down, immediately your attention will be there. So when the Kundalini rises your attention, is attracted inside and it is actually pulled like a sari is pulled up and is taken to this place where there is seat of the spirit. But actually the spirit resides in the heart.

Today is on My way to Rome. I have come here for one day. It's an introductory lecture actually and I do not want to cover the whole subject because the subject is too big. And whatever I may say has no meaning unless and until you get yourrealisation. That's one thing. That is that you must get your realisation. But that it will happen to you cannot be promised. Will happen, may not happen, but should happen to all of you. It has happened to so many people. Why not to you? It should happen to all of you. But for that you have to keep your mind absolutely open. Because it is proven, it is fantastic, it is proven. But this you have to have. This is your own right to have. So Yoga means the union. This union you have to have. This is in your own right as a human being, in your own right as a seeker you have to get it. And if not today you will come tomorrow, if not tomorrow you will come some other day. Those who are all seeking this way here and there will be all disillusioned and will come to Sahaja Yoga. But when you go round here and there you get hurt. There are problems. I have seen some people have Kundalini, which is just wounded and She just moves on, banging Her head here and there and She cannot rise. She is wounded, She is bleeding andit is only because these satanic people have done something to Her. And there are so many ways they know how to ruin your chances of realisation.

Now one may say what is My interest? Its only I should say, 'My will'. I do not know, because I have no interest at all about anything. It's only that I have to give. What is the interest of the, of the Sun in giving us light? It's just giving because that's the nature of a person. That's the nature of the Sun that it has to give. That's how it works. There is no other interest but that. Of course when I see so many flowers turning into the fruits naturally, it's such a joyous thing and it should happen because this is the last judgement. This is how you are going to be judged through the awakening of your Kundalini. This is the last judgement. There is not going to be somebody standing with a, a weighing machine and weighing you. It is the Kundalini, which is the centre point, which is the central point, what you call pointer by which you will be judged, all of you. And you will judge yourself. But this judgement is not the way people think, that it is a second judgement. Though the Kundalini rises in split of a second, but you will be given complete chance to correct yourself, to be alright, and that is what it is.

On such a one-day lecture I think I have said quite a lot about the Kundalini and tried to cover-up most of the points. But in details we will be dealing with when I come back here for three days and we will have to do something about it. Now, if you have any questions please ask Me. That's a good thing, because unless and until you ask Me questions I don't know what are the problems. And then we see how many of you can get realisation. In a way it is good on the first day that you get it, because you can go better. So not to feel unhappy about it. You see because you get so unhappy, see these people, because they have got it they want to share it with you. Because they have found it so they want to do it. And they are just like you, very ordinary normal people as you are all of them and nothing special about them to look at. But they have changed their lives, they are transformed. They are very happy people and they are doing this work themselves. So that's how they feel little unhappy about it that the people in Zurich have not given a response. But I am not, because thats the beginning is always so small, always and sometimes it can be the sign of the biggest thing. For example if you see the biggest tree in India is called as Ashvattha. It's a tree, which has such a small little seed, such a small little seed,but it is the biggest tree. So it starts with a small seed. There is nothing to feel bad about it. It's better to have people of quality, few of them, than to have many without any quality without any sense in them. So I would say that you should feel quite happy about whatever is there. We have very nice people and if they get realisation,if they settle downis going to work out very well. May God bless you.

Now please ask Me questions. It's important because today we have some time, and it would be a nice idea to know about what people think in Zurich.

Seeker: You told us about baptism, I am a Roman catholic. Roman catholic belief says, You said 'just doing with water' that doesn't mean anything. That certain persons can do that, not all persons do that. In the Roman catholic belief says everyone can do it. The water is just the outside sign, and doesn't mean very much. The spirit of God that should come in.Why is it that You say not everyone can do it?

Shri Mataji: Now I will tell you, I know this problem I have been facing throughout, because Catholicism is a very strong hold everywhere. So I am not surprised at your question. But I will tell you. You see, now I will tell you that supposing there is a

policeman standing on the road and he stops you, you stop your car. But supposing somebody says I am the policeman, will you stop your car? Supposing he believes, he has a belief that 'I am the policeman', will you stop your car? He has to have authority. Now, from where do you get your authority? You have to get it from God. Now what is the sign? Christ has said again and again and again and again that you have to seek yourself, you have to be born again. Which Catholic people are doing that? You see, just tell Me. Just tell Me very frankly. I have not seen any Catholic person who is seeking God. They are only satisfied with going to Church, coming home, nothing else. By reading Bible what have they achieved? Ages together now we have had Catholicism. Nobody is a realised soul. On the contrary I was amazed now (name) is another Catholic who was with Me before her. I tell you in Madrid they were at least hundred twenty people, all of them got realisation except for one doctor and why? I asked him and these people told Me he is a Catholic. It's a fanaticism. Belief is our mental attitude. Why do you believe? I tell you why do you believe in Christ though I am absolutely that? But I would say Why do you believe in Holy Ghost also? Have you seen it? Have you felt it? Ask for it, ask for the real. If you live with something belief, you will die with it. Ask for the real. If there is Holy Ghost, if there is Divine power, you should feel it. I think all the Catholics should ask, where is that that is promised. What about the second birth? How long? You see your father was a Catholic, his grandfather was a Catholic, her great grandfather was a Catholic, the whole progeny has been of Catholic. What have they done? What have they achieved? You see, we have to see that we have are to be born again. We are to be born again.

[Side A Ends]

Saintly life, all that is there. But Christ came. Why was it necessary for Christ to come when Moses has told all these things? Why did He come? He came to give His message of resurrection. He came for you to know that you have to become the spirit. You are to be born of your spirit. That was it. Now how many of these people who are baptising are 'born again'? This is the point. Today, sir you are accepting Catholicism, but your children won't. In London, people are selling their Churches. I mean what a shame? I mean I feel hurt about it because this is Christ's work and because you have not put forward the real thing it is going to fade out, everywhere. Everywhere it is going to fade out. Now I live just in front of a cathedral in London. And they are going to start a discotheque. Really it is a fact. I mean imagine what a thing it is! Because they want to attract the young people. Now I have so many young people as My disciples in Europe and in India. I do not have to keep them attracted because they are attracted because of the truth that they are spirits. Give them the truth. It's the living God you have to give them. Do not talk, give sermons, this that, what's the use? Tell Me what's the use. Everybody believes in this thing that 'I have met Christ'. All nonsense. Unless and until you have the power, unless and until you become real Christian, it is no meaning. Then what happens? Then you start feeling others. You know, what's the matter with the person. You can feel. The energy flows through. You can raise the Kundalini, this living thing you can. You can see with your naked eyes, this Kundalini pulsating. You can see it rising with your naked eyes, which is a living thing, which you cannot do.

So far human beings cannot do anything living. After realisation, they can do it. Have they created living people, any living experience? Nothing, all dead. I have nothing against Catholicism as such, but where are you going? Do you know how far you have come spiritually? After realisation, you know, you know where you are. You know what chakra is catching, where are you, how to raise it. You see there is nothing like Christ coming, somewhere hanging in the air. It's a big tree of life. Christ was the fruit of that tree. You must know others also. He said that those who are not against me are with me. Who are those? Who are those about whom he said? He said I will appear before you like tongues of flames. You really see your chakras like tongues of flames. Now let the preachers explain, they cannot. They have their own interpretation. All mental. It is not mental, is the vibratory awareness, which is going to give you the interpretation. For example, if I ask you, is this gentleman realised or not. Can you tell Me? Can any please say whether he is realised or not? But he can say, whether you are or not, or which priest is. And you don't know what is happening in priesthood also. One should face it. It is very clear-cut because now I am getting priests as my disciples. And when I see them I am surprised, they said that from inside they are getting absolutely choked up. This every day confessions and things coming to us and we want to seek. There are so many priests who go to India in ordinary dresses for seeking. They are going all over the places for seeking. Because they are human beings, they want to seek. I had, in Chiros (Unclear: not sure of location) we had priests who came to us for seeking. And they, they have got their gurus in India and the guru one she told Me, he told me was a realised soul. How will you know? What I am saying there's no way of knowing. You are in a blank. So what will happen? Tomorrow your children will be born with intelligence, they will not accept any blind faith. They will say, 'Give us the proof of what you said.' They'll say, 'We do not even accept Bible.' Give us the proof. So somebody has to give

the proof. I am here to establish everything, which is being refused by everyone. I am here to prove everything, prove your scriptures, and prove Christ and prove the whole thing that is the truth. I am not here to establish a Church, which is just built on bricks. But every human being is a Church. That's what I am here to prove. And what these people have proved is nothing.

I went to Shah (Unclear: location unknown), such a nice beautiful temple they have made. There is not a single person who is thinking of God. Not a single person thinking of seeking. They are just watching all the paintings, this, that. Nobody has anything in them. One should understand that we have to find solution. We have to give meaning to God's creation. We should not end up into something else. I would suggest that you first get your realisation. The proof of the pudding is in the eating of it. Now I am very happy that being a catholic person, you have come and you are seeking as a quest. That's a very great thing. And once you get it, then you will realise what I am talking. It's a new dimension, which has to come within us of reality. Not of unreal things. It is so unreal when you start seeing it from here that you are shocked and you are surprised.

For your information, I took My birth in a Christian family, for the same reason. So many people ask Me, why did you take, in India specially, because most of My disciples are Muslims and Hindus and not Christians. They are forbidden. They are absolutely forbidden to go to somebody else you see. So there are all kinds. Even Muslims. I have got disciples in Algeria, Morocco, but I have no disciples who are Christians. Only those, who are your young people, who are real seekers. Young people of Europe and of all the countries are real seekers. They do not accept anything blind folded. But for them these thugs have come and they have misused them. Catholicism got more importance because Protestants did not show any one. So they thought it is better to go to another thing than to be here. That's how they got. But did you get your realisation? Did you get your second birth? Ask yourself. Why should you miss this chance? Better have it. Supposing you were born in India, you would not have been a Catholic. So is it denied? By joining a Church do you become a special person, do you think so? Do you believe in it? How many believes in such a thing? He does. You see, unless and until you belong to His group, you cannot be saved by God. This is all make believes. Only you will be saved by God if you are authorised. You must get your second birth. You must really get your real, living baptism. John the Baptist did that, tried it. He tried, didn't work out, didn't work out. He was the only person who was a realised soul. He tried.

Of course, Christ was an incarnation no doubt, I can prove it to you where is Christ. Do you know where is Christ within us? Do you know? Catholics who has been talking so much about God, do they know where is Christ within us? Where is He placed within us? Where is He place? They do not know. He exists here, in the brain between the Pituitary and the Pineal. Now how do I prove it? When the Kundalini rises, if She stops here we have to say Lord's Prayer. That's the mantra of this centre. You have to say, 'O Lord, Jesus Christ, please arise.' Only a realised soul can say that and the Kundalini goes up. Actually Christ is really missing from most of the Christian missions because Christ is the person who controls our ego. These are all ego-oriented countries. Look at Him. He lived like an ordinary man. He was the son of a carpenter. Are we Christians, the way we live, the way we attach importance to material things? The centre here when the Kundalini crosses over, we become absolutely thoughtless. And the way to do it is to forgive, but not before anybody else, but before a realised soul. If you say, 'Mother I forgive', it works, Kundalini raises. The proof of the pudding is in the eating of it. Whatever I say I will prove it. There is no mystery about it. And this is the best part of it. The mystery, they will say there is a mystery. Now if there is a mystery, what are you doing there? I mean, if it is a mystery for you that means you are blind. And the blind leading the blind, where will you land? It's simple. You just think about it. I am here to complete His work. I am here to establish and to prove Him. Those who have not been able to prove Him should accept this and they will know that there is a way of proving Christ.

It is such a vague thing that people talk of Christ so much and think of Him. But they have built their own castles, that's the problem. They will follow, the time has come for these things to follow. People are going to challenge and ask, what about your rebirth? Even the water a realised soul touches becomes vibrated. Even the fire, it acts when you enlighten it. But you have to be a realised soul, that's the main point is. To be born of your spirit.

All right. This is the point is that it's not talk, talk, talk, talk, talk. It's something that should happen. Any other questions? Gregoire give Me some water.

(Details for the next program in Zurich are given in German)

Because, to establish yourself, your realisation, you have to come again. Of course, you will get realisation today, no doubt. But it is not established in most of the people in Western countries, because they think about it. I mean, how can you think about a flower becoming a fruit? We do not think about it. But your realisation you start thinking, there are ramblings. So then the Kundalini again goes down. Again you have to raise it. So I would suggest that even if you get realisation today, please come back again. Bring more friends, more people. This is to be given to all the people. This is what they are seeking and they have to have it. Any other question?

Seeker: You say you can feel it and the in hands are the green finger and the blue one and the yellow [NOT CLEAR] How is it different in the chakras?

Shri Mataji: Yes, Yes. You see in all our hands, there are five, one two three four five and six and seven centres are there. And they get enlightened. This is the seven. This is the seventh, the Sahasrara, here. And this is the first. First and the second and the third and the fourth, fifth, sixth, seventh. This is the centre of Christ. See, if somebody is thinking too much then this centre will be burning, you will feel it. That's all. You know there was one gentleman, a English one, who first came to Me. He got his realisation and he could not believe it you see. This is too fantastic for him to believe. But he started getting burning here. So he said Mother, what does this mean? I said this is your father's centres because right hand is father's, left hand is mother's. And father's centre is also within us. Now, I said this is your father's and this is the centre of your Vishuddhi, here the throat. So if it is burning, that means your father must be down with bronchitis. This is the centre as I told you. Immediately he telephoned to his father in Scotland. Father didn't come to the phone, the mother came. And he asked the father, about the father.

She said, he is down with bronchitis.

This is the sentence she said. And you can cure sitting down here, you can, because it is all connected. All your inter communications and all that have come from the same. You can work it out.

There is a letter I received just before coming. There is an Australian gentleman who got his realisation. And he has written to Me, he is going to come and see Me in Germany. And he said that, I must thank you very much. His wife, his wife's sister was suffering from epilepsy. Since the day I got my realisation she is all right. Her epilepsy was cured. We have cured so many patients from epilepsy, you can't imagine. People have given up drinking, smoking, drugs, because you find that source, which is the source of joy. Then you give up all these things. It should happen. I don't have to tell people not to do this and do that. Just goes out. Because once you have found that, the nectar, the ambrose, you don't want to care for other things, you are not bothered. You are never bored. Because you live in the present, you just enjoy yourself. The spirit enjoys by itself. But when your attention enters into it, enlightenment of its enjoyment comes into your attention and you start enjoying yourself. This has happened to these young people here who are sitting down and should happen to all of you. It is fantastic. God is extremely fantastic. Tremendous He is, His ways and methods, you have not yet felt. Once you feel it, you will be amazed how He looks out. Every moment to moment, what joy and what happiness!

So that I am going to tell you when you come next everything in details, I will tell you what is what and what is there. Nothing is going to be kept a secret or a mystery and you yourself will know what is happening. Even a child of say three years or four years, if he is a born realised child, he can say that this is the centre or this is the centre, you can feel it. He may not know the name but he'll tell you the centre. It is fantastic, no doubt. Now what is it? You have any question?

[Seeker says something which is not clear] My question which I am trying to neutralise is reincarnation.

Shri Mataji: To be. That's it. You are just there. You are saying the same thing.

[Seeker: My question was, the Eastern world is passive because it has have and to be, and the Western world is active because it has had and not be. With the reincarnation as You see it, is it active or passive?]

Shri Mataji: You become in the centre. You are neither passive nor active, you just watch, you become a witness of the whole thing. You see it's a situation in which you are in the centre. For example, I will tell you a very simple example, which will explain your question is this. When a person does something, he thinks I am doing it. All right? If somebody doesn't do it, he says I am not doing it. But supposing the Sun, he just emits, he is in non-action, he is doing nothing, he is just emitting. You go into a state where it becomes akarma where you do not do anything. By doing something you develop your ego. By not doing something you develop your super ego. But by becoming realised it just emits. You become a hollow personality. You are not there.

It's a very sweet story of Radha and Krishna, I will tell you. Once Radha was jealous of the flute of Shri Krishna and she said what is so special that she is always at your lips. So Krishna said why don't you ask her. It's a symbolic story.

She went and asked. She said, what is your speciality that you are always at His lips?

The flute smiled, she said that, my speciality is that I have no speciality. I am not there, I am a hollow personality, His flute and I am flowing His melodies. People think I am doing it, but I am just a hollow personality.

So, you are neither passive, nor active but you are doing it, it's happening. And you just see, your language changes, language changes. You say like that. Now for example if I ask Mathias to give you realisation, he will not say I am giving realisation, he will not say. He will say it's not coming, it's not going, it's not working out. It. You become a third person. You understand now that point?

[Seeker says something]

Shri Mataji: In the present. No, No, when you are passive you are not in the present. When you are passive, you are in the past, when you are active, you are in the future. But when you are in the centre, in the present, then you are. You are. All right.

Seeker: This being is not a static state because when the body and the abstract move with the same speed then one is static [Not Clear] prepares a new evolution.

Shri Mataji: No. You see you have evolved sufficiently enough now. You are a human being is the last word now. Now the jumping is going to be something different. Like we have got in a spacecraft, we have got containers one into another. All right. The first container blasts off and sends another one with accelerated velocity, the second blasts off and sends the third one, like that goes on till the last one. Then when the last one blasts off, the body of the spacecraft goes into the realm of no space, I mean into the realm where there is no movement, in the sense that there is no gravity, it moves by itself.

In the same way our evolution of our physical being, emotional being, mental being spiritual being is all blasted one after another. Now at this stage, the Kundalini throws you into that space where you become aware of that power and that power starts flowing through you. It's a different state in which you enter, it's a different state. By standing in this state you cannot understand that state. You have to reach there, you have to become. Once you become you are amazed at yourself. You understand My point? It is not rationally you can understand. I cannot make you understand what is there, because for, supposing a dog wants to know what is a human being. How to tell him? His awareness is different, ours is different. Now our awareness when it becomes that awareness what happens, the energy starts flowing through. And you develop a new awareness, which we call as vibratory awareness by which you feel others. You start feeling others. You start feeling others. You start understanding others. You feel them on your fingers. You feel their centres, you feel your centres and the Kundalini moves with your hand movements. It's a different state in which you have to rise. Which you have to achieve, like if there is a microscope, you can see through it. Without the microscope how can I explain? You become that, when you become that, then only I can explain. You cannot resolve this conflict unless and until you become that. It cannot be explained through rationality. But is logical, its logical that you are made for some purpose. Once you become that one can understand. Even a child can understand if he is a realised child. And so many realised children are born these days, so many. They have a different

awareness altogether. It's a different awareness I am talking about, which is not yet being manifested. It has to manifest. Then you do not think, it just works without thinking. Actually when this centre opens out then you become thoughtless, there's no thought. You actually see this thing going down. Just like a child, you get your fontanel bone depression there. You see that. Actually it happens. You can see clearly, you can feel it also. You can feel it on others, you can see the Kundalini rising with your own eyes, you can see with your naked eye. It is that truthful. All right. By thinking you cannot raise. By making parallel this thing you cannot make. Let us resolve it. Why not? All right? Just open yourself, little bit. It will work out. Just open yourself.

Gregoire: Mother should we tell them to take out their shoes?

Shri Mataji: I think we have to take out our shoes, because this Mother Earth helps us. You see Earth is one of the elements within us. The elements, when they go little bit here and there, you see we have a problem. Just take out the shoes and touch the ground.

Now as I told you the centres are here. They are to be enlightened. You have to just put your hands towards Me like this. Just like this and close your eyes. It will work out in a split of a second. Do not think about it. Just your thought will stop itself. Keep yourself open and in awaiting state, just expect it to happen. It will happen. As you are just there, you have reached proper conclusion that you have to be. That is the right conclusion you have reached through your thinking. Please close your eyes.

Just close your eyes. Closing eyes are necessary because when the Kundalini rises there is dilatation of the pupil and She won't rise if your eyes are open. It's just the opposite of mesmerism. First you will become thoughtlessly aware.

Left heart.

Now you have to forgive. First of all forgive everyone. You have to forgive everyone because it's a myth, it's a myth that you do not forgive, so please forgive. Just say Mother we forgive, we forgive. Forgiveness is a myth and we should not be identified with a myth. Close your eyes please. Close your eyes. For a while. Just for a while close your eyes. For a while, please close them properly. Just close them otherwise, Kundalini won't rise you see after a certain point, please close.

[That is your seat, please] just see, just see them, chakras they are catching, please all of you, you can see. Yes, just see them.

Please keep your eyes shut. These people will tell Me what are the centres you are catching individually. It will work out. His left is very, very weak. Keep your eyes shut, all of you. Fully shut. Relaxed way, just relax, it is going to work out. She has got it. She's got it. That's it. You have to ask for forgiveness and then you have to say that, I have not paid so much attention to my spirit. You have to ask for forgiveness from God that, Spirit is the main thing I should have sought. I should have sought the spirit and nothing else but the spirit. So please forgive me. You have to believe in God who is your father, who is your protector, who looks after you, you don't have to have any fears about Him. He is going to look after you. You just ask for His forgiveness.

[Shri Mataji says something probably guiding how to work etc, may be but not clear/audible, Mahat Ahankara Sakshat mantra recited by Shri Mataji]

Om twameva sakshat, Mahat Ahankara Sakshat

She has got it. She's got it. Mathias what do you say? Right heart? Ask him about his father. No. Right heart. She has got it. Good. She has got it. Let her enjoy herself. May God bless you.

[CONVERSATION OF MOTHER AND YOGIS NOT CLEAR]

Ask him to ask for self-realisation, Mother. Just ask him. It will work out.

[CONVERSATION OF MOTHER AND YOGIS NOT CLEAR]

Once more.

Got it. Just feel it. Hot is coming. Hot is coming. [Inaudible voices of Mother etc.,] Let it come out. What do you say. Left. Mathias? Still? Ask him about his father. What do you say? Left heart. That's catholicism. Now what about him? It will work. Just close your eyes. It will work. Hot? Cool? He has got it. He has got it. He is all right. Now, for him, he should say Nirmalavidya, for him, Nirmalavidya.

[Gregoire says to Mother that eyes are flickering]

Shri Mataji: Eyes are flickering? Ask him to keep his eyes open. And not to think. Just watch Me. Ask him to do like that, still. Did he go to some guru?

Gregoire: Name of false guru, he is the one who has got 14years jail, Mother.

Shri Mataji: Ask him to ask the question of a guru. He will be alright. Just ask a question. It will work out. It will neutralise.

Seeker: Mother! Are you my Guru?

Shri Mataji: Again.

Seeker: Mother! Are you my Guru?

Shri Mataji: Again.

Seeker: Mother! Are you my Guru?

Shri Mataji: Mathias. Passes into Vishuddhi, Nabhi. [MOTHER WORKING OUT] Aham Sakshat Adi Guru, Aham sakshat, Guru Mata Sakshat.

Ha! All right. Close your eyes now. Let's see. Let's see if the flickering stops. You've got it very well. Tell him how to help you. He is all right. He has got it. Ah! You joined us. He has got it.

Gregoire: It's is the second son he comes.

Shri Mataji: Aah, that's how.

Gregoire: He was in this room.

Shri Mataji: He has got it. She has got it too. What about him? Heat is coming up. Cool na? Hot still? Ask him to put his left hand on his stomach, on the liver. Left hand. Liver, yes. What about this lady? Are you feeling any cool breeze? What's she saying? [Conservation of yogi with the lady]. Heavy, are you feeling heavy?

Seeker: Only my ring fingers.

Shri Mataji: Are heavy, both the, both the fingers are heavy? Both the fingers? All right. Just a minute. Sakshat MahatOmkaara. You believe in Christ? Then? You have to believe in Him. Why? He crucified himself. Why don't you believe in Him? He is the one who is angry. Both the centres of Agnya. (inaudible) You just say, Mother, I believe in Him. It will work out. All right? Without him nothing can work out, impossible.

[Conversation of Sahaja Yogi with lady goes on]

Seeker: why?

Gregoire: Because I tell you why?

Shri Mataji: The centre is here.

Gregoire: Because it will open your Agnya chakra for your sake not for His sake. Right? You have to gain not Him, so you have to say.

Shri Mataji: You have to believe in Him, because He is there. You cannot deny Him. That's why you are catching both the centres. These, of this centre. How did I know that you don't believe in Christ? All right. Because here is the centre catching. How did I know that he has a guru? You have to believe in Him. How could you deny him? You cannot. He is the Spirit. All right. Ask a question. Mother, is Christ the Spirit? Ask the question. Just ask the question.

Gregoire: Mother, is Christ the Spirit?

Seeker: Mother, is Christ the Spirit?

Shri Mataji: Again. Put the hands like this and ask the question, with your heart. Ask the question again.

Seeker: Mother, is Christ the Spirit?

Shri Mataji: Again.

Seeker: Mother, is Christ the Spirit? Mother, is Christ the Spirit?

Shri Mataji: Now, heaviness is there? Close your eyes. Close your eyes. She started feeling it now. Close your eyes. Now you say, He is the Spirit. Just say that and it will establish. Very badly catching on the Agnya. Just tell Him. You have to say now, He is the Spirit. You are feeling the cool breeze a little bit. Now say, after experiencing, Aah?

Gregoire: He says she feels cold.

Shri Mataji: All right. Tell him to ask for the Holy Ghost.

Gregoire: You speak English. Just ask, Mother, are you the Holy Ghost?

Shri Mataji: Just ask.

Gregoire: Just ask, don't think about it, Mother! Are you the Holy Ghost?

Seeker: Mother! Are you the Holy Ghost?

[Shri Mataji works out the man with some mantras]

1980-1002, The Last Judgment has started

View [online](#).

2 October 1980

The Last Judgment Has Started

Public Program

Geneva (Switzerland)

Talk Language: English | Transcript (English) – VERIFIED

Geneva 2.10.80 The Last Judgement

Sahaja Yogi: Mother I would not try to talk to You. May I ask You...

Shri Mataji: They were very interested in your talk, [you know] [unclear].

Sahaja Yogi: I think I'll carry on with translating.

Shri Mataji: He spoke very well because you were so much interested; I could see that.

Sahaja Yogi: I'm not translating this.

Shri Mataji: And you could see from his heart, he feels so much for Switzerland...

[French]

Shri Mataji: I would say he is a real Swiss. He feels such concern about his fellow-being.

Shri Mataji: We are all the seekers of truth. Today there is a big urge to seek the truth, because the Last Judgment has started. There were never so many seekers before. Very few used to seek and extremely few used to receive. But the blossom time has come and so many of them have to become the fruits. That is the plan of God Almighty. We have to see how Switzerland faces it. When we are seeking the truth we must know what we are and what we have to seek. The first premises must be that we are not yet there, where we should be. There is something missing.

Now in a country like Switzerland where there is so much of affluence and people are very settled, still one finds that such a great rate of suicide exists in this country. Now every country has its own problems, but in that problem you can see the essence of its lacking. The lacking in all the affluent countries is that, that matter cannot be enjoyed. It can give you habits, enslavement, but it cannot give you joy. It can give you an ego pampering, but that happiness is combined with unhappiness. Those who also run away from all that are not happy. They have to rise above. How do you rise if there is no ideal beyond it? This is the seeking in the West. How to rise beyond matter? Because they are now understanding the value of matter; they are evolved to that point. We have to speak about the Spirit, Spirit which is being described by many saints, seers of ancient times. Christ has described it throughout. Moses came on this Earth to establish the sustenance for the human beings. He tried to tell people what human beings should do to be in the centre of life. But if that was the end of all our seeking there was no need for Christ to come. Christ came on this Earth to say that we have to seek our Spirit. The message of His life is His resurrection. On the Easter day we give eggs to each other. It is very symbolic. In Indian language a bird is called as khaga – Kha-ga – and also dwijaha. The first one means the one which goes in the sky, flies in the sky. The second one means the twice-born. And a realized soul is also called as dwijaha.

Christ has talked about your second birth throughout. He has said you are to be born again. But I find in Christian nations there is no seeking. You cannot be satisfied unless and until you have had your second birth. That is how you are going to find out your

Spirit. That is how you are going to become collectively conscious. That is how you are going to find meaning to your living. That is how you are going to find why the Lord has created this Universe. The scientists must ask a question to themselves: why human-beings were created out of an amoeba. Was that just a wasteful, a wasteful adventure of God? And what about all the sages who talked about your second birth? Were they all wrong when they said that you have to be born again? Krishna has said, "Yaa saa paschyati, saa pachyati," meaning the one who can see, can see.

I happened to meet a great saint in Cambridge, near Cambridge. He was one Mr. Mascaro, who has translated Gita and has written lots of books about Upanishada, Bible, and he's a great poet, well-known writer. He told Me, "Mother, people can't see. I have a friend who has got a Nobel Prize but he can't see." "What can he not see?" "He cannot see that this whole universe is regulated, organized, worked out and loved by the energy of God's love."

The man in his freedom has chosen a path of enlightenment in a wrong way. The wrong way is to deny God to begin with. Those who do not deny God, accept some sort of a concept or a dogma. Truth is, lies in the centre. It is a spontaneous thing that has to happen within us to know the truth. By what concept did we become human beings from monkeys? Or by what denial did we become human beings? The whole evolution has taken place as if like a seed sprouting. And now at this stage if anything has to happen, has to be spontaneous. You cannot get it by reading, or by talking, or going to library, or by being a king or a big man somewhere. You get it by the happening within you.

Today it was such a chance when I came from Rome and a very eminent doctor from India was travelling with Me in the plane, and he is very highly placed in W.H.O. He was just sitting next to Me. It happened or it happens, and he has heard about Me. He said, "Mother, can you give me realisation in the plane?" I said, "Why not?" And he got it. He got it there in the plane. But he knows that this is realisation, because though he is a doctor he is very well-equipped in Sanskrit and in the literature about realisation. He knows what it means. I did not have to argue or discuss it. When he got it he knew it was there. He said "Why not do it for the whole world?" I said, "You cannot force people to get it. They have to grow. They have to accept it. But people have so much of ego in your profession of medicine. In India they think they are all English or Swiss. So, how will they listen to Me? For them this knowledge is naïve." He said, "That's true." He said, "I know the problem. But it will come the, once we know why the problems come to us".

The other problem that the West is facing is cancer. Now he knows that I have cured the President of India of his cancer. But how I cure is not so difficult to tell. It's very simple. All the doctors are reaching very near us. So let us first see what we are within ourselves. And we are, on the left-hand side, this is the power of desire which makes our past, and this is the power of our action which goes for our future, and this is the centre of our sustenance. We have reached [missing part] All these centres, the subtle centres in the spinal cord and the brain start manifesting. You start feeling them on your fingers where is the problem, and also you can feel the others'. For example, Antoinette has got two children who are born-realised. Now these two little things can immediately say what chakra is catching. They are not educated, they have not been to any, any university, but they will immediately say, "This is catching," or "This is catching." So this is what happens to us when the Kundalini rises all the way into the centre and pierces through this fontanel bone area, that you become collectively conscious; you become. You become. Becoming is the point, not just giving you a big lecture about it. In the West, of course, the Kundalini rises all right, much, much faster, maybe much faster than India, maybe. Yeah, because people are seeking, because they are saintly. They are from, they are saints.

Sahaja Yogi: [unclear] is it?

Shri Mataji: No, no, no, no, they are. But the Western style of deriving at everything through rationality, again brings them down. Then again they rise. There is a method of maintaining it there. But for Indians who are naïve in this respect, their Kundalini stays all right.

Now this, on this side, of the past, here is our past, beyond this, lies, you see the moon is, beyond this lies the collective subconscious area. We can say this is the lunar area. Now whatever has been dead in the lunar area resides here. I was amazed that the B.B.C. program we had the other time in London that they said that they have found out that there are protein matters

which attack from some unknown area and trigger the cancer. Now this much they are, are accepting. I have said about it long time back. Now this happens; in this way is written by Gregoire in his book, Advent. He calls them as U.P.I. So, when we are in the centre through the observance of sustenance we are not in dangerous position. But we always go to extremes. We cannot keep in the centre in a relaxed manner. For example, Swiss people are extremely speedy. He was like that. Now, then you go on to the right-hand side, too much on the right, using your right side, planning for the future; and if you go too much on that side you go into the territory of supra-conscious. All the ambitious people and all the ambitious animals and all the ambitious vegetables, all of them lie in this area. Maybe Mr. Hitler may be somewhere there. It's no wonder people take to violence so easily. Now, if you move to this area you go towards the people who are dead, who have died and who have been sly and – what you call –

Sahaja Yogi: Licentious.

Shri Mataji: Ha, licentious. Now the attention is spread out here. The chitta, the attention, it's actually spread out here, because food and seeking is here. The attention starts getting subtler and subtler, when the attention from food goes to, say, power, to wealth. After getting to the extreme of our understanding of futility of power and wealth, we start seeking. We also sometimes seek in romanticism. That's also not joy-giving. That could be very painful. Sometimes people discover that you have been befooled completely. So the seeking goes into unknown to find out what is the reality.

Now if you realize that everything has happened to you without any effort, you will not put in effort for your seeking, because you have become a human being without putting any effort. If it is a living process, the evolutionary process is, then there should be no effort. Supposing we stand on our heads, will this tree grow faster? Supposing we read many books before a seed, will it sprout? If this is a living process it should happen spontaneously. There should be no effort. But man in his ego thinks even we have to organise God. We cannot organise Him. He has to organise us. We have to ask for our realisation and just stay in the centre. The Kundalini rises like this when She is faced with somebody who is an authority of Kundalini. It would not move for anyone who is unauthorised by God. This authorisation only comes when you are genuinely a self-realised person, of a very high quality. It cannot come by going to some theological college or getting some certificates from someone.

In India we have a system by which some, some Shankaracharya, who is not a real Shankaracharya, is giving certificate to give realisation. And he himself is collecting money because he wants to have a big umbrella of gold and wants to put diamonds around. All this should be dust for a person who is doing holy work, especially when they are ascetics. They are not householders like Me. But still, still nobody can be a parasite and can sell this; for Christ was born a carpenter's son, He lived like a carpenter's son. Shri Krishna lived like a herd boy, herd boy, and Rama lived in the forest. But when Shri Krishna became a king, He wore the crown. He did not take, collect money from others to buy His own crown. All these things are suggestive of the person who's trying to sell God. So the person like Christ who said, "Forgive them, for they do not know what they are doing," had to take a hunter and hit these people in the church. This cannot rise by the people who do not lead a holy life. Like I have known some gurus who are very nicely settled in your Switzerland with their big bank balances, have been using women for their own purposes. You must see their lifestyle; you should understand and should be aware of these frauds. They are the fake ones.

The person who is at that level can sleep on the ground. For Me I was born in a very rich, royal family, and My husband well-off, but if you ask Me I can sleep anywhere, live anywhere. I have no problem. But people don't understand this. They run after a circus. If somebody puts up a show they run after that show. In this country thousands of people are running after a such nonsensical guru.

One guru recently came to London from America and he said that, "If you give me a Rolls Royce only then I come." He has mesmerised people and they have got fifty, he has got already fifty Rolls Royce. And now these people starve themselves for one year to buy a Rolls Royce for this, this horrible person. Some of his disciples who have come to Sahaja Yoga went and talked to them. "What are you doing? You are all mesmerised." They said, "We are enjoying this very much and we are very happy. He has given us this. We have to give him matter to get the Spirit." You cannot exchange matter for Spirit. You cannot pay for it. It is very difficult to digest this truth for human beings. The Spirit lies in your heart, detached from everything. It is an eternal thing. It enjoys by itself. It cannot enjoy what you enjoy. It watches you, every moment. He gives you a long rope to hang yourself. It cannot control you because you are free. But you have to choose Him in your freedom. Your freedom has to be respected. You

cannot be mesmerised because you have to become absolutely free. The evolution could not go further without giving this freedom to human beings. At the development of this centre the man raised his head above the animal life, and then this new development started growing into him. Before this, there was only this pull, the superego, which is the, which is the product of your desire, of your conditioning. This, Mr. Freud has only seen because he is so half-baked, only one side of man. We are not only our conditioning and desires. We are also our ego here, the great one, which he did not see. Because this gives you problem, because you suffer from mental problems. He was a psychologist; he wanted to make money out of our problems. So he paid only attention to this.

Now if, if you only worry about your conditioning and try to remove it, how do you do it? You use your ego to remove it. So the ego grows up like that, and puts down this superego down there. And man thinks he's on top of the world. Ego gives you artificial happiness, like Hitler had. You see his face; even his moustache was on one side like that. Egoistical man is like that. He thinks no end of himself. He encroaches on the freedom of others and aggresses the free people. But after all, human being is the Spirit. He starts seeing this horrible thing within him, like a giant. Most of the young people in the Western countries started seeing it in their elders. So they started an anti-culture movement going to superego, taking to drugs and running away from reality. So, there is a wobbling between ego and superego. You have to be in the centre there. So when the Kundalini rises, She pushes the attention just like a, from the shawl you can see how it pushes up and She pierces here. A happening takes place which attracts your attention as this, inside. Because if I tell you pay attention to yourself you cannot. But something falls off, you pay attention.

So if some happening takes place, your attention goes inside. Then the attention pierces here, and you become one with the Divine power. So, you get away from both the extremes. When it pierces, you start feeling from your hand cool breeze flowing. This is described in the Bible as the cool breeze of the Holy Ghost. It is described in Indian scriptures very, very clearly. It is called as chaitanya lahari, meaning the, the, the waves of compassion; no, enlightened conscience. But the enlightenment is of love; it is the love of God which has created the whole universe so beautiful. In every human being is placed everything so beautifully. This is the tree of life. And these vibrations, these are the water of life. It is said that, "I will appear before you as tongues of flames." These are the tongues of flames. Christ has said, "Those who are not against Me, are with Me." Who are they? He could not explain. In Rome I went and I located many, many of the deities in the paintings of Michelangelo.

Sahaja Yogi: Deities?

Shri Mataji: Ha! Deities.

Sahaja Yogi: Ah, oui, yes, Mother.

Shri Mataji: Because he was a realized soul and he had inspiration from his unconscious. He was honest and he painted that. They say we, it is not easy to recognize [unclear]. All these things have to happen within you. The Kundalini has to rise. You have to get your re-birth; that is your right to have it. But you have to be meek and calm to receive it. You cannot order God that, "You give me. Otherwise I'll kill You." We have to be humble. There is no shop here. Our attitude should not be of a shopper, but here you have come to receive, for I cannot take anything from you. I can just give My love, to sprout your Kundalini. I want this to be established in Switzerland. We have to have a nucleus. We have to awaken our people to reality. We have to save them; big salvage is needed. When I am in Switzerland I'm a Swiss and I feel that concern for this great country. [missing part]

1980-1005, Get transformed

View [online](#).

5 October 1980

Get Transformed

Public Program

Lausanne (Switzerland)

Talk Language: English | Transcript (English) – VERIFIED

Public Programme. Lausanne (Switzerland), 5 October 1980.

Get transformed

You have to translate...

You are all here to seek the truth, you are all the seekers of truth. But what is truth? For the truth to an ant is different from the truth to a human being! The way your consciousness expands, the truth reveals itself to you. Whatever we know through our sense organs we call it as truth, but the sense organs also develop gradually as we evolve to human level. We have done nothing to achieve our sensitivity as human being. It has happened absolutely spontaneously within us! But we think for growing higher in our consciousness we have to do something about it. But if you see that human beings have come out of amoeba without any effort, and if you understand that the effortlessness is the only way you have achieved this state, we have to accept that effort is not necessary.

“Sahaja”, as Gregoire has told you, means “spontaneous” – like a seed: it sprouts by itself and becomes a tree. In the same way we started like a seed and today we are at a human stage. But some human beings even think that by paying money you can improve in your consciousness. Because of this mythical idea there are many enterprises floating and they call themselves people who are going to give you some higher life if you pay them so much, so much.

You cannot pay for your Self-Realisation: it is effortless, you cannot manipulate it through your rationality either, because rationality is a limited [thing]. You have to go to the unlimited! With rationality you just form dogmas and your own conceptions about reality, and if you accept that then you think by saying that you are that, you become that. If a seed thinks he is a flower, does he become a flower? He has to become! He has to grow in!

In the same way, we have to know that we have to become, but not through our effort but the effort of the Divine Grace. It is the Divine Grace that has created us. The Divine Grace has made us human beings, and it is the Divine Grace that is going to give us our higher life because God Almighty, your Father, loves you. He wants you to develop into such a being that He pours all His love onto you, so that you can feel His powers within you, that you become the instrument of the Divine Power, so that you feel the flow of His power through you, so that you can manage it and give it to others.

People are very much today... are science-hypnotised, they cannot see anything beyond science. But if they are honest they can find out that they haven't got answers for many questions, and the reason is their awareness has still to go higher to understand those questions. Like in histology you have got to see through the microscope, you cannot see it directly! In the same way if you have to feel the Divine Power, the All-Pervading Power you have to rise higher in your awareness.

Now if this power exists or not, if there is such a power working or not is to be seen! Every scientist must have an open mind to seek. That is the science of work, that is the mind of a scientist, who is open. Even in science they put forward a hypothesis and if the hypothesis is proved to the point, then they call it a law. So, whatever I am saying you have to receive it with a very open mind. First to receive it, see for yourself, and then you have to accept it as the law of the Divine.

Within us is placed as I say, are these centres which are seven in number. One, two, three, four, five, six, seven. These are the basic seven centres within us, which lie in the spinal cord partly and some in the brain. These are subtle centres within us and they express outside the gross plexuses. Vertically they represent our evolutionary process. They are the mile stones in our evolution.

At this point which is called as the Mooladhara Chakra, which manifests the pelvic plexus outside. Now, this centre is placed below the Kundalini, which is placed in the sacrum bone. This is called as sacrum because it is a sacred bone. In this bone lies the Kundalini, the residual power of our germination. During the process of Kundalini awakening you can see the pulsation down here. You can also, through stethoscope, see the rising of the Kundalini and you can see the pulsation in the back bone till it reaches here in the fontanel bone area where it breaks through. At that point you do not feel any pulsation. As soon as this happens, from your hands a cool breeze starts flowing. You can feel it on your fingers as shown here. These are the terminal points of the sympathetic nervous system within us. These represent all the centres that are inside us, and you start feeling them on your fingers, as a... absolutely your own experience.

Now first time this Kundalini meets the seat of the Spirit, which actually resides in the heart, and this, these cool waves, are nothing but the manifestation of your Spirit. It has been described in all the scriptures. The time has come to prove all the scriptures to you: but you have to be connected with the mains! For example if this instrument is not connected with the mains it cannot be used! In the same way if we are not connected with the mains, we have no meaning. In the big primordial being we are small cells: the microcosm and the macrocosm. Every cell has to be awakened to know how it is connected with the whole.

So, by Self-Realisation you must expect to get your wholesomeness. So that it means that in your consciousness you should be able to feel others and yourself – otherwise it is not Self-Realisation. If your Spirit is manifesting it should be able to relate to you, where are you. Your eyes have to be opened, you should be able to see! If there is light you can see everything clearly. In the same way you can see on your fingers, you can make out what are the centres are in problem.

These centres, on the left-hand side, are dealing with the mental side...uh...with the emotional side. This is the...was described by Mister Freud as psyche. He was a half-baked scientist because he could only see one thing in us. He could not see other side which is responsible for our action, the power of action, which...which gives you the physical and the mental side. He should say that you should not have any conditioning and you should remove all your conditionings, and you should not believe in any taboos given by any prophet or anyone, because if you do that then you condition yourself. But he does not know: to do that we have to use this power (right channel), and by doing this, using this power, we develop the ego!

With super-ego you do have problems which trouble you and you can see yourself. But with ego you do not feel the problems yourself but you are problems for others; and as a result there is problem also for you because if you use too much of this power (right side), then this power freezes (left side): you become a very dry personality. If you use too much of this power (right side), then you develop a liver problem.

The medical science does not believe, but actually this centre here, the second centre, is creating cells out of the fat cells here for the use of the brain. In the gross, it gives aortic plexus, manifested power. But this cell has... this centre has another very important power: is the liver, is the spleen, the pancreas and also the kidneys and the uterus. When we... it starts working only for one job, is to think for tomorrow and all the time thinking, then other jobs are neglected: a person who thinks too much always gets a diabetes. Farmers do not get diabetes. They eat such a lot of sugar and they eat such a lot of carbohydrates, they never get diabetes! People who think too much get diabetes. Apart from that they get liver. They get kidney troubles. Sometimes they carry on with one kidney: they have to be in the machine every third day, but they do not believe that it is coming from over-thinking.

When the Kundalini rises she solves the problems, because when she goes between these two, ego and superego, she makes a space. A thought rises and falls off, and another thought rises and falls off, and there is a space in between. Either the thought comes from the future and becomes the past. So we are jumping on the ego or superego, all the time on the cusp.

In the centre is the present. When the Kundalini rises she sucks both ego and superego, and you find a depression in the head, and you feel absolutely relaxed. Now you come in the present, and you feel extremely relaxed. I always tell a joke about some villagers travelling by a plane and they were told not to take the load, hu..., so much load to the plane, and they thought that if they put their load on their heads they will be giving some relief to the plane. So they put all their load on their heads and are in tension. Then the pilot comes and asks them "why are you putting this load on your head?" They tell "after all we are worried about your plane". So he says "this plane carries your weight and this weight as well: you leave it on the ground!" First they are afraid to leave it, they doubt. Gradually they find "Oh, it is correct!"

That's what happens after Realisation: the Lord, God Almighty Who has created this whole great universe, has created you and has given you all the beauties of life, He is going to carry all your load. He carries your load otherwise also: what work do you do?! If a tree dies you make a good table, chair, you think "we have done a good work!": you are just changing forms of dead to dead! If you make a chair and sit on it, it sits on your head: then you cannot sit on the ground, you have to always carry chair with you in some form. We might get people later on, glued to them a chair wherever they go!

So the matter, which you change into forms gives you habits and enslavement. But I'm not saying that you give up anything. That is another myth: what are you holding?! It is nice that this thing (chandelier) belongs to the hotel, no headache for Me. If I had owned it and possessed it, it would have been a headache. The more possessions you have, the more frantic you are. But what I say: you enjoy them! That's only possible after Realisation: that you do not give up anything but you see the whole drama as a witness.

But the main thing is it has to happen to you, some happening has to happen within you. This happening is of Kundalini awakening. It's a living force, and a living force cannot be handled by human being because they have done no living work whatsoever.

I met a lady, she started arguing with Me: "we are making test-tube babies". That ...that too is a myth, because two living things you put together: you do not create life! But the One who creates billions and billions of such human beings, how great He must be! In our being it is so many interesting things happening, but we take it for granted. For example, if there is any foreign matter introduced in the body we throw it out, the body throws it away.

Now if you see in the child bearing, while the foetus, I mean the embryo is embedded in the body, then it is not expelled out. Not only it is [not] expelled out but it is nurtured, looked after and then at the right time it is expelled. Who does that? Who does that? There is a Deity sitting down here (Mooladhara chakra). He's the Deity who is the embodiment of our innocence. He incarnated on this earth at this point (Agya chakra), inside the brain at the optic chiasma as Our Lord Jesus Christ. He came on this earth to tell us that we have to seek our Spirit, that we are to be born again.

But, most surprising, we are getting people authorised by some theological college to give you a baptism! That's just a mechanical thing! It is not a real baptism. You have to ask for the real baptism! If you are the seekers of truth, then you ask for real baptism! There is such a lot to be said about all these centres and their Deities, and I'll be here for two more days, then I'll elaborately tell you.

But today I want to tell you about the areas which lie in this side of ours, (says something to Gregoire) and this area is supraconscious. For example when you take LSD and all that you enter into this area, but if you take some other kind of drugs like dhatura and all that you go on to that side (the subconscious). Also when you think of dead too much you enter into this area.

Now the defect of the whole scientific attitude is this that it is all based on analysis. For example there will be a doctor for one eye and another doctor for another eye. But human being is one! The medical doctor cannot treat the psychological problem, but Kundalini treats all of them! She integrates all your being: your physical, mental, emotional and spiritual being she integrates.

Now the problem is like this: cancer can only be cured by Sahaja Yoga. It cannot be cured by anything else. The reason is – now the doctors have also found out in a very researched way because I saw it in BBC – that there is an attack from some unknown area on their being through...by some protein matters, protein. And they said, they have reached the conclusion that this attack comes from the areas which are built in us from the creation: it does not come from without. Now, these are the areas (supraconscious and subconscious) from where the attacks come.

In our evolution, by balancing things, there are many such vegetables and animals which have gone out of circulation. There are some human beings, quiet a lot of them, who have also gone out of circulation. For example people like Hitler, on the right-hand side, he's out of circulation. They are actually devils. On the left-hand side, very sly people who are playing very sly and dirty tricks, and very... who are heinous... full of ...(inaudible) For example, uh... this chakra (Aghya) throws the over-supraconscious people, the over-ambitious people out of circulation here, and this one throws out of it there. Now these build up negative forces against the life, against the life. These attacks are from all these areas, two areas I told you.

Now the problem with human being is that he goes to extremes. The whole system, the human system is now building up such things like, which creates "unique" personality. If you become unique you become malignant [The...] – malignant is like a cancer cell, which starts oppressing other cells and turning those cells just like these aggressive ones. So we see one "unique" man and we run after him and we want to become like him. And because human [live] beings live on very gross level it is very easy to impress them with this kind of thing. That explains people like Hitler could influence Germans. Today a person like Khomeini is influencing poor Iranians. There is no end to such "unique" devilish stupid. Now these two areas, we do not have to go there. Below is the hell, which is being painted by so many artists in the West. Even in the East we have many people who have exposed the problems of hell.

On top there when you pierce, you enter into the super-consciousness and, first time in your conscious mind, you start feeling the cool breeze, you start feeling the Divine Power which created the whole creation, which is the vital force.

Now, to be there, we have to use some sort of a method, and that method is used by the Divine Power itself! Now She...She comes down first as the desire power within you, and this is the pure desire power, which is not affected by our personal desire or conditioning. The pure desire within us is to become our Spirit, so that through our Spirit we know the Divine. This pure desire rests here for ages with us, and the one who is authorised by God - not by theological college! - faces this desire, it rises: shoots off. That's how you become Self-Realised. First time you start feeling your Spirit on central nervous system.

Whatever is human awareness is expressed in central nervous system. Whatever we have achieved in our evolution is expressed through central nervous system. And the autonomous nervous system, which are the sympathetic and the parasympathetic – are so far unknown to us – become our own. When we say, "autonomous", who is the "auto-"? Just you brand somebody and then stop thinking about it is not the way a science should move! Who controls this autonomous nervous system? It's your Spirit. Your Spirit knows you. It knows its field. And you do not know it. Now first time he manifest in your central nervous system. It is happy and enjoying itself, it enjoys itself! When the attention from here rises to the Kundalini and touches the Spirit here, attention enjoys it. Thus your attention becomes enlightened.

Sitting down here you can say what is the problem of a particular person. Sitting down here you can say who is Realised, who is not Realised. Tomorrow I'll be able to tell you some stories about it, but you all must get your Realisation, and establish it. The trouble in the West is that there is seeking, they are real seekers, they are very genuine, but they do not know how to remain in the centre. They go to extremes. This is one of the problems. Secondly they have developed shopping habits. I call it "guru shopping": they think they came to Sahaja Yoga also for shopping. First they'll come, attend my programme, listen to my lecture, then go to another programme. This kind of behaviour has made them very frivolous.

You have to have depth in you. Your seeking should be dignified. If there is no weight in your seeking you will be floating all the time, you cannot go down. Sahaja Yoga requires people of calibre, not the kind of calibre we expect that a efficient person

should be there, or a very rich man should be there, or he should be a very great expert in something, but the calibre of assiduity to get to the point.

I must say for Britishers, though they have been very bad to Indians, I found their young people are people of calibre. They are very difficult to crack. Difficult to crack. But once they get it, they sort it out! They are not scholarly...they are scholarly but they are more on the deeper side of the search. In London I have now about three hundred people who are first class Sahaja yogis. They are curing people, they are realising people, and they are now writing about Sahaja Yoga.

From Switzerland also I have some very precious diamonds. Gregoire is one of them. He has written a beautiful book about the "Advent". He is a scholar, and a...very intelligent. He wrote a book which was very...would have been very intellectual, but I told him to make it a sweet book, because they...people who will read it will become absolutely mad. I really tortured his life, but for one year he agreed and he made it a very sweet book. He is a man of great attention and concentration, and I'm sure where such great Sahaja yogis reside there must be great and greater seekers. The only trouble is, when you receive the truth you become so enamoured by it that people think you are possessed. It is very difficult to tell people that we have found the truth! Because for blind people, how to say there is light?!

You can see from their lives, how they are transformed! For example...I'll give you a small example of a child who is playing now. He is a child of another Sahaja yogini, Brigitte, who was in Mexico few years back and you know there is lot of black magic there, and this child developed a big lump here in front. He would not talk to us or anyone, he was all the time crying, weeping and he was struck. Now this is the centre of Christ. He would not have a cross anywhere near. Actually he hated it, but when I rose his Kundalini and took the name of Christ, this opened out. Actually he used to look like a bull about to hit you, with the whole attention like that. Very aggre...very aggressive and did not sleep in the night. He was very aggressive and could not sleep in the night. But as soon this centre opened out and the Kundalini opened the Sahasrara, the Brahmarandra...today you can see what a beautiful child he is! Mother is also completely transformed.

Gregoire himself is completely transformed. When he came first to Me I didn't know what was happening, the thoughts were coming like horns and he was attacking everyone. He was an extremely disturbed person. When his sister, elder sister – who is another intellectual – saw him so transformed she said "who has transformed you of all the persons?", and then she took to Sahaja Yoga also.

In the end I have to tell you that the Last Judgment has started. The Kundalini is the way they are going to judge you. Actually you are going to judge yourself. You are going to be given complete chance to improve yourself, and there are many great souls taking birth on this earth. There are many children born on this earth who are realised souls. Today we have here four of them who are playing about. They are born realised. Like Antoinette's son is great. He brought a very nice picture to Me today made by him, painting, and he told Me "this is the fort of Shri Krishna" – I don't know from where he knew – "and all His Divine weapons are in this place, and all those people who attack us we are going to attack them with these weapons". It's very remarkable how he knows that Shri Krishna is the Samhara Shakti, is the killing power. When they see they know so much, you can't imagine!

Most surprising thing that, William Blake, who is a great poet, who wrote poetry long time back, has described where I will be staying and where our ashram is going to be exactly, in his poetry: I lay down the foundation in the... in the place which is called as Lambeth Vale, and he has mentioned that. And first I stayed in Surrey Hills – it's written: "The flames will start at Surrey Hills", and the foundations of the New Jerusalem will be laid at Lambeth Vale. Now this is...was written long time, I did not know, but recently somebody has sent Me a letter to Switzerland.

Krishna has said, "Those who cannot see cannot see." He has also said, "Yoga kshema vahamyham," meaning: First you achieve your union, then I will look after your well-being. Christ came on this earth to teach us that we have to achieve our eternal being, our Spirit. His resurrection is His message, so that you all should be resurrected and enter into the Kingdom of God, to enjoy all the benedictions of His power. Let us have our Realisation now. Thank you very much.

1980-1010, What is the technique of a flower becoming a fruit?

View [online](#).

10 October 1980

What Is The Technique Of A Flower Becoming A Fruit?

Public Program

Zurich (Switzerland)

Talk Language: English | Transcript (English) – VERIFIED

...and it is such a living process that [missing part]. [I tell you] there's no technique. That means you cannot follow any technique. What is the technique of a flower becoming a fruit? When I see people standing on their heads or jumping or doing all kinds of things to seek God, I really think they are still very children, small children. They are still very naive. They should know, that if we have become a human being from amoeba without doing anything, whatever you have to become, you will become. That has to be done. That's the problem of God and not of yours. It has to be done; otherwise He will have no meaning. The creation will have no meaning if you do not have any meaning. Because if you are on the top of the creation, then something has to happen to you, by which you should know.

What is this power that has created you and what is this power which is guiding you? By what power have you become a human being and by what power you are going to become a higher being ? About these things whatever I am talking to you, like a scientist, you must keep your mind very open and not to close your mind in the sense that I put a hypothesis before you. When I put a hypothesis before you it is necessary to see if the hypothesis works or not. If it does not work, well and good. Then you can say, "All right, it has not worked." But you must try to find out with open mind why it has not worked [in you] instead of criticizing the system, because in this I have nothing to gain. It is you who has to.

You cannot give Me anything whatsoever. For your information, and as Gregoire has said, I am quite all right as far as taking is concerned, because I don't think I need anything from anyone. I'm an over-satisfied person. So only thing what I want to do, the satisfaction that I am enjoying, the joy that I am enjoying, I want to share, and that is a very, very simple thing. It is so simple, like this light which is enlightened can enlighten another light. What does it do? Just it is already enlightened and that light is ready; it's just adjusting. But there's another problem I find, that people think, "I am going to do it on my own." You cannot. There should be somebody who is enlightened, [who] can do it. But this is a very, very important word, "enlightened". You can find gurus from everywhere and all kinds of, even Western people now have started techniques. The person who is real is not going to do any technique whatsoever except that it is going to just enlighten Spirit, to another Spirit. That's all. You are all very built-in. See how beautifully you are built-in through your evolution. This is the first power, as I told you.

This is the second power which is the power of your action, reaction. This action is physical and mental while this is emotional. The left side as it gives in the gross, the manifestation to the left sympathetic nervous system, this one goes against to the right sympathetic nervous system. This is accepted by doctors, but they do not accept that there are left and right, two sympathetic nervous systems actually inside, which are subtle and what we see outside these kind of chord are being closed up. By this, as I told you, we desire. This is the psyche about which Freud has talked. But he is a very half-state because he talks only about one part. When you try to de-condition this you do it through the second one. Now when you try to de-condition this, what happens, as a by-product of this, ego develops. And the ego starts developing so big that it pushes down the superego and the whole head becomes like a balloon [now]. Only after realization you start seeing that balloon and then you say, "Oh, God, what is this coming out?" It is there. This Mr. Ego is to be seen, how it comes up when you are here. Otherwise you do not understand. Because superego is a thing by which you suffer. When there is superego you feel depressed and you feel lost and everybody says, "He's miserable." But when the ego is there, oh, you are very happy, you are on top of the world. You can even become Hitler, you see, absolutely like Hitler. You may have a moustache of his type also or may develop a hairstyle of his type. It is to that extent one can go with this ego and would be saying, "What's wrong? What's wrong?" because then you trouble others.

Here you are troubled, but it's better in a way. But this one it's such a horrid stuff that when it works out you become absolutely

unique personality by which you become really malignant in the society. And the society is developed of such people has no love within them. When the ego develops too much the left side becomes absolutely frozen, and people whose ego is developed have a very bad emotional side. That's the reason why we find there are so many divorces and things coming out because we become very dry persons. We lose our emotions completely, by physical, by emotional. By physical and mental activity we really freeze our heart, and sometimes people have heartaches.

In London we had a gentleman who came, who was a dentist and he told Me, "Mother, I have no feeling. I don't cry. I don't weep. I have become an [over-tough person]." I said, "How you call that? I mean, a person who is liberated is nothing but love and compassion. From his whole being compassion must flow. Instead of this, what has happen to you?" He said, "I do not feel anything. I do not feel my children. I cannot feel my wife. I've become like a stone." I said, "Are you going to now become stone after becoming a human being, or what?" So, he said, "Mother what am I to do?" I said, "What do you do first of all?" He said, "I go for five miles every day." I said, "Better stop. What is the need to run for five miles? Going to such extremes of running like mad, what is the need? Why don't you spend that time with your children, play with them? You'll be better off." But ultimately the Kundalini rose in him and he got them back. So this is how we live in imbalances with these two powers.

Now the third power which is, which is actually the Kundalini here, we have achieved up to this point, from the top to this one, is the one which has given us our evolution up to this point. We are evolved human beings but still we have not been able to reach our meaning, I mean to find out our whole existence, the justification for our existence. Why we are made human from amoeba state? What was the need for nature to create human beings? What is our speciality? And people are finding it very difficult to explain. They try to give this explanation and that explanation. But actual, simple explanation is this, that you are trying to find your wholeness. You are a part and parcel of the whole. You are like [the/a] cell, the microcosm and macrocosm, as they call it. And you have to become aware of that thing. Once you become aware of that great thing, then you are surprised to know that you become collectively conscious. You become. Again I say, you become. There's no question of just telling you, "Oh, we are brothers and sisters. Let us have United Nations," and then they fight there or just find jobs for people]. It is not that. Automatically it [happens/ means] when the Kundalini rises from here and She pierces through this fontanel bone, as Gregoire has told you, on the fingers, you see here, you start feeling these centers on the hands. You start feeling. It's an actualization that happens. You start feeling all these centers on your fingers.

Even if you take ten children together and who are realized souls and tie up their eyes and ask them that, "What is wrong with this particular person?" they will all raise one finger, which means he has got throat problems. It is that decides. It is that. But that's not the only thing. Of course, collective consciousness when it comes into you, you start understanding. "Oh, God, I understand my own centers that are within." That means Self-realization, understanding about the Self. When you know about your own centers then you know Self-realization. And when you know about the centers of others, you know it is collective consciousness which is built-in.

Now see, in human being we have developed certain consciousness. For example, if you want to take a horse through the dirtiest place he wouldn't mind; he'll just walk. For him it does not matter. But you cannot go with the horse. You'll go for about two paces and you'll turn by saying, "Oh, I just can't walk." The horse will walk through; he will have no problem. But you cannot because you have developed that sensitivity within you, you have developed that sensitive nose within you which the horse does not have. In the same way you have developed other sensitivities, say to beauty, art, to many things you have developed. I mean, you are much higher than animals, no doubt. And when this happens to you then you realize that you have a much greater sensitivity than before, the one of collective consciousness. In Sanskrit it is called as samadhi chitta. It becomes your own feeling, means you start feeling it on your central nervous system.

Your central nervous system is what you have achieved so far up to the human state. Now your nervous system starts feeling a cool breeze. Now this cool breeze has been described by all the Scriptures. This is from the heart, the Spirit. The emission of this cool breeze is the actualization of the Spirit. Our attention becomes one with the Spirit and it starts emitting cool vibrations, which is described, as Gregoire has said, as the cool breeze of the Holy Ghost. In, in Sanskrit Holy Ghost is called as Adi Shakti. And I think perhaps in India, perhaps because we were people of simpler nature and a simpler living, not so complicated, and because in our country we did not have to face nature so much I mean, you can live in a, in a forest very happily, with very few

fruits; they don't need so many things people started finding out inner being. As you started finding out the outer growth, which you have to grow out, there has to be the inner growth. Like in a tree when the tree grows higher the roots have to grow. For God there is nothing like East and West, oxygen clean and all that. I don't understand, to be very frank, but the human beings, "We are Eastern. [You are] Western." It is only that in India the search has been under the being and out here it has been outside. It is only one personality. God never created a world with different nations.

And sometimes I forget about My passports completely. I think it's like a criminal, carrying a number of the crimes you have committed or something like that. We, this is our craziness that we believe that we are different nations, we are different races, we are different beings. He created all this variety to create a feeling of beauty. Because variety creates the beauty. I mean, if you had the same type of noses and same types of faces and same types of hair, you would have been bored of each other. As it is, we are bored. Then I don't know what [would] have happened to you. As it is, we can't bear to meet everybody. [They hesitate/ Because I've seen people, I mean if they go to meet someone they must have a television in between or they must drink something together or they must go to a cinema. But they cannot sit together and talk for more than five minutes without fighting. This is what we are. We are so boring. So why we are so boring is because we are not collectively conscious.

But this lecturing is not going to help you, as I told you. There is no lecturing about it, no talking about it. It has to happen. If it does not happen then it does not happen. I mean, if it does not happen I cannot force it. But it happens to so many people; specially in the West it happens [to many people]. The reason is, as I always say, that England is the heart of the universe. But it is lethargic. Europe is the liver of the universe, which is, which is drinking alcohol.. India is the Kundalini of the world; there is no seeking. God save this universe. I mean, whatever is missing, is missing from the point. Where there should be seeking in India, there is no seeking. People do not seek, because they are becoming sophisticated; they are becoming modern. So they do not want to seek. The seekers are in the West but the problem is, as I told you, in England they are lethargic and in the Europe they are drinking].

Doesn't matter. Whatever may be the situation at this time, I have a feeling that blossom time is coming. The time has come for people to get their realization. It's the blossom time. In the Tree of Life we had one or two flowers before and nobody could understand them. They were butchered, never recognized, never. They were killed, they were poisoned, and they were crucified. This is what we have to look at. While even the thugs came in and the swindlers, we were very good to them. We have given them palaces, and houses and beds where there are diamonds, and they are having a very nice time. So, what to do? This human eye has to see. That's what it's very difficult. Krishna has said, [Hindi] "The one who can see, can see. The one who cannot see, cannot see." It's impossible. No use breaking your head before a person who does not see. Somebody, there is a blind man, you tell him "This is the color of this table cloth." He'll say, "What is the color? You tell me." Now what are you going to tell? He cannot see. And I have seen this is the problem of the West and also of the East. The great writer who is living now in England his name is Dr. Mascaró; you might have heard his name he has written lots of treatises about Gita, and Upanishadas, also Dhammapada and also Bible. He's a master. And he is a master of Sanskrit language. I went to see him and he gave Me a flower. with a beautiful couplet, "Flower", [in that, from which] he said that, "Mother, give us light. Give them all light so that they can see. Please give them." I said, "I'm doing that." I'm doing that, but somehow people do not know what to expect within themselves.

When the awakening takes place the first thing that happens as a by-product that you get physical [health], fitness. The doctor has not come today from Lausanne? We had a doctor. Luckily they were five or six patients who also have come. First thing that happened to a paralyzed lady was that she got all right, with her paralyses which was there for two years. And she told Me, "For the first time I could climb three stories in my house after realization." The second gentleman had a sort of infantile problem who was bent up completely like that, throughout, and he always used to eat like that; stood up and his back was all right. Thirdly I mean, this happened only in Lausanne because we have done so much this work before there was a lady with breast cancer, and when she came to Me, she, her hands started shaking little bit. She shook for a while and now she is perfectly all right. Who is the fourth one person? And a lady with arthritis, she got all right. And another person who was down with some sort of a, we can say a nervous tension in the stomach, she got all right. So this is nothing; this is just a by-product. The by-product is like that when God has to be invited in your heart, this temple of your body has to be enlightened and cleansed. So the cleansing takes place. It's a first cleansing [divine in the body through your physical [form]].

Now, cancer: I've been saying this for the last ten years. For your information I've cured our president Sanjiva Reddy, [there it took him five hours], of his cancer. You know he had cancer of lungs. Cancer can only be cured by Sahaj Yoga. It's a fact. I've been talking about it, saying about it. Some doctors accept it but most of them do not. The reason is, you cannot take money for Sahaja Yoga. How many doctors are willing to accept this proposition? There is nothing mercenary about it. You cannot take money for this. If you get enlightenment you have to give enlightenment free of cost.

On the left and the right of these two, there is an area which is collective subconscious and the collective supraconscious. These are the two areas which are unknown to us, and from here all esoteric and all sorts of experiences come to us. For example, people start seeing light or they start feeling that their body is taken away or all sorts of good experiences come from this movement or this movement. Now these are the areas we have to avoid completely and we have to be in the central path. We have to be in the light of moderation and not of the extremes. But if you go too much of this side or to that side you fall into problems. Now I have seen all the cancer patients that I have seen so far had a problem from the left side, most surprising. Either they had some sort of a false guru there.

Leukemia, leukemia is caused by the entry of some sort of invaders from this area. Now, you'll be amazed I've been saying this for the last ten years but I saw in the BBC recently they have found out that there are some proteins which they call them as protein 52, protein this and that, which are invading us from some unknown area they do not know precisely ? from some unknown areas, and these areas are built within us since the creation. This is accepted now by the cancer research. But their research is something like a blind walking in, into a black pool. He says, "Now this is the chair. So we found the chair. So there is a chair." I say it's better that you get the light and see for yourself everything what it is. That's a much better way of knowing. This is known as self-knowledge. When the self gives you the light, we start seeing all these things within us and understanding them.

Now these areas are very, very dangerous. For example, those who indulge into say, some sort of a supraconscious experimentation, like flying. For example, some people are now trying to fly. See, there are courses to fly. I don't understand. You've got your aeroplane. Why do you want to fly in the air? Now this flying business is done nothing but by the spirits. They take away your spirit outside and you feel that you are removed from the point.

But this area is the most dangerous thing for children, because this ego develops in a grown-up person, but in a child there is no ego. So when these bodies take away the soul of a child, it is difficult for the child to come back to life. And you'll find the child suddenly dead without understanding the reason for his death. This is because now you have let loose all these areas into the present tense. Never, never before on this earth, such a mess of horrible things. Because of these horrible fake gurus, also the indulgences of ourselves into different techniques by which either move this side or that side, like ESP and all sorts of the techniques, that are all... Some other was, to stop your drinking you have to say, "I don't drink." So you develop your ego; you go this side. All this deliberations of human beings which come from an unknown source make the person enter either into this side or that side and creates such a number of complications. The permutations and combinations, when I see them I am really amazed.

Now where do we have to go? Because this side is the hell. So we have to go there and to be on the top of your head is the power which is all-pervading, about which all the Scriptures have said that there is an All-pervading Power. Now are we to believe that or not? Are we to say they were all wrong, who told us this? Was Christ wrong? Was Nanaka wrong? Was Adi Shankaracharya wrong, who said that you have to achieve that state? They were all wrong or we are wrong? Actually, when I was born my father himself told Me he was a realized soul that no use talking to human beings about all this. At the most they can crucify you. They won't understand. What you have to do is to find out a method by which you give en masse realization, by which you raise these people who are on the first floor, to the second or the third floor so that they see there is beyond and they will understand. Otherwise they will definitely crucify you. I said, "All right." And I worked very hard. At the age of my forty-seven years, for ten, eleven years back I found out a method by which we can have en masse realization not individual but en masse realization. And as Gregoire has told you that I worked more in the villages. Cities I've left for the thugs. Let them work out, because they are interested in your purse. The villagers don't have any money. They are simple people; let them have realization. Let the city people run after these mad people.

There are some people who are giving something like a diamond and this and that. Is that what God is going to give? Why don't you go and purchase diamonds in the market? It's very simple. But this is what it is. We must know what to do then. We have to find out our wholesomeness. We have to find out our own power, our own power, not the power of the guru. Even if the guru is right, what does it matter? What about your own power? Have you been able to find your own power? Your own power manifested by which you raise the Kundalini of these people, you give them Realization, by which you cure people, by which you give them all the peace and by which you give them their spiritual ascent by which they live in bliss and happiness. This is how you enter into the Kingdom of God by entering through this alone.

All these chakras are the basic seven chakras [we have] and they have got different deities who are settled down. I would say the red mark you see here is the center across the optic chiasma where it crosses each other. It's a subtle centre and that centre controls your pituitary and pineal by which pituitary controls ego and the pineal controls your superego. And when the Kundalini rises through this parasympathetic, integrating you completely, enters into that area, goes beyond it, you find there is no thought in your mind. You become thoughtlessly aware. It is called as Nirvichara Samadhi in Sanskrit language. One may say, "It's a very difficult thing, Mother. How?" But the thing is, if I can do it there must be something about Me. I've done it; it's really I can do it. So there must be something about Me. Instead of doubting Me it's better this: I can do it; why not have? Some say that it takes thousands of years, it takes this thing, that thing. But all right. I am a master of that. If I can do it, why do you have any objections?

The other day a doctor came to Me and he said, "I think I should do it myself." I said, "Very good. I'll be very happy, sir, if you take My place. If you can do it, nothing like it. I would like to retire. I'm really tired now working on people. Can you do it? Now, you are a doctor. You know how to drive. I don't know how to drive a car. If you are driving My car I have no objections. In the same way if I drive your Kundalini what objections can you have? If you can drive the Kundalini I'll be very happy. Why don't you do it?" But he cannot do it. That's the main part. Then I said, "You better take My [seat/place]." I'll be very happy because it's a tremendous work, requires tremendous powers, tremendous patience. And when you will come to Sahaja Yoga you will realize that only a Mother can do it. It's a question of tremendous patience. They don't want their realization. They don't understand the realization. They are children. They are getting drowned. You have to tell him, "My child, take care of yourself. Please have this." You have to explain to him. It's such a difficult task. Mr. Ego is very powerful. At the smallest point they come onto their egos. They say, "Oh." Any point they'll pick up and say, "Oh." This is not [right]. The other day only I said one significant point about. I said, "Christ has said, 'Thou shall not have adulterous eyes'." And in the Bible it is written that, "Thou shall not commit adultery." It was all said for your good. Very important it is. You see, in India we commit the sin against the Father that we don't believe that our Father Almighty is going to look after, look after us. Krishna has said, "Yoga Kshema vahamyaham". Vahamyaham, "When you get your yoga, then I'll look after your kshema, means well-being." He has promised it, but we Indians don't believe in it, you see. That's why we have problems, and that's why we are doing something else that you are not doing.

But we have to see the problems of this country or of the West, is that we are doing sin against the Mother. These days it's allowed to have a woman as a keep. It is not allowed to have. This is absurd, absolutely absurd. You have to marry and lead a sensible life, in the centre, have children, and be good, righteous people. Of course, now the life as it is we have committed sin on this side and we have committed sin on the other side. But doesn't matter. Makes no difference whatsoever. Whatever we have done, forget about it.

The another fashion we have in the West is to develop a guilt. For anything. It's a fashion, absolutely is a fashion; take it from Me. I'm dealing with the Western people more. So I will tell you how the fashion comes in. I don't know how it comes in. Maybe we have to go and confess before the priest maybe, and I don't know how it comes in. But everybody's guilty about everything. Even people living here are guilty about the people, say, in North, North Korea or South Korea or Vietnam or something like that. I mean, you are just here. Why to feel guilty about there? You are doing anything wrong? You are good people. Why to feel guilty? But it is an escape to feel guilty about something.

Like in France I was surprised, we found people, the French people, that they were very unhappy and very complaining all the

time, and I was surprised why they were so depressed. And very boring also in that way. I said, "Why are you boring yourself with this kind of an idea that you are the most miserable people, like Mr. Hugo has said, 'Les Miserables', all of them settled down in France." I said, "What is there? Look at the nature. See to that. How beautiful it is. Have you thanked God for that? Have you said, 'Oh Lord, thank you very much for what you have given us.' Have you ever, ever been thinking at that? Unless and until you thank God, how will you know the joy of thanking? You do not want to thank God. That's why you should be miserable. You have to show that you are miserable. Otherwise you may have to thank God for that, whatever He has given you. He has given you this beautiful [body/]. He has given you this human awareness. He has given you so many things for which there has to be endless thanks." But we are unhappy about small, small things. Even if the tap is not running all right we get absolutely upset and say, "Ah," as if the whole world has collapsed. Even the smallest thing upsets us like that.

Now, in France, they told Me that, "Mother, You are extremely happy person, but people will think You have no character if you are that happy." I said, "Really?" "So then you have to show your character by showing that you are very unhappy." I said, "I find this impossible. You know I, I cannot be seriously unhappy for more than one minute and again I get into a big laugh as a joke. I cannot, and when I see such people I laugh even more." What is there to be so miserable for? Are you crucified on the cross? Some people said, "We have to suffer." Why? Christ has suffered for you. Why do you now suffer second time? All right, He has done the suffering for you. Finish it off now. And He never suffered because He was like Me, those who never suffer. But our idea about Christ is also that He was bony person; He was nothing but bones. This is all our idea, because we are so miserable ourselves we cannot see Christ. How can you carry a cross on your body if you are a bony person like that? Can the, these bones, what you call the skeleton, can it carry a cross? Even you people who are supposed to be healthy cannot carry a cross. He was a very healthy man. Only Michelangelo could see that He was like that.

All such expressions make Me feel that it's a drama people have created just to avoid God, not to accept His presence, that "we are very miserable". In Paris, I asked these people, I'm sorry to say, French, same about Swiss, not much difference. That, they said, "We are very miserable, Mother." I said, "There are ten prostitutes on this street when you walk ten minutes, and the whole thing is going into alcoholism and you, the miserable creatures, what are you doing about it? You have no time to be happy. What miseries have you got? I don't see any miseries. It is only your own mind." While in a poor country you go, I went to Africa, [I've met] people. You go to some aboriginals, oh they will have, whatever they'll have they bring it to you and they will be embracing you; they'll be full of joy. I asked, "What's the matter?" "Oh, you don't know?" I said, "What happened?" "Can you not see what has happened?" I said, "What?" "Oh, something great has happened." I said, "What, what has happened?" "You don't know what has happened? First time we have got the flowers in this [tree]."

We don't even see flowers. There's a, a Sahaja Yogini met Me. Now she's a Sahaja Yogini. Of course she is different, and she has many dimensions [within]. She said, "Mother, I never knew we have trees in Lausanne." Can you imagine? Such a beautiful place is wasting all its beauty on the people. I mean, it's so joyous and so beautiful, but people can't see. They have no eyes. What are they seeing? What do they see? I just can't understand that when you cannot see His grace and witness that peace within you. I feel miserable, too, because I think, "Why have you made yourselves miserable for nothing? Everything is there." This I tell you because for your realization you have to have a cheerful mood, not [a very/] sorrow [one]. You have to have a cheerful mood to get your realization. You have to be like a flower to become. If you cannot be like a flower how will you become a fruit? If you are like a thorn do you think I can make fruit out of you? You have to be like a flower in a very cheerful, joy-giving [mood] that is very important.

Now, as I told you this Kundalini is coiled down here in three and a half coils. Now what is the mathematics and all that we have discussed? I mean, I've given about three hundred, or more than that, lectures in India and they have got tapes and Gregoire has written a beautiful book, a big book which you can buy from him and read it, about Sahaja Yoga. But I think God, I have to assure everyone, that He has put all these centres within you [They look like lotuses and they are within, all ready and you are just ready to get your realization. It's a very, very subtle [control]]. I should say it's a play. But because sometimes you are complicated here or complicated there, for some sort of a complication, specially with this kind of this malady of feeling all the time guilty comes up on the left Vishuddhi, here. And that one is such a horrible stuff, I tell you that, that gives a real pain in the neck, and that is what troubles people very much when they get realization.

The another problem that comes up here is the Agnya which controls your ego or superego. In this I would say that the young people, specially from the Western countries because we are dealing with the Western people, discovered that their forefathers had lot of ego. They could see the balloon of the ego. So they decided to have another style of life. They said, "Let's start an anti-culture. Now finish this tail coat trim and take to something simple." That was a very good of them to think like that it is too much egoistical and that they could not face themselves as egoists. This was a very great thing, because they are saints, they are seekers and they felt that in this ego-satisfaction we are not going to achieve anything. But from there, they, they had no proper guidance whatever it was, and in their ignorance I would say they shifted from ego to superego by taking drugs. Now the drugs is a manoeuvring of a very cunning group of people who just wanted to make money out of your seeking, out of your naivety. And they offered you drugs. Of course with drugs one thing definitely has happened to people: they have started seeing that there are other areas also. But these areas are quite dangerous. By knowing these areas they have started at least thinking that there are some other areas. But as I told you, these two difficult areas where you enter into are no good for you.

Now by going to superego also what has happened that you developed your superego. Like a gentleman who came to Me, he was dressed up with his hair all knotted up, you see, like an aboriginal. He came to see Me. And he is a PhD, you see. So I said, "Why do you dress up like an aboriginal?" He said, "I want to become an aboriginal." I said, "You cannot. Your brain is too modern. Only by growing hair how will you become? Your brain is such a modern speedy stuff, it doesn't stop for one minute. It's going thinking, thinking, thinking like mad. How will you stop it? Only by growing your hair like an aboriginal? You cannot do it. Brain has to be brought to the normal condition." He said, "I agree that, that has to be done." And this is what it is happens to you that when you develop this left side. Left and right start fighting and then bubbles out and you become extremely speedy; the speed starts working. The speedometer is this, I would say the speedometer is another different centre which looks after your liver, which looks after your spleen, your pancreas, then your kidneys and your [intestines]. This is the Swadishthana chakra, the second centre [here]. Now what happens, it has another very important point which medical profession doesn't agree, but may not agree, but it is the most important thing it has to do is put to convert the fat of the stomach for the use of the brain. When you start thinking too much, then this process is expedited and when it is expedited all that flows to the brain. And, but this poor thing, one centre cannot do all the jobs in a balanced way. So your liver gets spoilt. Most of the people in the West have bad liver because of their thinking habits. They go on thinking, thinking, thinking, thinking, thinking. Such a burning process starts. They seek the sun. On top of that they go and tan themselves. Now this is really madness. Because if you tan on top of this your head will be melting more of fat cells and you will need more passing of the fat cells up there, up there and that's why you develop your skin troubles and skin diseases and skin cancers.

So a person who thinks too much has to know that we have to take our thinking process to a balance. When Kundalini rises on top there, She just makes you thoughtlessly aware. But the knob of the speedometer is the spleen. The other day I was telling these people how the spleen works it out. It's very interesting. For example, you are eating your food. Suddenly you feel you must go very fast. And for Me to keep pace with the people here, is impossible. I mean, I have not even done one tenth of the food when they have finished and the plate is out. I just start looking, "Oh, I wouldn't eat it now." Out of formality I just get up and say, "All right." Then they say, "You didn't like the food?" "I like it but the speed with which people eat." And then, they, they leave everything and then run fast, fast for their work. But by that the poor spleen has to make more blood cells, more blood cells.

Now when you start making more blood cells and more blood cells it becomes absolutely bizarre. It's tired, it goes mad, it does not know what to do. When it becomes tired, then the blood cells that it produces are weak. They are weak blood cells and then the attack comes in the left side and you develop leukemia. We have cured leukemia hundred per cent. But only if you want your realization, then only it cures. We do not cure people who do not want realization. Our job is not of the doctors. Otherwise all the doctors will crucify Me. I've told them I have nothing to do with the people, there's no profession of Mine, but those who want realization I'll cure. And they, and they get cured. I should say they get cured. But I don't want to challenge your ego. Again [if I, you can] say I'll cure you become [unclear]. Anything I say, I'll do. But if I was a doctor, you see, and if I was treating you, you don't mind. You become absolutely silent. Like the other day I had a patient who was a doctor and when I started treating him, he didn't like it, the other position/[possession], you see. Always he has been treating patients and he could not bear it up that I, he was treated by us, you see. And he would look at these very badly. He said, "I don't want people to treat me." I said, "Then how can you be cured? You have to accept that for a change somebody else to be your doctor. All right, doesn't matter, nothing

wrong.”

So this is what happens with our movement of the sun, when we have too much of sunlight for a period. Now as I told you that our search has been in the West on the right hand side, then all the five elements constitute this area and we have been searching into the five elements to find out how to improve them or you can say how to use them, or manoeuvre them for our own purpose, how to work it out for us. For example, if a tree is there, then you make a beautiful, say, tree made furniture, or a [unclear] furniture, or something like that, from one dead to another dead. What we do is to convert the form of one dead into another dead. We do nothing. That's why it is ego because we do not do anything and still we think we have done, from one form to another form. Actually, by doing that it so happens that we become slaves of the nature. For example, if you are used to the chair you cannot sit on the grass. If you are used to a comfortable bed then you cannot sleep on the ground. You start missing it. You form habits. So the matter gives you habits. When you start with becoming materialistic you become like matter, like machine. You don't think. You just go on. You must have seen Charlie Chaplin's "Modern Times", you see. He, he was really a visionary to see what happens to human beings when they will become machines you see, they will be just...

Now we don't like machines in the West. For example, people like here cotton cloths. They like it; they like. Cotton they prefer more than nylon. I mean, nobody will think of it. But in India I have to take nylon saris from here to please My relations who have got cottons. You can imagine the, the other way round thing that is going on in India, the other way round here. They want the machinery and you want to run away from the machinery. I wish some people to convince Indians now better not do all these things and have a short [of needs, sari]. Better understand that these machineries are like devils. Once they start producing they will need more to eat, more to eat. They'll take out so much from the Mother Earth that after some time you'll find you have nothing but plastics and artificial things.

So this is what is happening to us on the right hand side that we are progressing too much on the material [side]. I mean, it's really maddening. America is one of the places I should say it's quite maddening, baba. I mean they have varieties in everything. I like varieties say for, you have some beautiful [ties]. In beauty I like varieties. But everything must not be a variety. For example, a handle. Now every handle should be different. If you go to any American bathroom please find out from them how to use the handle. Otherwise you'll land up into great difficulties. Suddenly you'll find from somewhere the water will be pouring onto you and you'll be completely drenched with absolutely ice cold water. They have so many gadgets, and this and that, that you get lost in that. There is no need to do all these. You have a simple method to of taking your bath. What is the need to have so many things?

For example now, glass. You must have a special glass for this thing, and a special glass for that, and a special glass for that. Why? One glass itself is sufficient. I think you can have everything in that. What is the need to have all these things unnecessarily? It's a headache, I tell you, to wash them, to clean them, put them right. And on top of that to give to insurance for saving them from being stolen out. So it's better to have simpler life. But the thing is when the activity on this side increases also these goods come in the market and they start [buying]. It's surprising. For example, in Switzerland I was surprised that in the market you cannot get anything but ties and chocolates made in Switzerland. They import them. I asked, "Why? What, what is the matter? Why don't you produce something?" They said, "The, the man-power is so short and that it is so expensive that we find it easy to get it from China than to make it here." So at least we have to accept that some people have to do this work for the machinery and some people have to do the work of handmade.

So in the same way a thing that has been discovered now, is for the whole universe. It is neither for the left or the right. It is neither for the East or for the West. It is for the whole universe. It is because this is what one has to jump in. This is what the evolution has to take to. You are human beings and you have to become super human beings. This has to happen, whether you like it or not. If you do not have it yet, you help with it. But better have it too. Why will you? This is simple. But people can't understand something which you get free. Because somebody asked Me, "How can it be possible? There must be some snag." I said, "There is no snag. It's a simple thing." But they can't understand a person can do it, something without any payment. Now, why not think of Christ. How much money did He take from you to talk about God? How many forces these people had with them? And how many palaces He built for Himself from your money? He lived as a carpenter when He was a carpenter. He didn't take any money from anyone, whatever it is.

Now today my husband is such and such and I'm a housewife. So I dress up like a housewife. If I was say an ordinary person, say a person who is not having sufficient money, I would have slept on the ground. I can, even today. I have no problem. I have no problem. I can sleep anywhere, I can live anywhere. I have no problem. I can go by bus, I can go by tram, I can walk. These two feet are there. What is there? But these things come to a person who is not there. The one who cares for these things cannot be a holy man [in these days]. Of course, when you have to live like a king, you live like a king. But from inside you are not attached to it.

Now for this also we have started a new style. I mean, for everything they have an answer. All these people have an answer for every sort of thing you could want. We have gurus and gurus in India. For example, there is a guru. He says, "You must wear orange dress." All right. So they start wearing an orange dress. Now, but the orange dress man is an ascetic. And then he says, "You must have sex liberation." Now how can you meet these two things? Just see, it is something so absurd that any Indian can understand the absurdity of this kind of neo-sanyasa. How can you be a sex addict and also a sanyasi? This is to describe that such a person is not going to get married, he has nothing to do with sex but he has dedicated his life for God. On the contrary, here it is they are having mass sex action, this, that, which never Indians knew about, and he is doing all emancipation for the people who are quite experts here.

There is no need for you to have a guru in this way. You see, this was just a guru provided because you thought that at least you have some sort of a conscience by which you understand maybe they are not doing wrong. So if there is a guru you think even if anything goes wrong we'll say, "This guru was there. He taught us." But this guru is going to hell first, much before anybody goes. Whatever are the eternal ideas about life, are eternal. You cannot change them. If you try to change them you see the problems come. For example, we have changed the idea, say, about chastity. First thing will happen, diseases. I have seen. Why do they suffer? In America every third seeker who comes to Me suffers from very bad disease. Even in Switzerland I've seen they suffer from diseases. Why do you suffer from diseases if it is liberation? Why do you suffer from jealousies? Why do you have maladies in the family? Why people give up their husbands' and wives' relationship and have divorces if it was [healthy/needed]? If it was healthy, if it was congenial to your being, it would have been a joy to everyone, to [protect you/the country]. But it does not. Because I'm dealing with your side I'm telling you this, that it is not congenial and thus we have to understand ourselves, our sustenance, ourselves, that these things go against our dharma.

The other day in England, a BBC fellow came to Me, questioning Me. And you know how they are, very blind and extremely arrogant. And I'm better than them, to control I know how to control them. So they asked Me few questions. According to them they were very intelligent. And the first question he asked Me, that, "Instead of doing this work in England" – I mean, I have stopped people taking drugs and all that, I have cured so many people, no thankfulness about it but "Instead of doing this work in England, why don't you go to India and solve your poverty problem [as a great/arrogant personality]?" I said, "Sir, I'm in England, on your soil. I don't want to say something that is little indecent. But as you have asked the question I have to tell you. Who is responsible for our poverty? When all the Western people went all over the world to dominate other countries and have kept them still down, who is responsible for it?" But he would not take it that way. Then he kept quiet on that point. So he found out another point. He said, "What about your population problem?" I said, "I'm sorry, sir, even here you are responsible." He was amazed. He said, "How are we responsible for your population problem?" I said, "See in England it's a fact that every week two children are killed by parents themselves. Nobody can believe it in India but it is like that. It's a fact." I said, "Which foolish child would be born here? We have to get the birth in India. You are going minus. You are suffering from impotency. People are suffering and sixty-five per cent people in America are suffering from impotency, young. How can you produce children?" In Switzerland itself out of five families only one family produces child. It's a fact. You can find out. What are we to do? These children are to be born. There's a Last Judgment has started. So they are taking birth in India. Why do you blame us? You better pay.

Even if we try very hard we'll have to have them here because the way we love our children, the way we look after them, whatever, we may be poor, but we have heart for them. And we are not Romeo and Juliets all our lives. I mean, even at eighty they are divorcing. I mean, all sorts of nonsense going on. All the heroes and heroines like the, this Mrs. Kennedy business and all that. I

mean, I can't imagine these women. They will be thrown out of everything, of the society, all such women. People won't see that faces in the morning. If you see such a face on the newspaper in the morning they will wash the newspaper, wash their eyes and throw it in the dustbin. Such inauspicious people you have here as [unclear] there's another seven times married woman. What's her name is, Elizabeth Taylor. She's always on the cover page. If you go to the BBC program, then here is this man who kills seven wives, the one who kills seven queens. He is always the hero there. I mean, what has happened to Shakespeare? Where has he disappeared? You people have created such an atmosphere that no chaste person can exist. If a housewife has to talk to someone she cannot talk because she's regarded as a useless woman. She must work, she must earn. Her looking after her children is not regarded as a very great. But in our country I must tell you that, I mean we are, in other some respect we are really very horrid people, in certain aspects they are terrible here. Be careful on that part. I mean, never trust them on this point. But on this point I must say that in India a woman, if she's a housewife, she has to wear nine things as a decoration of her form if she is out there. You see, I'm wearing all these, some of them, but you have to wear many more. Nine things you have to wear in India to show that you are a housewife. And it's the most auspicious thing to see a housewife in India.

A housewife is treated like a Goddess, and there is a place within us which is for a housewife, which is the spleen. She is the ruler of the spleen in the human beings, called as Gruha Lakshmi, is the goddess of the housewives. There is no conception like this here. In England we had arranged a marriage of a Sahaja Yogini with a person who was a Sahaja Yogi himself. First she was not a Sahaja Yogini when he married her and she did not have the concept of a Gruha Lakshmi. So he told her something that, "This must be cleaned," or something. She said, "Why are you telling me?" So she came to Me. I said, "Why don't you understand? This is your house. You must be clean. You must look after it." In England men are absolutely, you see, they are, I don't know, they are servants. They fix the breakfast for the wives. They fix their beds. I don't know if they give them baths or whatever. Means that everything the man has to do. You see, poor these husbands have really [hard time there]. And these women are very [foolish/cruel to them].

So I asked her, "Why, why don't you do this household work? After all, this is your job. What is wrong?" She said, "No, I'm not a housewife." I said, "What? What's wrong [in/with] a housewife?" She said, "No, housewife is never respected in England." I said, "What do you say?" "Yes, the, you see, I was a secretary of somebody. He was more fond of me than of his wife. He used to respect me more than his wife." I said, "He must be mad." She said, "No, he was quite sane and a very successful man and he never cared for his wife and he treated her just like [filth]." I said, "I am surprised. How can that be? Because in the society, say for example if I go with My husband I'll be sitting next to him, on the same position as he, even his second man, he may be anything, he will sit next to Me. Even in England. Do you think his secretary is going to sit next to him?" Then she said, "Yes." I said, "This is the position of a housewife. The housewife is treated with the same respect as the man, even today in England. Now whatever you may do about it, it's different." So she changed her attitude.

This is what it is, is the centre of housewife, which is a very important centre, because that's the centre of the mother. The mother is the one who has to give that security, that love, that attention. She has to bear up all the problems upon herself. But they do not; they do not. Here even a seventy-years-old woman talks as if a sixteen-years-old. Why? I mean, you are ashamed, like you just, you do not know what to say, the way, you are so embarrassed the way they talk about themselves that they are in, this is their seventh husband they are marrying. At seventy, the seventh. At eighty is the eighth. What about your children? Some are there. Some are there. All of them are in the orphanage. Your husband, wife, the seven husbands and seven wives in the orphanage and their eighty-four children are also in the orphanage only. There is no household, there is no house, there is no there's no joy, there's nothing, there's no security.

The first thing is the thinking/feeding of [your nest?]. The idea that you can achieve God without marrying is absurd. You cannot. Most people who are not married are very difficult for realization. Of course, it is all right, I mean, if you are young, yet not married. You can get married later on. But marriage is sanctioned by the collective. The collective being sanctions your marriage. You have to respect it. This institution is not your own. It's created by God. Somebody told Me that this constitution is not by God. I said, "How do you know?" He said, "Animals do not marry." I said, "Are you animal? Or are you going to become animals?" Supposing an animal takes away this book nobody will call it a thief, will they? He takes away anything. I mean, you have seen rats and things, monkeys, everything taking away for them as if their own. But a human being if he does it, you'll say "Why?". In the same way if the animals do not marry it's not a crime, but if human beings do not marry in the eyes of God it is

[wrong. It's a fact. Because if it was not why people are punished? You see, it's so [unclear]. And the unhappiness comes from that, believe Me. If your parents were happily married, and if you had a happy family, you would never have taken to drugs or to any such things and your security would have been very well built.

Now, whatever our parents have failed, maybe more, whatever it is, let us give it to our children. Let them have that security that we love each other and that there is a family within us which is going to look after our next generation and they are going not to be tortured because of our whims and our ideas, that we are going to give them that security. Otherwise population in India will grow again. If you do not decide that, we'll have a problem in India. I must tell you this is one of the reasons why all the developing countries are having population problems because developed countries are incapable of sustaining children. It's a very serious thing. I mean, that you are loving people. You know what love is. But it cannot be only this romanticism all your life. You have to have love for your children, love for your country, love for everyone around in their own period. There has to be this understanding of love which is missing.

Like there is no sisterly relationship. An eighty-years-old man marrying a sixteen-years-old girl. I mean, this is nonsense, absolute nonsense. It's ego, nothing but ego. Foolish ego and stupid ego, it gives you stupidity; that's what it is. How can an eighty-years-old man marry a sixteen-years-old girl? Like this Khomeini has got a wife; she's sixteen years. I mean, he is stupid from every angle, but this angle was exposed to Me recently that he has married a girl who is sixteen. I mean, ego at its best stupidity, this Mr. Khomeini. And there are so many you know, Idi Amin and all the other people who are now gone away but see, but there are many like this, all ego-oriented people. Because ego ends up in stupidity. An ego-oriented person becomes nothing but stupid. It ends up because, "What's wrong?" What's wrong being stupid? Nothing wrong. Only you are a stupid person. That's what it is. If you are doing stupid things it is stupid.

So when a person tries to satisfy his ego, if it goes on and on and on ultimately it ends up into stupidity. We have a very good example of a saint, called Narada, who became very conscious of his powers. He was saint, Narada, very great. And he challenged Shiva. He said, "What is this Shiva? He also married Parvati and he was also won over by Kamadeva. And what is He? He's nothing compared to me. I am a person. I am a brahmachari. I am an ascetic one." So Vishnu is the one who resides here, who gives us the, our evolution, is the one who played the tricks with him. And He took him to some acre, a city of illusion called as Mayanagar. Here they created a, a, a princess who was to be married. It's all an illusion. Now this fellow went there and he sent two of his people, friends, to him, saying that, "You go and tell him that you are a very handsome man." So, they went and created an atmosphere of false [face] for this saint. They said, "Oh, you are a very handsome man, a very good. Why not try for the princess?" He said, "No, I am an ascetic." He said, "Whatever it is, she will be impressed by your excellencies [GW: excellences?]. She will definitely put the garland into your neck and she will not give the chance, and even a glance at others." Now, this fellow, the handsome Mr. Ascetic, you see, he thought oh, he's so great. And actually he, he had started looking like a monkey, actually. But they said, "Oh, what a beautiful man you, this that," happened like that.

So he went into that Mayanagari, into that city of illusion and he sat himself like a very big hero waiting for the princess to choose him. And the princess was moving with the garland around. And when she saw this monkey she couldn't help laughing. She started laughing and laughing and rolling around. He couldn't understand what it is. He thought, "Now she's very happy. She's going to garland me." His stupidity, you see. So then she, she took her garland and she was still smiling, laughing and she went and garlanded somebody. He could not understand. These two people who were just trying to praise him and pamper his ego, he said, "What's the matter?" "[We/You] don't know what's the matter." "I don't know." "You are the most handsome man going round." But when he looked around everybody was laughing at him. He said, "What's wrong with me?" "There's nothing wrong with you. It's nothing wrong. It's perfectly all right. You are the best man, you are the greatest personality and everybody is looking at you." He said, "They are feeling happy. You don't, don't understand." And his ego was pampered and then he went to wash his face, you see. And he went to a lake and in the lake he saw his image. "Oh, God. What a stupid fool I was." And at that time the whole illusion city disappeared, telling him that you were under a myth. And this myth has to drop out today.

We are beautiful, we are eternal, we are the source of joy if we become the Spirit not the ego. We have to become the Spirit which is the eternal being within you. I see that. In all of you I see that. I see the clouds and I know the clouds can be removed. I love you and worship you very much that you should get that Spirit expressed in your awareness, that it should become your

experience, that you should become that eternal being, that eternal beauty within you by which you should shine in all joy, happiness and bliss. And become that for which you are made, to become that instrument for which you are created. Like a, a thing which is connected to the mains and start manifesting, you start manifesting immediately. Immediately you start manifesting. If you want to feed, you start feeding other people. It's a very great experience of ages, as I told you, that at the Nala time it was promised, it was promised by all the big saints and big incarnations. Mohammed Sahab has promised it as He said that you have to become active. You have to get your Ruh. It's called as Ruh. Ruh means this cool breeze, as described in the Bible. It's very elaborately done. But the greatest work has been done by Adi Shankaracharya who has said, "Na yogena, na samkhyena." By all these talking and all that, philosophies, you are not going to get it, but through the Mother's grace you'll have. So now, here I am, at your service, at your disposal. Make the use of Me as you like. But what we have to request you that to get it you have to pay attention to your heart, to your Spirit, to humble down into your heart. There's a beautiful couplet that, "Whenever I want to see my Lord I have to just bend my head and I'll see Him in my heart." That's what it is. And it should happen to you.

As I told you, in such a short time it's not possible to say all the things about this great knowledge within you. It's the instrument, and the whole mechanism has a big history behind it. But I only say that when you enter in the room I'll tell you where is the buttons and you open, you find out the light. That's all it is. If I start telling all the history and all that you'll be fed up. There is a history behind it all. So what is the need? First of all you have the light, enjoy yourself and then we'll talk about. But it happens only to for these people who are really hungry for it. It works out in the people who are really hungry for it. Those who are not, it does not. It does not work out. It's difficult. So you have to think of your desires because I told you that's your pure desire. So understand what is your pure desire is, which you achieve and get it. Another thing which I have already told you and again, I'll emphasize that you should not feel guilty about anything. It's a kind of an escape. It's a very subtle escape. Whatever you have done, I mean the so-called sins as they say, what are they if I am talking about the Ocean of Love? If there is an ocean what is the speck of the thing that you hide? Why should you worry about it and think about it? It's nothing; it's nothing. Because you are saints you are seekers. You have to get it, it's your right that you have to have it and you will have it. May God bless you all.

I would like you to ask Me a few questions because today is the only day I'm here, but do not ask such questions that you divert the attention of the whole. Because there are some people, they read some far-fetched book and from there. That all forget about it. Whatever I am doing I will tell you. I say you will get your realization. Believe Me and have it. But if you'll say that X, Y, Z was saying that you have to stand on your head for twenty years, you better join him and stand there for forty years. But if you want to have it I am here to give you. So why worry about such people? So far you have not got it, that's why. So better have it.

Sahaja Yogi: Should I tell them to take out the shoes?

Shri Mataji: Aah?

Sahaja Yogi: Should I tell them to take out the shoes?

Shri Mataji: Oh, yes. Just tell them.

Shri Mataji [aside]: It's all right. It's all right. What happened? You had an accident? Ha... Where did you get it? Where did you get it? Which [fast food]?

Sahaja Yogi: Four weeks ago.

Shri Mataji: Aah?

Sahaja Yogi: Four weeks ago.

Shri Mataji: Four weeks ago? Where it happened?

Sahaja Yogi: Here.

Shri Mataji: And now you have a plaster? Otherwise I'll put it right.

Sahaja Yogi: For me?

Shri Mataji: You have got a plaster? Is it open?

Sahaja Yogi: Yes.

Shri Mataji: All right.

Shri Mataji: He understands English.

Shri Mataji: That's how. It's very simple, very simple. All right?

That's your job, I think, Gregoire.

Gregoire: [Is that?]

Shri Mataji: Is that your German?

Gregoire: Sorry. Yes, that's it.

Shri Mataji: It is, yes. That is the best German we can offer. I am sorry.

So, let's be, be in a cheerful way not serious. Again, I'm telling you. If you, if you are very serious we'll have to tickle you. All right?
Now put your hands like this.

Because you are entering into the Kingdom of God and not in the, in the jail. So please be cheerful.

One lady: Can You help me? I am single. I am living alone.

1980-1012, Shri Ganesha Puja: Innocence within us must be first of all invoked

View [online](#).

12 October 1980

Innocence Within Us Must Be First Of All Invoked

Ganesha Puja

Zurich (Switzerland)

Talk Language: English | Transcript (English) – Draft

Shri Ganesha Puja. Zurich (Switzerland), 12 October 1980.

You have to see that all the negativity goes away, around us, around the universe. So first we sing the praise of the Goddess; when She destroyed a very negative, satanic incarnation of Mahishasura. And when he was killed, all the gods praised Her for saving them from the destruction, and that happened long, long time back – about ten thousand years back. So this is the praise of the Gods of that so that, whatever is the negativity, through those mantras it will go away, because it surrounds us – you see that, all of them have been there coming; from ten thousand years they have been coming. But this is the way you can throw them out of the present into their proper places. All right? So, listen to it – it's now in French luckily.

Sahaja Yogi (Gregoire): It's in French, it doesn't matter, Mother?

Shri Mataji: No, Sanskrit is not there?

Gregoire: Sanskrit is there, but it is ...

Shri Mataji: You just read it in French, is all right.

(Reading of a description of the Gods praising the Goddess in French, followed by lots of background noise as they prepare the Ganesha Puja. All recite, "Jai Ganesha, Jai Ganesha, Jai Ganesha pahimam, Shri Ganesha, Jai Ganesha, Jai Ganesha rakshamam.")

Shri Mataji: Now, what you are doing by saying these mantras, you are awakening the innocence within you; innocence is represented by Shri Ganesh. As you know, later on He incarnated as Lord Jesus Christ, but the innocence within us must be first of all invoked, because, before creating this universe, first of all innocence was created, because innocence has the greatest protective power, the greatest destructive power and it is the most powerful. So, first we are trying to invoke the innocence. Now, My feet here represent Ganesha, and they are innocent, and so, we are trying to worship those so that, within you, Ganesha should be invoked. Your innocence should be enlightened, all right? So you understand the meaning of it – come on.

(Yogis preparing Puja)

Gregoire: This is also?

Shri Mataji: This is also the same thing: representative of Shri Ganesha [INAUDIBLE Puja instructions]

Gregoire: There is the names. There is the names of Shri Ganesha.

Shri Mataji: Yes. Now, these are the names of Shri Ganesha, so that you invoke in you your innocence. You can follow in French, as well.

(Gregoire translates in French what Mother has just said, and then the names are read in Sanskrit. Mother interrupts to say that

they should also give the meanings of the names.)

Gregoire : Ganagurupta.

Shri Mataji: You'll tell also the meaning. Have you got the meaning, Gregoire?

Gregoire: No, You'd have to do it.

Shri Mataji: Ganadhyaksha is the one. The ganas are the two which are the angels, so the left hand side, like St. Michael and He is the lord of all the left hand side – ganyadar.

Grégoire: Ganamukta [namaha]. [All together recite: Om twameva shakshat Shri Ganamukta ya namaha] – [Mother] means the one who liberates those ganas.

Ganadevata – is the one who is the God of all the ganas.

Ganamandalamadhyasta – is the one who sits in the center of all the ganas.

Gunateeta – this is beyond all the gunas: gunas, I'll tell you later on. The gunas are the three aspects within us.

Gunaraja – He's the king of all the ganas.

Gurupriya – He is the one who is loved by all the gurus.

Gurupujita – He is the one who is worshipped by all the gurus.

Gurudharmaduhramdaraya – He's the one who looks after the Dharma of gurus.

Gauriganeshwara- His Mother is a virgin – Gauri - and He is the Ishwara for Her; He is the Lord for Her.

Gantatattwawide - [Mother: Granthatattwawideh] - He's the essence: He has no body, He is the essence.

Gangajalaraswadatshatura – [Mother can't understand Gregoire's accent and neither can we!!]

Gregoire : It's a very odd one. Ok.

Gaudarva/Gaudharba? – [Mother also not understanding accent again here] - 'Gau' is to the cows and 'dharba' is the one that they eat, the soft part, the grass.

Gavishwara – He's the God of the cows; cows are the mildest animals in India, they are the mildest animals, because they give milk and everything; they're extremely mild. They're the mildest, and He's the God.

Grahadevata - He's the one who is the lord of the household, because it's a child, you know?

Gudaladubuje - [Mother asks, "What is it?", but She can't understand Gregoire!]

Gupta – is a secret, He's the secret part of it: He's the private part, the secret part.

(Tape interrupted here to later on in the Puja)

Shri Mataji: ... virgins, the girls below eight years are worshipped on this day, so we have got someone here who is sitting here, that is Helen. So she has to help Me.

[Instructions given here – "Take the ghee, on the spoon. Let Hari pour it ..." INAUDIBLE]

Now, this kajal is put in the eyes to take away all the negativity from your eyes. Sometimes the Mother has to weep also.

(Aside – I haven't put the sindhur yet.)

This is the Sahasrara; by this, I worship your Sahasrara, by this I excite your Agnya, by honoring them.

You have to tie this into My hand; this is the play of the children, means that you are tying your Mother with your love.

I remember My grandchildren, when I went to their school: they used to tie My sari to the chair saying that, "You should not go out till we come here." And the mother allows the children to play, so this they give Me for My protection, and this is all for all of

your protection – means they tie up all My feet with this and then they tie up onto themselves.

[Aside – Yes, please tie up My feet.]

(Instructions to which foot – Mother says Her left foot.)

(Regarding the mangalasutra) This is the sign that She is married to Shiva, you see; She's the wife of Shiva so this is offered by the children to their Mother who's married. Shiva is the Spirit, I mean Sadashiva is Her husband and She is His power.

Now, the scent is offered from the Mother Earth, and the flowers are offered also. [Hindi.]

We were very lucky that I got a sari in London – I was just telling Rajesh that, "What a nice sari I got from them there, so fortunate."

(About five minutes of Mother giving more instructions for preparing Her, but mostly silent in between. Someone takes some photos. Lots more silence – apart from the phone ringing a couple of times, and other unidentifiable noises! – Mixture of Hindi and English instructions.) Beautiful isn't it? Just put it and take out ... Come, put your hand. Even if you put your hand to them... I should have really needed a sari. Just take it [inaudible], can you remove this one for Me. [Hindi]

[Shri Mataji talks aside to yogis.] You have to tie it to everyone. Can I see the linen just a minute? You are going to give him one photograph [inaudible] [Hindi]

[Shri Mataji interacts with the yogis].

(The rest of Part 1 of talk is inaudible)

(44.40 very slow rendition of Aarti....)

Part 2:

[About Vishuddhi] ...so that you'll get the point. All kinds of guilts are accumulated there: She throws away, because She is the lightning, and lightning – what lightning does is to show all that is [impure?] She burns off all that [impurity?]. Vishnumaya – She's thunderbolt. She's a virgin, She's a virgin: She dies just after Her death [birth?] in the sense that She was thrown away, but She's a virgin and She prophesizes. She's the One who gives prophecies. When you'll catch, means you are actually going against Her, means you are developing within you a kind of a sin, which gets settled down as guilt; you accept it there the guilt and then you just avoid it. You think it's a ... once for all you ask - accept it as a guilt, your conscience is clear then, "Anything I have done was guilt, then what is there? Now, no more guilts, I am going to do." Like that kind of a thing, attitude.

Tell them in French.

(Gregoire translates some, then telephone call interrupts – Mother thinks it might be Sir CP but it's something about a nice cake!)

So, this Vishnumaya is important because here, you see, people are so intelligent: that whatever is wrong, they rationalize it and put it as guilt there.

(Gregoire translates for a while, probably a lot of what is missing at the beginning of this part of tape.)

You see, there could be three types of attitudes towards sin; one could be that, you should say, "Why should I commit sins? I'm not going to commit sins." This could be one attitude. Another could be that, "This is not sin: I'll do what I like." That is on the

right hand side. And the third could be that, "Yes, I know it is a sin: I'm the worst man, I'm a very bad person, I'm good for nothing – what to do? That's why I'm doing the sins." Now, the Incarnation is beyond sin because, whatever He does, He's the [punya ?]. Even if He kills someone, it is necessary; even if He has to lay a diplomacy, [Gregoire translates 'play a diplomacy'] it is necessary. But for human beings, it is necessary to know that, if you commit sins, then you go down in your Dharma. But after realization, you become really dharmateet, means 'beyond Dharma'. Means, if you do anything wrong then immediately you'll have the reaction on your vibrations, on all your stomach or something will happen to you. Like for example now, supposing you eat a kind of a food which you should not eat – immediately you get diarrhea. If you drink alcohol, you will vomit: it will happen to you automatically. That's how you give up alcohol, smoking - all these things. You don't even like the taste of it after some time. You just don't want to have it. That means you have gone beyond dharma; means you do not have to establish it, it is just there – now it's... the whole system is working. Means your attention has gone; your attention has gone beyond dharma. You don't have to worry about keeping your dharma. Before this, you had to keep a watch as to be in the center in your dharma. Now, if you try to do anything, immediately it will show on your vibrations, or in your constitution it will show, so you don't have to put full attention to it.

There was one fellow who used to go to a Greek church – Greek Orthodox Church – and I never told him, "Don't go to church," or anything, because they are all just trying to make money out of it and it's nothing - it's all bogus. But then, after realization he went to the church - his feet and hands and everything started burning. I mean, he was so greatly realized, I should say; he became so sensitive. The next time he went to the church, he thought there must be bhoots so he took some red powder and sprinkled it all over. So half of the people left the church, but he also walked out and they were all saying, "It was very hot in the church." Then he came and asked Me about this phenomenon. I told him, "You'd better not go." So he took a lot of this red thing, and all over he put cross and swastika with this on the church. I don't know, but maybe he was saying that now, the church is practically vacant. But now they'll go to the pub. (Mother laughs) They will not come to Sahaja Yoga - that is the problem.

I have told about Blake's writing, isn't it, yesterday? But the French people, they have not heard, so if you tell them, they'll be very happy and they can tell Cathy, Lill and Murray about it.

(Gregoire explains in French, about previous talk regarding Blake's poem, Milton, about the flames of the renewal coming from Surrey's hills – where Shri Mataji lived – that the New Jerusalem later will there return, "Return, return to Lambeth Vale, ..." where Shri Mataji put the first stone of the ashram as Linda Williams had found house in Chelsham Road.)

"Where the foundations are laid ..." The letter is to return to Cathy.

Jerusalem. You'll say that now, the whole story is, the name of this pilgrim is 'Jerusalem of England'. I mean, He is going to establish Jerusalem now in England; He says now Jerusalem is going to be in England. This is it, Jerusalem – is the pilgrimage for Christ – is going to be in England. This is the head of those, the heading. He has prophesized all this. He has prophesized already. You must hear this. You didn't hear this, Arneau? Letter. You must know this one. Did you follow? You see, Blake has written already about Me, long time back.

(Discussion with yogis referring to a letter that was read out the week before in Geneva)

Yogi: I know that we read it last week in Geneva

Shri Mataji: Read it.

Yogi: It's not this one. Is so precise, it's amazing, Mataji.

Shri Mataji: Imagine, to literally write 'Lambeth Vale' of all the things. And when I was in Surrey Hills, you see, to connect both the things, it's remarkable. How could He prophesize? You see, He is a great prophesier, a great saint. I mean English people have not valued Him much. Of course, Shakespeare was a avadhuta [ascetic saint], that kind of gurus who live in the villages. You see, they tried to show that everything is futile: this romanticism is futile, this is futile, that is futile. Like, you see Hamlet – all his

behavior - he listened to his mother's bhoot, you see and his behavior also was futile. And what he did was he killed his own fiancée, he killed his own mother; I mean, everything is futile, that's what he tried to show. Which is very true also, but they are very harsh, you know.

(Gregoire translates from Blake's poem, "Milton" into French, although he only reads part of this passage, marked in blue:)

'...The Surrey hills glow like the clinkers of the furnace;
Lambeth's Vale Where Jerusalem's foundations began;
Where they were laid in ruins
Where they were laid in ruins from every
Nation and Oak Groves rooted
Dark gleams before the Furnace-mouth, a heap of burning ashes.
When shall Jerusalem return and overspread all the Nations?
Return: return to Lambeth's Vale, O building of human souls!
Thence stony Druid Temples overspread the Island white And thence from Jerusalem's ruins... from her walls of salvation And
praise: thro' the whole Earth were rear'd from Ireland To Mexico & Peru west, & east to China & Japan; till Babel The Spectre of
Albion frown'd over the Nations in glory & war All things begin & end in Albion's ancient Druid rocky shore But now the Starry
Heavens are fled from the mighty limbs of Albion
Loud sounds the Hammer of Los, loud turn the Wheels of Enitharmon Her Looms vibrate with soft affections, weaving the Web
of Life Out from the ashes of the Dead; Los lifts his iron Ladles With molten ore: he heaves the iron cliffs in his rattling chains
From Hyde Park to the Alms-houses of Mile-end & old Bow Here the Three Classes of Mortal Men take their fix'd destinations
And hence they overspread the Nations of the whole Earth & hence The Web of Life is woven: & the tender sinews of life created
And the Three Classes of Men regulated by Los's hammer...'

Shri Mataji: Remarkable, and I laid the foundation stone only about - before coming - about say, I think, seventeen, eighteen days back. Maybe about twenty days back, I must have laid the foundation. And now this is published and this I received in Geneva.

(Tape interrupted.)

All right, so I think we all should rest now for a while, and relax. I think he has got it [referring to getting Realization], but I'll have to work on her for a while. No, he has touched..., he's felt it, twice. You see for her – now, if they work on the photograph they'll get it, I mean their Kundalini has been awakened.

(Mother starts working on a woman. At the same time Gregoire speaks to yogis.)

Tell her not to put her feet towards Me. She should ask on the thing (photo?) whether, "You are Mother, You are Christ – You are Mother of Christ," because her chakra of Christ is catching. Both of them can ask. You'll be all right. Kundalini has awakened now, She's clean now. I mean, they are awakened.

Let them ask the question, if they want. Ask in French [is Mother the Mother of Christ?]. Again; again, again [8 times.]. Aah! I'm feeling the cool breeze in the hands.

Yogi: He feels; she does not.

Shri Mataji: Both are there. She used to smoke? Did she smoke?

(Woman asks a question which Gregoire answers in French)

Shri Mataji: What is it?

Gregoire: Nothing, Mother. No, she was saying that she's not sure of what's going on here and I told her ...

Shri Mataji: How can she be sure?

Gregoire: That's exactly what I told her – how can she be sure?

Shri Mataji: Her eyes are not yet opened; see, her eyes are not opened as yet.

Gregoire: Of course, yeah, of course.

(Woman still questioning)

Shri Mataji: And do not think about it, because you won't understand: your eyes are to be opened still. In darkness, you will not understand.

(Man also questions)

Gregoire: He says, we have been cheated once, so now we feel very ...

Shri Mataji: No, but why will I cheat you? How much money did you give Me? What are you going to ... What are you going to give Me? Did you talk to your guru, ask any questions first? Then to Me, you are asking all the questions. See where there is the Truth. Where the truth is there, human beings fall down, and when there is untruth, you just jump into it. What am I going to cheat you for?

We did not even allow you to come to Puja; I mean, you see, ours is a different system. Actually, it is I Who have to accept, not that you have to accept: it's a question of My acceptance. Yes, I have to accept it; it is not that you have to accept Me – the position is different. See? You understand the point? It's a different position actually. Now, see the vibrations. That's why she was not feeling: he's a devil. And how can you put Me on par with it, how can you get Realization?

As soon as you say something, as he was better! It's a Mahamaya. It's such a Mahamaya, you see, because it is testing you; it is testing you all the time. Because all the deities know it.

(Aside – He's all right, it comes out. She is difficult. Yes, she works out but Vishuddhi is really bad, which doubts.)

See now, I told you – Gregoire, you tell them to judge like this, that when they go to Mahesh Yogi [Maharishi-TM] or anyone, they have to work: he doesn't work. Here, I have to work. Secondly, the people who are here, they know what is your problem – they all know; even he knows. You see, everyone knows what is happening, where it is, and they all say the same thing. And they are not going to cheat you either. So, now you see, all right? So, it has to work out. You have to become: it cannot be just done by false certificate. It has to happen. Even the little girl, Estelle, will tell you. She can tell.

Now, you are all seekers, you are seeking the truth, and that's why I am going all out for you. All right? And you all should get it: that's your right to have it. All of you are going to get it, even you may go to any guru, or anything, I'm going to give you. You don't have to worry. Now, don't cry, come. Come here. Don't cry; there's nothing to cry, you are going to get it. All right? You are all seekers. You are going to get it; don't worry, don't be disappointed. Close your eyes.

She's going now? (Referring to child who is leaving).

Gregoire: Yes, Mother.

Shri Mataji: Helen, are you going?

Helen: Yes, I am going.

Shri Mataji: Aaah.

Helen: Goodbye.

Shri Mataji: (Mother kisses her) Goodbye. I haven't got anything to give to her. Helen, what should I give you?

Helen: Nothing. Give me Your love.

Shri Mataji: I'll give that. Give her My photograph - at least something. I haven't got anything for her; I didn't know I was going to meet her.

(Mother continues working on the woman – “both the chakras are catching.”)

May God bless you. And you have to contact these patients, and Gregoire and [?] are going to work it out. All right, Doctor? Look after yourself.

(Yogi explains to Mother who else is catching).

All right, that's good, very fine, thank you very much. No, this side.

(More talking among yogis).

Gregoire: Laurent a senti... Sorry, Mother, now I talk French with You! It's very interesting – Laurent felt the left Mooladhara and this is the Siddhi course, You remember?

Shri Mataji: They are all sick: Siddhi course breaks the Mooladhara.

(Mother continues working on seekers from TM – She repeats “Sakshat Param” quite a few times)

(A child calls out)

Shri Mataji: (to woman seeker) She is your sister? He's your brother. (To yogi) She'll have to put her left hand towards the photograph and right hand on [Vishhuddhi ?]. Are you feeling better now, relaxed? The spirits are out.

(To a yogi) You took two days to be all right, isn't it?

Gregoire: Mother, she'll work it out on the photograph; that will be good.

Shri Mataji: Yes, and they also took ... You took two days, isn't it, to get your Realization? Or three days.

Gregoire: Four days.

Shri Mataji: Four days, so she'll also take some time, that's all. It's all right. Don't be disturbed, don't be nervous – it is going to work out. It takes ... Now you have done this course for so many days, you see – at least four days is all right? You are going to get it, and when you get it you write to Me, all right? (Mother kisses the seeker) She'll be all right. You see, it takes time for ... You

see this, with this kind of TM [Transcendental Meditation] course, you do take a little time – three, four days, or something. All right? She'll be all right.

(Mother is leaving)

Give My love to Kathy very much, and to the Moroccan girl, you see, and Monica, and to Esther also: very much. I remember them, all of them. Tell them not to worry, because you have also taken four days – so it doesn't matter. Just come. And then they will know what is needed about the chakras and all that, then you can talk.

(To yogini) You are doing very good work in Paris, all right? I will try to come in Paris, on My way to India – maybe for one or two days. Then I will call you, all right? Maybe, maybe. So I'd like to see you all. By that time, you'll all get Realization; you should become masters of Kundalini. I bless you very much. All right? Now we know such a lot about Kundalini – you will also learn.

(Tape ends)

1980-1014, The first public programme in Germany

View [online](#).

14 October 1980

The First Public Programme In Germany

Public Program

Freiburg (Germany)

Talk Language: English | Transcript (English) - NOT needed

*"The first public programme in Germany was on 14.10. 1980. I rented the Freiburg college lecture hall and was nervous, knowing I might have to speak. Shri Mataji arrived with Gregoire's wife Catherine and five yogis. The programme was well attended. Thomas Menge."

Reference: <https://www.flickr.com/photos/sahajhist/54118795044>

1980-1019, Talk to Sahaja Yogis: Spreading Sahaja Yoga in Europe

View [online](#).

19 October 1980

Talk to Sahaja Yogis

Gavin Brown's apartment (building demolished), London (England)

Talk Language: English | Transcript (English) – Draft

So, today, I called this meeting because, which is a big announcement of Gregoire getting married. And he's been very sweet to his bride. I liked it. He was very gentle and nice and really took it in the proper sense. And Rajesh also came with his 'fiance'. He is getting married on the 12th. And then another thing is about how to develop England and Europe together.

In England, a very substantial force is there, no doubt. But we have to think about how to propagate. Now I have thought of one or two things which are lacking in Sahaja Yoga in here, I think. One of them is we have no publicity done. We have not been able to get people for publicity. Now this Times fellow; before I leave, we have to do something about it. You can take it and note it down, it would be better. Note it.

[Sahaja Yogis talking]

[Unclear] it is better be written down some points, will be better. Behind Me, paper and pencil, you take it.

[Sahaja Yogis talking]

So what is that to tape in here? It's better to write it down, in short.

Agnya? All right. Everybody is catching Left Agnya.

Look at her, with the hands she is trying to... I mean cover her feet or if you have socks, it's better. It is getting blue with that. Hmm...it's cold.

So, first this gentleman, what was his name, was 'Mascareness' or whatever it was, to be contacted. And there is a doctor in Geneva who has taken lot of interest. His name is Dr. Masca. In his presence, I cured about 5 people. So, he said that he didn't deliberate in My presence. I said, "All right ". And he is going to study those things. So, you tell Gregoire to get after him that he goes and sees these people. And they should try to convince the people whom I've cured, that by giving something in writing, they will be helping other people to get cured of Sahaja Yoga. You see, this is the only way we can really approach these gross people.

So, he is going to give an article starting with this, that he saw this miracle. Then he saw the raising of the Kundalini. He saw the - I mean the kind of an article you would like to publish. You should give him a little lead to Gregoire, on these lines. You have to prepare on what lines we are going to publish the thing. We have, of course, concrete examples you can give, he being a doctor, you see. It will have an effect and that we should publish it in England, because he was also practicing here. He has a house in this merry ground road or somewhere. So, we can publish in his name. So one of the advantages would be, that he being a sort of an authorized person, you can publish this article about Sahaja Yoga in his name. And we can contact Mr. Mascar. Then, in case we are successful, we can have a press conference or something, before I leave, if possible. Or when I come back, one of them and we have to work it out in such a way, that we also have a press conference, later on.

For publicity, you see, what we have found that this poster business works out wonders. So, when I come back, we have to think on those lines of posters. And we can get very good posters done in India, if you want, and can get them by the ship. But if they arrive after four years, don't blame Me.

[Laughter]

Find out all the methods by which you can publish. Now, Gregoire's book, we can take to some publisher and ask him if he would like to publish. Then what about Don's book? That has to be ready before I leave, so we'll get it published in India.

[Shri Mataji chuckles]

Yes, so what's happening now? The little dolly baby? She knows her Mother. She knows her Mother very well.

So, when we have, I mean, we should all sit down and find out how we can publish about or sort of advertise about Sahaja Yoga. You see, because even ordinary thing like punk crop or something, you know, that goes into the eyes of these people, because they create a controversy. Now, you can start a lecture CDs on the false gurus. You people can go ahead with it. You can go on talking about 'this false guru is like this', 'that false guru is like this' and nowadays another thing they started is 'magnetism'. They put a magnetism and with the photograph of the guru. And they turn the magnet in a different way, you see, and then the bhoot comes in. I mean so many ways they will use, I don't know, but this is one of the latest I have seen.

So, you see all this. And there is another thing is that, they get the photographs of the terrestrial or some sort of a being, you see, out of which, most surprising, the God who is on this earth had my eyes, and as if the photograph is taken from here. So, the nose is like that and there is a mike in front. I don't know from where they got this idea! The lady showed Me.

I said, "You'd better write to them. They can find out". I mean, look at to what point they are! This is so subtle.

Now, so, for this, I could say that Peter, he has to go around. So, I will first give you the way it should be done is you write to Marie. She wants to go there, Marie. In Switzerland, everybody wants to know about TM. And they said they can arrange lectures for you. But there is one doctor in Germany, who is very anxious to meet you. He is the head, sort of a head in [unclear] or someplace.

Sahaja Yogi: Really?

Shri Mataji: Yes. This doctor, his name I forgot. And he says, "No, no there are 20 names and this and that". But I told you. But he has got his Realization surprisingly, despite the head of a nonsense. I tell you. It's so gracious, Sahaja Yoga is so gracious with people actually.

[Shri Mataji chuckles]

Such a man like that, who has been in Sahaja Yoga for years. Ten years or so. He is the head of that thing there. He got Realization all right.

Sahaja Yogi: Mother, you can't remember his name?

Shri Mataji: So, I've forgotten. But they will all write to - Gregoire is going to write to you. Thomas. Thomas was so sweet. His wife was, 'wife' means his friend, was quite opposing Sahaja Yoga, and, but still he organized on his own and very, very sweet he was. And I mean, he didn't have much money but still we arranged all that. Bbut the rest of it was so sweet he did. And, very sensible. He is a very good man. And another was, another was Jack, you remember Jack? The one who came with his wife, who would not give her name.

But this girl from Sydney did not meet Me.

(Sahaja Yogi talking).

Huh? Oh! That's it! Carrie.

Sahaja Yogi: Another Carrie".

Shri Mataji: Yeah. Australia is doing very well. Everyday I get a letter from there saying that, "I've got Realization, I've got Realization," and it's a very good way because you see they are writing about what is happening to this. So we have in writing, everything.

Now, this is very important is to go down there. And, one day I'll sit down with you and tell you what are the points to be covered with these people. They can't believe it! They can't believe it! They are so brain-washed, they can't just believe it. And they said, you see all the head is divided into sixteen parts, I tell you. Horrible Agnya and they don't want to believe it! They said, "No it is doing good to us, it has done good to so many people," and this and that. I really, I can't imagine! But I said there is somebody like this will come and talk to you. They have taken your name, but I wish I had not given the name, because then they will ring up the main head and there they might tell them that some (brain wave?). But in any case you must go and see this man. And then

we got two other TM people there, who came to the program, of whom Thomas was rather worried, because he was also in TM. But when these two people came in, they told Me that he is a devil incarnate. I said all right. So, there it started working out. You see then, Thomas got back his confidence also. So, the whole thing turned out very well. I think so, there was something.

[Sahaja yogi talking: blue suits and red tie and...]

[NOT CLEAR] Blue suit was not there, but something he was little elegantly dressed I should say, quite nicely dressed. But not exactly blue suits, but elegantly dressed people. May be they might be Initiator for [NOT CLEAR] but they said that he was the incarnation of devil. They had no doubts. So, this is what, so now you have to work it out.

Now Spain people, out of only their phone numbers, I will get their addresses. And Portugal. All these things are to be looked after. Portugal, Spain, France, Nice. Nice, we've got a very good center in Nice. But now, I think Marie is looking after, Marie has been really spending lot of money, she did a lot. She did a lot, I must say. And, she is going to look after Nice. But still you should find out about it, what's happening.

So, we've got Portugal, then we've got Spain, Madrid, then we've got Nice. And the addresses of all these people should be brought in. Today I'll give you the addresses of California people. Addresses of California is coming. So, Pradhan may be coming here. Then what else? Then we've got Paris, Lille. Write it down all these places: Lille, Paris. Then, I went to Geneva, then Lausanne, then where did I go next to that? Zurich, Bern. Bern, Bern, Zurich and then Basel. Basel. And then to this Freiburg. Freiburg, where our Rustom has done some job. How are you? How is Mr.(?) I don't see him at all.

[Sahaja Yogi talking]

He is all right now? Upset? So then, what did I say? Then Bonn, Freiburg, then Bonn. But you have to immediately write to Thomas, find out from him what is he doing about it. He wants somebody to go to Bonn, Freiburg. So we have to arrange all these things, you see. There is one lady who is going to Nigeria from there. She might work out it. So, get the list of people. All the list of these people and their addresses. Portugal, I don't know if you have written to them, Portugal people. What have you?

[Sahaja Yogini talking]

But you wrote?

[Sahaja Yogini talking]

They sent a letter to this girl. They have sent her a letter. So better, write to her also so that form a complete circuit with them. So, this is the she is unhappy about something is to be put on the other side I think. She is on one side she has been too much. Little move her to this side. So, now for England. Our great poet Blake has already... Did you read that Blake's thing? Wonderful! Just imagine! What a prophecy! What a prophecy! So correct - and foundation so laid.

See actually, he is seeing, just imagine how great they are in the laws of divine! You see that he prophesized, but for other people, you people don't understand the value of all these things that you're doing. And we should see the profoundness of the whole thing - how profound it is, how we are handling the whole situation ourselves, I mean you are not understanding and realizing how deep it is and what it means. We are taking it still in a stride I think. Imagine him to write all these things and all the prophecies he has made, now at least that will give I think some boost to London Sahaja Yogis. How? That they will realize their importance and that what important, I mean Jerusalem means the pilgrimages. That means Jerusalem is now going to shift from there to here. So what a great thing! Great prophet. He was a prophet. You see, I picked him out. Gavin, you remember? I went to see all his works. I mean, I picked him out. I didn't know all this that he has done it. I didn't know about this poem also this Jerusalem one. And I think Warren has given Me one book but I read a little bit here and there not much. But I'm now going to read all that. Look at him. What a poet you had. Prophet, a real prophet he was. What a prophecy! He might be [NOT CLEAR]. So

precise. So precise, imagine! And beautifully described! Really beautifully described. This is, who has done this? Jeremy has found out, is it?

Sahaja yogi talking: Jeremy and then .[NOT CLEAR] and then Jeremy found this thing.

Shri Mataji: One has to go into his works to find out what he has prophesized more.

Sahaja Yogi: He got the whole, complete and also he got the complete work...

Shri Mataji: Great! Jerusalem. All right. So now for Jerusalem, what is to be done? That we have to find out. That is to be little bit worked out in various methods, you see?

Gregoire has certain ideas. He said that we should materially improve ourselves first of all. Little bit. For presentation it's important he said that. Gregoire, you see, he is very practical. He said, the presentation should be, if not blue suits at least there should be some proper English suits, that should be worn because an Englishman like a hippy won't be accepted anywhere. An Englishman to be dressed up properly is important. So, that is something you find out what thing proper is. But need not be absolutely one-color stuff but everybody should try to. For presentation, when you go to a, say, a meeting or something, it should appear that it belonged to old, old style English traditional person.

See, so people take you seriously, which was Gregoire's very good idea because for all these functions, he told all the people in Switzerland that they must dressup properly. And then how to behave in a program and all that, he is very particular you see? For a newcomer, as he said to Me that for a newcomer, what matters is your outside. They don't know about your inside and how you behave and all that. He said that, "Mother you make a little outline for that and discuss with all the London people also." How to work out the outside behavior of Sahaja Yogis when they go to a meeting or hold a meeting or work it out in a way. Because it should look like one group and working out together. One group is the main point is, you see? And everybody should support each other in the presence of others. See otherwise it looks as if some blind people are trying to lead other blind. It should appear that you people have achieved something and that you are all in one tune with each other or there is no quarrel between you and there is no indignity.

Because if others, when they see you in this manner, they get frightened and they run away. So, he said that for that I have to make some outline, but I would like to have suggestions from you people and also on top of that, I hope you'll make it ready by this week. All of you to give Me suggestions as to what sort of things we should have, which will look presentable to people. Like you see, they expect something of an Englishman and if that is not there, then they tell, "These are some of the craps," you see. So, Gregoire's idea was correct that they should appear in this way and I think you should think over it. What should be done for.

And secondly, we have to find out, see the places where I visited and try to allocate places to every Sahaja yogi, who would like to look at those places. Now what happens to people who come and go away? What is the reason? You should find out. Go and talk to them. You must make a study of that. Why do they come to Sahaja Yoga and then disappear? One of the reasons, as these people discussed was this, that, people are very naive. They don't know what to expect. So, Don's book is also after realization, you see? There should be a small introduction of Sahaja Yoga according to them a small little introduction to Sahaja Yoga, what to expect, what to find. I think, one of My speeches is there which I gave you. We can sit down and chart out an introduction to Sahaja Yoga. What are we to expect, you see? And a very direct thing should be there.

And, I mean for advertising, say for example you want to have a meeting somewhere, you can even have pamphlets, you can even distribute and things that people can come and intensively we should work out in every place. Then it will grow faster. Pune is doing very good work, Pune. Tremendous. Apart from that, Bombay is doing very well. Rajesh was saying it is going very well in Maharashtra. But the only difference between Maharashtra and other places is this: that they know about it beforehand. They know Kundalini, they know what to expect, you see. This is what is missing. So if you can give it in writing, what to expect out of Self Realization, and very directly - the points. First what to expect, what is Self Realization? What is Self? Very, very directly, you see, absolutely. So, that anybody who wants to read can see that. And then he should see that what to expect and all. If we can

prepare something like that, then you prepare a sort of a, what you call a framework and then we can fill it up.

But should not be complicated, simple and very direct. Because even Don's book is after Realization. Before Realization, that book is bit too much. We can do it in small, very small way. There is no need to question and answer sort of thing we can do it very direct. Now, after Realization, people go away, you see. Now for that also we have to understand why. Why people go and what should we do to stop them? Some of them whom I talked to, you see, why they went away is that some say there is no love between Sahaja Yogis. This is a very important point. They do not talk to each other with love. You see this is the fellow from Rajneesh, he was, and he said in Rajneesh there is lot of love. Well, you see it is filth, you know there, but doesn't matter. To him outsider he sees everybody, you see, very friendly and nice and this and that. So, the kind of dryness and arrogance or we can say fighting and all that nonsense should be avoided.

So, all this we have to chart it out, but this is one of the reasons. Secondly, they said that some of the Sahaja Yogis talk in such a manner as if they are great, you see. They have achieved a lot and very egoistically they talk. And that repels people. They should talk in a softer way. That might be hinting at Gregoire, maybe, I don't know. But I must say Gregoire's shouting helps other way around. I mean many people become very alert. But his style is different you know. So everybody should not take to the same style. You can have different styles of approaching people. It's like Gavin and Gregoire both go hand-in-hand very well. I mean if they both of them approach somebody, then the left and right both are put together. Such combinations should be found out. You see where, the great thing is the friendship of Sahaja Yogis, you see. The great friendship must be developed.

That friendship I don't know, should be like, Ram said that Pradhan is coming everybody felt very happy, you see. Why? After all Pradhan is such an old man, 75-year old man coming here. But you feel so close to him, why? Because you are born of the same Mother and you are doing such a tremendous work and all these fellow feelings should come like a soldier fights with [INAUDIBLE] others are also fighting the same way. But that is not there. You see it is more artificial. Sort of... I think that is what is... huh?

Sahaja Yogi : Everyone's attention is on very petty things all the time.

Shri Mataji : I think so.

Sahaja Yogi : There is not sort of enthusiasm and fire. Sort of, you know, energy [NOT CLEAR] It's all whose turn is it to do this and I mean.

Shri Mataji: That, that should be stopped completely. That's what I was saying. Why not get a maid servant for the Ashram? Better get a maid and pay her than to worry about it. This is something that will pull you down so much. I tell you so much. Hopeless.

Sahaja Yogi: Also I think there is a tendency to become a kind of hypochondriac, Mother. People become obsessed with their catches, you know, and they sit there and just worrying about what catch they have got and all this, and they won't do anything for Sahaja yoga, you know. They just worry about themselves all the time.

Shri Mataji: See? Now, for this I've told Harry that you should not worry - now leave your hand, just sit, still I will look after it. You should not worry about your catches at all. The more you worry, the more they will be there. Now for example, you are very subtle. Gavin knows this point very well. As you were subtler and they were subtler also. Very clever. They would like to come in the program to disturb Me. I'll give one of the examples. That in the program, they'll come just to give a feeling that you're unwell. You start behaving like that. So the other people, who are there they say, see they are unwell why should we be here? Then they start clearing yourself out like that. See all these things go against good publicity. Then their attention is on your, 'I'm catching here I'm catching there'. The more you do that, the more they will be there. It's all not catching anywhere. They will run away. See, they are there just to create a problem for Me and for Sahaja Yoga.

So, better tell your mind that, "You get out from here. We don't want any help. Had enough of you." If you do that it will work out. Or you should, best thing is to say, 'Surrender'. Surrender is the only way. Anything comes, "I'll surrender myself to Mother,

finished. All these things will go away. That's the best way. Then you start seeing [?] very clearly, which I've been talking to Harry. That he would used to worry like, "Where should I put my attention?" I said you just don't worry just say, 'I surrender everything to you Mother'. Finished. Don't try to do anything. Don't try to take out. Just surrender. They'll all run away. Otherwise they will be there creating a nuisance out of you.

You see the trouble is the whole society is individualistic, you see. So to get out of that individualistic society into a real social being, in the sense that it has to be a real Sahaja Yogi collective being, then one has to remember not to pay any attention to yourself. What is so important? [NOT CLEAR] who am I?

Sahaja Yogi: This is what I've been saying on Friday night.. It tends to be that people come in and they just think about themselves and they work on themselves without going to someone and saying, 'Can I help you? Can I do this for you?'

Shri Mataji: No, No. That is also another subtler work is that I'll help you. I'll do this for you. Because this is again the missionary part of it. I must tell you because Christians should be aware of it. What these missionary business of helping you. Whom are you helping? You are helping yourself. The more you are with others, the more you are enjoying yourself.

Sahaja Yogi : Being collective.

Shri Mataji: Just be collective. Just do it because you like it, you love it and by which you are the winner not the other. You are the ones who are going to gain not the others. The more you [you will do it?] the more you [will gain?] But, [it's becoming?] subtler and subtler. Like one would say that I am doing it because I become more powerful. What am I? Because after all ascent is the point, isn't it? You have to ascend. How far you have ascended in Sahaja yoga, how far your vibrations are alright, how far you have gone deeper is the main point. And that can only be achieved, only be achieved through surrender, nothing else. Nothing else. Before and after. Putting your attention, complete surrender. That will work out. That will absolutely neutralize all these things [UNCLEAR hypochondriac ...?] just put all the troubles onto Me.

Even to this point [INAUDIBLE] like he, Harry, I've been studying you people through him very well. That, just now I talked to Harry and I told him that how subtle it becomes that, he's a very nice person, good-hearted, everything. But the bhooths are not. So, today I talked to Maharaj, this fellow from Africa. And in his talk, I discovered, he said, I was talking about a doctor, and he told Me a sentence, "Mother, he is judging you". And that's how he got hot and I said, "That's it." Anything that judges Me is wrong, like, "She's doing this because She loves us." Even this point. Who are you? You see the subtleness, the subtle point behind this. Can you see it? That's what I told him. See Hanumana gets angry on this point. Hanumana, absolutely hundred percent. Who are you? Why should She love you? And because She loves us that's why you must accept what am I saying to you.

What's that? Hello? Just open the door. Who else has come?

[Sahaja Yogini talking]

Hello your friend is coming is it? Who is coming? She is trying to talk to Me. She doesn't like when I don't pay any attention to her. All right. Hello. How are you? It is nice to see you. Sit down. Sit down.

So, how it becomes subtler and subtler, one should see. And one should face it. And when the subtle ways, I must say there is a difference between the senior Sahaja Yogis and this thing. You just see this. There is a understanding, there is. Anything should be done from the Sahaja Yoga point of view. Are we helping Sahaja Yoga or not. I think maturity comes with age. The concern should be Sahaja Yoga. And even if you, I mean I said you must take up jobs. You must earn. Have to work. You have to improve your styles and things. Somewhat, but for Sahaja Yoga. It's to be done for Sahaja Yoga. That's not the aim. Aim is Sahaja Yoga. That's the main point is. That Sahaja Yoga should be placed as the highest thing and then only it will work out, because all these subtle things will disappear. Otherwise these subtle things swallow you. And they come as [UNCLEAR], you see, and they will give you ideas and things and it will start losing sight of it, because you must know that you have been prophesized long time

back. And you are doing such a tremendous work. It's such a great work you are doing. I wish you could realize it, because even that understanding is very subtle. Then all other things you just throw away. That Sahaja Yoga itself is self-established and have this self-esteem thing. It does not need from you. Only thing by taking it up yourself, you improve in your status. Like that. Now see you understand. You're doing no favor to Sahaja Yoga or to Mataji Nirmala Devi. You're doing favor to yourself. Now, this point is the point I tell you. All right? So you surrender.

Surrendering is the only way. There is no other way. And that's why these problems can be solved now. So how do we do it? May God bless you. Oh, God! Good, good, come along, come along. How are you? Good. Who else is coming from Cambridge?

Sahaja Yogi: I'm from Australia.

Sahaja Yogi: [Unclear]. He stays in the ashram.

Shri Mataji: Come along. John will be coming. Dalla [unsure] would come, I'm sure.

Sahaja Yogi: [Unclear].

Shri Mataji: Not yet arrived.

Sahaja Yogi: I know. [Unclear].

Shri Mataji: Hmm. How to do it?

"By not doing it", he said, "by surrender".

Sahaja Yogi: I'll miss Mother that; It will then have a tendency to seat and there'll be a big mess and there is no point in doing anything, because-

[Laughter]

Shri Mataji: Then you do everything. You see, when you become dynamic. If you are not becoming dynamic, that means you are a gone case. This is the judgment point.

Sahaja Yogi: We are all gone cases here then, Mother.

[Laughter]

Shri Mataji: No. You can't say that now.

Sahaja Yogi: In fact, what we should be doing?

Another Sahaja Yogi: Let it be as it is.

Shri Mataji: You think so? I don't think so. I've been praising you people all over. Of course, sometimes I used to get frantic. I must say the people in this country, have only one problem, is lethargy. I will say, get active also. They can be only bathroom cleaners. This is the problem.

So, the inactivity can be dangerous. But I'm saying of non-action. I'm not saying of inactivity, where the feeling that, "I'm doing something" is not there. We have to be active, extremely active, but say, "I'm not doing it ". Surrendered. If you are lethargic, then you are no good. I mean you are absolutely wrong, 'tamasik', left-sided. Well, if you are active and you know that, "It's all surrendered, I'm not doing it ". Then inactivity is not non-action. Non-action is very different. Like the sun comes and gives you light. It just emits. It is non-action. It doesn't say, "I'm doing it ". You see the difference between the two. It should be clearly understood.

Sahaja Yogi: Do you think, Mother, that sometimes there is a tendency to feel that if you do something in an active way, that you may get a catch in the left or right heart. Then there's a sense, there is a tendency then not to do anything, since we go closer of your – you that you might go catching or doing something.

Another Sahaja Yogi: It's hypochondriac thing.

Sahaja Yogi: And that's the hypochondria.

Another Sahaja Yogi: I'm catching on left heart, so I can't do anything... the whole day.

Shri Mataji: I mean, Sahaja Yoga is not for such cowards. They are useless, they better get out. You see, it's meant for people who are real warriors, you see, we need soldiers.

Sahaja Yogi : We must fight now. We got to get out and fight.

Shri Mataji: They will go out of circulation, don't you worry, all such people, very soon. So, those who are afraid of catching, they go out of circulation. Here we are not here to look after your chakras. We are here to work for Sahaja Yoga. When you start working for Sahaja Yoga, you are automatically cured and geared up. That's what it is.

Sahaja Yogi: Donna said something very appropriate when we were talking. She said, "One just has to look at the little ones."

Shri Mataji: Yes. She is working for all of you left, right everywhere.

[Shri Mataji is laughing]

That's a game. That's a game she's playing. The game we are all in like you, smiling too.

Sahaja Yogi: This is what we must realize that they work very hard.

Shri Mataji: That's true! Extremely, extremely hard. And they scream and shout and everything.

Sahaja Yogi: Cause it is quite obvious that when someone comes in, who's got a bad catch, because the working-out starts immediately because of things.

Shri Mataji: What things? Better you learn from them. I should be the one, who is catching the most.

[Shri Mataji is laughing]

Yes! What happened?

Sahaja Yogi: Nothing bad.

Shri Mataji: There we have. Humm. Maybe that is, I don't know. You see, it's a mathematics, which cannot be calculated easily.

It's the thing you go five steps forward, three steps backwards, eight steps forward, four steps backwards. Ten steps forward, eleven steps backwards. And where do you reach? What is the speed? That's what England is.

[Shri Mataji is laughing]

But everybody of the whole is progressing. No doubt, slow and steady. We'll win the race.

Sahaja Yogi: I mean a wind of change came in the last week when this girl arrived from Australia. I mean it was really, someone I never met so positive and everything else like that.

Shri Mataji: They are the children of convicts, you see? So.

So fresh! Annick, there is another one. Her name was Annick. She met us in Orleans. She came all the way to meet Marie. Ah, you were there.

She went round and took all the posters. You see Marie, as usual, brought up from England. So, she said, "Mother, she didn't tell me beforehand. She had put the advertisement in the paper. But, she didn't find out when it was". So, it was on the third day the advertisement stopped. And there were no advertisements for the two days before. So, this Annick said, "Doesn't matter". She went and put posters everywhere eight days before. Everybody put the posters. And on the poster only, Annick got so many. And Marie said, "Mother, I'm still an intuit, I don't know. This thing happened; the third day we got all a big [unclear] crowd. But these people who came with the posters, stayed on for two days and really came up very well. And then, they started working it out. Now Paris is very well established.

But this is what it is and the way she, I mean, tremendous she was, isn't it? Orleans, she did it very well. She is really tremendous. To her, Sahaja Yoga is her life. Absolutely.

Australians are going to show a way to you people, I think. The convicts are born here to pull us down everywhere, you go everywhere. You find those convicts, eh?

Sahaja Yogi: We need an exchange scheme.

[Shri Mataji is laughing]

Sahaja Yogi: We'll send some over there. No sense up here.

[Shri Mataji is laughing]

Shri Mataji: No, I think it is alcoholism, of the worst time. Now in front of her house, we find five, six of them permanently circle. One of them is a lady. Early in the morning, they are all drinking. And by yesterday we were, me and this doctor who has come, we were going down. One of them was standing with a bottle and was singing and going forward and backwards. So this Indian doctor got a fright. He said, "Better go by another road, because he may just shoot off". I said, "So this is what it is".

But Swiss people are very speedy, very speedy people. They are on the other side. They are so speedy. Means, you know, it's like a low train which never reaches the point. And the fast one which always misses the station, it is like that. I don't know which one

to travel.

[Shri Mataji is laughing]

Sahaja Yogi: [Unclear].

Shri Mataji: That is the situation of the West is. So, when you realize all this, we must see and try to correct it. But only difference perhaps is that difference- difference I find in this, that they understand their mistakes. And-

Sahaja Yogi: It's really the German section, I think. They really.

Shri Mataji: No, all of them. Swiss also. They also, they all understand. They say, "Mother, we are very speedy, we have to bring down, put down my speedometer". You see. And this is what we people do not realize, that we are lethargic here. The difference is, lethargic people they never realize because they don't even have so much strength to think of that, that we are lethargic.

My husband's place, Lucknow, is known for all kinds of lethargic people. So, they had a competition. They got all of them in a row and said, "Whosoever is the most lethargic, the laziest, walk one step forward". So everybody walks one step forward. But one was from England. He stayed back. So the people asked him, "Why didn't you step forward?" He said, "I don't even want to do that".

[Laughter]

It's true that was the laziest. So that should not do the case. All right?

See the working is on still, the right side, right side, right side. It's all working, yes, yes, yes, yes, it's going on all the time. Ah! It's working. Poor things. I have seen my grandchildren also. Aradhana, she was hardly three years or so, we had taken her to the airport. She said, "No, no", like that. She was going on like that, you see. So, Kalpana could not understand why she was so crazy, so fast.

[To other Sahaja Yogis] Hello, hello, hello!

Here comes then another mister [a baby boy]. Is he sleeping?

Sahaja Yogini: No, no. [Unclear] Kamala

Shri Mataji: Come along. Where will you sit new? Sit here.

How are you now? Better? All right, I'll see.

Ah! This one has come. This one, see. Just see this one.

May God bless you.

He's all right. Poor thing. [Baby screaming]

May God bless.

[Baby still screaming]

Shri Mataji [talking to baby]: What has happened? Hum?

He's catching from all of you. Poor thing.

[Shri Mataji is working on the baby]

May God bless you.

Hot. He's catching from all of you.

She's helping him now.

Sahaja Yogi: She wants [unclear].

[Shri Mataji is laughing]

Shri Mataji: How much they work, I tell you, really. Yes, yes. Hmm. Swadisthana.

So, this is what we have to do now. We have covered these points. Now about your travelling, when can you do it?

Sahaja Yogi: As soon as possible. I'll write to her, if you want.

Shri Mataji: Ask Thomas, first of all. Will you go via Germany?

Sahaja Yogi: I think so.

Shri Mataji: All right.

Sahaja Yogi: The van, the combi is, you know that combi is, it takes very short time.

Another Sahaja Yogi: Rolthar has sent a thousand pounds to get the van fixed up. So, it can be used for Sahaja Yoga programs.

Shri Mataji: Really? Very sweet of him.

Sahaja Yogi: And if there's myself in a company, and one other person lately who can go, then we can stay in the van and do the cooking and everything else in the van.

Shri Mataji: Good idea. That's a good idea. Can it be fixed or not? Put it in.

Sahaja Yogi: Yes, it can be fixed.

Shri Mataji: So we should assign it to some proper. Find a-

Sahaja Yogi: Mark is organising.

Another Sahaja Yogi: What is Mark doing about the van?

Sahaja Yogi: [Unclear] to find the keys so he can take it there.

Shri Mataji: Now there's one thing I want to know, this Bard. You have to pay him some money or something?

Sahaja Yogi: Yes, indeed.

Shri Mataji: I think we should send him the money. Otherwise, he's a nice fellow, but he's a great friend of one, Sinhalese. And this Sinhalese fellow wants me to go to Siloe. He's quite a nice person. And he's a great friend of Mr. Bard. And Bard has given a very funny picture about you.

Sahaja Yogini: He's very negative in general.

Shri Mataji: Hum?

Sahaja Yogini: He's a very happy bachelor [unsure]. [Unclear] Well, when he will.

Shri Mataji: I never met him. I never met Bard. It was his friend who told me about it.

Sahaja Yogini: Yes. Well, from our end what happened was-

Shri Mataji: Hum?

Sahaja Yogini: Wendy was taking some things to sell, at this sort of junk shop. And Bard happened to be in the shop because he was a friend of the man who owned it. And he started saying all sorts of very derogatory things.

Shri Mataji: Come here, just I can't hear you.

Sahaja Yogini: Sorry. He-

Shri Mataji: Where did she go?

Sahaja Yogini: Well, just by, oh sorry, amazing, well coincidence if you like, Wendy took some old books and stuff of ours to sell. And she happened to meet Bard in this sort of shop, second hand shop. And he happened to be a friend of the person who owns it, that was why he was in there. And he said lots of very derogatory things. And Wendy said, she said, "I don't think he's still in Sahaja Yoga ". And then she said, "Oh he said some very bad things about Peter ". So I said, "Well, you know, maybe... "

Shri Mataji: About Peter he said lots of things.

Sahaja Yogini: Yes.

Shri Mataji: But about Me, he said, "Mataji is too simple. She can't understand".

Sahaja Yogini: Yes.

Shri Mataji: It's horrible things. Horrible things. Which I will tell him otherwise.

Sahaja Yogini: But the other strange thing that happened is that we haven't heard anything about him from the point of view of Sahaja Yoga. And last night he happened to ring up.

Now what happened was that, I think it was Anne on the phone and she didn't know, you know, the whole thing about Bard. And she said, "Yes, there's a puja tomorrow at four o'clock". And he said, "Can I speak to Harry? " So I said to Anne, because she was new to him, I said, stop, stop, stop, stop, stop, stop, put a hand over the phone sort of thing. And I didn't know if this was right, Mother, but I said that it was only an invited puja and that certain people, only people who had been invited should come. And it was only a small thing because I suddenly thought, you know, is there some negativity trying to sort of come in or? Anyway, he's

probably coming to Caxton Hall because he said, "When is the next public meeting?"

Shri Mataji: No, no, he clearly said that, "I do believe in Sahaja Yoga". You see, this fellow was all praised for him, he said this. I said, "But he did pay some money. I believe what I heard is that electrical money and all that". And he said, "No, he's not a man. If you tell him he'll pay. He's a [unclear] formal man for money matters". He said, "He is such a straightforward person, you can't imagine and he's a very fine person and most reliable". I mean, Sinhalese was all praised for him".

But he said, "He told about Peter, that Peter is a dangerous guy and all those things. And that's how he got out from there". And he said that, "Everybody will be in a jeopardy", lots of things which I'll tell you later. All right, whatever it is.

[To the baby] Now, what's happening? Why were you screaming so much?

Hello? Hello? All the time smiling and you are screaming for nothing at all. You are also smiling now. Why were you screaming? These people are troubling you a lot? Are they? Yes. So what do you do to them? You scream at them, you shout at them, he?

Gavin?

Sahaja Yogi: Yes

Shri Mataji: I won't be able to have lunch here because Mr. C. P. Srivastava said that, "Today at least have lunch with me". So, yesterday he told us I'd better go.

Oh, oh, oh, oh! What is it? What is it?

Sahaja Yogini: [Unclear]

Now wake up. [Shri Mataji is laughing]

She has blue eyes.

Sahaja Yogini: Well, I don't know. You see Bumble started off with eyes that colour.

Shri Mataji: Yes, she's got blue eyes. That's a nice thing.

Sahaja Yogini: They changed.

Shri Mataji [to the baby]: Yes!

Who had blue eyes in your family?

Sahaja Yogini: Well, nobody. I didn't know either.

Shri Mataji: She has blue eyes. Oh, you're all right. Are they? Better, hold her a moment.

So, this is what Bard has been doing, doesn't matter. But in any case, we should send him money, whatever it is. You should say that, "You just disappeared and I have to send the money to him ". Then another thing is you have to see to it that, you see, when all such things start, one should not talk. Because, you see, whatever it is, money is different from Sahaja Yoga. And one should not talk like this. It brings bad a name to Sahaja Yoga. Nobody should talk. Whatever is the problem of money you can find it out. But why talk about it? It's a wrong thing.

[To the baby] No? No, come. You come to Me for a while. All right?

I didn't take her so she...

[Laughter]

This dolly baby, this dolly baby. She doesn't cry. Dolly baby doesn't cry. Or you shout or not or scream sometimes, little bit. [Shri Mataji chuckles]

Look at the smile. Look at that, another one. Yes, still sleeping.

No, no, I'm talking to you. No, no, I'm not talking to you, I'm not talking to anybody else. I'm just talking to you. All right?

What happened? What happened? What happened? No, no, no, no. Oh, no, no, no, no, no. She has to take. Dolly. Oh, what happened? What happened? I just started talking to him and not to her. He? Is she hungry? I think she is. Oh, she is hungry. He? What happened?

She is hungry, I think. She is hungry. Work very hard. You have something too. All right, all right. She is hungry. Get her some book. You make a bottle, you have started?

Child: I 'm gone one made up.

Shri Mataji: All right, so you'd better give. She is crying now.

So, what have you decided then?

Sahaja Yogi: I have one idea which I believe-

Shri Mataji: So just give Me.

Sahaja Yogi: Paul had also had the idea that we should maybe make a, try to make a sort of a documentary, film documentary about Sahaja Yoga. Perhaps on video. And then, I don't know, twenty minutes, half an hour or something. Then we could make copies of it, you see.

Shri Mataji: Whenever, but first actors should be all right now.

Sahaja Yogi: Well, we've got a few and you know, who are not too bad.

[Laughter]

Shri Mataji: I'm happy to hear.

Yes. You are so, thank you. Are these from your garden?

Sahaja Yogi: I'm afraid not, Mother. I'm still busy inside at the moment. I'm afraid I know.

Shri Mataji: I think [unclear] this is your tape and all that. I told Paul, I don't know if you understood Me or not. It is only handled when there are people to see it. Where do we have? Sahaja Yogi: Well, what I thought, there was one thing we could perhaps then approach people on television and show them, you see. Because-

Shri Mataji: But whom are you going to show?

Sahaja Yogi: Well, I don't know, but if you-

Shri Mataji: That's the main point, you know. You do all the experiments, you see. He came to me and he told me, make a video tape of things. Whom are you going to show, is the point. We have a reward, lots of things, but whom to show? Only we have to see ourselves.

Another Sahaja Yogi: There is a program on Sundays, I think it is, on television, which allows people to show, individuals and groups of people, they have their own program.

Shri Mataji: We have been-

Sahaja Yogi: And other things like that.

Shri Mataji: We have been asking them to give us even five minutes. They have not yet given us.

Sahaja Yogi: But the thing is, Mother, if we produce something which they could just see easily, then that would give them a much better idea of the quality of the thing. And it wouldn't actually be so expensive.

Shri Mataji: We have a film already with him. Now what you have to do is to edit it and do it properly, you see.

Sahaja Yogi: We can make one up quite cheaply, Mother. We can just, if we need to shoot the whole film, we can just hire the equipment for few days.

Shri Mataji: No, that's not difficult. What I'm saying that, we have already got to film.

[To the Sahaja Yogini] Now can you go out and open the door?

Now, the only thing you have to do is to get the photographs, I mean here to film it. He has got already a thing to film. Get it edited, you see. And when you come to India this time, people, then we can get more films from India, add them up together. This time when I go, I think I can borrow your camera or something and we can work it out.

Sahaja Yogi: That's what I was thinking, Mother.

Shri Mataji: And then, all that put together, then we can make a nice film here.

Sahaja Yogi: Yes, that's what I thought that we can have.

Shri Mataji: Well, work it out. That is one of mine.

Sahaja Yogi: And we could have some sort of introduction to explaining what Sahaja Yoga is as well. Showing the chart, and so introduce.

Shri Mataji: You can do it. But these are little confusing ones, you see. Like puja and all that. Sahaja Yogi: Oh no, it would have to be -

Shri Mataji: But I'll have to take a film.

Hello, Don, hello, how are you? May God bless you.

I'll take a film - come along, sit down -from here.

And Raman is very good at it. And I'll ask him to help Me there. He's going to give Me his projector, which will you, I'll bring it to London. We can use that projector. But you see, the film is, the film that they have here is 60 millimetres, isn't it?

Sahaja Yogi: What we have is Super 8. They also have a Super 8 film there. That's how I know.

Shri Mataji: Just find out. Because somebody told Me that this cannot be converted into that.

Sahaja Yogi: Into what?

Shri Mataji: Into films on the TV.

Sahaja Yogi: Oh, it's quite easy, Mother. 16 mm, 8 mm films are used, actually, in even certain-

Shri Mataji: Why don't you find out? You see, somebody, do you know in the...

Sahaja Yogi: Quite a lot, Mother. I've known, it's used quite a lot because TV cameramen take out their Super 8 sometimes when they can't film in a situation. And then they film with Super 8, and then at the TV studios, they have a machine which converts it onto video tape.

Shri Mataji: Ah, you can do it. No problem.

Another Sahaja Yogi: We might be able to use it for programs, Mother. I mean, in remote places, if you're not going Mother, we could. I mean, lots of people would come to see a film when they wouldn't come to see her for a lecture, you know what I mean. Just because you produce some sort of a thing, people would come and see it.

Shri Mataji: We can do it. We can get it from India. I mean, I had this idea before also. That's one of the things we could do. But his idea was different. What idea Paul gave Me was of no use, I thought. He said that why not we all get a video and see the program. I said, what's the use? We are the seers and we are the doers.

Sahaja Yogi: No, no, I wasn't thinking in that line.

Shri Mataji: So, that won't be of use. But, of a very wide coverage.

Another Sahaja Yogi: And then, one could just show it, if you're not coming to the program, as an introduction into Sahaja Yoga.

Sahaja Yogi: We could show some shots of you giving us introductory speech at a public program, perhaps. And we could show people experiencing Realization.

Shri Mataji: Are baba, where I am also available, there are hardly three people.

Where is such an audience? What I am saying that, I am quite available. I mean, I have been available in Rome. Of course, there were not one person. We had to pay for the hall, we had to pay for the room, and they did not even publish. Now, Gregoire is going to do the next time. So this is what it is, you see.

Sahaja Yogi: But I think it might make a difference for getting publicity on television. If we can show them something, you see, which they can see easily.

Shri Mataji: That is one thing. That is different, altogether.

Another Sahaja Yogi: If you have more chance than just writing them a letter, you see.

Shri Mataji: No, no, that is much better. There I agree with you that we should give him a complete thing done, plus substantiated by the doctors and things that they have seen it, you see.

Sahaja Yogi: Not now, we discussed with Paul this film idea a long time ago, because we have got a lot of material, you see. And he only thinks that he may get, he may wish to buy a video tape.

Shri Mataji: Oh, no, that is, that is something I just don't understand.

Sahaja Yogi: But I say, we have got this super 8, we can do a lot professional type films, as long as we get somebody, you see, because I used to make films sometimes, you see.

Shri Mataji: No, no. But what I am trying to tell you, video, this thing is not necessary. What you have to do is to prepare a film on Sahaja Yoga.

Sahaja Yogi: Yes.

Shri Mataji: You have to still get more material, which I will get now. If I am going with this idea, I will get it up to Australia, all these things. All right?

Once you have these things with you, then you assemble them and make a proper commentary and make a Sahaja Yoga film.

That you can do it here, later on. That's a different thing, but this video business, I don't fit it to my head. There is no need just now for having a video.

You see, that is diverting the attention. All right?

Sahaja Yogi: But there is, I asked other to do something about making a film on Sahaja Yoga, as such. I mean the chakras. But what we need is a good subject with a good catch, where it's pulsating. To film, you see.

Shri Mataji: We have got that.

Sahaja Yogi: No, we haven't got that, unfortunately.

Shri Mataji: Where is it? In India?

Sahaja Yogi: No, we haven't got one. We need a subject with a very good catch.

Shri Mataji: No, no, we have filmed it, India has got it.

Sahaja Yogi: Yes, maybe it is in India. It's not a big deal which we sent last year, is it?

Shri Mataji: In India they have got this. I have seen it.

Sahaja Yogi: Because I knew we had one once, but later we need this. It's no longer here with me, you see.

Shri Mataji: There is one with all these things. So we will have to assemble and find out.

Sahaja Yogi: To edit and put a commentary and some, you know.

Shri Mataji: I'll get you that. That I'll get you. All these things, you see, practical things. We can do that. Now, what else? This is one suggestion. But this is only for publicity to the BBC people, if they want to see it. But we can make it. What else is the suggestion?

What else is the suggestion?

Sahaja Yogi: Mother, there are hundreds of groups, in England.

Shri Mataji: He?

Sahaja Yogi: There are hundreds of different groups and societies and everything.

We can go and give talks to them.

Shri Mataji: So direct.

Sahaja Yogi: Direct.

Shri Mataji: For that, I was thinking a pamphlet must be made ready and should be sent to these groups. And see if they are willing to accept it. We can make a nice pamphlet for them. What is the third? Write it down all these points, sir: making a film, then making a pamphlet for the groups. Now get the addresses of all these groups.

Sahaja Yogi: The pre-introduction, I think, is a very good idea.

Shri Mataji: It's very simple directly.

Sahaja Yogi: Because a lot of people come with the idea that Self-realization - and they've heard from other teachers and gurus [unclear] - Self-realization is hard committed and some sudden foolish show.

Shri Mataji: Actualization, what do you expect? It's the point.

Sahaja Yogi: The people just think that their whole life is going to change and the world is going to look different instantaneously when they've got Self-realization.

Shri Mataji: It does with many. But I mean it takes time for some.

Sahaja Yogi: I heard someone mention that it may be good to have some type of - when we've got a person, and we've given self-realization, that we don't actually tell them that they've got their Self-realization yet, that they've got to work it out for it.

Shri Mataji: No, no, no, no. Whatever it is, we have to tell them. No use hiding it. It is Self-realization, no doubt. But the problem with all these people in the West is, that they don't know what is Self-realization. So, they are to be awakened. Because they are naïve, they don't know what to expect. What is Self-realization, and Indian knows better, much better.

Sahaja Yogi: They are all looking for it but they don't know what it is.

Shri Mataji: That's the introduction. Now you get the list of all the other motels.

Sahaja Yogi: This week, we had our first meeting at university again. And the experience goes like this. When you talk about yoga, or when people read about yoga, it is Hatha Yoga for those people. One only stayed eventually, you see, and we started to work with her, because she was starting to sweat from 'guru Raj', you see. She may come again. But I think we do have to get in the pamphlet or different pamphlets for different types of gurus. As the people who speak must really know those gurus, what are their favours, etc.

Shri Mataji: You know, the thing is, if you write it down is a dangerous thing. Because –

Sahaja Yogi: For ourselves. [Laughter]

Shri Mataji: That's all right for ourselves.

But if you write it down, this thing, you will develop a problem. I say because they can try to trouble us and I don't want to have any controversy. So what you can do in the group when you have the meetings, then if somebody says that, "I am such and such, disciple of such and such, and I have been working on this". You should say, "All right, we tell you about it, how to work it out ". But keep it a separate session with that person, individually. But not in the public meetings.

Because I have seen, even I cannot handle sometimes the way people are addicted to these gurus. So, if you just start any controversy, they will have a greater chance of troubling us, so keep them out. You see, our attitude should be those who want to come can come, those who do not want to come, cannot come. But we want to give them a clear-cut picture of what positively, what things are. The negativity we need not mention just now. Because if you mention the negativity, there could be legal problem, any type of a problem can come up. So just now we don't want any confrontation. We'll just give, "This is the picture, this is what you have to achieve, this is what you have to get".

Now somebody comes with the idea that, "I am into such and such ", so what about it? You say, "Did you find it?" "No". "So... ".

You can put this there, that you have not yet found it, all right? This is how you can talk. But not in the, I mean, individual cases we should not discuss, neither in general also we should talk much about it. Because unnecessarily, you see, to begin with, it creates a- you know, it's so naive, the whole attitude of the West is, that they think, you see, if God is there, then how can there be evil? First of all, is it all the responsibility of God. And the responsibility of man is to be evil and the responsibility of God is not to keep evil, you see. This is what is the idea of the West is.

[Shri Mataji chuckles]

Secondly, if God is love, then how can you say something is bad? You see, this is second nonsensical idea they have. This is the worst idea that one can have, is to say God is love. But in his love, He kills people. He is a wrathful God. It's written. It's clearly written, He is a wrathful God and He can bring wrath on you. If He loves everyone, then why does He bring wrath, you see? This is second idea, which is very funny and which is really very confusing for people to understand, that there are people who are absolutely evil. There's no God in them. So, this is the second idea which with which they come forward.

Then they say that, "We respect every person who talks of God". Now what do you say to that?

Sahaja Yogini: Mother, I think the most convincing thing, for people, is when they actually start seeing and experiencing the damage that these people have done. Because otherwise, it's still only a discussion.

Shri Mataji: Discussion level you cannot talk. Discussion level they will win over. You see, and then the last of all is this, that when you start discussing with them, then you just get fed up. And you say, "Oh no, let it be, doesn't matter". Then they'll say, "Look at this, they are supposed to be Yogis and they have no patience". Even if they beat you, you are supposed to say, "All right".

One person said, "What about God? Christ said that if somebody slaps on you or one cheek, then turn the other". I said, "That is the only solution with mad people, that's why. Otherwise it - "

[Laughter]

That's the only way they'll get shocked when you tell them that, "Beat me on the other cheek". Nobody will beat you, but that's how you can stop them. That's what He was meaning. So, that was the only solution for mad people, that's why He said it. But this is the idea: if you are a saint, then you must suffer. They have a right to boss over you. Because of these kinds of ideas, you have to be very, very careful with them, no doubt. So, all these things are there.

And last lecture in Bonn, you see, when Thomas was very, very upset about people, how they are going to aggress. And some were saying, "These are Eastern ideas and these are Western ideas, and this and that". Then I lashed them, I wish you could get my tape from him. And then I told the arrogance of the West. I said, it's quite summed up very well, the way they are arrogant about things and they think no end of themselves. And this idea of the West and the East doesn't exist in my head. I said, "The West has done the outgrowing of a tree. What about the roots? Who has to look after the roots? The poor East people, Eastern people are looking after the roots and you are just outdoing your tree, what about your resources? You should find it out, otherwise you'd go mad". And I mean, they are, no doubt about it.

But the worst part I heard was, that now Switzerland is highest in society, more than Sweden. And the second thing I heard about was, that out of five families in Switzerland only one can produce children, can.

This is the situation. They cannot produce children.

And, there was a lady, she said, "I am very busy with Afghanistan". I said, "Afghanistan?" She said, "I am collecting money for Afghanistan, I am doing this for Afghanistan". I said, "Now what, why is she concerned?" In her own family there are six and seven people who have committed suicide. She worried about Afghanistan? This is another ego style, is to shift your attention from your own problems to others, is to think of Afghanistan. I said, "Leave it alone now, why do you bother with it?" [Shri Mataji chuckles]

She will still look after. "The more people who are going to commit suicide in your family".

Sahaja Yogi: It's funny that all the big rakshasas have managed to find themselves in Switzerland.

Shri Mataji: Find?

Sahaja Yogi: Find themselves in Switzerland, have their headquarters there like Narakasura and all that.

Shri Mataji: All of them are there, you see, because it's the most beautiful country in the whole world. I would say we have some places like that in India, which I have in my view, but which are absolutely remote. But Switzerland is the most beautiful place, I mean such, such soothing scenes I have seen, such beautiful, that you cannot get that kind of a thing anywhere else. So, that's why. They want to use all the beauties with the money. Everything. And Switzerland is one place they are very safe there, they think. Because Swiss government is only interested in money. As long as they give money, it's all right. So they have money and they give money, it's a mutual understanding.

But what about the Queen of England going to see the Pope? I didn't like it much. This is that fornication with the kings, is it the same?

But she's a very sensible woman, I don't know why she did it. She's quite a – Humm?

Sahaja Yogi: [Unclear]. I mean in [unclear] lot of people ever heard

Shri Mataji: Is it? Because of Brazil, is it?

Sahaja Yogi: [Unclear]. Because of her son who wants to marry a Catholic.

Shri Mataji: Huh? Son?

Sahaja Yogi: Charles wants to marry a Catholic princess.

Shri Mataji: That's why. I don't know why, when I just can't understand. Maybe Brazil, when Brazil is full of bhoots, it's absolutely negative. And there is this Mexico, all full of bhoots. Nigeria, everywhere. Catholicism must have taken bhoots. Not only, but Catholicism in Rome has really opened my eyes, you know. The Catholics from Rome who talk to Me - you can call them Italians – shocking! Shocking it is.

They said they are earning fifty thousand dollars per day. There are six hundred schools in Rome itself, run by the Vatican, where there are six thousand children in every school. And the fee is so exorbitant, and poor people cannot pay for it. They are getting money from places like Chile, Argentina, all developing countries who are very poor. And telling them, "You cannot have birth control". And the priests cannot marry. Just imagine!

Sahaja Yogi: The gold that is in Vatican.

Shri Mataji: The gold and that is a part from that, I have seen part of it myself. That can beat even source [unsure] property.

Sahaja Yogi: It's built Mother.

Shri Mataji: Hum?

Sahaja Yogi: It's built on the site of the Emperor Nero's old circus, you know, the Vatican. Shri Mataji: Built on the site of?

Sahaja Yogi: The Emperor Nero, you know, that big rock in there. Very near.

Shri Mataji: Very near, yes. Nero's house is there.

But, I must say this Michael Angelo slap them out.

[Baby is screaming] I have got it. He doesn't like to stay seating. All right.

Sahaja Yogini: He doesn't like people talking about things like this. Whenever we talk about something negative, he starts so.

Shri Mataji: Really? Oh! All right, all right, all right.

Now this money, they were saying, these people, that if he was Iran of Shah, we would have put him down. And they are very, very poor, you know. These people are very poor. And they said, "All this money goes there. And God knows what they are doing. We cannot ask them. This is our own money. All the countries, those who are supporting them are very poor". And they said, "Only one small little spark can completely put them onto fire. That is the condition. People are so angry with them". And they said, "This one is just a showman fellow.

This pope is a politician". And also what you call that, pop singer. "He is like a pop singer. He is a pop star. He is a pop star as well as a politician". He said, "And all the money of all the poor people, he is sucking and they live like Lords". Really, I saw the house and I was amazed!

But Michel Angelo, he has put them right. His Christ and all that. That is Lambodhara, he has shown as Christ. I must show you. I got his paintings and these things. I will show you. The best part he has shown about Judas. They are having the Last Supper thing. And Judas is sitting there, you see. Everybody has got a golden colour aura. And this one has an opaque colour on him. And a bhoot is sitting here at the Left Agnya, telling him something.

[Shri Mataji is laughing]

That is the best part.

He shows really a little bhoot sitting there. You see, they see so clearly the bhoot, you know. And the Last Judgement that they have done on the main set of the roof, you see, the Sistine Chapel, they call it. There, the Last Judgement is so beautiful and there Christ is shown as he was. But they could not just, that Jonah, they call him the Jonah on top. Jonah is nothing less but our Kalaki there, sitting on top, you see. With a great force he is turning people down. Many people are taking birth and it's beautiful this Last Judgement

And Christ, at the Agnya, is very powerful. He is a Lambodhara with a big stomach and all that, very healthy standing there. And the Mother sitting at the back. I must say Michel Angelo has put him right. He has also shown so many priests and priests going to Hell!

[Laughter]

I mean this is, and the Protestants are also horrible people, I think. I don't know what to do with them. They are in another way, horribly fanatics, you see, horribly fanatics.

There was one priest who came, he was a Catholic priest, he came to see Me in ordinary dress. And I must tell you some good news also. So, I didn't recognize him but he could not get Realisation. So, he wrote Me a letter through his friend that, "Mother, I must tell you I was seeking but in Catholicism, seeking is not allowed. And I am a priest and I did not get married for the Savouries. So, I went to, I have been going to a guru, I went to him for three months. He lives near Siloe. Maybe that is the reason, I am not getting Realisation".

So, I saw the vibrations, I said, "No, he is a Realised soul this guru". And I took down his address. So he said, "You know, his good friend told me, that he has already told him that 'I cannot give Realisation. Mother has come on this earth. She herself is in person, you better go and get it from her'." And he told about her. She is her Holiness. She is Adi Shakti, everything he told.

Imagine! This guru.

But the better thing, I'll tell you. We went to Spain and the girl who came with us, Miriam, was no good for translation. So first day somebody offered his services, he said, "All right, I'll translate ". He did well. But second day, you see, this fellow did not turn up, he was late. And one boy - I have got his address also, I think she has got - he turned up. And he was very good. He organized everything, did everything, he was very good at English and he translated the whole thing very well in Spain and helped.

So, he told these people, "You see, my guru lives on Himalayas. I went and see; some guru Swami or something, Namnemi he told Me. And I felt the vibrations were all right. And he told me that, 'You go to Madrid. Mataji is coming there, go and help her and help her in every way'. "

[Laughter]

Great! And then he just disappeared, I never saw him.

And then, of course the hall was so shocking, there were a lot of hikes out there. But we managed somehow. It's all right, we managed, it's not difficult, we can manage these things. Only Rome was bit too much, he, Gavin?

[Shri Mataji chuckles]

You know, you had to pay that.

Sahaja Yogi: I haven't paid it back yet, but I'm going to.

Shri Mataji: You'd better not pay them.

Sahaja Yogi: I paid them beforehand.

Shri Mataji: Hmm, that's the problem.

Sahaja Yogi: [Unclear]

Shri Mataji: No, I paid for the other things like bill they gave Me, big bill for the hotel rooms and taxi and this. You see, next day we didn't know what to do. So, what we did, we took lot of these pamphlets and took a taxi and went round posterizing them. So, it cost us about fifty pounds on the taxi.

[Laughter]

But what to do, I mean, we didn't know what to do? Because it never appeared.

Sahaja Yogi: You stayed in a hotel room? And you stayed in a hotel room? The hotel room is about the most expensive there.

Shri Mataji: Very expensive, I tell you! Dinner : for one dinner for both of us, fifteen pounds. Sahaja Yogi: But you don't eat in here, you don't stay in hotels in Italy. No one stays there, unless they're very, very well off.

Shri Mataji: I don't know, then where do you stay? There's no place.

Sahaja Yogi: Yes.

Shri Mataji: Even in this hotel they had no dinner, you know?

Sahaja Yogi: No, no, they don't have any.

Shri Mataji: So they said, "You have to go now to this". We said, "We can't go to far off places where we can get some pizza or something, you know, to manage further ". So they said, "No, this is nice place, you can go ahead ". And fifteen pounds, I said, "Very nice for both of us ". Seven and a half pounds to however eat. So much, I thought, but they're very expensive. Then what we did was to get a pizza, you see. But in the night, we just couldn't do anything.

Sahaja Yogi: The places to stay in Italy are in the "Pensiones ", they're very extremely private, there are people's homes, they really aren't -

Shri Mataji: Now we don't have to worry, Gregoire is going to be posted for ten months.

[Shri Mataji chuckles]

He has taken the responsibility now. He's going to work it out.

[End of recording]

1980-1019, 10th Day of Navaratri Puja & Havan, Just surrender

View [online](#).

19 October 1980

Navaratri Puja

Temple of All Faiths, Hampstead (England)

Talk Language: English | Transcript (English) – Draft

Navaratri Puja. Hampstead, London (UK), 19 October 1980.

So you have already heard about the importance of today in the life of the Goddess. And that today is Ravana was killed and that's how there were celebrations. History repeats itself.

As you know very well that all the satanic forces which one had to face one at the time are all back on the stage and they are to be defeated. The greatest problem of modern times is that these satanic forces have taken a very subtle form and they enter into your psyches and into your egos. And you are the saints, you are the bhaktas, you are the devotees of the Goddess. It's a very delicate situation.

When the confusion is there, when the saints are attacked, the aggressor can be removed, but the saint becomes mixed up or confused with negative forces, which is very difficult to make him see the light. And you have seen this situation very well. And the subtler you grow, the subtler they became. And they start giving you ideas which are so negative, but you cannot see them. So the problem today is very delicate. There are no absolute saints and there are no absolute bad people. Such a mixture, a confusion, that is what is Kali Yuga is, these modern times are.

The only way to get rid of them is to surrender. That is the only way, there is no other way around. Because when you surrender, the spirits, the negativities, the satanic forces just disappear because they are not effective. They have no business to be there. They have no interest in a person who is surrendered to God. They cannot surrender. If they surrender they'll also become saints.

All the time to think: "What are my catches? What are my negativities?" Is not going to help you. Just surrender all these ideas that are coming to you and you'll find that all absurd ideas will run away. This is the easiest way to get rid of your problems, is just to surrender. After all, all these horrible people, all the horrible deities, enemies, who came forward to fight the Goddess, are there as long as you nurture them. As soon as you surrender yourself, they find you of no use for themselves and they go to other half-baked people.

The growth will only come, when the surrender is complete. One has to know that the powers are tremendous. You cannot conceive it as it is said by Markandeya. You cannot conceive it; it is beyond your conception. Outwardly you cannot understand, you just cannot understand. Under such circumstances, the best thing is to surrender yourself. Now with surrendering, what do you surrender? What do you surrender? It's your ego and your super-ego and it is completely cleansed and drenched in the blessing. Because you cannot give anything, you have to receive the blessings and to receive the blessings you have to just surrender. It is so simple. The easiest way to solve all your problems is to surrender.

Just say: "I surrender". For Realized souls this should be their mantra. And you will be amazed how all your problems will vanish. Because not only that the powers are tremendous, but as you are Realized souls all the divine Forces, all the divine Deities, all the Eternal Beings, Chiranjivas, all the angels and the ganas, all of them are looking after you. But they know one thing, those who are surrendered and those who are not surrendered. You just surrender the problem, and you will be surprised that the answer will come in such a miraculous way. Just surrender. Do not take any responsibility upon yourself. Just surrender. Because how far you can go into the solution? Up to your rationality. Beyond that you are your Spirit, and the Spirit is connected to the Divine. So best is to surrender and the whole thing will show such light and such beauty and such meaning.

In the modern times now the work is not the same way as it was where it is described, when the Raudrarupa or that the Chandrarupa you see there, was there at the back.

It's a mine work, it's a Mother, it's a simple, loving, compassionate. For your protection, this rupa is there, but you do not see it.

You are completely protected, be sure of it.

And all your powers after Realization of giving Kundalini awakening, or of curing people, or of talking about Sahaja Yoga, or spreading it, any, any kind of thing that you want is all granted, is all flowing through.

And as you know, that there are many saints, who have said, "Why these Sahaja Yogis, they should be granted this great boon?" So one can say it's a whim, all right.

There is one more thing. I was happy to learn that the great poet of this country, Blake, had prophesied about Me. And it is so beautifully done, that He said that England is going to be the Jerusalem. This is going to be the pilgrimage. The venue has shifted. And then He has very beautifully- have you got the thing to read? Oh, haven't brought it. But what reading, that He has said that first the furnace will be burning in Surrey Hills, where I came first, and then He has mentioned Lambeth Vale, where we have got our Ashram, where the foundations will be laid, we have laid the foundations. And that Jerusalem is going to be in England, not in India. And you are the people responsible for this Jerusalem.

Today is the day for which in India everybody is doing Puja. And all the Sahaja Yogis today, in every center there is a Puja today. And they are all thinking of you people. So you have to receive the supreme bliss today, the supreme bliss, only by surrender. Today the vibrations are tremendous. Keep all your doubts and all your nonsensical things outside. Just receive it and get it. These things are going to help you, nothing else. Because you don't have to give Me anything, but receive it yourself. Receive it as much as you can.

This Havan you know is a very good thing for reciting the name of the Goddess. Her eyes are given by fire, [Agni] as they say, and in that light, in that fire, in the name of Goddess, we awaken our Deities within us and burn away all that is wrong in these particular chakras which invoke those powers. So with devotion and understanding you have to do it. Because you are really privileged people, today, extremely privileged. Be proud of that, and do with that devotion all these things.

Today is a very much better time because the Dashara and the Navaratri, both are combined at this time. And so it has worked out very well. We should do it with full devotion. I think very few people can put in the fire, but we can all do symbolically and say this. And how many names do you want to take away? Hundred-and-eight?

Sahaja Yogi: Thousand.

Shri Mataji: "What's it?"

[Laughter]

Shri Mataji: You would like to thousand? That is a good idea. If you have that much devotion it will be the best because it will about take two hours at the most, at the most. Not two hours, I think one hour if we go fast. Will you be able to say all that?

Do you think it's easy?"

Sahaja Yogi: "Yes."

Shri Mataji: "One thousand names. Or else, you can give food to children. They will be tired. What do you say? What do you think? Let's try it. In India they would do one thousand.

Sahaja Yogi: Then we will do thousand.

[Laughter.

12 :21 End of first track]

[They start preparing for the Havan. Yogis recite 108 names of Shri Mataji.]

Sahaja Yogi: All the badhas of London. Om Svaha!

Sahaja Yogi: All the badhas of India. Om Svaha!

Sahaja Yogi: All the badhas of Britain. Om Svaha!

Sahaja Yogi: All the badhas of London. Om Svaha!

Shri Mataji: All the badhas of London Sahaj Yogis. Om Svaha!

Sahaja Yogi: The Ashram. Om Svaha!

Shri Mataji: Brighton. The badhas of Brighton.

Sahaja Yogi: All the badhas of Brighton. Om Svaha!
Shri Mataji: All the other centers we should say.
Sahaja Yogi: All the badhas of Cambridge. Om Svaha!
Sahaja Yogi: All the badhas of Birmingham. Om Svaha!
[INAUDIBLE]
Sahaja Yogi: All the badhas of Exeter. Om Svaha!
Sahaja Yogi: All the badhas of Leeds. Om Svaha!
Sahaja Yogi: Northampton. Om Svaha!
Sahaja Yogi: York. Om Svaha!
[INAUDIBLE]
[INAUDIBLE]
Sahaja Yogi: Preston, three times. Om Svaha!
Sahaja Yogi: Liverpool. Om Svaha!
Sahaja Yogi: Edinburgh. Om Svaha!
Sahaja Yogi: Dublin. Om Svaha!
Sahaja Yogi: Scotland. Om Svaha!
Sahaja Yogi: Norway. Om Svaha!
Sahaja Yogini: Sheffield. Om Svaha!
Sahaja Yogi: Norwich. Om Svaha!
[INAUDIBLE]
Sahaja Yogini: Hampton. Om Svaha!
Sahaja Yogi: The Vale of Lambeth. Om Svaha!
Sahaja Yogi: The Surrey Hills. Om Svaha!
Sahaja Yogi: France. Om Svaha!
Sahaja Yogi: Switzerland. Om Svaha!
Sahaja Yogini: Greece. Om Svaha!
Sahaja Yogi: Italy. Om Svaha!
Sahaja Yogi: Vatican. Om Svaha!
[INAUDIBLE]
Shri Mataji: Catholic. Om Svaha!
Shri Mataji: and protestant. Om Svaha!
Shri Mataji: Jews. Om Svaha!
Sahaja Yogi: Atheists. Om Svaha!
Shri Mataji: Arabs. Om Svaha!
Sahaja Yogi: Hindus.
Shri Mataji: Hindus. Om Svaha!

Sahaja Yogini: All the priesthood,
Shri Mataji: All the priests. Om Svaha!
Shri Mataji: All the Mullahs. Om Svaha!
Sahaja Yogi: All the Sikhs. Om Svaha!
Sahaja Yogi: All the Seekers. Om Svaha!
Shri Mataji: All the Gurus. Om Svaha!
Shri Mataji: All the fake gurus. Om Svaha!

Sahaja Yogi: All the Americans. Om Svaha!
Shri Mataji: Australians. Om Svaha!
Sahaja Yogi: Africans. Om Svaha!
Shri Mataji: Malaysians. Om Svaha!

Sahaja Yogi: Mauritians. Om Svaha!
Shri Mataji: Indians. Om Svaha!
Shri Mataji: All British Indians. Om Svaha!
Sahaja Yogini: South Africa.
Shri Mataji: South Africa. Om Svaha!
Sahaja Yogi: South Americans.
Shri Mataji: South Americans. Om Svaha!
Sahaja Yogi: Russians.
Shri Mataji: Russians. Om Svaha!
Sahaja Yogi: Our families,
Shri Mataji: All your families. Om Svaha!
Shri Mataji: Chinese. Om Svaha!
Shri Mataji: Communism. Om Svaha!
Shri Mataji: Capitalism. Om Svaha!
Shri Mataji: Liberalism. Om Svaha!
Sahaja Yogi: So-called-democracy. Om Svaha!
Sahaja Yogi: Socialism. Om Svaha!
Shri Mataji: [INAUDIBLE]. Om Svaha!
Shri Mataji: [INAUDIBLE]. Om Svaha!
Sahaja Yogini: Racism.
Shri Mataji: Racism. Om Svaha!

Shri Mataji: All misidentification. Om Svaha!
Sahaja Yogi: All the badhas in ourselves.
Shri Mataji: All right. Om Svaha!
Sahaja Yogi: All our brothers and sisters in the world. Om Svaha!
Shri Mataji: All the Sahaja Yoga centers all over the world. Om Svaha!
Shri Mataji: Indian centers. Om Svaha!
Shri Mataji: All the badhas in the husbands and wives. Om Svaha!
Sahaja Yogi and Shri Mataji: All the badhas that make us see each others faults. Om Svaha!
Sahaja Yogi: Ones that stops us being compassionate of each other. Om Svaha!
Sahaja Yogi: Ego. Yogi: Yes. Om Svaha!
Shri Mataji: Jesus Christ. Om Svaha!
Shri Mataji: Again. Om Svaha!
Shri Mataji: Super-ego. Om Svaha!
Shri Mataji: Left side. Om Svaha! Om Svaha!
Shri Mataji: Surrendering. Badhas preventing us surrendering. Om Svaha! Om Svaha! Om Svaha!
Shri Mataji: All the lethargies. Om Svaha! Yogi: We should do seven. Om Svaha! Om Svaha! Om Svaha! Om Svaha! Om Svaha! Om Svaha! Om Svaha!
Sahaja Yogi: All the badhas stopping our new ashram being built on time. Om Svaha! Om Svaha! Om Svaha!
Shri Mataji: All the badhas of murmuring souls. Om Svaha!
Shri Mataji: All the badhas of the mediums. Om Svaha!
Shri Mataji: Publicity. Om Svaha!
Shri Mataji: All the kings and heads of states. Om Svaha!
Shri Mataji: All the warmongers. Om Svaha!
Sahaja Yogi: That which stop us from being strong warriors. Om Svaha!
Sahaja Yogi: That which is stopping us from being meek and mild. Yogi: Yes, Shri Mataji: Yes. Om Svaha!
[INAUDIBLE]. Om Svaha!
Shri Mataji: Keeping Sahaja Yoga from [INAUDIBLE]. Om Svaha!

Shri Mataji: Emancipation of the whole human race. Om Svaha!

Shri Mataji: Glorifying God and his worship. Om Svaha!

Shri Mataji: All troubling your Mother. Om Svaha! Om Svaha! Om Svaha! Om Svaha!

Shri Mataji: Now everybody has today to decide that every one of you by the time I come back must at least give Realization to ten people. Om Svaha!

Shri Mataji: Please try. Om Svaha!

Shri Mataji: Once more. Om Svaha!

Shri Mataji: Give me promise minimum of ten people each are going to get realization and you are going to make Sahaja Yogis. Getting over all the badhas of marriage and all the romancing. Om Svaha!

Shri Mataji: Family problems. Om Svaha!

Shri Mataji: Social problems. Om Svaha!

Shri Mataji: Political problems. Om Svaha!

Shri Mataji: Economic problems. Om Svaha!

Shri Mataji: So now last, but important is the badha that comes in the progress of your own beings - your beings. May God bless you.

Bolo Jai Shri Bhagavati Mataji Shri Nirmala Devi Ki Jai!

Shri Mataji: "From where does this come? You should say this is the Holy Breeze, this is the Holy Breeze from the Holy Ghost. All right? Good. Left Vishuddhi. Now go on, he talked to whom?"

Sahaja Yogi: "[INAUDIBLE] We tried to tell them about it and."

Shri Mataji: "Which people?"

Sahaja Yogi: "These were the people on the meditation course."

Shri Mataji: "Which meditation course?"

Sahaja Yogi: That he did over a weekend Mother when he was here in London two weeks ago.

Shri Mataji: "Who has, Yogi Mahajan?"

Sahaja Yogi: "Yes."

Shri Mataji: "He had a meditation course?"

Sahaja Yogi: "Yes, Mother."

Shri Mataji: "And what did they say?"

Sahaja Yogi: "Ahem, some of them sounded quite interested, but ah not very, and some of them whom were saying very unpleasant things."

Shri Mataji: "But why, what was Yogi Mahajan doing there?"

Sahaja Yogi: "Ahem, basically he gave them a sort of meditation which gets them to look at themselves."

Shri Mataji: "Really? Unless until Self-Realization comes. See this is what is it they will be all possessed. You try to put in any effort, see Yogi Mahajan has not been able to see the essence of Sahaja Yoga. If you try to put in any effort you go to the left and right and naturally they'll be changed. Because they will be possessed by these devils you know. And that's what he is doing again. I'll have to rectify the whole thing. I wish I could talk to him. He doesn't understand. It is very dangerous. He himself will be in trouble. How can you look at yourself when the self is nothing? What I'm saying, when you are not connected how can you look at your self? What is the self they'll be watching? Moreover, now did he tell them to lead a righteous life and all that?"

Yogi: "Yes Mother."

Shri Mataji: "He told them. So are they doing it?"

Yogi: "Ah, some of them. [INAUDIBLE]"

Shri Mataji: "What are they talking about? I don't understand. Because, I tell you, some of them came to My program, and they just fainted. They started shivering and jumping. Horrible. GrÃ©goire was there. Who else? You were there. Do you remember? No, no, no! In Delhi. You remember in Delhi? Horrible things happened to them. Naturally they will say. They started jumping and doing all kinds of things. They were from Rajneesh and horrible. And they fainted actually there. They couldn't bear any more. So I told Yogi Mahajan you don't play with these people. What is the use? They are all ready weak people. And what is he interested in weak people for; having a problem? He'll be in trouble. He said that first he wants them to go to Rajneesh style and then bring to Sahaja Yoga. And this is it?"

Yogi: "I think his idea is that, ah."

Shri Mataji: "First to cleanse them."

Yogi: "Yes."

Shri Mataji: "That he told me that the way is in the West whole thing is very [INAUDIBLE] in there and all that. But Sahaja Yoga is the best way into it. You see for yourself. Because your vibrations will only tell you. How much time we'll have to wait now for cleansing? Like that. Sahaja Yoga; it works you are realized and start cleansing yourself automatically. They take too much time there. And maybe they will go around with this thing. How will they control their ego? First of all that's the problem in the West, ego. Now how is he going to counter it without Realization? Have you talked to him? Is he coming back?"

Yogi: "Yes he came back about ten days ago. He said he wanted to see You."

Shri Mataji: "Then I'll be glad to speak to him. I'll tell him that. Yes he told me this that Mother you don't know the people who come to me. But all lunatic people go to him I think."

Yogi: [INAUDIBLE]

Shri Mataji: "Ahh, I really tell you. He was telling me that they can never understand it, Sahaja Yoga. They have to be brought round and actually a very funny type he was telling. So what were they saying about getting on to come to Sahaja Yoga?"

Yogi: "Yes, some of them said that. But some of them had [INAUDIBLE] met you [INAUDIBLE]"

Shri Mataji: "What happened to them?"

Yogi: "I didn't ask them very much about that."

Shri Mataji: There were some who were from Rajneesh. He told them about it. He had to, because these people said he take out all these things otherwise they can't get Realization. And some of these people were very funny and they started arguing and this and that. And then we had to ask them to go. And there was one fellow Yark, from Innsbruck something, he came in. Do you remember Huli? About five, seven of them from Yark, some fellow Yark. And they wouldn't take their Realization. They said there must be some other way also apart from Kundalini. I said there is nothing. They said, "No I want to do in this way." Then I said, "Why do you come here? If you come here then you have to accept Sahaja Yoga. Otherwise you go to your guru, why do you come here?" They were quite rude. Do you remember the way? They were very rude and they just came to pick up a fight. I said, "We don't go to your guru to be destructive. Why should you come here?" Then they went on. I said, "It's not easy." I said, "We have paid for this hall and you can pay for your hall and can do what you like to do, to be destructive. It's up to you."

You see a simple question if you ask them, "Do you know where is the Kundalini? Do you know is happening? Do you know what is happening to another person?" They say, "No." They do not understand. I mean you have no knowledge. How are you going to judge whether you are correct or not? There is no way out. But for Indians it is intrinsic. See because everybody talks of Kundalini. But yesterday I met another funny fellow. He told me that Kundalini starts from here. I said, "Very nice job." He said, "My guru has told me to start to meditate on here." I said, "Really?" He said something I can't understand, "You have to put all the attention here." I said, "It will break and I won't be able to put it back." I was quite amazed. And he said, "My guru has told me to concentrate on here, the Kundalini is here." I said, "Really? This is something news to me that Kundalini is here." So all such nonsense that is going on. So what to do with them, such people?

And now if you say that they are not ready, you tell them something else and manage it. They are going away from reality. You have to tell them this that there are many ways to waste the time. Last Judgment has started, there is no time to be wasted. And you must tell this fellow Mahajan, that he behaves responsible. This he must understand. That he should say nothing but Sahaja Yoga. Come to Sahaja Yoga and we'll talk. Get your Realization, then we'll talk. That's what he has to do, otherwise he will be held responsible, because he has got his Realization.

Do we say that you can't use the most suitable [INAUDIBLE]. But he should try giving people Realization. They get it or not, let's see. What happened to the doctor?"

Yogini answers. [INAUDIBLE]

Shri Mataji: "But we have met a very nice doctor now in India and he is going to write a paper. It will be published here. Because in his presence I cured six people. I cured a cancer patient, I cured a paralysis patient, and a arthritis, and a [INAUDIBLE]. So he has wrote it down and he is going to publish all that and he is going to [INAUDIBLE] work the cures that we have done in India. Now see there is one case of leukemia. Just comes like that. [INAUDIBLE] "

[There is still talking, but its subject is general and it is very [INAUDIBLE]]

[SKIP]

[Talking about a book GrÃ©goire is writing]

Shri Mataji: Before I leave I hope your book will be ready so that I have copies to take from you. It has come out very well, but it is also for the realized souls. You see after Realization you will forget that you were not realized once upon a time and those who are not realized they are blind. You have to talk to them sensibly. You have to talk in a very different way. So I'm also trying to make a small direct statement, by which people should know what they should be carefully looking, what they should expect, what should happen to them. So that actually in India people know what to expect, you see. But here people don't know, so we have to write like that and that if you use then they will be prepared.

You see these small pamphlets that we are going to write now should be really transcribed and they should be sent all over. I

mean it's taking roots now. Because see the way things have happened in say France. It was tremendous you see. Because now people are finding it out that all this nonsense is on, and they have to find something for cancer.

And say in France now in three places I went to everywhere there were people from seventeen [INAUDIBLE] Everywhere! And then I went to Germany everywhere there were people from fifteen to twenty-five everywhere. And then I went to Germany, also came. So everywhere I found that there is an awakening and people were trying to understand that there has to be some real knowledge and they respect that. Some people who have been to other gurus are even better because they somehow or other understand the value of Sahaja Yoga in comparison. See how much money they have been paying and how much they are doing and how many years they have been working for their ascent.

[SKIP]

Yogini: "Mother, I have transcribed about twelve tapes."

Shri Mataji: "Really? So where are they?"

Yogini: "They are still in Brighton."

Shri Mataji: "Will you send them over to me I would like to take them with me to India. That is good. That will help a lot. Because they want to publish small small booklets out of that. Would be good idea. Then you can translate. Because GrÃ©goire is now writing another book, based on Advent, but in French. Because he says now I'm a very different person, back then I was not too much established because [INAUDIBLE]. Whatever I'll say I'll say with that authenticity. I said all right you do it.

[SKIP]

Abu has bought a very nice tape recorder. I think all of you should buy one tape recorder, because you see that is one way of growing. Because Abu told me that when he started reading and listening to them his English improved tremendously. Of course you cannot really learn English. But he said, "The vibrations are coming from there and I started growing!" It is a very good idea to have tapes and at your spare time, put them on and listen to them. And it's a very good thing - it helps a lot. That will really mature you very nicely. That is a very good idea.

Yogi Mahajan did not bring any foreign person to meet you. [INAUDIBLE] You are the only first person he sent and he only brought Indian people to meet Me.

Yogi: "I met some [INAUDIBLE] India and they were saying things like Sahaja Yoga is very difficult, it is not for me. Something silly like that."

Shri Mataji: "Because they were fainting, na? They were fainting. Actually those two people who came in here [INAUDIBLE]. They were in such a bad manner. And then actually literally physically we had to lift them out of here. They were in such a shape. You remember? You don't remember those two? You were there. Horrible business. For them the wisest thing is to follow Rajneesh, I think. That is the wisest thing with them."

But now luckily, Rajneesh has been ousted from Pune. He is ousted from there and he has taken a place. Also there he has got a land but it was cancelled by government so now he is going to catch in another place. From there all the such people are just going on strike. Because you see he cannot travel much he is suffering from one of these ahh.

Yogi: "Can't stand smells."

Yogi: "Asthma."

Yogi: "He is suffering from being a rakshasha."

Shri Mataji: "I mean he cannot travel, he cannot move out even on a, what you call a, on a train, or anything. He cannot sit next to people and he cannot smell any good things like flowers or good scent or anything he cannot smell he gets into this spasm and he starts getting, what you call, asthma. He has got allergies from all these good things. He can only go near something filthy, there he can sit comfortably."

[They start talking about organizing programs and dates of events. They also mention that there will be a program in Caxton Hall next night, which is the speech

1980-1020, The Way of Kundalini

View [online](#).

20 October 1980

The Way Of Kundalini

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – Draft

"The Way of Kundalini", Caxton Hall, London (UK), 20 October 1980.

It is said that Sahaja Yoga is the culmination of all the yogas. But it is a very contradictory statement because Yoga means union with God. Then how can it be culminating? That means the first thing we have to know is the meaning of Yoga is the union with God. If union with God is the thing, then how can it be culminating? I mean that is what it is. So others are not yogas. They are maybe stepping stones. Till you have not met Me you have not met Me. Before that whatever you have done. For example you got into the car, then you got into the train. You came all over here. Still it is not Yoga. Till you have not received your Self-Realisation it is not Yoga. So all other yogas should not be called as yogas as far as union with God is concerned. So what is the meaning of word Yoga in other sense, like Raja Yoga they call it and other yogas they have got. Like Manana Yoga, means meditation Yoga. And other systems, many other systems they try to preach about. Like Hatha Yoga. Then I saw today some more names about it, Sanyasa Yoga. So Yoga has become sort of a tale for all the names that have something to do with God I believe. But it has no meaning. Because if the culmination is Sahaja Yoga, then other yogas have no meaning.

So what is the meaning of Yoga? It has double meaning. One is the union with God. Another is the technique, the kausala, the technique. So the first part is of course Sahaja Yoga, is union with God. The other part is of technique. Now if you see that union with God is the culmination and if that is the goal there cannot be any technique, because it is a spontaneous happening. We spontaneously become the higher personality. Like a chick in the egg becomes the bird. Or we can say the potential egg becomes the chick. Now what does he do? What is the technique? There is no technique. No technique for the egg at all. Now what is the technique the mother does? Nothing. The mother bird also just gives the warmth of her love to the egg and spontaneously it becomes a chick. Because in the egg it is built in to be a chick. Only thing is that she gives the warmth. There is no technique. Does a chicken know any techniques? Can chicken read books? Can she go to a Guru to pay money? Can she do these things? If she wants to transform a little egg into a little chick, she only knows instinctively that she has to sit on the eggs with care, instinctively. And to give warmth to the egg. And spontaneously it is done. It is all done already by nature by God. So she cannot do anything about it. Once you understand the right meaning of Yoga, that it is technique as well as it is union with God.

So one can understand when people talk of technique, what do they talk of? It is all imaginary blah blah blah. Supposing I want to become a guru and I am an Indian, or say Mexican or someone like that. I can come and tell you "Oh, you can get your Self-Realisation, but first you have to cleanse yourself." Now how do you cleanse? Water of Life should be there to cleanse you. Bible has talked about Water of Life. But where is Water of Life? How are you going to cleanse yourself? We must ask question to ourselves. How are we going to cleanse ourselves? How did Christ cleanse them? Just by touch or looking at them. Finished. What technique did He use? Did He make them sit for hours together in padmasana or did He make them stand on their heads? Did He? He just touched them. And how did He cleanse? Because He was an authority on that. He was the power of cleansing. He was that pure Himself, that anybody whom He touched got purified. So there cannot be any technique as far as cleansing is concerned. That is why it is said that you must find out a proper guru, a real guru. Because in the company of a real guru, your attention starts moving out from useless frivolous things and you start thinking of your Spirit. Because your guru is spiritually endowed. You see the lifestyle of the guru. You see how the guru is. You see how he behaves. How compassionate he is. How patient he is. How unassuming he is. How simple he is. And you start thinking that I should be like him and there must be something about him. The way he is so kind and so patient and so peaceful and so loving. This should impress you. Not how much money he has got, how many castles he has bought, how many houses he has got, how many kingdoms he rules. The

kings and the queens have nothing to do with religion and God. They have nothing to do whatsoever. They have to look after the kingdom. The man who lives with his own earnings, like Christ was a Son of a carpenter. So He used to live like a carpenter's son. He did not buy any castles or any big place or anything, and He used to go to a mount and give sermons to people. In the same way we have to see that when people talk of technique we should also find out what sort of personalities they are.

First of all such a person is to be compassionate. At least on the face there should be some light of love. All kinds of dullards, hypocrites, swindlers and criminals can become gurus by your naive understanding of spirituality. They have to be very very simple people, easily approachable, knowledgeable and extremely humble and simple. Now the technique people are talking now, as I've told you there cannot be any technique for Realisation. And if there is any technique it starts after Realisation. For example there is no technique to put these lights on. It is the simplest thing. Just press the button, it is there. It is all built in, done. But if you have to correct it or if it has now gone out of order, there is a technique. Also there could be a technique, once the power flows how to manoeuvre it, how to take it around. If you have to decorate say this room with small small bulbs, then you must know how to connect it with the mains. But if there is no electricity what technique are you going to do? First of all there should be that power flowing in you. It would be something like a bankrupt planning a trip to America. It is that absurd. First of all if the power is not there what technique can you have? It is as simple as that. But because we are supposed to be intellectuals, we like some sort of a difficult stuff, you see we don't want to eat like this we want to eat from this side. We must have a technique to eat our food like that, and if there is a simple method we think it is very silly; How can that be? It has to be absolutely horrifyingly difficult and complicated. Otherwise an intellectual is not satisfied. It must be something that you normally do not know. For example pulling your hair, normally you don't do. Somebody might say that. Or somebody might say that take out all your clothes and start jumping. This is a technique. For that you immediately get nine hundred Englishmen running up to the point, paying five pounds each and jumping. And we have got.

But when you say there is no technique, people are not happy. Because there is no satisfaction of the ego. "What are we doing about it?" Now what did we do to become human beings? Did we cut our tails? We just became. It is built in, Sahaja. It is spontaneous. It is within you. You do not have to go anywhere to find it. It is within you. Everybody has said the same thing. They were all false people. Now these new people have come up and giving you ideas. They cannot embrace anything that has been handed over to us from generations. They cannot see the unity of all the religions. They cannot see anything. They have to earn their own living. Not living, their own comforts and their own palaces. So they have to take out something new. Have you heard anywhere in any religion which is established, that you take out your clothes and jump, you get to God, I mean every animal does that. And how does it go in to the logic of intellectuals? I don't know what is happening with the intellectuals. The intellect has become a fermented nonsense I think now. Because how can you accept such nonsense, absolute nonsense. That you pay for it and get yourself hurt. I don't mind. You do what you like. You can be absurd, foolish, stupid, do what you like. But you hurt yourself. Your inner being is hurt by these things. Hurt beyond repair. It can be a very dangerous game these people are playing because they mesmerise. If they would not mesmerise you, you would not believe them.

So we have to understand that there cannot be any technique if it has something to do with God. It has to work out spontaneously, just by a touch, a glance is sufficient, if the person is that pure. What are you purifying yourself for? Why? Like many people believe that we must suffer. Who has told you this? You mean to say God created you, His own children on this Earth. Filled you up with all His bounties and then now He wants you to suffer. Is He mad? Will any father do that? Is there any father alive on this earth who wants his children to suffer? Christ crucified Himself for your sake. Actually it was your stupidity which crucified Him, that you could not recognise Him at all. Now why do you want to suffer for that? All these self destroying, society destroying, nations destroying ideas cannot come from God because He is constructing you to be the citizens of His beautiful Kingdom. Why will He destroy you? Why will He make you suffer? It has to be a beautiful thing that should happen. Now I want to tell you about this technique today because it is coming to my notice many a time that people are of two types. Some of them ask me that you must give us a technique. So many people have suggested to me, some pale white Sahaja Yogis, that "Mother unless and until they get some sort of a technique, people won't do Sahaja Yoga." But I say what is the technique? Am I to tell them lies? So now a new type of people have arrived. Who are now saying that this is one of the techniques. I mean you cannot satisfy human beings, if they want to escape, good. They will escape. They'll find out some method which their intellects use up to escape. Intellect has a special quality that can also cheat you very well.

Now you see within us these are the things that are already present. What do we have? First of all we have this power of desire. This is expressed outside as left sympathetic nervous system in the gross. Then another we have got here the power of action. Which expresses its self as right side sympathetic. When you go into too much of action, ego is speaking. When you too much go into inactivity and lethargic then super ego comes. [INAUDIBLE] that when you try to do too much of this, or you go to people who are mesmerisers and things like that. Or you take to drugs and take certain types. And you take to certain methods or so-called techniques, then you can move from here, which is the subconscious area within yourself, into collective subconscious. Now this is another power, which deals with the action. Over activity or any such techniques will give you activity can move you from this to this side, into collective supraconscious. And down below here is the hell. Now so what have you got? One side is collective subconscious falling down, where all the sly nonsensical people are still being together as they are being punished to the absolute. On the right-hand side we have got supraconscious very ambitious people, and Hitler and all that sitting down there to give ideas "I am this, I am that, I am". Down below you have got Hell where you can go very fast. But the Kundalini doesn't just go down. To think of it, you don't need much technique.

So in the centre we have got this path of our evolution, by which we have arrived at the point where we are human beings. So you are a human being. On two sides you have got these collective horrible, dead things. Down below is the hell and I don't know what you can do put this down. That also you have to plan out well, otherwise you will miss it. There are now people who are trying the level past Ganesha. See there is a technique for that also perhaps. Now when this day they want to give you a technique for today. They can use your ego or super-ego, because of only two things. The main thing is that Kundalini which gives you Self-Realisation is sleeping nicely. You cannot have it at all. You cannot touch Her. So what do they do? Well they basically. They say that to awaken Kundalini will give you a [INAUDIBLE].

Actually what they do is to use your ego to suppress the super-ego, if it is too much. Or they do is to suppress your ego with your super-ego. Now say the psychologists. I'm sorry if there are any. With due respects. What do they do? They try to develop your ego to suppress your super-ego. Like they'll pamper if there is an alcoholic, technique is yours. They put the one before him or maybe the whiskey that he likes very much, and tell him and condition him by telling him that you are so powerful. You are not going to drink. Just one drink. Now what does it maintain? Where does it go, all this value? It goes into the balloon of Mr. Ego here, which suppresses this ego, super-ego, and they feel better. You do not drink. All right you do not drink, but then you start beating your wife. Because what is the escape? Because if you give up super-ego, then you, they'll have your ego. Now the other technique would be to develop your super-ego by mesmerising. There are many people, I have seen, who are taking to mesmerism very seriously. I mean in the medicine also. I'm sorry to say there are people of medicine here. They are mesmerising people for their own comfort without understanding what they are up to. Both things are unauthorised. Means if you mesmerise people you put them into super-ego. So a person who is very violent, he becomes subdued. A sadist have become masochist. I mean they've [INAUDIBLE] subdued the violence. So all these techniques are very temporary and will pass out. Because one side develops, the other doesn't. We have to see this point clearly, because Sahaja Yoga is not meant for such people who want to go into all this surplus and all this kind of actions. It is a very simple thing, that there is a Kundalini based in the triangular bone, which is to be awakened, which passes through all these centres, pierces through this and gives you a real balance.

The other technique is that you get somebody from church. I mean it makes Me laugh when I see all that. Very seriously they'll get some water. Bring the child, put it on the head and baptise. How can you? What sort of thing is it? It is just mechanical. It is so much mechanical, people are discovering it so rapidly that all over the places I find the churches are [INAUDIBLE]. Because there is no living work there. It has to be living experience itself. It's a mix up. Mix this and this together. It is that absurd. That the person who may go to church every day, there is no transformation within him. At the most through ego they might control his super-ego. Or through super-ego he might manage. But living thing is here, which has to go to your heart. And in any living growth people move in stages, in the same way in Sahaja Yoga also. But for some people it can be very fast growth, very, very fast. If you are complicated. If there are problems. If there is something wrong with you chakras, you are being misidentified, you have habits which you cannot overcome. It takes some time. It doesn't matter. After all what have we been doing so far? So the growth takes place. In the first stage when the Kundalini rises She touches all these chakras and She indicates all the fingers of the Sahaja Yogis, what is the problem. Then the Sahaja Yogi, because he is connected and the power is flowing from his hands, he can correct. he can try to manoeuvre the Kundalini, which is awakened. Takes it out from here and when it pierces through

the fontanel bone area. You can see it with you naked eyes, and you have seen all of you, most of you, if the Kundalini passes, She goes out and pierces. She also looks after other organs and this and that. Now when She goes up also Kundalini falls down. It is a common experience of Sahaja Yogis that
[A-SIDE END]

Six steps forward, six steps backward, then four steps forward, two steps backward, then eleven steps forward and twelve steps back. Where do you reach? Because of these seven chakras and their permutations and combinations within. Now within western mind is a big machinery here going on. They are very speedy people you see. They never arrive at a point. After, always before. That's why making a point to come late. They'll arrive... suppose the plane has to go - leave by eleven o'clock. At seven o'clock they'll start saying "Let's go, let's go, let's go, let's go" like a jockey, you know. And they are on the horse already and the horse is saying: "Let's go, let's go, let's go". By the time they reach the airport they find that there's no plane going today. All such things happen. And because of these western ideas and things, a big problem arises which we should bring solution [INAUDIBLE]. When the Kundalini rises - here, She ends up on the Sahasrara. Now within us are three very important problems; one is heart, other is liver and the third is the brain. So when the Kundalini first rises you should see it clearly, She goes to the brain and not to the heart. So the enlightenment of the brain or awareness we can say, awareness.

So the truth is gone in the brain but not in the heart. First stage is that clearly that the Kundalini goes there. Now on top of the head here is the spirit sitting down. The Kundalini has to go and meet the spirit, the seat of the spirit. But the seat is there the spirit actually is in heart. So the information goes to the spirit that Kundalini has risen and every information goes to the brain. And then the spirit starts emitting these vibrations. Now after that it is very necessary to keep it still in your brain. Because the sound [INAUDIBLE] of Kundalini has arrived and as soon as you go out of the hall you start thinking of about it. The Kundalini goes down actually [INAUDIBLE]. So I've told people that for the first seven days mantra should be "Don't think". Because when the Kundalini goes down, She is hurt. I've seen some Kundalinis [INAUDIBLE] they have been [INAUDIBLE] really, really terrible. Horrible, and some of them I've seen big, big bhoots and all the time pain in head, suggests the helplessness. Because a seeker who is the only child of this Mother Kundalini, She's your individual mother, does not understand that I should allow Her to work it out and take over and leave everything to Her hands. They get Realisation, the vibrations start to emit. "Oh", they think, "Oh how can it be?" How can that be so simple? How can it work out that way? This is, there is no big thing. Nothing, started cool breeze coming. So what is so great about, what is so Kundalini about? And we don't believe it. For them it suits better that every Sunday in their tradition, go to church and come back. At least you have to buy your shoes and your dresses. Must wear nicely and go to church. Here nothing. You must sit down and get truth. And if you hear Me, My, [INAUDIBLE] what a worst part. Like you have to stand on your head thirty-five times. You have to wash your hands hundred-and-five times or hundred-and-eight times, maybe fully. You have to pull out your hair and not to go to a barber. We have such cults you'd be surprised, that just pulling out their hair morning till evening. They are not supposed to go to the barber. Imagine by going to the barber is God going to be angry with you? What is the justification for all these silly things you are doing in the name of God? It's a happening inside, it has nothing to do with outside.

This is one of the reasons why Kundalini falls down. It is very common. Because it goes into three stages. First stage is when the Kundalini catches, whatever may be your problems. What ever may be the conditions of your chakras. Whatever may be your previous lives, past lives. She forgets the past and says give them the Realisation [INAUDIBLE]. Let the power flourish. Like whatever may be the condition of these gurus. First the light comes with us a little; you show that there is light, gradually. But if you start thinking this after that. The wobbling of these two, ego and superego. She thinks they are not interested in Me; She just pulls down. This is one of the reasons. Second thing is our attention, is. It is covered in this portion as I told you and covers Nabhi as you rise above like this. The attention is there. So the attention is also there just kind of tent pulled out here. Now if you are attached to, say some guru, or somebody who has taken to the left or to the right and you are like that. Then because of the force of these gurus you are pulled down. Poor Kundalini what can She do? She is again pulled down. There are so many subtle things in you, which start working and She is pulled down. And once Kundalini is not there, people cannot have any feeling in Sahaja Yoga. They also forget they felt the cool breeze. They do not want to find out what was it like, what does it mean, what it says. Because they got it free. If they had paid for it, they would have at least worried and found out, are we befooled. Because supposing they have to file a suit, or sue Me in the court, they would have to find out at least, what I was telling. But there is no such a thing, because you came in your own freedom, you got your Realisation, you lost and finished. Nobody is going to ask Me

questions, so it is finished. Imagine Realisation you get; the last thing, the epitome of happiness, every happiness in life, the highest that you are seeking. For ages you have been searching. You have been going mad in to the hills and dales and in the caves. You have been asking for it in your prayers in everyway. That you see even in Zeus. Because of the evolutions [INAUDIBLE] and these ego activities try to crush the Kundalini, She goes down and then to raise it as a temper. But She doesn't want it. She thinks let's give it to you in the next life. She feels insulted and hurt. And that is how many people come to Sahaja Yoga, they drop out. It is their loss. Not the loss of Sahaja Yoga. Sahaja Yoga is established by itself. It is your loss. That is what is to be told to people.

Then second thing is about the attention I must tell you. As it is in the West we have problems about attention, much more than here. In India we have some other attentions, here some other attentions. Let's deal with the western mind. But we can say that Indians is going in the shocks, say in Oxford circus. He would be going mad with things, plastics, this that he would be buying there. Spending lot of his time in plastics. I mean they carried plastics than nylons. That makes you laugh, but what makes them laugh also we should understand is that the way you are going in the string. You go to the market and you'll look at women. I mean you are not going to purchase women; you are going to purchase a thing. And by the time you finish your shopping you find you have not bought what you wanted to buy. Woman will go buy, say shirt for the man and they'll end up with the spectacle. Because attention is so wobbly, and conditioning of this too much in the West also because of your media. The way people talk about women and sex and this and that, is bit too much. What is there to talk about it? I just don't understand. I mean are you going to go ruined? You talk so much and produce nothing. You have such a minus a growth in this country, that no wonder you are afraid of the immigrants because they are having a proper growth, while you people are not producing anything. You don't want to produce and then you cannot. In Switzerland I was surprised, out of five only one family can produce. You are ruining your attention completely, and this attention is the only thing which we can little bit control. There is no technique about it.

On this point I would say, that in places, eastern places, even in China also. Now I don't know. Americans have gone there. I don't know what they are going to do there. But in China also I found that the attention is controlled. Chitta Nirodha is to control your attention. It is said that you should not see which your mind tends you all the time to see. There might be some bhoot; there might be some possession which might be there. Keep out your eyes. This is basically a very wise attitude, but somehow it missed in the West from out. I don't know how. The attention becomes such big nonsense. But this is a very big problem, that our attention is bored. It has come to us because of our circumstances, our atmosphere, our style in thinking. People don't understand what it is and how it affects us and how it is dangerous to have this kind of attention. The liver sustains our attention, imagine. How can your liver be all right if your attention is going there, there, there like that? Just think of it. It has to be in a position from where you can control your attention. Imagine a pilot is sitting in the plane and his attention here and there. What will happen to the plane? In everything we talk of concentration, but not as far as our heart is concerned. They will fall in love hundred times and I don't know how many hearts they have got the way they are.

It's a very sad thing. It's a very sad thing that has happened to us, by which our attention is so disturbed. That's why we are so speedy. We don't know. We are wobbly. We are nervous. We are tense. This is the thing is most important, is our attention. That's the only thing we could have get all right. But either it is drawn by materialism by material things, plastics and things like I told your, or by other nonsense; women and other nonsensical things. That's how our esteem gets very much reduced to some sort of an attention. I mean so frivolous that you can't imagine. I've seen even people who in very big positions, I mean very big, supposed to be kings, queens and things like that. Their attention is like that. Our queen was so dignified when she went down to Rome and her attention would not go to the nonsensical thing. I must say she is a real Lakshmi Yogi, such a dignified guru. Her attention would not go. It was most surprising. When I read it I was surprised that she was not affected by all this nonsense. I mean it's vomiting, maybe. Is horrible. But we must develop that within us, that it is nauseating. You have a feeling of nauseous about it. Like in India, you see, there are seekers who clean all the bathrooms and things like that, they never get the bad smells, you know. It's like that. We have lost that sensitivity of chastity and that's how this attention is very much ruined. So only thing that we could have done is to put this attention right. It was done with Judaism.

Then Moses came in, He talked of our ten commandments. That was the time; I mean thousands of years back. He talked like let us first of all establish our attention. That what He said, that's what we have to do. Then Christ came, but the attention was to be fixed. I don't know how far He was successful. I have not seen any Jew who has got his attention properly fixed. So Judaism

failed completely and the scriptures who came out the Old Testament to the New Testament are much worse. Because they started thinking that now we are very physical. Christ came for us. We are the chosen ones. So we just ask Christ to put the attention for us and we do what we like. Very nice ideas. But you do not respect your attention at all, just spoil everything. Which was the basis. Which was established thousands of years back, in the Old Testament. Even earlier in the Vedic scriptures of India. But somehow in India they know that. I don't know they have still kept it. Perhaps we were so much invaded by others that we wanted to preserve it and see that it works out. That was the only way we could sustain ourselves. So we have been able to, at least know, that this kind of frittering away of attention is not good. Every Indian knows, he may do anything worse than what you are doing, he know he is doing a wrong thing. The idea of sin, or perhaps say the unrighteous thing. But not now. I don't know. Within ten, fifteen years it may just go out. Now this attention that is within us is the one which is to be taken to the spirit. Spirit has to be dawned into our attention. Our attention is to be enlightened by that spirit. Because spirit is enjoying by itself. The enjoyment of spirit should come into our awareness, because our attention is enlightened by the spirit. It has happened to many of you Sahaja Yogis.

This is the point. That's why our attention is to be controlled and only way is that when Kundalini rises, She attracts attention of the people and She gives the concentration. Because as soon as this attention is fed up with that quarrel, you start collecting all that attention as is frittered away like a sari as I told you, and whole thing goes up. But still you may fall down if your attention is not properly fixed then. It is like fixing a tent, you see. Have you done it any time? It is a headache. Sometimes I find that, I find that [INAUDIBLE] My then I try to fix this properly here somehow, and you try to pull this and the whole thing will fall down. So the central part has to be fixed properly. That is very important for Sahaja Yogis. And when they come to you for the first time, you have to tell them that it is just an initiation. You should tell them you are Self-Realised, either they will be bloated with "Ah, I'm Self-Realised, I'm this that." Don't know. All kind of things our [INAUDIBLE] nonsense is no good but. But initiation takes place in the centres of [INAUDIBLE] takes place. She touches your fontanel bone. [INAUDIBLE] may also go down. And you get Self-Realisation in the sense the new awareness starts within you, on your fingers. You start feeling the chakras and all that happens and only with the awakening of Kundalini you can cure people. You can also raise the Kundalini, but you may not give up his Realisation. It is that tremendous. And then a question comes in; people say that is a very difficult thing. How can it happen so Sahaj? We have done nothing. Then it's very [INAUDIBLE] for Me to say something. Maybe there is something about Me that happened here. You better find out. It is better to find out, what sort of a Lady is this, that She gives us the power to give realisations to others. Ninety-five percent people didn't know. So if you have to be one of them, you have to know that you have to steady yourself. Get rid of your ego first of all and tell your mind that we have had enough of it. Now let's have the way the spirit works.

Then another advantage we have in India is this that is already written about Kundalini, especially Maharashtra. In Maharashtra and also among all of those who have been following Adi Shankaracharya. Very clearly about Kundalini, about left side, right side, everything is written there and that the Kundalini awakening is the way to get to Self-Realisation. It all over written about. Very clearly it is said that it is She only who can give realisation en masse. When you know what is the goal, is very easy to establish you there. But when you don't know anything, even if you come to London. Like somebody went to Bombay. They are now sitting in Santa Cruz airport, Bombay. So he will not know that Santa Cruz airport is in Bombay only. That's the name of the airport. Or say the De Gaulle's airport. You'll reach Paris and now they say we have arrived De Gaulle's airport in Paris. You say what is this? This must be some suburb. You go on sitting in the aeroplane, thinking that this is the suburb, why should I get down here? But if you know that this is what is you have to achieve. You [INAUDIBLE] or are found. But it does not happen to you that way. Because some people expect Self-Realisation means absolute, some sort of a trance. There is no trance at all. Otherwise Samadhi has been very much corrupted by people. Samadhi means the one, He is awareness. Or you can call it the intellect that is awareness which is being enlightened. Awareness which is being enlightened.

So we get first step of thoughtless awareness here, just crossing this, entering into this area you get thoughtless awareness, Nirvichar Samadhi. The second stage you get when you cross this is Realisation. And the third stage is when you become Nirvikalpa. It is not a state of particular [INAUDIBLE] in nomination, but it is a state which has a certain power in it. For example when you get thoughtless awareness you become thoughtlessly aware. The power you get is the awakening of Kundalini [INAUDIBLE]. Even if you are not getting vibrations you can do it. Just imagine how pure is the vibration. It is so subtle. It passes through the subtlest, subtlest channel inside. And that's why it is not disturbed despite your efforts to put your thoughts and this

and that nonsense on it. But even that clearing can go away after some time. And the second stage you get your realisation, you get your cool breeze flowing, and the power you get is that you get Realisation and the power is you can give Realisation to others. People have very bad chakras you see, all burning, this thing, but they can give Realisation all right. They can tell about other what is wrong with them. They can say what chakras are catching, but they are worrying, there is problems, still they can see. It is that power. It is so subtle, so protective. Now this Realisation when you get, is not really satisfying, is not joy giving, because we have to still we have to cling to the thought.

In the third stage you become identified with the spirit completely. When it is Nirvikalpa. When you have no doubts, you know this is it. Then that joy starts. That is the beginning. And you cannot be taken by the fruit. The beginning. People see your face, so lustrous. They see your lives. So happy, so powerful. Your lives interests others. But the power you get, when you are realised fully, you never catch anything. You just record. You are not worried about catching, you are not worried about anything, you just record it. Catching here catching. It will become just like an ordinary recording machine and even any distance you come in awakening. Lots of powers are there of Nirvikalpa. It has to mature from this to that. At the end of Nirvikalpa you become absolutely the master of all the elements. You start controlling the elements. If you want you can have the Sun coming out. You become master of elements. Water you touch becomes vibrated. Anything you do becomes simpler. If you give a slap to someone he gets cured. If you say something harsh to someone, then he chops of all your badhas, all your obstacles. Such a personality develops. But such a person is full of compassion and love. Nothing but compassion. Their concern and feeling and the genuineness of such a person is not to be certified, it is there. You see it clearly, as clear as a [INAUDIBLE]. This is the real transformation that has to come. But the person is not [UNCLEAR] hankers to control anything. It doesn't want to have - after your Self-Realisation actually your priorities change. You just want to merge, and become the joy and you do not assert yourself as ego, you do not fuss about things, nothing. After Self-Realisation also. At least from given this should happen. Otherwise that Self-Realisation has no meaning. So at Self-Realisation point you do not fuss, you know how to handle situations, you take everything in a stride, you are a very congenial personality, everyone loves you, you are magnetic. This happens. And then the last of all as I told you, you become that power.

Now what is the difference between Gods realisation and Self-Realisation, which I will tell you next time. And also I will be able to tell you how far human beings can reach and what is their ultimate that they reach. About this, I think I have told it clear now. Before I tell it clear [INAUDIBLE] I tell you about it. But by no means you should think about it. By thinking a flower cannot become a fruit, and by thinking a fruit cannot ripen. It has to ripen by itself. We have so many methods and techniques, after Realisation, which you have to work out. All other yogas that are described are nothing but to establish your attention. Hatha Yoga is to put your attention to the centre, but the way they are practicing now is nonsensical. All the religions are for putting you in the centre, keeping you in the centre, giving importance for you sustenance power, to give importance to the Ten Commandments, which guide you. All religions are based in that, but later on I would say Christianity is a religion in which Christ came and showed His ascent, resurrection. People did not accept Him then and they do not accept Him now, because all the churches put together are not that; one person who is a realised and who is a priest. This combination I've not encountered. I wish I could meet one person like that. People say there are, but I haven't seen it. Because the seeking is not there. Everybody has said that. John has said you have to get your Self Realisation; you have to be born again. Christ has said it, everybody has said it, you have to be born again.

We are at the same stage where Judaism was and is and we are at the same stage. That time people did not accept Christ and still just the same. See, that was the beginning. That was the late thing, that started and the light had to come. That was through a play of the elements and then the light has to come. And He came on this Earth to show you the resurrection. Resurrection is the message of Christ and not this cross. We like the cross very much because I don't know. Why do you like the cross? I mean. I like to see the simple question, you see Christ on the cross. It's too much. It's barbaric. And then you put some hanky-panky bones on top. This is too much. I went to Sistine Chapel in Rome. Michelangelo was a realised soul, dynamic. He put Christ with such big stomach, Lambodhara you see. And dynamic personality. He showed Kalkis such big, big hands and huge big muscles to throw away people into hell and all that, sitting place. Tremendous. I'm sure the pope must have fought with Him. All the people must have told Him, "Oh", but He said "Never mind". And then in front of that tremendous thing is a little hanky-panky bony fellow on a cross, supposed to be Christ. I said: "What is that?" "This is Christ." I said: "Really?" This is the result [INAUDIBLE], this is nonsense, it is an insult of Christ. Make Him look like He is troubled. How is He going to save you? You want Him to suffer. You have made Him suffer. You want to see Him suffering, even today I think. I just can't bear those things. Can't bear. It is too

much. Such a person has to be tremendous, has to be very powerful. How can you expect Him to be such a feeble patient? It is too much.

Now this is the message we have talked today. And in the same way we must understand that all the religions have predicted about Christ, and supported Him. As you know in Markandeyas book, He is described as Maha Vishnu. They all have talked about Him and He has come on this Earth. In Hindi to support the adhar, to hold him. Because He is from the very beginning. As Ganesha is adhara and as Christ also is adhara. But what you have done of Him, His spirit, His intellect. So give anything to human beings and they'll make up a laugh of it. Just think the brain is like that. I don't know how it can do it to Him. It is another crucifixion every moment I feel it the way people have done it. In you He resides, awaken Him within you, and become the spirit, because He was the spirit and you can become the spirit. Everything that has happened before has to be proved today. Everything that is said about sustenance and all that is to be proved. Moses has to be proved, Socrates has to be proved, Abraham has to be proved, everyone has to be proved, but this is not necessary. Why should anybody prove them? Only in realisation you in yourself you have to accept, because not taking Their name the Kundalini won't rise. They are true to Kundalini. She proves. She proves it to you, that They all were absolutely true people and They want you to receive the truth. She is within you. She is the sensible part within you. She is the wisdom within you. She is the one who looks after you [INAUDIBLE] and She is the one who keeps you on the right path. To such a Kundalini we bow and we have our Realisation. May God bless you.

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Why We Are Seeking Our Spirit?

Public Program

Hampstead Friends Meeting House, Hampstead (England)

Talk Language: English | Transcript (English) – VERIFIED

“Why are we seeking our Spirit?” Public Programme, Friends Meeting House, 120 Heath St, Hampstead, London (UK), 23 October 1980.

Today somebody came from India and told me that, “You better change the name Sahaja Yoga into some other name. So I said, “What about Maha Yoga?” And he liked it very much. He said, “Now people are taking Sahaj Yoga as their own and they are using it for their own purpose.” I said, “Very good idea. If they are using it, is even better! Because the word itself suggests that this union has to be spontaneous. They have to give a spontaneous union. If they claim it, they have to do it. If they are not doing it, then it is wrong. It’s very simple!” But he said, “In any case Sahaj Yoga does not denote the dimension which it has reached: that people are getting en-masse Realisation.” Moreover he said that people don’t understand that the time has come for thousands of people to get their Realisation.

Perhaps we are not aware [of] what time we are born. So many people are seeking God. Never in the history before there was such a multitude which was seriously seeking God, and honestly wanting to get their union. Only in the modern times you find they are very honest, very sincere; and they are born seekers. I mean their quality is that they are seekers; their temperament is that they are seekers. They are not satisfied with anything else but seeking.

Why this is happening? We have to think about it. Why people are not satisfied with what they have? Why are they not seeking now the materialism or the powers which are other than the Divine Power? Why do they want that they should know their Spirit? What is the reason? Why such an upsurge? And why people, like mad, are following anyone who comes across? To try every method and experiment with everything to get that bliss and joy.

You know [that], from ancient times, people have been talking about your rebirth. Even at the time of Rama, one disciple called as Nachiketa, went to the father-in-law of Rama, whose name was Raja Janaka, and asked Him that, “Give me Self-knowledge.” And Nachiketa was very, very anxious, very much wanting to be the Spirit. But Janaka put him to many, many tests. And the conversation between them is very interesting. So one individual is mentioned in those days — I mean that’s a long time back, Rama’s time — who was seeking. Even at the time of Christ there was, we would say, John the Baptist who talked of baptism. But as far as seeking is concerned, in the multitude, there was no such urge, there was not that seeking as you find today. So there must be something in the atmosphere.

Then another thing is that we are trying to save time. We must have watches. We must see that [watch] after every ten minutes. Oh, we have to save time. We cannot waste time. I mean, supposing somebody has to go to India, then a date is fixed, and then he must go by that plane, particular plane. If that plane is missed, he thinks he’s lost the world! Time-saving is another urge within us. Why do we want to save time? Why this urge from the unconscious is so strong that we must save time? Is there something going wrong or something is going to happen? Or is there some urgency or emergency which you feel in the time itself? Because, in the olden times, nobody used to worry so much about time. So what is the reason for this kind of time-saving today?

We can see very clearly that there are genuine seekers. There are seekers because of the faction around. And there are people who do not seek; who are quite satisfied with whatever mundane life they are leading, or whatever ambitions they have other than seeking. But the genuine seekers are so many in number that we have to find out why this genuine seeking is working so

much. And you are so restless about it, so anxious that, without the seeking, you are not satisfied. You are willing to give up everything that is on this Earth with you, or whatever is your own so-called possessions, but you want to seek yourself. That's a fact; it's absolutely honest. There's no doubt about it.

But why there is seeking? It is because the Last Judgment has started. The Last Judgment has started now.

Many great souls are taking birth. It is very common these days, you talk to anyone about his child [and] they will tell two things: Either he is a grand old man, some ancient figure born in the family and every word he speaks is wisdom. Or the other thing they may tell you is that he's a monster, he's good for nothing, he is useless. Nothing in between! Now this happening also was very uncommon.

Now we have seen, so many of you, who are Sahaj Yogis, that so many children are born-realised. I mean, when I was born, I found very, very few people. Except for my father I couldn't find anyone who was born-realised. And there were many fakirs and saints, who came to our house, or we went to see them, and I found that their Kundalini was all frozen. They may be calling themselves saints or whatever it is. But I was amazed that there was no companionship with them because you couldn't talk [to them]. They were at a very low level of evolution and they were just trying to make money or give some sort of technique or some sort of a blah, blah, blah. Even then it was so.

But innately in a country like India people know what to seek, what to find. Now, because of your righteous life in previous births, I believe, maybe, or whatever it is: as a blessing of that you are born in these countries where there is affluence, where your attention does not go to material things so much, but to higher things. And then you start thinking that all this is a waste, a junk and we are not going to carry the junk of our parents on our heads. Some sort of feeling crawls up and you start seeking.

In England I don't know how many children I have seen who are born-realised, of a very high quality. Such great souls are taking birth on this Earth. Why? It never happened before. And within these ten years' time, such a tremendous in-flow of these great souls is felt that one has to realise that there is a kind of an emergency. This emergency is felt also even in those people who are not yet seeking. They are so speedy; they are so anxious; they get into stress and they get into tensions. If you ask your forefathers who had gone out to wars: they never had tensions. They would kill ten people and sleep off nicely without thinking about it. They didn't even have the sensitivity that you have, that compassion and that understanding.

With this growth within, or we can say, with this urge within, also there are many things that have happened outside that you can see very clearly: is that a consciousness has come, a collective awareness has come, as to the idea of cruelty, wars and also domination of other people. Perhaps none of you could be as old as I am here. I have seen this working out.

People are so much changed in their ideas. There's such a revolution that you cannot think [of] a person like Christ, today to be born and to be crucified. Of course you may misunderstand. You may not like Him because He's a carpenter's son, He's too simple, He talks of spontaneity; He doesn't give you any technique; He doesn't take any money from you; He doesn't organise. You may not like Him, and you may deny Him also thinking that He's just useless, but you cannot crucify [Him]. Under any law you cannot do it. Imagine what a development of society has also taken place!

And we understand what is wrong. For example now, Afghanistan was invaded: everybody, everyone in the whole world, was feeling that it was wrong. When one of the satellites was falling, and there were some astronauts caught up in that, the whole world was watching. I mean, they were not Indians and they were not Egyptians, but everywhere people were watching that they should come down safely. Everybody was praying in their own way that, "Oh God, they must be safe!" Because of the development outside we are so much connected with each other: there's such an articulation of our thoughts and our ideas and our feelings and our sensitivities that, anything happens in any part of our country, we do feel, in any part of the world, we feel; anywhere anything happens to someone, we feel it. So our collectivity has also become sharper and sensitive.

It's a remarkable time we are born in. You are very fortunate and lucky people. And your age group specially is specially blessed because, at this time, you are well-read, you know all about it and you are just there to understand and get it. But, as I said, that, in

a country like India where, from ancient times, there has been a big search within, much more known to them were the truths of life. They knew what they were seeking, they knew what they had to seek and what is to expect in your seeking.

Though I would say India is today sleeping compared to you people. You are awake, you are definitely awake. Those who know what to seek are sleeping; those who are awake do not know what to seek. It's a funny situation! But we can understand it by understanding one fact, that, when the tree grows outside too much we must know that the roots must have grown down deep, otherwise the tree cannot be sustained. If, in the West, we have grown very much outside, in the East maybe one or two roots, maybe, have gone deep down to find out the source to sustain this tree.

For me, east and west doesn't exist. Nor does it exist for anything that is Divine. It's a human conception of east and west and these countries and all that. It's only one map, a beautiful picture God has created. Only human beings think that we are different and they are different. Of course He has created varieties just to create the joy of beauty. But He never created east, west, north, south and the difference between the people. That's our own conception.

[But], whatever it is, definitely in the growth there are two types of people: one are the people who are growing outside, extroversion is much more, people are seeking outside, and there are people who are seeking inside. I would say like the Pisces, you see, they have two fishes: one fish is seeking inside and one fish is seeking outside. In the same way the whole universe looks to me that some are seeking outside and some are seeking inside.

Now those who are seekers of the Divine must take some guidance from people who have found out something before. For example, I had a big discussion with a gentleman who said, "This is occidental and this is that..." and all. I asked him, "Who was Christ? Was He born in England or in America? Why did you accept Him?" I mean He has to be born somewhere! After all, either He'll be born in the East or in the West. Supposing He's born in the West: so the Eastern people should say that, "Because He was born in the West, we'll reject Him." He is born in the East so Western people should say, "We will reject Him because He was born in the East!" This is absurd! I mean, a person can be born in one place only, he cannot be born everywhere. He has to be born somewhere. But these kind of localised identifications have led to lots of problems in the minds of people.

As scientists we have to keep our mind very, very open to understand what search people have made in the inner being, to find out what are we made of, why are we here, why did we get our evolution from amoeba to this stage, where have we to reach. We have to understand the other side of the picture. And [it's] much more necessary for people who are now seeking that which was found out in the East. And Eastern people are seeking that which you have found out here. They are getting developed, you see, they are now getting sophisticated. While you are trying to find out something which they had found out without much sophistication.

In the ancient times, a long, long time back, we had three types of people working out the seeking. The first type I would say were the people who were on the left hand side of this Primordial Being which you see there with a blue line . Have you something to show them?

This blue line is the representative of a channel called Ida Nadi. And this channel was discovered thousands of years back in India. This channel represents the power of desire within us. And the desire reached such a subtle form that there was a desire to meet God, to be one with your Spirit; that's the last desire. And this desire became what you call as the power of devotion or dedication or for asking, "Oh Lord, when are we going to meet? You must come, and we are waiting for You," and all such things which shows that people believed that there was some Superior Power and that we had to receive the help from that Superior Power. This was one side or one type of people who existed.

And the other side [that] you see is the yellow line: this is the power of our action. The channel is called as Pingala channel. These are all very subtle channels inside our spinal cord. This Pingala channel expressed in the people who went into action.

Now the power of action in the West, I think, is a later manifestation of the way people acted in India. By this power they try to find out the mysteries of the matter. As you know matter is made of five elements. So they wanted to know how to overpower

the matter; how to harness it, how to use it. And they tried to find out which are the Deities which are ruling the material side of life. For example, which is the Deity for the sea, what is the Deity for water, what is the Deity for Sun, Moon and other stars, and all those things. And Greeks, I think, went further with it, very much further, and they got into a wrong path and they got lost.

But this was the search where people tried to excite or to master the methods by which you could control all these five elements. And this method is expressed in our Vedas. 'Vida' means 'to know'; and the Vedas are the expressions of all the mantras which were used to harness the matter. The result of that is, today, what we feel, is science: that, through that, now science is manifested as knowledge to us.

But first they tried to, say, overpower the fire. Now there is one way of overpowering the fire: is from outside to use the fire for cooking, for this, that, all sorts of things. Or there could be a method by which you find out the Deity that rules the fire. If you can excite the Deity that rules the fire and can control that Deity or you are connected with that Deity, then you can manage to use the fire the way you like. So the second type of people who went into these mantras and yAgyas and all these things: they did the fire ceremonies and tried to control the Sun, Moon and all sort of things; they were interested [in that].

But now the third type of people, who existed in the centre, in the central path. This path is called as the Sushumna path, and this path is responsible for our evolution from amoeba to this stage. Because of this power within us, to evolve, we became human beings. Why did we become human beings? Nobody asks! We should ask some questions!

All the scientists must ask questions [such as]: Why did we become human beings? Why some animals were discarded, and why we are supposed to be on top of all the evolutionary process? And now what is our goal? Why are we there? What are we to achieve?

This central path is a very, very important path for us, for Sahaja Yoga, because, by these different chakras that there are, the one is the lower one, then the second, the third and the fourth, fifth, sixth and seventh: these seven chakras denote vertically our evolution — vertically. And horizontally they express our physical, mental, emotional being.

The first chakra is very important. This chakra is the centre of Mooladhara. 'Mooladhara' means 'the support of the root'. This centre is the centre of our innocence. The first thing that was created on this Earth was innocence. Innocence is the first power that was created. And that's what we had to preserve first of all. That was the most important thing to preserve: is our innocence.

Now you will be surprised that this centre is placed under the Kundalini, not above the Kundalini. Kundalini is above that. Now this Kundalini is the power which is placed in the sacrum bone, nowhere else. I mean people can tell you, I have heard the other day, he was saying, that, "We believe the Kundalini is here." I said, "You can believe it, it is here! I mean, but by believing it is not there!" Because what you see is the pulsation of Kundalini in this area. When Sahaja Yoga starts, in many people, with the naked eyes, you can see the pulsation of the Kundalini in this area, on people who have got some obstruction. Those who are all right they just get their Realisation without any difficulties. But [with] those who have obstruction, many of you have seen the pulsation in the sacrum bone. And imagine this bone is called 'sacrum'! 'Sacrum' means 'sacred'. So they knew that there was something in it. Even the Greeks, I think. Latin is not Greek, but we can say in Latin language it is called as sacred. So the sacred bone was containing this Sacred Power within us known as 'Kundalini'.

This is the primule, is the germinating power within us. Now this fact has been accepted for thousands of years in India and elsewhere. In the Bible also it is said that Moses saw the tree of fire. That tree of fire is nothing but the whole Kundalini instrument. They talk of the Tree of Life: that is the same as this. In the Bible it is said, "I will appear before you like tongues of flames," [this] is nothing but these centres. And these centres, you can see clearly within yourself, look like living flames as these are. But these are static, and they are moving and living.

So this is the thing that is being described in our ancient books, in all the scriptures. Even in Koran they have described as 'Ruh', R-U-H, 'Ruh'. 'Ruh' means the cool breeze, the cool breeze. The Cool Breeze of the Holy Ghost is described in the Bible also. You

cannot suddenly start a new idea about something. If it is an evolutionary process, if it is a living process, it must have its background, its history and it must culminate into something fruitful. Like every fruit has a tree behind it and roots behind it. You cannot just come out from somewhere and say, "See now, I have created a fruit! Now this fruit can become like this." It has no meaning. It must be a plastic fruit. It cannot be a real fruit. If it is a living fruit it has to come out of the tree. That has existed for thousands and thousands of years and out of that this tree has to come. It must have the base. And this is traditionally called as the Kundalini awakening process.

Now, this was done, as I told you, there was only one person at the time of Rama, Nachiketa who tried to find it. Yoga Vasishtha was a realised-soul, no doubt, but he did not give Realisation to anyone. Only Raja Janaka gave Realisation to one fellow called Nachiketa.

Even Zen system in which people were supposed to get their Realisation: they said that nobody got Realisation except that there were twenty-six kashyapas. 'Kashyapas' means "realised-souls". Only twenty-six, because I think it started about the sixth century. And for six centuries they had these kashyapas coming and going, one at a time. And after that they had none, they had none. So there are no realised-souls there either.

Christ has said very clearly that, "You are to be born again." I mean the whole message of Christ's life is Realisation. Because Judaism talked of the dharma, of the sustenance, of maintenance of the balance in the centre. That also, like a tree, that was very important. But then Christ came on this Earth to show that you have to become the Spirit. By His resurrection He showed that. And this is the message of Christ. But in Christianity, I don't know how many people are seeking. They think that by going to church every morning it's finished. Same with the Indians where it was said in every scripture, even about Vedas the first thing is said that, "Through this knowledge if you cannot seek your Spirit, it's all useless."

Then we had people like Shankaracharya, Adi Shankaracharya, who was the person who tried to re-establish Hinduism. Who has said that, "Without getting Realisation, what's this life?" "Na yogye, na sankhye." (meaning: neither by 'yoga' nor 'sankhya' it is achieved) By all this talking, blah, blah blahs, where are you going to lie? You have to get the grace of the Mother to get your Realisation. When he talked first of 'Vivekachudamani', a very big book he wrote, on treatises of Indian philosophy, people were amazed at his knowledge. But later on he just wrote 'Saundarya Lahari' which is just the description of the Cool Breeze of the Holy Ghost and of the Holy Ghost. And people said, "What are you doing? You are just praising the Holy Ghost and not writing any philosophy." He said, "There is no philosophy. It's a spontaneous thing which should happen to all of us, and just the praise is the way you get it." Just imagine a person of his calibre. But what are the Hindus doing today is nothing but the same old-style techniques and ritualism and all nonsense; they are also lost.

I mean there is such a pickle, made out of every great incarnation, that to me it was a shock to see how they have been able to spoil every incarnation into zero, and some sort of a nonsensical image of every incarnation who came on this Earth to emancipate, to give you a higher life, a higher awareness.

So we come to the point where we have to think what we have to expect. The first thing is: if it is a living process, it has to be spontaneous. This is very difficult for people to understand: that it has to be spontaneous.

For example, if this flower has to become the fruit, what is the technique? Do you stand before it for hours together or do you jump before it, or you stand on your heads [so] that it becomes? Anything spontaneous [that] you have seen, which is living, happens by itself. There is no technique.

When I say there is no technique, people do not want to believe it, because technique they want. But you have taken for granted all these things, isn't it? I mean, one day you are sleeping, you find that the blossom time has come, lots of flowers are there. One morning you get up you find most of the flowers have become fruits, and you take it for granted. Do you ask for a technique there?

In the same way what technique did you employ to become human beings from amoeba? Say from monkey's state to human

beings: did you cut your tails to become human beings? Didn't we become spontaneously that? It's rather difficult to accept. But logically, you tell me, if it is a living process, what do we have to do?

It is impossible to explain to people that there is no technique. They must have a technique. Now why do we want to have a technique? Let us face ourselves. Because we think we must do something about it: if we are not doing anything about it, then how can we get it? Because we think whatever we have got in this world is through our effort, by working for it. But what have you got? You've got everything dead! Say for example, something is dead, these stones are dead and you have made a building out of it. So what? Dead from the dead! What have you got living with you? Have you got any living powers? Can you give life to a fruit or to a tree? You cannot.

What have you achieved? Is only dead. With effort you can only achieve dead. Have you achieved anything living? If you put such a question to yourself then you will understand that living processes, we have to accept, are spontaneous: we cannot put any technique on it. As soon as we want to have technique, we must know this is our Mr Ego who wants to get satisfied.

I have seen people doing that. For example I will give you a very concrete example of a gentleman who came to me and he said, "No, no. How can it be that simple Mother? How can it be that simple?" I told him that, "See: your breathing is so simple. If you have to read books and go into techniques for your breathing, how many people would be living?" But he would not accept me.

He said, "You must give us a technique otherwise we'll not be happy." Now there's a very great realised-soul living in India but he is a very strict person, he's not a Mother and he has no tolerance for any nonsense. So he had once told me, "If somebody troubles you, send the fellow over to me." So I told him, "You go and see the guruji, such and such." He was very enamoured that, "This gentleman has called me!" So he had to climb up seven miles up on a hill where this gentleman was sitting there. He went there, and he started talking, "Blah, blah, blah," to him that, "See, Mother doesn't give any technique to us and She's just giving Realisation to every Dick, Tom and Harry and this and that!" He said, "Yah! Really, She's doing wrong, isn't it? All right, you be here and you eat your food and sleep here!" After a month I found the gentleman came to see me with both his legs round his neck, dangling in the air. I said, "What's happened?" I mean, really tears came into my eyes and I said, "What's happened? What this guru has done to him?" He came and started crying. He said, "Mother, never send me to that guru." I said, "But you were very anxious to go to him, because you wanted something to climb up to see him." He said, "He made really a mess out of me." In the night because this guru, his limbs are broken and hands are broken, so he goes on a tiger. So he said, "And this tiger came and pushed me into a ghat! And I was lying there about thirteen, fourteen feet down below, and this guru after three, four days lowered down some rotis, some breads to me, and he said, "Now eat it and stay there. And till you promise me that you will not go and trouble Mataji, I am not going to take you out of this place!"

And then after two days he sent a few people to pick him up and brought. He said, "I am not here to take money from you. You cannot give me money, anything. But I will only teach you a good lesson!" He said, "I have had enough of it." He said, "Now you take these legs around your neck, go dangling to Mataji, and She's going to cure you. I am not going to cure you. And don't come and tell me stories!" "Oh God" I said, "Look at this," then of course we tried and worked on him, that's a different point. But this is what it is. He said he wants technique, so he gave him a technique.

Another fellow who was like this, a doctor, he was troubling me, and I didn't tell him, but he felt that he should go and see this guru. And for one month he made this fellow clean a Shiva's temple, taking the water seven miles every day, morning and evening: with one bucket cleaning in Shiva's temple! And doctor came back, he was so thinned down, absolutely exhausted. I said, "What's the matter?" He said, "I was cleaning Shiva's temple for a month!" So when I met this guru I asked him, "Why did you do that to him?" He said, "For a donkey, you better give donkey's job! It's no use telling them something of the higher life. They don't want it. They want donkey's life. So let them jump and do what they like. Let them be donkeys. Why should You try to give them [everything] so simple?" I was amazed at him. He said, "Mother, you are a Mother and you do what you like because this is your whim. But as far as we are concerned we are not going to give Realisation to anyone. I have given it to one, and he's become a hopeless man."

So I went to see this gentleman one day, the one who took twenty-five years to get his Realisation. And because somebody, one

of my disciples had to invite him. Now this fellow was smoking cigarettes like this, sitting before me and he was talking quite a lot, and there were girls and women pressing his feet and doing all kinds of things. Of course he got up, touched my feet. He sat down, then he started saying that, "Now why this [Gagangiri] Maharaj is coming to see you in Bombay? After all he should not leave his place. He has been there for a hundred and eight years," this, that. I said, "Who are you to judge him? Why are you judging him? He's your guru. Why should you judge him? He has given you Realisation."

"Yes, yes, he's given me Realisation, I know. But I can also tell him something."

I said, "But what about your smoking? You are still on with the smoking." "Oh, I don't care. I am beyond everything!"

I said, "All right." Then I sat down watching him for a while. I said, "Now I am going home." I said, "You apply this tika to me."

I said, "All right, first I will apply," so I applied [to] him. I said, "Now you apply," and I sucked his finger, this is Agnya's finger of ego. I sucked his finger on my Agnya, and he went on "Ha, ha, ha, ha, ha, ha!" like that. He said, "Mother, Mother, Mother what you are doing?" I said, "Nothing, nothing. You are great, you are a realised-soul. Why should you shake before me? Why are you shaking? Why don't you get all right? Why are you shaking?"

He said, "No, no, no please stop it, stop it." I said, "Now, first promise that you are not going to talk ill of your guru and stop all this nonsense of having women around and making money!"

But then the person with whom he went, he swindled them completely, just imagine! And I asked this gentleman who met me at the airport, "Why did you give money to this man?" They said, "Mother, because he said, 'See, I was shaking before Mother because I was giving power to Her!'" I said, "Such fools! Why did you give him the money? Why didn't you ask me what was happening?" This is what it is. When you want technique, then in the market there are thousand and one to give you technique, anything. They may tell you that put this [candle] on your head, light this, and walk on the street. And you will find thousands of them walking like this, and the price of this [candle] will go up in the market, and people will be doing it. Any sort of nonsense they will give you, they would like to do it!

For example, these people at Oxford Street: they are standing there, [the] Hareramas. They had cleaned their hair completely and applied those, what we call them shendis in India, I don't know what you call. And they are sold in the market; do you know? Like all other wigs, they are sold as wigs there, and that is to be applied there. And when they were dancing that was falling down, you know! And the dress and sari they were wearing was also falling down! And such foolish people. I said, "What do they think? By doing this, are they going to get God?" I said, "But why don't you sit down and receive the blessings and why to do [this]?" They said, "But what's wrong in clothes. What is the need to have clothes?" I said, "That's not the point! What I am saying is by becoming naked, if you can become God, all the animals must go to God first, before you!"

You must understand what should happen to you: there should be a new dimension which must be enlightened within you. A new dimension must come into you. What about your own power: have you got your own powers? If you are spiritually evolved, you must have your own powers. This is like enslavement. I said, "What are our own powers?" I said, "Can you tell in this person where is the Kundalini?" They said, "No, we don't know. We have never heard about it." "Can you tell what are your centres catching? Can you tell where are his centres rising?" He said, "No, we cannot." So I called him, I said, "Come along, have your Realisation." One of them I got hold of, somehow or other brought him. I think he was not interested in Realisation at all. He was not at all interested. He was interested in exhibitionism. He wanted to exhibit himself in that Oxford Street that's why he went there. Absolutely that's true. Otherwise, if he was, he would have said, "All right, if you are saying 'I am giving you Realisation,' let me have it!"

He said, "How can that be so silly?" I said, "What silly?" I said, "How can it be silly?" I said, "The wisest". But must be somebody else is silly to see things which are silly. Like mad people: if you go to a lunatic asylum they think you all are mad.

Once our prime minister went to a lunatic asylum and one lunatic came and started talking to him very nicely. He said, "How are

you? When did you come here? And who are you?" So he said, "I am Jawaharlal Nehru, I am the prime minister of India." He said, "All right, all right, you'll be all right also. I used to say the same thing." (laughter)

But how do you judge whether you are right or wrong? Where are you? The judgment comes when you have the dimension to judge. When you are Realised you can judge. You can say what chakras are catching. When Self-realisation comes in, you know all about these centres and you know all about these channels; about yourself and about others. The collective consciousness becomes an actualisation; it becomes part and parcel of you. Like an egg when it gets transformed, you really get a bird! It's not just "blah, blah, blah." You just get to see the bird with its wings and everything. A transformation takes place.

Your awareness must have that actual dimension within itself, inside. Not outside by developing your some sort of a horn or wearing some sort of a bushy hair. It's something that happens to you within where...(break in recording)...comes through when you start judging yourself.

But God is compassion. He's love. He gives you [the] chance, all the powers to clear yourself and cleanse yourself. But nobody can help a person who is so dump founded or mesmerised or who is such a, I would say, unintelligent person; who doesn't understand that something has to happen to your awareness. Then only you have achieved something. For days in and days out they are going and going and going and achieving nothing. Somebody told me, "Oh, they are people who love each other very much." "How do you know?" "They kiss each other quite a lot." I said, "What is there?" Any licentious society you find such kissing going on. For example if you go to France, I mean, it's horrifyingly kissing society, I tell you. Everybody has a right to kiss everyone they feel like. I mean, it's sometimes so much that you really get frightened of the whole thing: anybody can come and kiss you, anybody is supposed to... I mean, I don't know how it works out but it's so. So I said, "What is, so [great] in kissing? There's no love!"

Love is a thing which is not expressed in that way, but which works, which flows. It's a power which acts, just like the sun's rays. Sun's rays come and act on the leaves. In the same way the love flows and acts on the Kundalini, and it gives Realisation to others. It transforms your life. You become a different person altogether. You become a master of yourself when you overpower everything.

Of course some are, I would call them, lame people, so they need little more time. Some are very fast ones and some are so quick that they once get it, they never lose it. And then the real growth of the new personality starts in which you start enjoying that bliss which is promised. All that is said before has to be proved today — every thing.

Now like we went to one of the Protestant Church meeting. I mean Catholics and Protestants and all sorts of things, you know! I am facing, mullahs and priests and this and that. But these people they said, "We believe in Christ." I said, "Very good! That's a very good thing to do, is to believe in Christ, thank God. At least there is no anarchist or somebody who is anti-Christ I am facing here! But," I said, "where is Christ?" "He's everywhere." I said, "All right. But how do you contact Him?"

Everywhere there is ether, everywhere there are pictures, everywhere there is music, but how do you get them in the television? How do you contact? He is placed in a centre within us and we can prove it, through the Kundalini awakening, that Christ is there. Because when Kundalini reaches that centre, the centre which is on the optic thalamus, which controls the pituitary and the pineal body, [that], in that centre, resides Christ can be proved through Kundalini awakening. Because when Kundalini arrives at that point and it does not pierce, you have to take the name of Christ and then Kundalini moves on. But not the person who is not realised, the one who is realised can only do it.

So there are two types of people you find in Sahaja Yoga, is the people who are realised and those who are not realised. Now here the conflict starts that people who are realised can shock other people because they say some things very positively. They say that, "See, this is wrong, you should give up these things. This is not going to lead you anywhere." And they look just like as you are but they know about your chakras. And when they tell you, you get angry with them and half of them leave, but that's not the way. One should know that they are just trying to help you.

They were just the same as you were. Maybe even worse than you were or maybe much worse than you were but today they have reached the place from where they can feel you. And you are also going to do the same, so there is nothing to be shocked about or to be angry with.

But there's tremendous difference in any artificial type of technique and the real is this that they know what it is. If you tie the eyes of ten people or ten young people who are realised-souls, two are sitting here, they all of them will say the same thing. For example, if you ask them, where is this gentleman catching? They will show the same finger. And this is such a subjective thing, such a thing as your own, which has no whims, nothing. It's absolutely definite.

Now the last point which I would like to cover today is that, as a result of Sahaja Yoga: this is the chocolate on the castor oil, we can say. The advantage of Sahaja Yoga is felt immediately, immediately. First of all physical ailments get cured. Now for your information I may have to say this that in ten minutes Sahaja Yoga cured the cancer of our President Sanjeev Reddy in India; in ten minutes. Cancer cannot be cured by anything else but Sahaja Yoga - it's a fact.

For example, now doctors have reached the stage to say that cancer is caused by some protein matter which attacks us from the areas which are within us, which are built within us since the Creation.

Now within us what are these areas, let us see. On the left hand side of this Ida Nadi or this blue line is the collective subconscious. On the right hand side of this yellow line which is called as the Pingala Nadi is the collective supra-conscious. Below is the Hell. On top is the super-consciousness which we call as Self-realisation because this is the seat of the Spirit, which is manifested in the heart.

These are the areas, of course doctors don't know. But whatever the psychologists start talking like blind people can be easily seen through when the lights are on. For example, from the left side and the right side I have always said there are entities which attack you. Those who disappeared in the Creation went out of circulation because they were not good for our evolution, they all exist there. Say, there are some vegetables which form viruses, there are some birds, some animals and many human beings who exist on both the sides. On the right hand side are the people who are very ambitious, who dealt with material things and who try to overpower matter and tried all kinds of tricks. These are the people who are still there existing within us.

When we try to go to the extremes, either to the left or to the right, by any one of these techniques, we get caught up. And when this thing happens, these proteins, so-called '58 protein' and number some sort of 56, all these are nothing but they are entities. They attack us and they trigger the cancer within us. And once this is triggered there is no way out because once you are in these areas, you'll be attacked more and more, and the galloping state is established.

For example, now let us take the case of blood cancer: a simple thing like blood cancer. It's the most simple thing and is very simple to treat also. [Dr.] David Spiro is laughing at it! All right, how you get it? The spleen is the speedometer within us, spleen which is placed on the left hand side like a round ball.

(No, on top a little bit. David can you come and show them?)

Yes, correct! We should put it in the Void only, so it's better! Near the Void you can say.)

Now spleen is managed by Swadishthan Chakra, which moves round and round the Void, you see. And it is the one which really sets our speed and pace: both things are done by the Swadishthana Chakra. But this poor spleen is creating blood cells for us. First of all if you think too much then the Swadishthana Chakra has to convert the fat cells for the use of the brain and it neglects the spleen, the liver, the pancreas, the kidneys and the uterus. But when it neglects the spleen, this is the first cause [of blood cancer], the primal cause we can call it.

Secondly, those people who are supposed to be very speedy – those who think too much are speedy people also. They will eat

their food with such a speed, I can tell you, that I have seen people that they can polish off things before...I mean, you see them there, and it's finished! (laughter) They are so fast, and if I am sitting with them, I am really starving because I just can't keep pace with them! Just you serve them, and it's finished, it's polished off! Then they will eat with that speed and immediately finishing that plate there and they run off for some other work. Now this poor spleen has to now create blood for the digestion, then suddenly the fellow runs out [so] it has to give the blood cells for it's running. Then he sits down and he starts thinking. While running he is thinking. He is doing many things. We think our body is a multipurpose machine. So with one thing we will be brushing, with another thing we will be doing something else, with ears we will be doing something else, with nose we will be doing something else, with stomach we will be doing something else. Like that, the whole body is poor thing busy with multipurpose things: poor this body. And then this spleen becomes really mad! It goes bizarre, as you call it. It does not know what is wrong with the fellow. It does not know when it will jump and when it will go into some sort of a new activity. So it goes really bizarre, and then the cells that are created by it become malignant cells, and blood cancer is settled.

But the third thing that really, that really, attacks it is one of these entities catching hold of these blood cells, and blood cancer is set in. And blood cancer can be very easily cured. I have seen now three cases, where doctors predicted that the patient is going to die within fifteen days, is still surviving after three years, quite hale and hearty!

If you just pull your attention through Kundalini awakening and pierce it through here, the attention which is spread out on left and right and gone to the extreme like this, stretched, can be pushed out onto the super-consciousness, immediately all your attacks are finished. All of them are left high and dry in their own places, and you are cured. And that is how blood cancer can be cured very easily in Sahaja Yoga. But that doesn't mean you think of all the blood cancer patients you have and bring them along here! That always happens. I would request you not to do that. You see, this happened at the time of Christ and it should not be repeated again. God is interested in curing people who are seekers, who are seeking God and not curing people who are not seeking.

You do not look after a lamp which never is going to be enlightened; you just throw it in the junk! In the same way those who are seekers get their Realisation and get their cancer, all kinds of incurable diseases, diabetes this, that, lots of things, are cured. I mean [the list is] endless. So this is the first thing that happens: is physical.

Then mental: you know there are some people who are here sitting today who were horribly epileptic. Some of them used to scream for three hours, thanks to some great gurus who have managed to polish off everything that they had. Who have managed to take away all their money, mesmerise them completely. And those who became epileptic falling on the street, even some of the children, who are here now today, who have been absolutely cured of epilepsy, madness, schizophrenia, all sort of diseases like that, because again the same thing happens to you that your attention goes into the super-consciousness, which is, collective consciousness. Collective consciousness gets enlightened within you, it becomes actualised. It gets manifesting itself.

It's such a wonderful instrument you are — a human being. You have no idea. Only thing is you have to be plugged to the mains. Like a television set, once it is plugged to the mains, it starts manifesting, you also start manifesting. Nothing that I do, I do not do anything. Actually really, it is something like everything is ready, and one enlightened light can enlighten another light! What is there to be done? You are just ready and you just receive your own powers. I don't do anything.

And why should one feel so hurt if I am doing it? It's something surprising. Because a gentleman very seriously asked me, "Why you?" He was a doctor. I said, "Doctor, I will be thankful you come in my place. Here I am, I have to work till two o'clock in the night. I have to work so very hard, such a thankless job. You better do it! I'll be very happy to be your disciple! And whatever you say, I am willing to do. You awaken the Kundalini of people!"

He said, "But I cannot." So I said, "That's why I am here!" Unluckily I know this! Unfortunately I know it! Now what to do? That I am supposed to do.

Now you are supposed to do many things which I cannot do. For example you can drive a car; I don't know anything about it. I

don't understand your economics, I don't understand your laws, I cannot understand anything that is supposed to be understood by a normal human being. But I understand Kundalini. If you ask me to open an ordinary packet of milk, I cannot! But I can open Kundalini. What to do now? I know that, so why should you feel so hurt about it?

It's me who was supposed to do it. And that's the only problem, if you can overcome it. You know so many things and I don't know so many things, then there won't be any problem of ego coming in between. If I have to, say, do something, fixing up this, I'll have to ask Douglas to do it. I do not know how to fix it. I may spoil it but I do not know how to use it. So this is what it is, as simple as that.

And this has to be done. It was all promised. I have to do it. All this time has been promised. All this happening has been promised. This is your right to get it. You'd better get it.

And you cannot pay for it; no question [of that]. It's an insult. It is love. It's not mercenary. It is love. You cannot pay for it. You cannot purchase me.

I am quite an illusion also. I mean, I can be quite tricky so be careful about me. If you try to avoid me, I'll avoid you hundred times, and you'll go out of circulation. So be careful, because I am not that simple as I look. I am telling you beforehand, so be careful about it. But still you will forget because I look so simple, but I am not.

I know so many things about you that I may try to just avoid you and I may really get you out of circulation for some time, till I have really sincere good people in here who get their Realisation, and then later on we can try these people who have gone out of circulation. It works out that way.

Many of time Sahaja yogis think that we have very few people coming to Sahaja Yoga. I said, "That has to be because this is real work." This is not that you become an organisation member of somebody and you are certified, "All right, you are a Sahaja yogi." There is nothing like that. It has to happen. The Kundalini has to come. You have to feel the vibrations. It is a happening. Unless and until it happens you cannot give false certificate. It's not like plastic flowers, it is a real flower. And for the real flower to come in, it takes time, doesn't matter. I mean we cannot give a false certificate.

So the second thing that happens is emotional thing.

Third thing is spiritual. We can say that spiritually you understand Sahaja Yoga. You understand what mistakes you have committed, what wrong people you have been to. Immediately you understand. You find it out. And also you are told each and every secret: how to do it, how to raise the Kundalini.

You can raise Kundalini. Only if the Kundalini has crossed up to Agnya, you can raise the Kundalini. As soon as you get your Realisation, you can give Realisation to others because of [the] emergency: we have to give Realisation to thousands and thousands and millions and millions.

You can give Realisation to people. There are all these people have given Realisation. Not only that, you can cure people. And you can know as to how you are progressing: where you are, what are the chakras, where they are placed on your fingers, where they come, every thing you can know. It's all inside not outside. And it should happen to all of you. After all I am here only for that job.

I'll work very hard, and I have been working very hard, everyone knows that. But you have to also understand to co-operate a little bit. Take your Realisation. After Realisation you will have to work hard also. But before Realisation just leave it to people who are realised. Like, when you don't know swimming, it's better to leave it to people who know swimming. Once you learn swimming, you also teach others. There's nothing like inferiority, superiority, and all that. It's not that.

So just face it as simple people, not with all this misidentification with ego. Now somebody was raising the Kundalini like that, so one gentleman walked off, I said, "Why?" He said, "Why is he doing like this?" I said, "But you do not know." Supposing there is a

person who is trying to help you swimming, he puts his hand under your belly: you can get angry with that person, "Why are you doing that?" I mean, he's making you to float. But this is what it is. You do not know the technique which these people know. You will also know the technique of Kundalini, which is a living technique, because you are not yet living. When you become realised, you will be knowing because the power will flow from your hand. You can feel it on your hands, the cool breeze flowing.

But there's only one warning to all our western seekers, which I always give: that you are great saints, I know you are seekers, you are very genuine and you are honest, everything is there. But you have one defect is that you think about everything. Even you have organised God, you have organised about Him. You have already preconceived ideas about Him — all this is there. And anybody who tries to play some tricks with you, you are very happy with that person and you are going along with that person very nicely. But here it is you who has to know, it is you who has to achieve, it is you who has to judge. Nobody is going to say that you are all right unless and until you say you are all right. It is you who have to believe into it.

So what happens that after Realisation the Kundalini rises and She pierces this fontanel bone area where you get your baptism. You can even feel the cool breeze coming from your head, actually you can feel it. But then you forget the experience, you go home and start thinking about it. As soon as you start thinking, the whole thing comes down, because it is beyond thinking. The happening is beyond thinking: without thinking it has happened. By thinking Kundalini doesn't rise.

So just allow it to work out. When it works out, you will be surprised [that] it's flowing. Supposing there is electricity coming and the electricity comes in, you see the light flickering. If you start thinking about it, do you think you'll get back the light? No! You have to put the connection right. It's something like that.

So thinking gives you ramblings, people are lost [in that]. Then they come back. And once, after Realisation if you lose it, it takes time, it takes time. It's a headache to me and headache to you. Many people do that way but please don't do it. After all you are seekers of ages. Why should you waste your energy and time and mine also. Be sensible and wise, get your Realisation and get to it. Give up all your misidentifications. All these are misidentifications. And do not reach that point where you become helpless and you have to give up these misidentifications.

Because I told one person I told that, "Your guru is not all right," and he wouldn't believe me, because his Void was catching. Then he got epileptic, he got sick, then he came to me. It took me three months to work on him. So the whole process of emancipation is slowed down, and that's how you pull down the forces of Divinity.

There are so many things one can say. As you know there are lectures and lectures, and Douglas has so many tapes and in London itself I have done so much. And to understand why London and why England, you better read "Milton" by William Blake. He has prophesied all this that is going to happen. That England is going to be the Jerusalem. That it is going to be the pilgrimage. It has described everything that is Sahaja Yoga. It's a wonderful prophesy, you better read it to understand. It is even described where the ashram would be in Lambeth Vale. It has described that first it will start in Surrey Hills where I first came and stayed. And he has described in the end how the Virgin Herself is going to work it out, how the Mother is going to work it. It's all beautifully done. So you had such a great poet like Blake, who has already guided you. Better take guidance from them.

Another is Shakespeare who was another great realised-soul who showed the futility of nonsense of this so-called romanticism and all this. So be sensible about it, be wise. You have a great heritage. Your Stonehenge and all these things, I have talked about it, what are these. This place has been worked out by many saints before, and today you are born here. You are here to achieve your highest. There is a purpose behind it.

As I said that England is the heart of the universe, no doubt, it is the heart, that's why I am here. I didn't come as an immigrant or anything. I came because my husband got elected to this post and I came here. That was all organised. And I am just there because of that, and you'll be happy to know he has been re-elected again for five years so I am going to be here five years more. And then England being the heart, we have to be very careful because everything articulates through heart, and the Spirit lives in the heart.

England is the heart, India is the Kundalini and Europe is the liver. Now see the contradiction: Kundalini, where Kundalini is in India people are sleeping. Kundalini is sleeping; where Europe, where the liver is, where the attention is, people are drunkards, they are drinking, the liver is gone! Where the heart is England, it is lethargic. Tell me now: what am I to do? This is the situation in which we are, so we have to rise to the occasion and achieve our goal.

England is very important, very, very important, and I am going to work very hard here, no doubt. But you all have to help me and understand that the time has come now to get what you have been seeking. All of you should achieve what you have been seeking, right now.

May God Bless you.

I would like you to ask me some questions. But don't ask controversial questions like: "I read in this book, that book..." Then somebody has been to some far-fetched place, "What do you think of this guru and that guru?" I am not going to get into controversies. So don't ask me about any guru, you will find out yourself.

Ask some sensible questions about Realisation.

Seeker: If you feel yourself to be completely blocked, if there's nothing you can do. What do you do?

Shri Mataji: You leave it to me. I am quite a master in this. I have had all kinds of blocks: mountains after mountains. You don't know how much I have gone through. I have become now an expert. You are not such a block, at least as far as you are concerned, so don't worry.

You see, I have worked hard for years to study all the permutations, combinations. I used to enter into the Kundalini and into the...to find out what are the blockages. And I know how to find the way out. You just leave it to me. But later on when you get it, everything I will tell you, every secret about it. Everything I am going to tell you, and you are going to become the master yourself. That's what it is. What kind of blockage you are fearing?

Seeker: Some kind of fear.

Shri Mataji: Fear is very simple to conquer. You see, it is because of conditionings. People are ... I don't know why they do it, this I cannot explain. Human beings are very difficult. Like in France they said, "Mother, if you say you are a happy person, they'll think you are naïve." I said, "Why?"

"Because [they think] you do not know any problems. So you have to be a very unhappy person. You have to show you are unhappy. Your cheeks must go inside like this; you must look absolutely like a prisoner of Ceylon." I said, "Really?"

They said, "If you go like this, Mother, in such a happy mood, they will never take you seriously!" I said, "But I don't think." They said, "We must suffer. That's what they want."

I said, "But why? Christ has suffered for you, now why do you want to suffer?"

But they say these things. Actually you know, it is with these people I have seen they say. I said, "If it is so, you are people having prostitutes on the streets, lined up together. You have pubs on the other side. You have gay, this thing and nonsensical things all over. You are unhappy. You are making everybody extremely unhappy." I said, "I am unhappy because I see this kind of thing going on here, and you are saying that you are unhappy. You are not unhappy at all, you are just escaping it."

Also so the fear is another sort of a conditioning on you. It comes to you [such] that you think, "I will have to lose something." No, you blossom into something. Because you are beautiful. I see that beauty and I see that Spirit and you are that. And the fear that

you have is because you cannot see it. It's just a conditioning. You just blossom into it. Did you read any one of these horrible books on Kundalini? That's it! That's very simple to overcome.

I'll tell you what: a villager comes to the city, he has never seen electricity and he puts his two fingers in the plug! [It's] like that. They are absolutely unauthorised. You know, they do not know what Kundalini is. I was amazed. There's a big book like that, and he says the Kundalini is in the stomach! I said, "Now what to do?" And he's written a big book like that, you see.

They are naïve first of all, they are unauthorised, they are unholy. Everybody cannot do Kundalini's job. You have to be an authorised person from God and you have to be holy person. Specially a gentleman, I know, who has written a book, he leads such a horrible private life. He's such a money-minded fellow. He talks of Kundalini, I was surprised. He's taking money from everyone and he's leading such a horrible life and he's spoiling women and doing all kinds of things and raping them. And he is telling that my Kundalini rose and it troubled me like this, and it will. Kundalini doesn't trouble actually [it's] this Deity sitting there on the first chakra - Shri Ganesha. He is the Deity of innocence, who incarnated as Jesus Christ. He only thrashes such people who try to handle Kundalini. Even they try to put your innocence, which looks after your sex onto the Mother. Just imagine what a sinful thing it is.

Innocence is the one that is your special power. That's why people are not even spontaneous now in sex. They just think about it. Do you know the latest numbers of people who are impotent in the West? And do you know, in Switzerland itself, out of five families only one family can produce children - they are impotent. If you think about sex, you can become impotent. All the spontaneity is lost. And here people are getting sophisticated with it. Either you become a rapist or you become absolutely an impotent person. Either you go the right or to the left.

So these people who talk about Kundalini have no sense of proportion, they have lead a very bad life, they are unholy people. They have no sense of holiness, righteousness. I mean righteousness is the thing. When I talk of righteousness they think I am a Victorian, you see. So I said, "I am not only Victorian, I am even much earlier - I am ancient." But that is what it is.

But I do not say you become righteous or anything — nothing out of the kind — because that's a difficult task. What I say you is you get your Realisation. [Then] automatically you will do it, automatically. Because the religion, what we call is the religion or the righteousness gets enlightened within you, [so] you just cannot do it.

So I am not going to tell you. I said I am tricky. I will just raise your Kundalini. You yourself will give up. I don't say you give up your drugs, nothing, but you just give up. I don't say you give up your drinks. I do not say you give up your cigarettes. There are many who have given up completely because they have found the absolute! All right?

In the same way your fears will also disappear but do not think of them. Just now you are sitting before a very powerful person. Don't you worry.

Alright? Is there any question? One more, and then I will do the thing. Anyone?

Seeker: Mother, Mother, you mentioned about emergency, what did you mean?

Shri Mataji: Are you already frightened? I said 'emergency' because the Last Judgment has started. In the atmosphere it is. No earthquakes for you, all right?

Can't you see [that] there is emergency, people want to have it, and you can feel the emergency, everywhere there's a talk about it. Everyone knows there is some sort of an atmosphere of emergency. Everybody is running fast, nobody knows why.

You don't worry, you are a realised-soul. Emergency is that you give more Realisation to East End (of London) people! (laughing)

All right?

So, anymore, no, all right. Now, why I have asked you to ask questions, that after this don't ask any questions, just have it. If you are hungry, you will just get it.

And I would request you to put out your shoes and put your feet on the ground. I don't need really but I am just doing it to please you people. It's all right, I can manage. Because they will say, "Why don't You take out your shoes?" you know.

All right, so, put your hands towards me, straight like this, and you have to close your eyes. That's very important, that you must close your eyes. Now, why? Because the Kundalini when it rises above the Agnya, if your eyes are not closed, it does not rise because there is dilatation of the pupil that takes place, and it stops there.

But maybe your eyes may be flickering possibly, then you open your eyes and watch me. In case that they are not flickering, then it's all right.

Now some of you may feel a little heat, and if Sahaja yogis tell you something, you just listen to them, don't get angry with them. It's for your good. If they tell you to remove something or do something, it's better to listen to them.

Just put both your hands towards me. Just like that.

Just see if there is flickering in your eyes.

It's a funny thing today: the centre you are catching is Left Nabhi. And you have to decide one thing that you have to marry sometime because there are great souls who are to be born, and we have to give them parents who are realised-souls. If you are not yet married just say that, "Mother, we'll marry," that's all. It will work out.

Still Left Nabhi is there.

Also the marriage institution has to be put right because, if these great souls are to be born, we have to give them a nest, a family where they are to be born. Otherwise poor Indians will have to bear all the children of the world!

Because of this emergency many people are taking birth, and they would not like to be born in a place where the parents are killing the children or where the parents are quarrelling among themselves and every day they are having a divorce. So poor Indians they have to take the load upon themselves.

Marcus close your eyes.

Close your eyes Linda. Close your eyes. It doesn't go over your Hamsa. Close your eyes.

Put your attention to your Sahasrara.

Void is there and Left Nabhi.

(End of recording)

1980-1027, What do we expect from Self-realisation?

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27 October 1980

What Do We Expect From Self-realisation?

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – VERIFIED

What do we expect from Self-realisation? Caxton Hall, London (UK), 27 October 1980.

The other day I was telling you about our growth within, after Self-realisation.

The germination takes place very easily; the Kundalini rises very easily; also pierces the fontanelle bone area very easily. That is really, as you call it, 'Sahaja'. It's a tremendous happening. It takes thousands of years for people to get realisation. That's also a fact. They had to be born again and again and very few selected got realisation.

But today, as I said, the time has come for many flowers to become fruits.

So this happening doesn't take much time, it's just [a] split of a second in many people. But about the growth I was talking last time, I ended up at Self-realisation, what is Self-realisation is and what do we expect from Self-realisation. The first thing that happens to you, as you know, when the Kundalini rises, [is] that you start feeling physically better; your health improves. Though the Kundalini rises from the centre most nadi, called as Brahmanadi, inside the Sushumna, in the central part. And first thing that happens is the physical being which is helped. That is not the innermost core of every centre. The innermost core of every centre is the Spiritual. But how is it [that] first the physical being is helped? Is very interesting to see. The Kundalini rises through many centres, passes through Agnya, pierces through fontanelle, and becomes one with the All-pervading Power. So, first thing that receives the information is the seat of Sadashiva, is the seat of your Atma, your Spirit, on top of your head. But the Spirit is in your heart.

So the first awakening takes place, or enlightenment takes place, in your brain. It's a very important point to be seen. In your brain resides the conscious mind, that means the present, and when it is enlightened that means your awareness is enlightened; you get enlightenment in your awareness, in your attention. As I told you last time that attention is enlightened first. So through your attention you can find out what is the matter with other persons, you can find out what centres are catching, what your centres are catching. So, on the physical level, you know what's happening. That's the, we should say, the present. We feel our gross (physical) being enlightened, we can feel them on our fingers. But when the Kundalini is rising in your being, She goes straight on to the fontanelle bone area. Of course, if there is a hurdle or anything then She stops and tries to indicate. At that time, if She is not successful, for example you have got a liver problem, then She will come and throb at liver problem, informing you that there's something wrong with the liver. That's why a Sahaja Yogi has to give vibrations from outside.

When the Kundalini rises above the Agnya, She goes up to this fontanelle and pierces. But when She cannot go beyond Agnya She spreads out here. She can spread out here also. And then She starts trickling down, the grace on the...or you can say She starts relaxing this area which is called as murdha (brain) and that's how She makes more space in the Agnya. And this relaxation works out the outer side of the physical being.

Also when She pierces through in anyone who has a simpler personality, who is not so complicated, first thing that happens is that the grace starts falling through from the sides; and the Grace starts falling into the Ida and Pingala and then She comes down by which She supplies Ida and Pingala. The Grace, not the Kundalini, you should not confuse these two things. Because of Her piercing, there's an opening made and the Grace starts coming down, and She, I should say the Grace Itself, feeds all the centres from outside. So, first the physical being is improves.

The second one, I'm now going from outside inside, the second one is the mental being. Now the mental being relates to our awareness as well, also to our sense of understanding, intellect and all those things. When the Grace starts flowing more and more within us, then our mental being gets enlightened. When the mental being gets enlightened then you start feeling centres of other persons. Some people you know just get cured. They don't feel vibrations, nothing, just they feel cured. They get cured of cancer, this, that, all sorts of things. But they do not get vibrations, they do not get a feeling, they cannot make out whether it is this chakra or that chakra, they do not feel anything.

So the first thing that would happen to anyone is the physical gift, the physical being improves - that's the Grace of God. Because if you are not well, if you have some pains and some troubles and some diseases, how are you going to pay attention to God and Spirit? That's very important. But before it comes to the mental self, something else happens also, that, when the Kundalini pierces, the falling of Grace first comes down to the lower centres starting from Nabhi downwards. And Nabhi is a great sucker, Nabhi starts sucking the vibrations, or you can say the Grace. And Nabhi starts getting awakened first of all. From Nabhi rises the Swadishthana Chakra which goes round and round, which is connected with Nabhi, so it flows to Swadishthana and then Swadishthana also starts working out itself. Swadishthana sucks in as much as possible and works out all the centres, I mean all the organs, which are supplied by it.

But Nabhi, when it receives surplus Grace, then it starts opening, and its opening helps us in very gross material life also - you are helped materially. Supposing if you are materially absolutely hopeless, then you are not going to pay attention to God also. So it's the responsibility of God to first give you a little material well-being. Like I received a letter and also on the tape they have mentioned about somebody who wanted to come to India, from Australia. She got her realisation, she felt very much better, and she wanted to come to India but she had no money to come, and that desire was there. Because of that desire in her she may not have put full attention to her Spirit. And that's how our material desires get satisfied. And her daughter discovered, she had a bracelet, many bracelets and things she had, and she went to a jumble sale, for selling them for some sort of a programme they had for children. And they discovered that one of the bracelets that she had, which she thought to be a junk, was of gold, surprisingly. And she sold it for \$1500. She was going to sell it for 20c, you see, (laughing). And that was exactly the amount needed for their travel, for both of them.

Now one would say that - how it works out? It is miraculous, that's all I can say, because the machinery is such. The pouring of the Grace within you, informs the Lakshmi Principle in the Nabhi. Nabhi just show them where is this. Somebody has to get up and show them, Douglas? Or someone. Douglas (Fry) come along. This is the one. And this has the deity of Lakshmi, She is the deity of your well-being. And this is what Krishna has said, "Yoga Kshema vahamyam" "When the yoga takes place, means when the Kundalini pierces through fontanelle bone area, I look after your well-being." How does he look after? Through Lakshmi. Now this is a universal Deity. She's present in human beings and also she is present in material things. It is such a fantastic thing that you cannot explain these things on human level, really it is difficult. Only thing you can see for yourself how it works out. It's so tremendous. Like if you have to explain about human civilisation to an ant it's going to be difficult - in the same way it is. It's so difficult you see. And human beings they are so proud of their rationality and I find it impossible how to explain, but it does work that way. You can only see the working of it. But if you are proud of your rationality you go ahead with it, what can you do? But you just see for yourself how it works.

So the second layer that really is improved is your material being. So many people have been helped, who are here, materially. The well-being has come, actual well-being, apart from satisfaction. But as I said, it does not cross the limit, like you do not become Mr. Ford! Because that's some sort of a behaviour which is asahaja, to be so rich, I mean it's ridiculous, vulgar! You become better than what you are, but not the best, because you have to be in the centre at a satisfied point. And everybody has to enjoy you and you have to enjoy everybody. But supposing if you are in dire necessities and problematic things then you cannot pay attention to God and that's what He understands - that you cannot.

If you have physical problem, if you have cancer, how can you say that, "You pay attention to your Spirit," when you have cancer? I mean, such a body! After all if this whole house is going to collapse you cannot meditate here. So, first the physical stability is

established and second is the material one. And there are many factors which work out material stability, automatically. First of them is that, once you find your Spirit, you just automatically give up your habits. Most of these habits come from your Nabhi, because from Nabhi Chakra you get your seeking. And you think, when you have a habit [that] you are seeking your joy. I mean, many people have said, "Mother, but I enjoy my glass of whiskey," they have said to me, many a times. Or, "I enjoy a little ride here and there," somebody has said that, "Mother, I enjoy some Kensington ladies," you see, sort of thing. But once you start enjoying your Spirit, it drops out. All your attention becomes enlightened and your priorities change. You don't enjoy these things that you have been enjoying before, so you just don't do it. I mean, I don't have to tell you, "Don't drink!" you just don't do it now. I don't have to tell you that you don't smoke, you just don't do.

But there are some very weak people, extremely weak, I mean, very, very weak people. They take time, I know. They plod and they are very slow moving creatures, but not all. I would say quite a small number and most of the people, they just give up things. You just give up. So you start saving money, automatically, because the money goes to the races or to the pubs or to other habits which are useless, you know they are useless: smoking, drugs, any such foolish things that you are wasting money on. And you start channelising this money for something better, something that gives you more joy, more happiness and of an eternal nature, not a temporary one, that you take the drink [the] previous night and in the morning you are finished! You get a drink that never finishes, which you enjoy all the time. You get drunk like that. Because in my own life I have seen, it's such a so-called sophisticated elite life. People drink much more, you see, than normal people drink. And they ask me, "Why don't you drink?" I say, "I am already drunk! The day I was born I was so drunk that, now, if I have to drink more I'll fall off, so better not ask me!" They are quite frightened at my, this thing, I said, "I am really fully drunk already!" So they start looking at me! And they never find me anyway less in spirits as they are. Actually I'm always little more than they are, so they never force me to do that. But these things drop out automatically. I don't have to tell you that you have to drop out. Because most of the things you have done [are] because you have been seeking something. You know, there are people, I asked them, "Why do you do this?" They said, "We are seeking love," I said "How? How can you find love like this?" Or somebody will say that, "I am seeking God." There are many people who are taking drugs, I mean, genuinely, just for seeking. But when they have found it, what they were seeking, they don't take drugs. But this is one of the side issues, I was just trying to make it little lighter.

But mainly what happens is that, actually the principle of Lakshmi, the principle of well-being within you is awakened. And if you listen to one of my tapes where I have described what a Lakshmi is, and how She is symbolised: it's a very beautiful picture of Lakshmi that the great seers have put before us: That, She is after all a Mother, She is a mother. A person who is a rich man has to be a motherly person. But here you find, in the whole world I have seen [that] those who have even little money their nose goes up like that and if you see them from down below they look like wolves not like mothers - most surprising. And this Lakshmi who is a Mother, wears a white sari, very elegant, with a gold border. That represents that he doesn't put people into awe by his pomp and show and this and that. She's standing on a lotus. Imagine any human being standing on a lotus! That means that She's so light in Her behaviour towards others. She's so delicate, She touches people with such delicacy, that people don't feel hurt, they are not in any way pressurised by the riches of people. But you know it's just the opposite, if your so-called 'rich' you see! Horrible! If somebody's coming in here I would like to get out of that door. They try to pressurise because they have money. You see, if somebody starts talking big, you just find out, 99% he must have won some horse race! This pressurising is a sign that he is not a lakshmiapati, he has nothing to do with Lakshmi. So he's so gracious. I have seen such people. I have seen some people like that. I have seen one in England you will be surprised to know. I have just seen him once. He was a gentleman who was some lord and something and later on he came to India and he was a Viceroy (Lord Mountbatten). And there was a gentleman who was very well known to us, he once met him in a train which was delayed or something happened and they had to get down at another station and somehow or other they were put together. And he was so simple and so good and so helpful that this gentleman was taken by him. He said, "Now better you come to my house because it's not going to be any train you come to my house." When he went to his house he was surprised the house was like a palace! And then he told he who he was, and he was amazed! And he even carried his bag with him. Such a simple man. And then, when this person told me that such a person is there, then he re-visited India, then he brought him to see me. But he's no more now he's dead this gentleman (killed by IRA bomb). But he was a very big man in India and a very big person but such a simple man! Such a simple person.

So that's the significance of well-being. So when a Sahaja Yogi becomes well-being, gets well-being then he has all these qualities in him that, he doesn't impress on others that he has a property or he has got money and he should pressurise others. If

he's really a good Sahaja Yogi he would be the humblest of all and he would be very generous because in Her hand, one hand is like this. The left hand is like this, means She's generous, She's giving. All the time She's giving. She's not taking anything, She's giving. And that's how such a person is all the time giving.

I have seen people who, after Sahaja Yoga, receive a lot of blessings and are miserly or try to oppress others, lose their properties and lose their money and really suffer a little bit. Because otherwise there's no way of teaching them. So the generosity flows from Her hand and another hand is like this, which means that She gives protection to people. There have to be some people who are ashritas, are dependents, who just depend, from whom such a person doesn't take any money, they just live. These systems are still in India. Those people who are well off always have about two, three people being supported by them. Is a system still working in India, in many places. I mean, in my father's house we always remember we had people like that. They were educated and given higher education by my father free, just free. But never did they feel that they were anybody else, treated with same respect and with same dignity as we were treated. But that was a part of life, one had to do it. This is the ashaya, is that there should be some people depending on you.

England also I've seen people have cats, dogs, things like that, you see, little bit they do spend on cats and dogs. But better to spend on human beings. What am I going to do with cats and dogs? Can I give them realisation? (laughter) It's better to look after human beings than to look after cats and dogs so much! But I have seen that when they are dealing with cats and dogs they are very happy people, but with human beings they are very unhappy, I don't know why. If you must have seen in the BBC and all that, when they have these advertisements I have seen in television sometimes, you see a person having a cat, she'll always smile and joke and this. And anybody having children, she looks so miserable! (laughter) That should not be so. There should be somebody dependent.

It's not important to measure every money, to ask for 2p (£0.02) - "I gave you yesterday, will you return 2p to me?" It doesn't behave a Sahaja Yogi to be like that. If it comes to that, alright, give some money - forget about it. It helps you such a lot, it helps you such a lot. To be meticulously so observant about how much money you lent - it's better to be more worried about how much you have taken than to be how much you have given. It helps a lot. It's a thing one has to realise in life, how much it helps. I have seen in my own life it has helped so many times. I mean you really have people then, around you. It's a matter of 5 Rupees and 10 Rupees. It's so important then to some people at a [certain] point, and it works wonders! I mean, you can have a human worth millions by paying sometimes 5 Rupees, it can work out that way. So try to be more giving and then you receive more as a Sahaja Yogi. Remember that now you are connected with Lakshmi. The more generous you are the more you get it. When you are small-minded you do not receive Her blessings. You have to give, you have to give. Once you give, it starts flowing, the stagnation is over and the flow starts coming in. Otherwise you are stagnated when your hand is, you see, tight fisted as you call it. English language has so many good words, though they are now losing their meaning! They call it you are very, I don't know there must be some new words for being very, very miserly, some good word, you know, which doesn't mean miserly but must be some 'economical' or something fantastic. But actually miserliness, is miserliness, give it whatever name you like, it's horrible. And one should not take to miserliness, that is a curse I tell you, it's a disease, it's like leprosy, to be hated. Try to be generous.

Now the generosity of maybe, I don't know, but maybe of money, is not difficult for some people. But generosity of saying something good to others is rare. You see somebody in a good dress, you should be generous enough to say, "Oh, it's fantastic, it's beautiful." What's wrong? But jealousy, that goes against Lakshmi completely. It's better that others are wearing it; you don't pay for it and you enjoy it! (laughter) It's very logical you just see. You see, if you own this hall, it will be a headache for you isn't it, to keep it alright. I mean imagine the people who own it, and to put it right because everybody will come and criticise, "This is not good, that's not good." But it's nice to be here, when it doesn't belong to you, to enjoy it. It's very simple. Just try to enjoy it, to be generous with people, be kind to them. This generosity is lacking. When this starts, then the inner core of emotional being starts getting enlightened.

Go to the subtler side of material well-being and you start getting into emotional thing. Small, small things work out, very small. It's very sweet. We have so many examples of this kind of little sweetness being expressed. And this generosity should come to all the Sahaja Yogis, of saying good things to others. Doesn't matter [that] it is exaggeration, doesn't matter, because it acts as a buffer. Then the fright of the strangers, fright of the neighbours, fright of other human beings, you know. Every human being has

become now [that] he sees another human being coming, he recoils back. Imagine! First, I mean, say about fifty years back it was like dogs; if any human being saw another human being they used to bark! Now it is another way round. So, the fear of your brother, of your own kin and kith, of your part and parcel. They are your own, you don't know, they are part and parcel of your being, you can feel it, after Sahaja Yoga you can feel it, I don't have to tell you. You can feel them within yourself, they are within you. And then the sweetness of saying something sweet, of saying something sweet is so nice, is so rewarding, itself, itself, so rewarding.

The movement of Shakti is always this way. If I give you love, love comes back to me. If I give you hatred, hatred comes back to me. And double fold everything. If I give you love, say 1 unit, I may get 7 units of love. But if I give you hatred of 1, that too, 7 units of hatred comes to you. The mathematics is complete.

So try to understand that, emotionally, you have to understand your material well-being. How to express emotionally your material well-being is a very sweet thing. I would give you an example of Gavin because I can't forget that very sweet incident: One day we had called some people, you see, I didn't know there would be so many coming, in his house. And he has a house but, I mean, not so big like this. So there were about fifty people, around. And I told him, "Prepare some food for them." But I thought for fifty people he could not have prepared, at the most for ten people! So I was quite embarrassed and I was waiting for people to go away, I didn't say, "Stay on for dinner," or anything, I thought, "Poor Gavin, how could he have cooked for fifty people?" And when they disappeared, about five, six were remained. I said, "Now let's have dinner!" He was very unhappy and he was looking this side and that side, I said, "What happened?" But he didn't say anything. So I slept that night in his house. Next morning I got up - still he was very uneasy. Next day I said, "What's the matter? What's playing on your mind?" He said, "Mother why did you ask all of them to go away? I had prepared [dinner] for fifty of them?" This filled me with such joy you can't imagine! Tremendous joy, tremendous joy. I mean, that I cannot get over such things you know.

And I have just seen so many Sahaja Yogis like that, very very sweet persons. Another is Gregoire, another very sweetie person, you know, the way he does things for others. Sometimes the way he works it out is so sweet, and how he really knows how to express himself sweetly in small, little things. It's so surprising, how people are very beautiful and how they are working out these material things to express their emotions. Material is for emotions only, you see. My mother had a principal that, if she had six sarees, the seventh one she'll present out. She had kept six; not more [are] needed, you see. And she was a woman of great principle, I must say, because she used to spin her own sarees. Can you imagine! And that's what she used to wear, herself. And she was a wife of a very rich man, I mean, she had no problem of money but this was her principle, she used to live like that. And she said that, "What? I need six, more than [that] I don't need," because it's cotton sarees, you see, so one saree you wash and next you wear and you can just press it. We had people in the house who could do that for her. She said, "There's no need to have more than six." And one she would keep for some occasion, you see, expensive one, if she has to go for a wedding and all that, that's all. So the seventh was kept (to give away) and out of the six, if she got one more she would donate that to somebody. She would only keep up to six you see, that was her principle, and she managed her life very well. And I was also bit too much of a generous person and she always supported my generosity, always she supported it. And she was very happy when she found that I would just give away lots of things to people who came to my house and she would say, "Oh that's very good, she should do that." Everybody used to say that, "That should be done". Always used to encourage me for such things that I did.

But I found [that] all things have only value if I can give them away otherwise they have no value. And I keep only the things that are being presented to me all the rest pass out of my hands very easily into people. Anybody who says, "I like this," "Alright, have it!" You see, I feel so happy to give it to them and it's really rewarding. Now that person thinks, "What should I give you back?" I said, "Now please! That's not to be done because you know already, come and see, this house is filled with things, and I don't know how to get rid of them."

If I buy anything myself, of course I don't earn anything so it's from my husband's money, I try to give it away. It's very nice, it's really extremely nice. After all what's the use of these things in the house? What are you going to do [with them]? I mean, if you have to have a personal archives, you can have! You see, something like that, putting up this thing bought there, this thing bought there. But normally what do you do? So this kind of a generosity is to be developed within us. The aesthetics of generosity is to be seen. How you give things to others and how you express your emotional being. For people who are emotionally dry because

of ego orientation, should learn these things, is very important. That will give them some emotional side also. [It's] very much necessary for people who do not feel their feelings much, their joy much; they should try to do it [then] they will start feeling it much more. Then the emotional side is enlightened within us, the Grace starts flowing up to emotional side. In emotional side, first of all the purification takes place. That's very important.

To lead a very beautiful emotional life you must have pure ideas, otherwise you can never be emotionally alright. You see, like in a tree you have to have leaves you have to have roots, you have to have fruits, you have to have flowers at its proper places. Like in your house you have to have a drawing room, you have to have a bedroom, you have to have a bathroom; everything separated. You do not put them into a complete, what do you call that? A mixer. You do not make it like that, isn't it? You don't put your bathroom in the drawing rooms do you? I mean some people may start it with the kind of confusion they have these days! But normally you do not do it. In our own emotional life we must have pure sense. Purity of a sisterly love, purity of a brotherly love, purity of a wife's love. For example infidelity: infidelity is impurity, infidelity comes when there is impurity. Without fidelity the marriage life cannot be happy. That's the basis of married life. You see, "I like..." this "I like" business is impurity. The impurity in you likes it. Gradually, after realisation, you start developing that purity within you; you start understanding these are your brothers and sisters. As soon as your emotional life starts improving your innocence starts awakening up. You see? It is connected with your innocence. The left side is connected with your innocence. And then it starts flowering and you really become innocent.

Now see the practical side: you go to somebody's house, the gentleman has a beautiful wife, now your bad eyes on the wife, how can you enjoy? You cannot enjoy, the husband cannot enjoy, the wife cannot enjoy, all the time there's a fear. Maybe the wife may run away with you or something may happen: the whole house will be finished, I mean, you are so destructive! So-called 'charming' men and 'charming' women are just destroying each others lives. Where do they land? All in the orphanages! A woman marries seven times, a husband marries eight times. All these old people are in the orphanage (old peoples home) and children are in another orphanage. You see, you are just creating orphanages by this kind of impurity in your mind. But by telling you, these things, you are not going to believe me, nor you can do it, but just when it happens. When this happens, the innocence, the joy of pure love, when there is no other impurity but just pure love for brothers, sisters. I mean, here, I have seen people don't even sort of embrace each other - men. It's most surprising, I mean, for us it's something one can't understand.

So much impurity has gone into our brain that every man, is he that way wrong? When we came here my husband used to embrace every man; I told him, "Don't do it, people will laugh at you!" He said, "Really?" He said, "But everyone is not like that, maybe one person." I said, "No, they think everybody is like that." You see, whatever they found pathological in one person, they think everybody is like that. These psychologists, whatever they read in one abnormal person, they try to see in everyone! Everybody is not like that! I mean there is no harm in understanding that there is only 1% people are pathological -who go to these psychologists! The others who are spoilt are because of psychologists themselves! They put ideas, "You have a guilt, you have a guilt, you have a guilt." Even if you don't have, you will have it! (laughter) They go on putting ideas into your heads. All this is supposed to be intellectual expansion, whatever you may call it, it's all nonsense you see. A person who doesn't commit sin you say, "Oh, he must have committed sin," now he doesn't know what to do he'll come and say, "Alright baba, I have committed sin, now I have to confess. So I have to confess, yes I have committed sin." They play about like this. They just try to build you up and all that and then they break you, shatter you completely and then you think, "Oh I am the most sinful person [who] ever lived!" If you were that sinful, do you think you will get realisation first of all? First ask yourself the question, "How did I get realisation? How did I feel vibrations? If I was that sinful, how could I get it?" Throw away all these ideas of these psychologists and tell them that we don't believe you!

You see, this is very few people who are really basically sinful. I tell you, very, very rarely, I have not seen anyone so far, except for these horrible gurus who are well known! After all they are the people who are rakshasas, they are not human beings, you see, so that's a different category. But, otherwise, I have not seen basically a person who has nothing good in him. Because everybody has the Spirit. And definitely Spirit is superior much more dynamic than all the sins put together. What are these little, little sins here and there? What are you doing? And there's nothing to feel so diffident about it. After all you are realised people, you are saints. You are to be respected. You have to respect yourself first of all. You are all saints, do you realise that?

Once you realise you are saints you will start acting as saints, how the saints act. You will put yourself onto that pedestal of understanding that you are really saints, otherwise you won't get vibrations. Go and ask anyone of these! They will tell you: the vibrations, only people who are saints get it. In India all the people are burnt when they die; not the saints, realised souls are not, they are respected. They say when the saints come to your house, that's the day, is the day of festival. And all of you are that so don't think that you cannot do this, and you have this guilt and you have these things - nothing of the kind! You are pure Spirit. Be very lavish about it! Of course, I mean, too much indulgences into these things, emotional life also, can lead you to a stagnation point. Like I hear people saying that, "There's a lot of love between us." But one has to be discreet in that also: does it make you universal or it makes you localised? You see, like Britishers for British, Indians for Indians, finished! If that love makes you universal, by which you say kindly things, by which you enjoy the love of other people, their vibrations. Whatever creed, race, it is, whatever part of the world they come from, they are Sahaja Yogis; if you start enjoying them, then know that that is love. It should not be localised in any way. If there is any group forming, then must know that it is not love, it's not Divinity, it's not. Divinity is universal, it embraces everything, everything. It has no discrimination of any kind. It only discriminates between evil and good, unrighteous and righteous, Christ and anti-Christ, God and anti-God but it does not discriminate on these three levels that is physical, appearances, mental approach or mental development or emotional expressions.

Some people are emotionally very expressive. I would say English are less expressive by temperament maybe, that's their temperament. Indians are extremely expressive. If you go to India, to a village, say, you go to Rahuri (Maharashtra), they will just take you in their embrace and would start weeping and crying with joy. I mean, you will be amazed the way they will love you, I mean, imagine! And for them it would be like, they wouldn't mind even if they have to spread themselves on the ground for you to walk smoothly so that you don't feel the horrible roads of India. That kind of tremendous emotions, the expression you will be surprised. You will be overwhelmed and sometimes shocked, you know, the way they are. But that doesn't mean that English don't love. They love in their own way; they understand that. So that's how it should be that it is all embracing, all shades, all types, all permutations, combinations. Because this variety is created by God to create beauty and all the varieties must be accepted. Imagine you all looking just the same, how would it look? Horrible and boring! Every leaf is different, then what about human beings? But in that difference there's the unity of Spirit and if you can feel that unity then you are emotionally absolutely correct and you are a realised soul.

And, last of all, the most important, is your Spirit, Spirit that resides in your heart. All this beauty is only perceived when there is light in your Spirit otherwise you cannot see all this beauty, you cannot enjoy it. Spirit is the one which is the diamond which shines on this beautiful ring of your body, mind and your emotions. That's the most important thing. That is to be achieved, to be absolutely absorbed into your being. That state should be achieved by all of you. But the growth, if the outside is not alright, then the inside cannot be carried by that weak outside. It's such a strong thing spiritual life is a very strong thing; it's so dynamic, it's so powerful. Sometimes, you know, it floods me completely. I mean, I have to control myself; the love just shoots off from the being and just I want to give it but I wonder whether you'll be able to bear it, so I have to control it a little bit [because] that flood may not be borne.

So you have to enrich your outside to bear that inside beauty. And the more you enrich it, the more you make it strong, the more it will shine. It's so simultaneous because one must understand that Spirit is love, is all intelligence, is all awareness, and it knows your problem. It slowly shines. It sees how far you can bear, how far you can go.

Then after realisation, when you start looking after your outside, the inside starts shining by itself. But attention should be towards your Spirit. All these outside qualities are so joy-giving to the Spirit, you can't imagine. Try them! You will enjoy yourself. We have not been able to enjoy ourselves much. If we could we would not [even] shun the jails, I mean I would be happy in a jail I tell you, because I can enjoy myself there better! But the one thing is there, you cannot enjoy yourself so much when you cannot share it with others also isn't it? It becomes like that. Without sharing you cannot enjoy yourself. And that's what should happen to all the Sahaja Yogis. At that level you should come. We should be at that level. Try to keep your level that high, is important. Sometimes you come down, you start criticising others. Others are also not right, for example, somebody sees somebody filthy, dirty, something like that. The person who's filthy, dirty, of course there's something wrong with that person, no doubt, but that person should be pitied. At least he should be clean. I mean, that's the minimum of minimum. But instead of that if you start

criticising that person, you also become filthy in your language, filthy in your mind and everything, so why [do it]? Leave it! Let that person improve by himself, to see that he has to be clean, he has to be neat, he has to be sensible. This is to be seen by that person himself and not by you. Where is your attention? It's a habit in India, all the parents will ask the children when they are standing, "Where is your attention?" "Where is my attention?" alright. Then again he's standing there, "Where is your attention?" Again he'll be on the watch [out], "Where is my attention gone?" We have to look after our attention, that's all. "Where is my attention? Is it on the Spirit?"

Next time I'll tell you more about the Spirit part. I hope you have understood how necessary it is to develop your inner being. In your mental being, egoistical nature is to be controlled very much.

I have seen people who go from left to right, they become a egoistical. Those who go from right to left, they become frightened. All these side movements must be brought to the centre. You have to understand that from basics we have to rise higher. People have explanation for everything! No explanation is needed. Whom are you explaining? You are explaining to yourself, you are judging yourself. You have to judge yourself, [to] whom are you explaining? Mataji? She doesn't need any explanation. I know, perhaps, everything, perhaps. But I don't condemn you and in any way I do not want that you should be condemned by any chance at all, why should I? You are all saints after all. For me it's the greatest satisfaction. But for your own growth I want you to understand that you are saints and you have to come up to that point. Saints have to be self-disciplined, nobody has to tell them. Discipline yourself, tell yourself, "I am a saint now." What an opportunity it is to grow! What an opportunity! And people are only going to believe in you when you are really the saint within and saint without.

In Sahaja Yoga, people become saints within and not saints without easily. But in other systems they are first made outside, you see, they are made to work for 25 years just washing the temple - finished! Then they are made to do something else for 25 years. By the time they are about to [be] dead they'll say, "Alright, next time we'll give you realisation." It's like that. But here, from inside you have really achieved your realisation no doubt, and you have greater chances of improving. This is what I thought, that, "This lifetime I am just going to give realisation to all the people who come to me - let's see." And you are going to do full justice to my bold step because now you've got it. It is going to work out much faster. It has to work out. This was the only way it could have worked out faster than to make you, first of all, wash yourself every day, get up at 4 o'clock and make you like military people. I said, "No, let's try this way." And it's done, it's happening, it's so simple.

Then the self-discipline must start. And you must try to improve your light, which is just kindled, to make it a beautiful light, clean light and generous, giving light, the light of love. It will work out I am sure.

Keep your standards high. Do not fall down. Put your attention into proper gear. It's all prophesised, as you know. Blake has prophesised it. The more I read the book the more I am convinced that England is going to be the Jerusalem. Now think of that. No lethargy allowed. While I find Australians are coming up much faster. You have to prove Blake's prophesy.

May God bless you. All of you.

Cooly, can you give me some water please? Look at the children!!

Thank you very much.

If you could arrange a seminar Gavin, anytime, for three days, I can postpone my going to India. As I would like to have a seminar sometime.

Gavin: We can get a place in Sussex, from the, I think it's the twelfth, no the eleventh, to the thirteenth, that's a mid-week time. We can have about 45-50 people.

Shri Mataji: We have many more. I would like to have it on a Saturday Sunday somewhere.

Gavin: We can find somewhere but it is difficult to get these places for a weekend. We're still trying.

Shri Mataji: I think in a, any place, like Brighton or something you might get it, or why not hire a boat? Isn't it a good idea?

Gavin: We can see what we can do.

Shri Mataji: Isn't it a good idea? Actually I was looking out for a ship. If one of the Shipping Corporation ships had arrived, I thought we'll go and stay in a ship, would be a good idea, because it always is there for about three four days. But there's no ship arriving in this month otherwise, we could have done it. Some sort of a boat for two days you can hire, a big boat where all of us could be there on a Saturday Sunday. We should be there, it's important. Before I leave I would like to fix some certain screws.

I mean, you can have it on Thames River if you want. Or Brighton, do you have boats or things? No? Just find out. So that should be resolved and then I will arrange my going accordingly. If there is any program like that I will postpone it. But I would like to know as soon as possible.

As I have told you before that Sahaja Yoga has no technique; it's a spontaneous happening which takes place. Now the flower becomes the fruit, it has no technique, but the sun has to come to do the job, you see, and that technique is beyond our understanding. In the same way it happens - just transformation. But later on you must know how to maintain and how to keep it up, that's all. Once it is managed it can be worked out. Many people have done it, and you should be able to do it also. But try not to see others. See yourself first. That's very important. That is a very important part.

If you can put your hands towards me, like this just, and close your eyes, just close your eyes.

If your hands are shaking or your body is shaking or your eyes are fluttering, I mean the eyelids, then you open your eyes and just watch me, just watch me on my forehead.

Have you been to some guru or someone? No one? What do you do for your work?

Seeker: I'm a clerk.

Shri Mataji: Ah, that's it. Ah, the right side is too much used. Should work out. Are you shaking also? No? You are getting cool breeze? It's great. Are you getting? Not yet. None of the fingers? Which one? Did you go to any guru or anyone? Did you to anyone? Guru or anyone? To spiritualist or anyone? No?

Are you getting cool breeze? Good.

Put both the feet straight. Relax. You are getting? Good. Close your eyes and enjoy your Self.

Better now. Just do it like that, you see. It's more on the right side, is a problem. It's because too much thinking, thinking, you know. So the imbalance of...too much thinking also gives an imbalance, you see. All the time you're thinking, thinking, thinking. That gives you a trouble. It should work out.

See, put your left hand on the stomach, the centre, yes. Put your right hand now towards me, like this. Now the shaking will be less. Put it there so you will be comfortable. It will reduce gradually.

You See? This is nothing but there's nervousness inside, which has to go out. You see the nerves have been too much tortured by thinking. (laughing)

Now it's better, soothing down. Much better, see? It will soothe down.

Anne, there are some new people I see on the left hand side. Just see them, if they are realised, all of them. Just see some of these people who are there. Yah, just see. Have you got cool breeze there? Have you got cool breeze in the hand? What did you say? You have got it?

Seeker: Yes

Shri Mataji: Good. Good.

They are from Brighton are they? Have you come from Brighton? No. Good. Jason, just see if they are getting cool breeze on the head also. This side, are there new people? You got the cool breeze?

Seeker: Not sure

Shri Mataji: All right, it comes so much that you'll get sure of it, all right? Just work it out. You can work out.

There also. Peter, in front of you there, just see, someone. Behind is there someone sitting? He's come for the first time?

How are you, Anna? Better?

She's got it. Better now? It's better. Still there? Less, but much less. Just do it like that. Just throw it away. Throw it away. It has to go out. Now, let's see. Just imagine. Throw it away again, it's horrible.

Who's there? Left to the right, you just put him, left to the right for him. Come along Ruth, put it left to the right yes. They will do it. You put your right hand, yes.

Are you better now? Are you feeling any cool breeze?

How many years you have worked as a clerk?

Clerk: Twelve.

Shri Mataji: (Laughing) Look after his Vishuddhi and centre heart. He'll be all right. Yah! Vishuddhi and centre heart.

Terrific, they are terrific people. All right, is she all right? What? Put your left hand here. All right? A little bit and put both the feet straight like that on the ground would be better. Like this, both the feet. Yes, let's see.

She's all right, I think, she's got it. She's all right.

What about this gentleman? Left to the right. It's nice you came to see me. Really, because anything could have happened, you know, with this kind of a tremendous pressure on your mind. It's still there. It will be.

That's how people get all these troubles, like diabetes, you see. Then even if they don't listen to that then they could get heart. Then you get other problems on the left hand side, you see. Even paralysis can be due to this. It's a very bad thing to work like that, worrying about it.

Are you all right? It will work out. What is it, John?

John Watkinson: Nabhi.

Shri Mataji: Nabhi? Nabhi. Put your left hand on the stomach. Stomach, yes. What about him?

Yogini: Left Nabhi

Shri Mataji: Are you married?

Seeker: I'm not

Shri Mataji: You are not married?

Seeker: No.

Shri Mataji: You don't want to marry?

Seeker: I'm a widower.

Shri Mataji: When was that?

Seeker: About eight years ago.

1980-1031, You are to be Resurrected

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You Are To Be Resurrected

Public Program

Newbury (England)

Talk Language: English | Transcript (English) – VERIFIED

“You Are To Be Resurrected,” Public Programme, Newbury, England

He was son of God and He came on this Earth with a very great message that you are to be resurrected. It is not only that you have to maintain yourself, and you don't eat this and don't do that and all those Ten Commandments, but He came to give us a message of our rebirth. We are to be born again; not by any just a ritual or some sort of a ceremony we go through, but there has to be something living that has to take place.

He has always talked about [the] living God. So something living must happen and what happens when it is something living? When it is something living we start finding the transformation taking place. For example: you sow a seed and the living process starts; the tree starts transforming into the root and a shoot; and then the shoot start transforming itself into leaves and then into fruits. It's not static: not that we take one piece from here and keep it there and it is transformed, but there is something that happens within, something very spontaneous which brings forth this transformation and you see it with your own eyes. And this transformation has to take place within you.

Now, in a case as I told you of Cathy or someone like that one can say all right you must have consoled or you give her love and this and that she be consoled, but that's not the point. As I told you there are many people who have got everything, still they are unhappy. And if you ask them they will say, “No, we don't know. We are not happy. We don't feel happy. There's no joy in our lives. We have lost our heart.” They can't explain but it is there. What have they lost? The time has come for the whole world to know their Spirit.

This is the time which is prophesised even by William Blake where he describes England is the Jerusalem. The time has come for you to know your Spirit. That has to happen. It's not a thing by which I tell you, you stand on your heads or hold your nose or start taking some names, like a one track mind going on chanting some names like madcaps. It's not that, but something that must happen within yourself and that must transform you.

Of course, one must understand [that] if it is a living process, you cannot pay for it. How can you pay for a seed to sprout? The seed doesn't understand; the living process doesn't understand money. It's the dead work of human beings. How can you organise it also? You cannot! It's spontaneous. There is no technique. It's all built-in. The technique is built: in the little seed that you see, the whole technique of its growth is built-in. The technique is built-in and all its maps, how it is going to be, what tree it is going to be, how the tree is going to grow, in what height, in what thickness, everything is inside that seed.

In the same way it is a spontaneous thing, which has to happen within you and if it is so we have to find out. That's how the search started: people went to India, went all over the places to find out. They thought we cannot find the solution here let us go up there. It has to be that way, because if you grow too much outside you have to find out your roots. Because you develop that fear that you may not be able to sustain this outward growth unless and until you find out the depth or the source on which this is to be sustained. So people started searching and searching.

I have met many of them, many thousands, and I find they were misled many a times. They were really misled. They were so anxious to get to it that whatever somebody said they just accepted blindfolded. People asked for money, all right take money. They starved themselves, collected money and gave this to these swindlers and these cheats and thugs.

How can anybody exchange money for the Spirit? It's absurd! It's illogical. But we understand money to such a great extent, I was amazed, that we think that Spirit can be bought by giving some money to someone, or some sort of a material thing. Logically all these things have to be understood. Now to say that logically you cannot understand God, is wrong. You can, logically; not rationally but logically. There's a difference between the two. For example, if you have not come to London, you have not seen London, I have not been to Newbury, I did not know it's a beautiful place like this, then I cannot understand it. But if I have come here, then I see with my own eyes, "Yes it is so." Then I have to say, "Yes I have seen it. It's so." I have seen it, I have felt it. I know it is so. Then it becomes, the whole thing becomes logical. But rationally if I sit in India somewhere in the corner and think of Newbury, "Now I am going to Newbury." Just putting my wings of imagination outside: will I come to Newbury? But if I come, this is very important to understand, if I come here, actually I come here, in person, then I know the place and I know the people of Newbury and I know it. That means it has to be an actualisation. If it is not an actualisation then whatever you decide about it, this way or that, way is absolutely illogical, because you have not been there; very simple as that.

Some people say, "We believe in God." Some people say, "We don't believe in God." Both ways, whatever they are saying, they are doing it I don't know how. If they believe in God, maybe it's innately built in us to believe in God. But even they don't believe in God, it's all right, because they don't understand; they have not been there. But you must keep yourself open: open to understand that if something has to happen to us, which is a living process, some transformation has to take place within us. It has to be an actualisation, not a lecture to you or a sermon to you, or some sort of a service and then you disperse. You must start feeling some transformation coming within.

In the Bible itself, it is written: "I will appear before you like tongues of flames." Nobody can explain what it is like; they cannot. It is written that: "The Tree of Life will be fed by the water of life." It's a prophecy. Now what is Tree of Life? Where is it? Where does it exist within us? Nobody has tried to find out. They say, "You must have faith." "Yes, whatever is said is true. You must have faith." But if you have faith, after some time you will be disillusioned. That's blind, absolutely blind. Because where is that Tree of Life, you have not seen, felt or it has not manifested.

For this we can refer to other scriptures also, specially in India where people have been more meditative. As you have been more outward and seeking [the] overpowering of matter, in India people tried to find out what's happening within. I mean there are genuine people also, not all are thugs. They are not in the market. They are hiding themselves somewhere in Himalayas and all these places. But in the sixth century only, we have the description of The Tree of Life. And the Tree of Life is shown here as you see.

Now you are not to have blind faith in what I am saying, there's no need. But you should not also deny me. You should try to understand what I am saying and see for yourself [if] it works out or not. If it does not work out we give another chance to you. Because you must know that I have come here to give you something, not take anything from you. I cannot take, that's my nature. That's how God has made me. It's something funny, but I cannot take anything. If I have come to give you then there's nothing selling, there's no shop. Try! If you should be open it would help you better to understand what I am trying to tell you.

Here now, you see the Tree of Life (chakra chart) and when this Tree of Life is given the water of life then what happens? How the nourishment reaches? And how it starts activating? It is as simple as connecting this machine to the mains.

Any machine, say a television is there, once it is connected to the mains you can see the manifestation of the machine very clearly. And you are amazed [that] for a villager, if you show, that he is surprised, and he cannot understand how this is happening, how are these pictures coming, from where these music is coming, how these colours have been shown. He can't understand it. In the same way, once your machine becomes connected, connected, with the Divine you start finding its manifestation.

Now in this picture we have shown you here the subtle being that exists within us: just like a structure of a seed you can say. As in the seed there is a primule of the germinating power. In the same way, in that triangular bone is the power which is going to

give us rebirth. This is your own. This is your Mother who is going to give you your rebirth. She exists in all of us. She is dormant, but She knows everything about you. She is like a tape recorder. She knows all your past and She knows your seeking and She knows you value. She knows your defects and She knows what mistakes you have committed, who has troubled you and who has looted you, and who has deceived you. She knows everything. But She is dormant. She lies there in a dormant stage and She is called as 'Kundalini' in the Sanskrit language. Kundalini is the word [which] comes from the coiled. The word 'Kundalini' means 'the coil'. And She is in three and a half coils, coiled together, and just like, they call it like a serpent, She is lying down there.

But you have seen mostly, most of the energies are kept in a coil, because if any chord has to be used we put it in a coil always. The one end has to come out so it is kept coiled up there. Why this three and half is also a big mathematics which, of course later on, you can find out what is the meaning of this three and half coils.

Just now, I will just give you a very, very short description, an outline, about this power that resides within us. It resides in the triangular bone called as sacrum. That is at the back of us, our backbone, at the lowest point. You can see there is a triangular bone behind. Now see this is called as sacrum. Sacrum means 'sacred bone'. It has been found out that when the human body burns this bone does not burn. That is why they call it sacrum long time back. But the reason is the Kundalini is inside that bone.

Now above that, you find there are six centres: one, two, three, four, five and six. And the lowest one is below that. All these centres are subtle centres which manifest outside our plexuses, the physical plexuses that we know of. These centres exist as energy pockets and they supply the two lines: you see the blue and the yellow line. They try to balance and arrange the power to flow into these two channels. These two channels represent within us, on the left hand side, the one which comes as the blue line which you see comes actually from the right side on top and comes down and meets the first centre there. This is the line of Ida channel which controls our emotional line. It controls our past and is also called as moon line. It is, it represents our desiring power, our desiring power.

The another line you see is the yellow line which represents our power of action, through which we act. First we desire, we want to have something and then we act. So this line represents your physical and mental being which goes in the front side and the left side of the brain and forms the ego, which is a by-product of our activities for our actions.

The first power of desire or the emotional power, when it acts, for example say Cathy was emotionally disturbed: her this power was acting too much and was using all the power from all the body and was creating a superego there. So actually on the left hand side and in the front is the ego and on the right hand side and the back is the superego, covering our limbic area which is in the brain above this centre.

This centre, Agnya, is the centre of Christ. Christ resides there. People say Christ is within us. Where is He? Which part? Where is He placed? He is placed in this centre. Now when I say that He is placed in there, we can prove it. It can easily proved, because when the Kundalini rises and if She stops at that centre – which you can see and feel it, that it has stopped there – you have to take the name of Christ and request Him that, "Please allow the Kundalini to pass."

If He is awakened, of course, that can only be done by a person who is a realised-soul. Any Dick, Tom, Harry cannot do it: you cannot call Christ or anyone because what is the right you have got? There has to be a protocol, a connection by which you can call Him. Any such person when he calls Christ, He can be awakened and the Kundalini rises from there: that's how you know this is the centre of Christ. What is the mantra of this centre? Surprisingly, it is our, Lord's prayer. It's the mantra. It's not only the Lord's prayer, it's a mantra for this centre. And the weapon of Christ is forgiveness.

When the Kundalini stops here, that means you think too much. Imagine all the Christians, or I can say the Christian nations, think too much. It's surprising! We should not think at all. I mean Christ has done that for us. We are not supposed to think. But we think about everything, we plan about everything. We are mad with thinking. I mean, it grows like a mad weed. I was in Switzerland, there was a doctor who came to see me and he said, "Mother, you can cut my neck or you can break my teeth, do what you like but stop my thinking!" He just could not stop thinking.

What is the solution for this thinking in Sahaja Yoga is you have to forgive. You have to forgive. If you forgive, then this centre can be resolved. But forgiveness is just a myth, because what are you doing? If you are troubled by another person, if you do not forgive that person, that person is successful. Because you go on worrying about it, crying about it, weeping about it, and whatever he wanted to trouble you for, you are just a complete proof of it. So forgiveness means what? What you are doing is to get rid of his power over you.

And this is what Christ has said that, "Forgive" and the greatest thing He did on the cross was to say that, "Forgive." Because these people really committed the real crime of crucifying the Son of God. But still He said, "Forgive for they do not know what they are doing". They do not know what they are doing, that He was the Son of God. It was impossible for people to believe Son of God. Imagine! Is He Son of God? What makes Him that? His resurrection proved it. Till then nobody believed Him. His disciples never believed Him. He looked like a very ordinary person, carpenter's son, having hardly two robes to wear, living in a very poor condition. What made Him feel that He was the Son of God? His own knowledge about Himself.

Now supposing, somebody is the Son of God, what should He do to prove it to human beings are just like walls? Sometimes I find I am talking to walls, absolutely, or to some people are looking this side, that side, and they are not understanding what I am talking.

How are we to prove that He was the Son of God? It's an impossibility. And if He was born in modern times He would have been crucified only when He was five years of age I can tell you! Because now we are so ego-oriented. That time people were stupid but now we think we are very intelligent: "We know everything! We know God. We can organise Him!" There are many who say that, "We don't believe in God. We have created this world. We are the scientists. We are this." Oh God! In this mad world, thank God He was not born, otherwise He would have been crucified much earlier.

So, was is impossible to convince at the time that He was Son of God, but today we can prove it! Because at that time human beings had not reached that stage that they could be given Realisation. Today, Realisation is working en-masse. Even in England we have now quite a lot of people: "Even in England," and I say.

England itself is really a great country. It's the heart of the universe. It's the greatest country, as far as the articulation is concerned. And the source of all that is good comes from this country. But the people, English people, have lost their self-esteem completely I feel sometimes, the way they copy French and Americans and things like that. If they could have their self-esteem, I still say that the English youth are the best in the whole world. Surprisingly in my own experience I found that they are the best. But rather difficult nuts to be cracked! If they are cracked they are the best. And once they are there they sort it out because they understand. They are very scholarly. I think by temperament that they understand when I say, "You cannot pay money for that." You cannot organise God, and something has to happen within you. Some actualisation has to take place. This is what you should understand if you are really an Englishman. Because anything stupid and illogical should be shunned completely.

Now what is the transformation takes place [is] that, when this Kundalini rises, She passes through these different centres which are already exhausted within us.

For example the second centre that is within us is the centre for our activity. Supposing, you think too much, your brains cells are to be replaced. This poor little centre has to work very hard to replace those cells in your brain. It starts working a bit too hard and neglects all other duties it has to do. For example, it has to look after the liver, the spleen, the pancreas, the kidneys and the uterus. But when people indiscriminately just go on thinking like mad — even thinking about God — what is it? It's like, as I told you, not coming to Newbury and just thinking about it. It's that mad. Then this centre it gets so tired, and so tired, it's so exhausted that diseases like diabetes, liver and other complications, even [the] blood centre of this spleen can be so crazy with this kind of activity that one can develop blood cancer.

For example, now we are supposed to be running a rat race. I mean we are supposed to be. We are in a race somehow. Everybody is in a race. Whether it is in the modern race or in any other race: we have to belong to a cult or some sort of a group

where everybody is running a race, you see. In that racing we forget about the way we eat our food, then we rush about. We don't even give rest to our different organs as it is required to balance its activities, [so] what happens that a thing like spleen get so upset, it's so upset, that it does not know when to create more blood cells and when not to create. You are eating your food suddenly a telephone call comes in, you have to get the telephone. There's a little child crying, you are looking after the child. Now you have to go to the office just leave your food halfway or whatever you have eaten and you just rush out. You run to the bus and the bus is missing so you run to another bus. All this madness make this poor spleen really mad because it does not understand what to do, how to supply the new blood cells, and the result is you develop blood cancer. It's a very simple reason why people develop blood cancer. And then blood cancer we say is curable through Sahaja Yoga. It is. Actually cancer does not settle in to people who are realised. But it's absolutely curable through Sahaj Yoga. All kinds of cancers can be cured through Sahaj Yoga, no doubt, but we are not here to cure people. Only those who are seekers the Divine is interested in. You will be surprised, a very rich man, I would say one of the wealthiest men from India, brought somebody to be cured and I said, "I am sorry Sir, I cannot cure this person." And he said, "Why not? If you cure I'll build a hospital for you, I can give an Ashram for you." I said, "You may do whatever you like, but I am sorry he cannot be cured." I did not tell him the reason for that, but the reason is this: this man has exploited many people, he's tortured his wife, he's tortured his children. He's a horrible fellow. He has never sought anything good. He has no compassion. He has no love. He's for himself, a very selfish and a tyrannical person. Tomorrow if Hitler comes and say, "Mother, you give me Realisation." Do you think Divine is supposed to give him Realisation, because he thinks no end of himself? It is for the Divine to decide for you. It is not for you to decide for the Divine. The Divine has to say that you are all right. It's just the other way round. Because you may do whatever you like. You may think that you must get all the blessings from God, but God has to know that whether He is going to be gracious on you or not. Even His anger is His graciousness. Because that is what you deserve and through His anger and wrath He is going to cure you and improve you.

Sometimes we have wrong ideas also about our seeking. The seeking comes to us from the third centre which is in the navel. We call as 'Nabhi Chakra'. Is the navel point. But it's all in the spinal cord. Now this third centre is the centre which gives us seeking from the very beginning when we were amoeba. We started seeking food then, as we became higher and higher and higher in our seeking of food, we became human beings, then we started seeking say, money, position, power, fame. Then the spiritual seeking came: we started seeking in religions outside us, organising religions, calling God, devotion, dedication, but nothing worked out. So we started a deeper seeking, meditating. At this time also, people came down from all over the world to teach you meditation. Now meditation cannot be taught, it's a happening, when you are in meditation. You cannot go to meditation: it's not like a small little house or a temple or a building where you can enter into. It's a happening. You are pushed into it. You just become in meditation. And this happening take place only when this Kundalini pierces this fontanel bone area and you get an actual baptism — actual, not artificial. You can see with your naked eyes, the pulsation of this Kundalini, the rising of this Kundalini and also the pulsation on the head here, till it stops and you start feeling the cool breeze coming simultaneously. That should happen to you; otherwise don't believe in any tall stories.

For which you cannot pay. For which you cannot think. For which you cannot organise. You cannot put in any effort. It has to happen spontaneously. So the question comes in: how? How it happens? It's all in, in there. It's your own, within yourself. But say there's a light, say this is a candle which has got a wick which has got a wax, it's just ready to be enlightened. Then what you do? You take one enlightened candle and bring it nearer the other and you get the results, finished. What do you do? The enlightened candle just acts as a catalytic agent, and enlightens the another candle without any effort, without any trouble. In the same way an enlightened person can enlighten another person. It's very simple. But that person has to be enlightened. And the enlightened person must know how to maintain your enlightenment for the time being. Like a seed you sprout: now the children may sprout the seeds and they would not know what do with it. But a gardener knows: which sprouts the seed, then it takes all the saplings separately, looks after it, allows it to grow, then again puts it in the soil properly, watches for its growth till it comes to its maturity. He looks after it. In the same way the person who enlightened should be able to guide you up to that point.

Such a person is called as 'guru' in Sanskrit language but he has to be a guru who should be able to raise your Kundalini. Because these days if you say the name of 'guru', horrible names and horrible faces start coming before me and they are not gurus they are just like satanic forces. They are horrible people. How can they be a guru, those who live on your money: parasites of the worst type! You should see that. I mean, if I ask you come and live with me, for no money at all, will you accept such a situation? And these are even worse. And much worse than any dog, I would say. Even the dog eats food at your house at least

looks after your house! This is only one way traffic. You have to go on giving them money, money, money, money, becoming poorer and poorer and what do you get? Nothing! You must see their lifestyle, it's absurd. They live on your money, they have all the weaknesses that a scoundrel can have and after few years you find they'll land up in the prison. Already we have problems with the prison. So don't allow any of those gurus come down here. Where will you put them?

Like in Switzerland I went and saw one gentleman there. He told me that, "There's a horrible guru who lives here. Mother please come and just pay attention to his ashram." I said, "All right." I went with him in his car, and looked at the place: a huge lavish place he has created for himself, with very tall walls like a big palace! And you could see from outside the amount of money this fellow must have gathered. And within eight days a nurse fell in love with a policeman, and this nurse was the private secretary of this guru who had used that nurse to poison some oranges to kill some people. And so the guru, the great, now is in jail for 14 years.

All such horrid people what have they got to do with Divine? But they mesmerise, and once you are mesmerised your seeking becomes absolutely stupid and foolish. You cannot see you are mesmerised. You cannot understand how you are mesmerised. You don't want anything for yourself.

There's another one who was coming here the other day, and he said that, "If you give me a Rolls Royce I'll come." Imagine! He was to come from America. He had already got 58 Rolls Royce from you people, from you, the English, very wise. I must say the wisest people in the whole world, have given 58 Rolls Royces to this 14 year old fellow! Now he has become yankee in America, taken away all your money, befooling you. He has 58 Rolls Royces, he wants 59th. I don't know why he wants one more. Poor boys and girls, they don't have so much money now. Here the young people don't have much money. Like in our country maybe rich people's children get a lot of money, but here I find that the young people have to find their own way. They starved themselves, ate only potatoes and fasted, did all kinds of things to save money to buy a Rolls Royce for this scoundrel, just think of it! These are all seekers who did it. So foolish and stupid! And when he came they presented him with this Rolls Royce. My heart really weeps and I really don't know what to say to this kind of foolishness people are doing.

Naturally your parents do not believe in you! They think: what stupidity you are doing? I can understand. Even if they doubt me, I wouldn't mind, because really this kind of stupidity you have done. And how can you believe such stupid fellow who asked for a Rolls Royce? You should have really given him a toy Rolls Royce and 3, 4 slaps on the face and he would gone back. That's what he deserves. Now he got this Rolls Royce very nicely, he cheated you all and went back. And he'll come back next year and you will be again doing the same thing for him!

Now when some of the Sahaja Yogis went and asked these people that, "Why did you do it?" They said, "He has given us something so great. This is metal. If we give him the metal and if he gives us the Spirit why not do it?" It's foolishness! Can you get Spirit for giving some metal? Can you? Spirit, can you purchase it or could exchange it?

But from where this kind of stupidity walks into your heads? I mean you are not such stupid people. Most of them are educated in university: Oxford, Cambridge. Did you learn all these stupidity there? No! It's some sort of a mesmerism I feel. Some stupid spirits have entered into their minds. That's the only solution I can get. I cannot understand what is the reason for these people to go about buying Rolls Royces for their gurus.

Then another guru comes up here and tells you, "I will make you fly." Very big, big people are out to fly. But why do you want to fly? Do you want to become birds? Have you to become birds now? You have to become a superior human being, with superior value systems, built within you. You want to fly. I mean it is stupidity. Even if somebody gives you ideas like that, better ask him to fly himself, drop him from this leaning tower of Pisa and see where does he lie, which part. Why do you believe such stupid things, I can't understand. You are supposed to be English. I mean at least Indians have great ideas about your brains. H. G. Wells has said that English will have one day having only heads and no bodies. But I don't think that's going to happen with the advent of all these stupid gurus coming here and you people passing out all your money to them. I don't know what is going to happen. As it is we are suffering from so many other things, plus this kind of a nonsense coming all the spirits coming down. All this negativity working into us I don't know what is going to happen to this country of ours. I don't know. I can't understand.

Now everybody is meditating in this country, trying to fly. Imagine! Doing nothing, sitting at home, meditating: lethargy of the worst type! Trying to fly. This is what it is. That's what has happened to our seeking in various ways, in this way or that way or that way. No, this is not to happen anymore, enough of it. You must get your Realisation. That's what you have to have. The Kundalini has to rise and you have to get it because you are seekers of ages, ancient times. You are born today, here, to get your Realisation. That's your right to have it, and not to be befooled by these people who just come here and exploit you and have floated a market and enterprises.

Now this Kundalini's thing comes to you through that centre. When it comes to awakening centre, that centre of your seeking. Then you start seeing what you are seeking. You are seeking the joy of your Spirit, the bliss of peace within yourself. When the Kundalini rises and shoots off, the seeking is complete because you have found it: you are just there, no questions.

Supposing you enlighten the light then what does the light do? First, she is asking for the light, all right, "I must have the light. I must have the light," [then] she gives light — finished. Then you don't sit there, you sit here with me and you give vibrations to people, you raise their Kundalinis, you awaken them and give them Realisation. Yes, it happens.

You all have those powers. In a split of a second you get that and you become that. That's your style [because] you are human beings, you are not worms. You are created out of the billions and billions of creatures, special ones, the chosen ones, to bestow this bliss upon you so that you enter into the Kingdom of your Father, the God Almighty, and enjoy your being and that's what you are. Why are you wasting and frittering away your energy on these nonsensical people? Pay attention to yourself. Just find out what you are.

It's a very easy thing: it should happen to you. It has happened to so many in this country and should happen to people in Newbury. It is Cathy who has brought me here. Actually now I am on my way to India and you had this idea not to go out of London, because I have really travelling too much in Europe. Of course, I must say Europeans are also very sensible people: they can see through now.

But I think you have to go through all that otherwise you would have never understood the value of Sahaj Yoga. Perhaps that was necessary for them to spend a lot of money on these gurus and to suffer from all kinds of diseases. There are some here sitting, from there only suffering from epilepsy and all kinds of horrible diseases like blood cancer. They are here, some of them sitting. Then you will realise the value of Sahaja Yoga which gives you bliss, joy and happiness.

First of all it gives you the physical well being. It just gives you the physical well being. Like any place where God has to be brought in, you clean that place. So the Kundalini cleanses your physical being. That's how you get your diseases cured. Cancer is very simple, extremely simple, to be cured, very simple to be cured. But for doctors it is impossible to accept that there is God, in the real sense of the word. Ah, they will have a photograph of Christ in the house. They might wear a cross, you see, that's at the most. But to believe that you can cure cancer through Divine power is an impossibility for them. But we have some doctors also here. But if they come to me they think they are all mad.

Cancer is a simple disease. Now they have reached a point where they are coming nearer to Sahaj Yoga. On the left hand side and the right hand side we have certain areas, and now they are talking about these areas which exist within us and they say there is an attack from these areas which are built within us from the time of our creation, and these areas have those deposits and they send forth some protein matter, which we cannot identify otherwise, which might have gone out of circulation of evolution. When they attack us cancer is triggered. And now this I have said at least ten years back. I have been saying that there are entities who enter into us. 'Us' meaning the central path, the middle path, the middle road. They come from the sides and attack us. But actually when we go to the extremes of the left or to the right, we ourselves become vulnerable and we are attacked and that's how cancer is set in.

So down below is the hell, the left side is the collective subconscious, the right side is the collective supraconscious, which is the

future side of it. In the top is the Divine Power, which is the superconsciousness we can call it, or the collective unconscious as they call it, which becomes conscious as soon as the Kundalini touches it.

Your attention goes there and the whole thing is lifted just like the tent being lifted up, and you find that nothing can enter into your attention anymore. You are in that area where you cannot get attacked. And this is what has happened to you, to many of you, and is going to happen to the rest of the people who have come here for the first time.

I must say, Newbury, I must find out about it much more, because I find this place has tremendous vibrations. Only when our car arrived here I asked them, "Where is the water somewhere here?" I was not dousing but I can feel vibrations of the water somewhere. And the place has tremendous vibrations. Actually I was thinking, "How am I going to speak?" because as soon as I reached this place my whole body started emitting all kinds of energies from the body and I was really very much worried as to, "What's going to happen now? What am I going to speak?" But this has worked out and I hope you have been able to understand it.

Now for the rest of the details you just don't worry. We have all the books and everything for your information which you can read later on.

It's a simple thing, like coming in the room, you ask me how to put on the lights. I have to just tell you, "Just press the switch and it will be on." In the same way everything is built within you, you don't have to do anything about it. It will work out in no time.

But once it is worked out then you [should] try to understand it, what it is, and try to maintain it for a while. And you will be amazed that, here in Newbury, you can start a centre of your own of Sahaj Yoga, giving Realisation to many people.

May God bless you! Thank you.

If you have any questions you can ask me.

Yes, please.

Man: Yeah I have got a question okay. Earlier on you were going on about if you have family, children, and such as, who interrupt you and the telephone. What were you trying to say? Do you want us just ignore this?

Shri Mataji: Oh, not at all! If you are not married you cannot get Realisation.

Man: Then what do you mean by this? I tend to think you are you trying to say that you must try and ignore household attractions and this...

Shri Mataji: When did I say that?

Man: I don't quite know. I had a job to hear everything you say but...

Shri Mataji: No, no, no! Who said that? Not at all!

Man: What did you mean when you say, "The telephone rings.." What do you mean, "You must suddenly stop and answer the telephone," but what do you mean?

Yogini: Mother, it's when you were talking about the spleen. You said that the trouble is that there are so many distractions that the spleen can't handle it, and I think he's misunderstood you.

Man: Yeah, that's right.

Shri Mataji: Ah! No, no, no, you should only look after your child and not the telephone, I was meaning. You must have your priorities properly built up. Ours are not. What I was trying to say a child is lying there, you are eating your food, a telephone is coming, now you have to rush out, the child is neglected, you run away, you are worried about the child — never that [what you were suggesting]. You don't know in Sahaja Yoga you have to be married. There's a centre of marriage. You will be amazed. If you are a so called ascetic, I can't give you Realisation.

Another man: You can't what?

Shri Mataji: You can't get your Realisation if you are an ascetic. So called. Asceticism is within yourself. A person like Guru Nanaka and all these great people they were all married people. It doesn't mean that you have to give up your family at all. On the contrary, we have to have families, beautiful families and beautiful children and we are having Sahaja Yoga marriages. Do you know there are three or four couples here who were married through Sahaj Yoga. And they are beautiful people, they have beautiful children. And moreover I must tell you a greater news: that there are lots of realised-souls who are born in this country. And you have to be married so that they are born to you also. Now this child is a realised-soul, she is sitting, towards me. To be sitting that quietly is not possible unless and until they are realised. This Alison is born-realised.

Man: My children, my three children: They are not realised and they are sitting here all quiet!

Shri Mataji: Who?

Man: My children, my 3 children, they are not realised so you are taking...

Shri Mataji: How do you know? Let me see where are they?

Man: One, two, three.

Shri Mataji: They must be born-realised, I am sure.

Man: They are not! They are not!

Shri Mataji: How do you know? How do you know? We'll tell them. How do you know? You don't know, you are not yet realised but they are, must be I am sure, 100%.

Man: Well it seems that anything you say, goes.

Shri Mataji: We'll teach you how to know. We'll teach you how to know. You should get your Realisation. Where are they? I would love to see them. I can't see them.

Man: But they are quiet all the time. I say it's instinct.

Shri Mataji: Come along, come, come. They must be born-realised to be quiet like that. I would like to see them. I am sure. How would you know their value? I would love to see them. Oh that, she is realised 100%. Are you doubting her Realisation? She is born-realised. She is born as a realised-soul. She is born-realised, no doubt. I mean I knew, I was going to ask about her. How do you know?

You are a great person to have three children born-realised, I must say. For example, the little one there is a born-realised and the little in that corner is a born-realised. And there are many born-realised people, also there are people who are there. Where is Alan is he there?

Man: It's just natural it doesn't need a big word for it, does it!

Shri Mataji: They are born-realised because they got their Realisation in their previous lives. It is a very big thing for people who are not realised.

Man: What do they know about previous lives? They don't know anything about previous lives.

Shri Mataji: That's what I am going to tell them. That's why I am here. They are born because I am here. Do you know that? I am going to tell them what it is. See these, these are all born-realised [those] two people [who] are coming. Ask them about it. I never gave them Realisation they are born-realised but I gave them the knowledge about what they are. (Sit down my child, sit down.) They are all realised-souls, no doubt about it! Not [just] realised-souls but they could be very great souls born on this Earth. It is not [that] they are quiet because they are told to be. If they were not realised-souls they would have run away. They would not have been sitting because they are enjoying it. Their Spirit is enjoying it. You will know it very soon.

Man: They will sit quietly anywhere!

Shri Mataji: No, no, they might because they are realised-souls.

Man: No, it doesn't mean they are realised-souls, it just means they are children.

Shri Mataji: They are very different types of children, very different type, something so unique. Once you get your Realisation you will start seeing their beauty much better. Oh! They know such a lot you can't imagine. My four grandchildren are born-realised but my own daughters were not. What am I to do? And four of them are great people, but my own daughters were not. What to do? They are born-realised. You will see that. They are that. You should be a proud man. But you better get your Realisation, all right. I am happy you are so concerned about your children. I am very happy.

May God bless you.

Any other questions?

Seeker: I am very impressed with what you said about Christ having done thinking for us and we ourselves are trying to think too much. Isn't there a danger, if we all become child-like trusters, that we could be exploited?

Shri Mataji: Yes, it is a danger, of course. I mean you are already exploited 100%. There is a danger, no doubt. I have already told you about the danger. But to become child-like is not easy. You can be befooled but to be child-like is the best thing. Innocence is the most powerful thing. If you are innocent nobody can touch you.

But very difficult to be innocent. The centre of innocence has to be awakened within us, then you will be like children. Now would you say that Christ was exploited, many people feel that way that He was exploited: no! It was all planned very well. He just played a drama. Such people do not suffer. I do not suffer, never. Even if I say that I am suffering it's just a joke. Never take that seriously. It's a drama. Such people don't suffer. He never suffered, in the sense you understand suffering. Of course, with the physical body you do feel little pain here and there. But you just see it as a witness. You are not really in it. And when you become that, yourself, a witness, nobody can exploit you. Because what happens you develop a new type of a dimension, an awareness, which is called as vibratory awareness.

By this enlightenment of your fingers you become collectively conscious. Immediately you know who is who, what is what. Children know it, those who are realised-souls specially know it. Any funny man comes in they start crying and weeping. Like this girl's father and mother were involved in a nonsense. They are here now. Both suffered a lot the mother became epileptic and all

that. And this child used to scream whenever she saw their revered guru, and she used to shout and resist and she used to kick him. She is just a child but she knew how to protect. And these people with all their intelligence and education and this and that, were absolutely useless! Because you develop that new awareness within you by which you can feel a person, you know. You cannot be exploited. All right.

That has to happen to you. That's a happening. Such a powerful personality develops, such a powerful personality. That way, many of our Sahaj Yogis also think that I am a quite an innocent person, I mean they think so, but now they know I know everything. I may look such a fool, but I am not. And the powerfulness is such, that first the compassion, the compassion itself is so powerful, so engulfing, it's so rewarding. Then you are not bothered about anyone. What are they going to do to you?

Like in India when I started, right and left criticising, all these gurus, taking their names. I started saying, "Now these people are like this. These people, they are making money and befooling you." Some of the guru's people, who were [become] Sahaja Yogis, one of them was some Raja or some place, he came to me and said, "Mother, what are you doing? They will kill You." I said, "This time let them try killing me! Who is going to kill me, I'll see? That was done once for all. Now let me see who is going to kill me." I said, "Let them lift their hands towards me, if they can they'll shake. They cannot kill me."

It's the most powerful thing is your innocence which we have lost sometimes foolishly. It is the highest thing. And nobody can exploit an innocent person, nobody can befool. You have seen simple village folk, how do they exist with all the cunning of the very well educated and sophisticated people, how do they exist? They can manage them just like this (clicks Her fingers) And you must see the intentions of the person: why a person should exploit, what is the need of the person.

People don't even see the credibility of a personality who comes here. It's very surprising. Like one guru came here. I would say, it's something, another foolishness who was living in a tin shed, that is what Peter told me in South Africa, and thousands and thousands of people are his disciples. To such an extent you will be surprised. I mean, I don't know what to say, this is complete blindness. I went to Norwich, so far away. This fellow has come to London only. And I met three elderly ladies who were his disciples and this gentleman was later on found to be having whisky every night and using women, and he had all kinds of things. And his private secretary herself disclosed everything about him. And then they found it out and they verified it. But these three foolish women still said, "Whatever it is Mother we cannot give him up, we love him." Now what to do to with such stupid women? You just tell me.

I mean the question of you also wanting to get exploited! I mean he is exposed, everybody knows about it, this gentleman about whom I told you who was asking for a Rolls Royce, was caught for smuggling three hundred watches in India. I mean how can a man like that be interested in smuggling? Just think of that! But all these people who carried those watches went to the police and said, "We brought it for ourselves." Three hundred watches this fellow was carrying! And they would not give in. And when he went to jail, they put a big show, and the Indian government did not know what to do so they said, "All right you take him away. We don't want to keep him in jail that otherwise your government will come and say why our three hundred Britishers are arrested," imagine! So they sent all the bad lock, stock and barrel back. So he came back here. From here he has gone to America.

Now if you don't want to see: I mean, isn't it clear cut what I said? So clear cut. If you don't want to see it what can you do? I mean I tell you, sometimes I feel it is the people who want to get exploited or they don't want to see it.

Now I would like one of them to speak to you it would be a good idea. Because you will know how he was caught and how he was disillusioned.

Peter (Pierce)? Is he there, just tell him. So you will know how he was befooled. He was supposed to be a great, he is, he was, a great diamond merchant from South Africa; married a granddaughter of a Duke of your country, and that the granddaughter is also here.

Peter? Where is he? Peter? I would like you to tell them what happened with you and how you got exploited. That would be a

better idea. You have it from your own kith and kin. Just tell them.

(End of Amruta recording)

Shri Mataji: No, but the question is like this you were out, I must ask you the question is that, "Why did you get exploited like that? What happened actually, what happened to you people that you accept this kind of a situation, is the point, isn't it?" Ah! That's the question.

(Peter talks for a long time at the request of Shri Mataji. Shri Mataji from time to time adds few words during Peter's talk asking him to say how many years he was with this guru etc.)

1980-1103, We Are All One

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3 November 1980

We Are All One

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – VERIFIED

"We Are All One", Public Programme, Caxton Hall, London (UK), 3 November 1980.

Today there are many new people I see again. It's so heartening to see new flowers coming up every day to become the fruits. It's so joy giving to know that I am here at the right time, when people are really seeking. They are really seeking to be transformed. They really believe that something has to happen to them. They are aware that there's something lacking in the whole human personality, in the human race, that we cannot overcome the hurdles which look and appear absolutely absurd and illogical.

So many problems we have individually, socially, politically, economically, appear very clearly: it is so evident to understand that the human fibre is lacking in something; that it's the human beings who are responsible for this chaotic world, for all this modern confusion. For God has created a beautiful world, I assure you. It's really a very beautiful world and He has created you also very beautifully.

You all are very beautiful people, extremely beautiful. You cannot feel your beauty: then how can others feel your beauty? Because the light that shows your beauty is not there. You have fragrance, which is the fragrance of all the flowers put together. You are the essence of all the beauties of nature that is created; all the symphonies and all the music that you hear. All the art that you have created has come from you. That is your part. While you are the whole, you are the totality. But you do not feel your totality, that's [what] the problem is: that human beings do not feel their totality.

Out of you all this has come up. All this is your creation. But you cannot feel that, if your hand has produced something, it's your hand; if your eyes have produced something, these are your eyes; that you are one; that in totality you will know the One who has created you.

For example, supposing I do not have eyes: I may be able to see you partly - in the sense I can feel you - but I won't be able to see you fully. If I don't have [a] nose, I won't be able to know how your fragrance is.

In the same way, if you think of a human being as a part and parcel of the whole, then you can understand why the total experience is necessary. You have to feel that, sitting down here, you can know about somebody in Australia or maybe in Africa.

We are very aware mentally: [if] anything goes wrong in the world, we all become alert and start thinking about it. For example, once the spacecraft (Apollo 13) was going to land, they were Americans, but Russians that time started worrying about Americans. All the communists forgot about their communism, the democracies forgot about their democracies. We all forgot what we are, so-called, [and] we just became what we are - human beings. Everybody was worried to find that the spacecraft lands. Very carefully they were watching it. They were about four, five people. Makes no difference to this world if the four, five die, does it? But it does make every heart beat faster. Something of the totality is getting lost. It was so important that time, that something so precious was getting lost. This is the subtler understanding of totality we have faced sometimes. Sometimes it comes up.

To say that, "We are all one," that, "we are brothers and sisters," and "One God has created us," is good to give a lecture like that, and many do that. It's just a big lecture! To feel that you are one, something has to happen to you.

Your heart has to be opened out; not rationally. Through your brain if you think something, it will have its limitations as rationality has its limitation. Your heart has to open out. And what resides in that heart, in the lotus of that heart is your Spirit, is your Atma. And the light of that Atma, the Spirit, enlightens you, enlightens your beauty, and gives you collective consciousness. It gives you. It's an actualisation. It's a happening that gives you [an] actual personality which can perceive, can feel, the collectivity that resides within us.

As human beings we are many cells. There are many cells within us. All the cells are, somehow, capable of feeling the totality of one personality. Supposing there's a pin prick on my finger, immediately the whole system goes into action and the hand is pulled out, the another hand reaches there and tries to stop the blood. The whole body feels unhappy, and you say, "Ah!" or something like that. All the cells are in unison, whether there is emergency or not. But today we are in the modern times. It's nice to be modern. These are the times promised, long time back, in the ancient scriptures of India. Even William Blake has prophesised about these times to come: that England is going to be the Jerusalem. And here we are at Caxton Hall, trying to build it up.

Modern times are the times of great confusion. The confusion comes because there is no integration. For example, if my finger touches some point where it burns, it is pulled out by itself. All the cells know that it should be pulled out. But supposing if it is touching my finger and burning me, and I am again pushing it down, that means there's a confusion. And this kind of confusion exists when there is no integration among cells.

In the same way, in the human beings, there are different selves and if they get disturbed and non-integrated, or disintegrated, then the confusion starts. When your physical self, mental self, emotional self and spiritual self are not integrated, then there is a confusion in a personality.

The growth of human beings has been outside as well as inside. As you have been growing outside, there has to be growth inside. As a tree grows higher and higher, it has to seek the source of its sustenance. In the same way, the totality of [the] human race, which has advanced outside too much, is seeking; the totality is seeking the source inside.

You are the cells of that totality which is seeking inside and not the ones which are seeking outside. That's why I say that you are the seekers of Truth. Because the source of all the sustenance is the Truth, is the joy, the bliss, and the vital Life Force within us, which has given us all this power to produce outside, to create outside.

That is why in these modern times only, there are so many seekers. There were never so many before, I can assure you, because I am quite an ancient personality (laughing). And it really gives me the greatest pleasure to know that somehow this outward growth has led to this kind of a mass seeking, and that there are so many people just ready to reach that point of Source.

As I said, God has made you very beautifully. Every one of you are real creations. It's a fact; which you will discover later on. Just now, you don't have any light to see inside. There is no way you can take your attention inside. If I say you put your attention inside, you don't know what to do; and with this many people have gone astray. There are people who have tried all kinds of things to believe that they are going inside, deeper into themselves.

But one has to know one thing, that whatever knowledge you have today, has come to you from some unknown source. Because if it was known, it was not knowledge. Whatever is unknown has come to your knowledge. And whatever further has to come, has to come from something unknown.

But the difference is that our awareness has come to us spontaneously. We have done nothing, nothing whatsoever to become human beings. I mean, just think, we were monkeys the other day! Imagine! And we were amoeba the other day, before. In seven days we have become human beings. How have we become human beings, we don't know, why we have become human beings, we do not know. But, thank God, through science we know that we were not human beings seven days back.

Why have we become human beings? The scientists have stopped thinking about it. They have turned round. You see, it's better to turn round, your back. That's the best way to avoid the Truth. Because you cannot find the Truth, you cannot know about it, so best thing is to turn round and say, "All right. Now we are human beings, so we have reached the end. Now let us go ahead with it!"

But that's not the way you can find the Truth. You will find the Truth the way you have found your awareness, spontaneously. It's a living process.

People don't understand what [the] living process is. It's so simple. If I tell you that, "To make this flower into a fruit I'll have to stand on my head," what will you think of me? You will think I am mad, isn't it? Won't you think that way, all of you? Or if you find somebody sitting in a posture which is very uncomfortable and saying that, "I am going into a trip of becoming a superior personality!" You may think, "Oh, he must be a great man!" But just think of it. Do you think that monkeys did some sort of a trick or a technique to become human beings? The poor things do not know any techniques except for copying human beings. And what technique amoeba could have put in? I mean just think of it. If you have to apply something to human beings, you have to apply it to all the animals too. What about the fishes? What technique they can do? They don't even have hands! (laughter) Or, only you are the people who have to do something special to become something higher?

It's spontaneous. The only problem is that human beings are very difficult for spontaneity! I am sometimes surprised, when I have now studied them, how is it that they eat like this. They could have eaten like this [instead], because to do something straight is difficult for human beings. Anything straightforward, they think, "Oh, how can that be so simple. It's silly, to eat like this, it's absolutely silly. How can you eat like this? You have to put your hand round like that, and eat it like that." That's how we are not spontaneous.

All that simplicity is not with us anymore. We are sophisticated, you see. I wouldn't be surprised [if], next time, we might find people devising some technique of eating food, which is a simple thing. And if you see that everybody's life has become nothing but a bundle of techniques. It's such a problem, I tell you. Unnecessarily we are so confused, so upset and so worried. The tension is mounting up. We are planning something, and none of the plans come true. Now, see, in our country we have had five-year plans, three of them, the result is everything has gone to waste! In this country, I need not say. We plan out something and end up with a war or end up with some sort of a violence. The trouble with us [is] we cannot become simple people. We think to be simple is to be silly. But simple people have a sharp intelligence, extremely subtle intelligence; and they reach the point much faster than a complicated one, naturally, because he goes straight while the others go round, round, round, round, round. And that's why, when I tell people that, "Sahaj Yoga is a spontaneous living process," they think it is silly. "Why to do that?"

You cannot do it. I am sorry. It's your right. You just have it! You don't even have to ask permission for it.

Even if you go to somebody's house, you have to ask permission. "Should I telephone?" You cannot think of such a right that you don't have to ask any permission, it's your own. It's your own property. So much [your] own, that you cannot have such a property in the world, in the human language. Even if you have your 'freehold' house, you have to ask for permission for changing the shape of one brick! No permission is needed. It's your own right. It's your birthright. But still whatever I may say, you won't understand how much it is your own because there's nothing that is that own. It's not comparable. It is that innate. Something that is beyond human comprehension.

Now, there's no map (chakra chart) here? We have within us a being which I call 'the Spirit': the Spirit which is also the part and parcel of the totality that is love, totality that is God, totality that is joy, totality that is knowledge. And that Spirit within us is watching us. It is not watching like a guard or a police inspector.

That also we human beings cannot understand. If I say the Spirit is watching, people get a fright, "Oh God!" The Spirit is the one that is love. Can you understand total love? Can you understand something that just gives and enjoys giving, and not asking for

anything? Can you understand someone like that? Can you?

Loving for love's sake; that's what is your Spirit. It is watching you with that love, that total love. That totality of love is watching you to give you that what it is. Now here, I would say, you are the Spirit and you are this self, another one, which is this awareness, this human awareness which you have got. This human awareness has to be enlightened by that totality, that Spirit. When it enlightens that, then only, you know that you are a part and parcel of the totality and that you are beautiful; you are really beautiful. Sometimes one feels a little bashful to know how beautiful one is, and so fragrant, and so grand and so dignified.

That new dimension one has to achieve. For that, God has placed within you the power, which is the germinating power which has to rise and to give you this Realisation: this is your Kundalini. About this in the Bible there is [a] reference of "Tree of Life." To be nourished by the "water of love." This is all prophesised. That, "He will appear before us as tongues of flames."

Two thousand years back Christ thought it was sufficient [to say this]. I mean, people didn't allow Him to speak much, you see. They just saw to it that He would not explain Himself. Very 'intelligent' people. They could not understand the simplicity of Christ. He was the fundamental, He was the foundation, He was the support of this Universe. And they crucified Him. Wonderful! He was the Spirit. He came on this Earth not to teach you what Moses taught you, because Moses had already taught you what was to be taught.

They did not come to repeat the same thing, but to give you a higher idea. Why? Why Moses said that, "Don't do this and don't do that!"? Why did He say? It should have a purpose. People don't understand even this much. Why you should not tell lies? Why? What's wrong? Why should you not steal? Why should you not commit adultery?

What's wrong? What goes wrong in it? Supposing there were no human laws: there's nothing wrong in it. Do as you please! Why these laws were created? For what purpose? Because by observing these laws you stay in the centre, you don't go to extremes. You don't get lost, you don't get attacked by negativity, by people who are trying to exploit you and to torture you, who are against God, who are against your evolution.

But then, after all, the ultimate is to get your Realisation, to become one with your Spirit. That's what it was [for]. All this show for what? For example, in a wedding you arrange everything and everything is bought, and the hall is arranged and is all decorated and everything; people are wearing very nice dresses; and there the bride doesn't appear. So what? [So] it's not a wedding. What is most important is that both of them should get married in the church where everybody is sitting down, or wherever it is decorated, in a temple; instead of that, all the decoration, if that becomes important and not the wedding, then what's the use? I mean that's exactly we are doing about our religions, believe me.

I live near one Catholic church and I have lived always near some temple or a church or a mosque, somehow, all my life. And I have seen them making preparations all the time. Today they are singing beautiful hymns there. They have been singing for the last two years. Nobody's bothered about their Realisation. Their parents must have sung. For generations they are doing the same thing. Very busy, you know, organising everything. Very busy, extremely busy, they have no time to talk to anyone. They are all preparing.

But for what are you preparing, my children? What are you seeking? When are you going to see the bridegroom and the bride?

That's what it is: that Christ came on this Earth to give the second phase, to show the second phase of evolution, is the resurrection, is the resurrection of your being. What about that baptism? You are to be baptised. He came for that, and how many of us are really seeking a real, actual baptism?

Again I say you don't have to do anything about this seeking, you have to just ask for it, and it is going to happen. It's going to happen. It has happened to many, many people all over the world. In England also it has happened. Of course, ups and downs are there, but it happens. It should happen to all of you that this Kundalini should rise, should pass through all the centres and pierce through your fontanel bone area, and you must get your Realisation. All other nonsensical things that people tell you, all other

things that people tell you: you may go there if you like, I have no objection. There are people in this country who are doing horrible things like spiritualism. It's very bad. It's the most dangerous thing. I mean, the people are honest, so they call it 'spiritualism'. Some of them are dishonest, they call it something else. But people from my country can be very cunning and they call it "guru business". Business? It is an enterprise, regular enterprise. If you want to be befooled, I have nothing to say, you go ahead. If you have so much money, go and pay for their Rolls-Royces. It's all right.

If you are interested in yourself, and if you are really interested in knowing your Spirit and manifesting its power of collective consciousness, your own power and not the power of the guru, then please stick on to Sahaj Yoga.

It's a very subtle happening. It works out. But also one has to know that, after Realisation, you have to have self-esteem. You have to respect yourself and you have to work it out, otherwise it just disappears.

It's a very heartening thing. First, when I came to London, I had four people, then six people for four years. Can you believe it? And I was struggling with them. Because in Sahaj Yoga, now you must have understood, you cannot just pay some money and become the member. There's no membership. How can you have membership for this? Can you imagine? Even the fishes could not have a membership when they wanted to cross over. You cannot become members, you cannot be branded anything, you have to get Realisation by which you start transforming. It's a thing that has to happen to you. It's not a thing that you can purchase in the market.

I mean, it's an insult. How can you pay for it? I mean just think! People are paying to the tree so that the flower becomes the fruit. It's that absurd. Can you believe it? It is really that absurd. But it satisfies some people's ego I think; which is a stupid stuff, I must say.

If the people were not that egoistical, they would not have, they would never have, crucified Christ. It's their ego which crucified Him. Stupidity, that's what it was. The One who came for your emancipation was crucified by human beings. That's the stupidity of the ego. Or maybe some sort of a stupid or, you can say, silly, belief that by giving 1p (£0.01) to the flower, it will become the fruit. That means you are naïve. So either it is ego or spiritual naivety that people do all these things and accept them. You have to accept only the Truth and nothing else.

If it doesn't happen to you, all right, [but there's] nothing wrong with Sahaja Yoga. We'll work it out again. Maybe there's something wrong: you are not well; maybe you are suffering; there's a problem. All right, next time and next time, and next time it's going to work out that way. You must have patience with yourself; I have all the patience. Only thing that is needed is patience: no money, no effort, but patience and self-esteem. I think people who have got Realisation and have stuck on to it, are the people who are really very intelligent. They could see it so clearly because logically they have reached that point and they see that this is it; and they come to it, they get it and maintain it.

I think the simplest way to understand Sahaj Yoga is that it's your growth which is important to you; not what others are doing, what other people are like. For example, I have seen, also, some people come to Sahaj Yog, get their Realisation and then say, "You see, there was one man, he was a sahaj yogi and he said such and such thing!" What does it matter? What does it matter to you? What matters to you is your own development.

I mean, in the West, people have lots of ways [of escaping] because they are quite brainy people and their brain is always thinking, so they will try to find out the way to escape. But in Sahaj Yoga you do not escape: you stand and see for yourself the Truth, the Reality, in the present. Don't escape it, don't try to escape! That's the only thing, that's the only understanding you must have that, "I am not going to escape it!" and not to be afraid or frightened of anything. It is going to work out, and work out for all of you, but do not try to escape it. There are so many ways and methods! I have seen it myself now, for the last seven years I have been here, can you believe it? And I have seen how people escaped. For example, a person may escape by saying, "I had a very bad childhood, and this is what happened in my childhood." But I am not concerned with it. You are all right. Then somebody might come and say...there was a lady who came to see me and she said, "Mother, I am a prostitute."

All right, doesn't matter. Come along, let's try! There can be someone who might say that, "I am not yet ready!" That's one of the commonest. Very common. It's me who has to decide, not you. I will know that. Once you are realised, you will also know. That doesn't matter.

As I said, to understand totality of love, total love, you have to know that these are all just specks. The ocean, the oceans of oceans, of love will wash off these specks in no time. But have faith in yourself, that's all. Have faith in yourself. After all you are human beings. From amoebic stage you have come to this; there must be something special about you, something real about you.

This is one type who tries to escape. Another is who tries to aggress. No use, you cannot aggress me: impossible! You cannot aggress me because I cannot take anything from you. If you shout at me: all right, so what? I'll give you love still. I am that type. Something queer, isn't it? But I am really like that. I do not take anything from you. Can you understand that? I do not take your aggression; I cannot take it. If you aggress me, I absorb it. I have a shock-absorber. But by that you are delaying your own improvement. By the other method of escaping also you are delaying. Avoid these two things. It is you who has to gain, not me. I do not have to gain anything. I am here to give. I give because I enjoy that. I cannot contain within myself.

The time has come for you to enter into the Kingdom of God. You have to enter now. The time has come. As many as possible have to enter into the Kingdom of God. That is your birthright. I have just come here to tell you that and to enlighten you: in the sense [that] the lights which are not yet enlightened are to be enlightened by one light. And if I am the enlightened light, why should you feel bad about it? I wish you could come here and become that. I wish you could raise the Kundalini and do the job. I'll be very happy. I wish you could work this way. Oh, I would love to be your disciple! I have no disciples: these are all my children. The eldest one is now only ninety-eight years old.

So, one should not feel hurt, the pride should not be hurt. I am doing all this to make you feel happy, and that you should not be in any way aggressed; in any way you should [not] feel that I am trying to exploit you. Because that's the main problem people have that I am trying to exploit. But what are you going to give me, I would like to know. Why should I exploit you? Yesterday somebody asked me this question that, "Maybe, if we become like a child, we might be exploited." I said, "The child can never be exploited! You cannot become like a child." If somebody is an innocent person, then the innocence is the most powerful thing. If Christ was crucified, people think [that it's] because He was innocent He got crucified. Do you know, He has got powers. In Sanskrit His powers are called as 'Ekadasha Rudra' - eleven destructive powers. He's the most powerful destructive personality. But He has powers also to control it.

And He is going to come back. [It's] not that He is not going to come back. But this time He is not going to get crucified. He is coming back with all these powers. Then He is not going to talk to you or convince you, nothing of the kind, but He is going to work out the other way round. I have to give you a counsel and tell you, and make you understand that the time has come for you to get this. The sooner you get, the better; the sooner you establish it, the better.

I am sorry today we don't have the chart to explain to you about Kundalini, but these people have got some papers which you can read and understand, and later on, when you get Realisation, work it out and see for yourself. Do not come here for one day. There are some people who did not get tickets for the drama and have come. Such people are of no use. You have to be people of some quality, of some level. Otherwise Sahaja Yoga does not work out. It just spins you out.

You see here the question is how many stick on, [it's] not a question of how many are coming. Very few people stick on because the quality is judged. Every moment the quality of people is judged. Every moment your quality is judged, not by me but by yourself. The quality is judged not by me, but by you. You yourself will know that you have this problem. As soon as there is light within, you start seeing the problem yourself and then you know that this is the problem. And you are not identified with it because you are separated from it and you start curing yourself. I do not judge you at all.

So this is going to happen and when this happens, then know that you have to get transformed to that beautiful thing which is

being promised by all the sages, all the scriptures and all the great incarnations on this Earth. By which you will know how every religion is integrated, every incarnation is integrated and how these people are all related to each other and all are one family, those who are incarnations; while we are unnecessarily fighting among themselves. And how they are in unison and complete concord among themselves, while we are just fighting that, "This is mine and this is mine."

For this first of all your integration must take place. And that is a condition. If it does not take place, again we'll work it out. We cannot argue it out, we cannot do anything of that kind. It has to work out.

One thing I would request. Yesterday we had a little problem with someone who came quite drunk. It is the awareness which is going to be enlightened. If you are drunk it's going to be difficult. If anybody who is drunk in this group, please be careful. You better go at the back, if you are drunk. I don't know if drunk people know that they are drunk or not. But the fellow was drunk, no doubt, and everybody told me that he's drunk and it was horribly bad. So I would request you, such a person who is drunk should go at the back, and somebody else will work. They need little intensive understanding.

So this is what it is. We are now going to start this program. There's no technique, nothing.

Just your fingers are like antennae and they have the ends which have got sympathetic nervous system expressed and manifested there.

We have to just get them enlightened so that the invitation to Kundalini goes through your channels within yourself – which I cannot explain to you but you might have seen in the paper – and that the Kundalini rises and that you get your Realisation.

The first thing that happens to you, when the Kundalini rises above this centre, this is the centre of Christ. And He has done all the thinking for us; we unnecessarily are thinking. He's done everything for us, there's no need for us to suffer or to think. That part He has crossed. Now it is better that we have to enter into the Kingdom of God, that's all we have to do.

So when the Kundalini rises above this, you will feel thoughtlessly aware. That means you will be aware, but there won't be any thought. It's called as nirvichar samadhi. Sama-dhi. 'Samadhi' means 'enlightened awareness', 'nirvichar' means 'thoughtless'. And then it pierces through your fontanel bone area. You start feeling a cool breeze coming towards you, from me. But later on you find it's going from you. This should happen. This is the Cool Breeze of the Holy Ghost as described in the Bible.

Of course, if there are Hindus...I don't know [if] they read these days, normally they don't read any one of their ancient books. But if they have read anything about Adi Shankaracharya – he has written volumes on this cool breeze, which he calls as Saundarya Lahari, or Chaitanya Lahari, meaning 'the waves of beauty' and the 'waves of Chaitanya'. What is it, Gavin, in English? Chaitanya - is the vital, Divine Force. 'Chetana' means 'awareness', and cheteeta is the person who is enlightened. And the one who emits these vibrations, cool vibrations; is the one who is a realised-soul. We have many children in this country who are born-realised.

And I have met some human beings also who are born-realised, but they are rather difficult people, I don't know why. Though they are born-realised, they get possessed by their ego sometimes and they are not that evolved as they should be and they start behaving in a very queer manner. And their behaviour can be sometimes so shocking that it's most surprising. And they mesmerise people and they take to all these things to assert their influence on other people.

It is a very surprising thing that those who did not get Realisation through Sahaj Yog, and were born-realised, have not been able to express themselves sometimes. And then they felt that they had a knowledge which was not complete about it. And they felt they were different, and they tried to assert on others their ways and methods by learning mesmerism and things like that. It's most surprising. But we have someone here already who is a realised-soul, who is here, who was possessed; who came here, got cured and she is all right now.

So even if you are Realised, you can be possessed. But in Sahaj Yoga, the advantage is, after Realisation, you know all the techniques of the Divine Force, which is flowing through you.

That means when you have to have the energy, you have to put to the mains. But once you get the energy in you, you should know how to manoeuvre it. Then you know how to protect yourself, you know how to improve yourself, how to cure others, how to give Realisation to others, how to awaken others, and everything you know, all the secrets; and the most secret techniques of the Divine Force are told to you. Of course it is all learned gradually by you, and you cannot pay for it, because you cannot value it. It's not human. It is Divine.

Thank you very much.

Can you put your hands towards me like this. And you have to close your eyes. It is just the opposite of mesmerism, in a way, because people who mesmerise, they just look into your eyes or some sort of a thing like that. It's very common; nonsensical.

Please, close your eyes. Just close your eyes. It's going to work out in no time today.

You don't have to try anything, that's one thing.

You don't have to try.

Just leave your attention free, absolutely free.

Do not try anything.

If thoughts are coming, I'll tell you what is to be done, but just don't try anything.

Normally most of you will feel the thoughtless awareness, that's the easiest thing.

But supposing if thoughts are coming, then you just say, "I forgive all the people." "Mother, I forgive all the people," that's all. That, if you say, Christ is awakened within you. Can you imagine?

Just say, "I forgive." "Mother, I forgive." Say it thrice. From your heart you must say. After all, there's nothing in forgiving. By not forgiving you are just heavy laden with nonsensical things.

Just say, "I forgive," and you will be surprised how light you will feel.

Do not pay attention to any particular point. Let it go. Let it go.

Also not to feel guilty. Please, do not feel guilty; that's an escape again. Not to feel guilty, as I have told you. What wrong can you do?

So just say, "Mother, I am not guilty." Please say that, that's very important. Say it thrice. It will help you.

Just watch!

Try this. (Mother is presumably demonstrating how to hold the hand above the Sahasrara)

Are you feeling the cool breeze? Not yet?

Just keep them like this: a little higher, little higher.

Now are you feeling it?

Gavin, remove this photograph.

[If] somebody can remove the photograph would be better.

Just move it. I can't see. My photograph.

Just remove it. That's better, yes.

Let's see on the heads of the people.

Some people can feel the cool breeze coming out of their heads, but not in the hands, maybe. Just see. Cool or hot.

No, just a little higher: there?

Some people are feeling, some are not.

Just again see for yourself.

Gavin, let's just see just how many people are.

Now we have here some of the people who are Realised and let them see.

1980-1106, All the seekers

View [online](#).

6 November 1980

All The Seekers

Public Program

Lambeth College Vauxhall Centre, London (England)

Talk Language: English | Transcript (English) – Draft

You are seekers. And that's a category of human beings. Everybody do it from choice. That's one thing I have discovered. Some are Seekers who are argument seekers, generally speaking. Some are just sort of fashions which are there; they are because they see everybody seeking so they must have the fashion of seeking. And there are another category also who are not seeking God but are seeking something else and find God. They are special cases, somehow.

In any case this seeking has given them sensation as only the manifestation of the seeking has been changing. At the start with the amoeba we had a seeking of self. You were just seeking food. You were worried about food and nothing else.

Here is the centre of seeking within us which is called as Nabhi Chakra which is the green centre in the picture. There is the Nabhi Chakra which is for our seeking. This centre is a subtle centre. All these centres that you see here are subtle centres. You cannot see that with naked eye unless and until you have your Kundalini union which is settled down in the triangular bone there.

Now this Kundalini is very well settled in human beings that as amoeba your seeking was very limited. Like the seed sprouts you started developing new seed. When you became a human being you started seeking power. The first people who were human being it was important to protect themselves and they started beginning of this organisations or societies or groups and cults just to protect themselves. They knew that there was some other force which was, there but they did not know what it was.

So they started looking out in the nature trying to find out. Some started worshipping this, some started worshipping that. But still they were not satisfied because their power, whatever they got, so-called power, they found, ultimately led them to unhappiness and disillusion.

When the society was better organised they had big states and government and all sort of new types of administrations which developed all over the world. But the administration and all that also proved that by administering other people you cannot administer yourself. We cannot control ourselves. We cannot control many things within ourselves. For example, if you are running fast with your, eh, breathing increases, but it slows down by itself. Your heart beat increases but comes down by itself. Who controls that? We cannot do that.

There are so many things within us which we do not control and are called as autonomous, by nature. And as, organisations within us or we can call things institutions within us which are doing this were doing great. And these names are just names. They do not explain anything about them. They say that they should be called an autonomous nervous system but who is this auto? Who is this Mr. Auto? Who is doing the job? After all we should find out. Isn't it nice to brand someone as autonomous.

Say for example you say automobile, then automobile doesn't move by itself; there is a driver sitting inside. Now who is this one? That should be found out and if science is to be true to itself and to its ethos then it should try to find out who is this auto who is managing our autonomous nervous system. But they reach at a point where they cannot find further so they just say, so far, so much, not further. That's how they explain, but they are honest people, I must say. Because they say that there are chemicals within us like gasinoline and asticholene and their behaviour within us is something one doesn't understand because they augment wherever they like. They direct wherever they like. You cannot say why they behave in this manner. You cannot explain. So they say the modus action of these chemicals cannot be explained, finished.

What is beyond it they cannot see and to go beyond they have to know that their awareness is not adequate. Here I allow myself to expand much more, like for medicines they had to devise things like say microscope to see what was under the skin. What we have senses. In the same way their awareness has to grow at a point where they can understand what is the essence, what is the base of our life, how we are made. And why we are going into all these modes which they cannot explain.

One day to look at a tree is to see how big it is. The West if you see is mostly outside grown very big. So the depths must be found, the source to sustain. This factory has to come from somewhere. For me the tree is the same whether east, west, north, south. You see for some people east is different, west is different. It's not so. It's one. God has created only one world. He didn't create east, west, north, south. He did not create. He just created one actual people because he didn't want to create a military or some plastic flowers. He wanted to create a living people.

So the search within started east and they started meditating to find out what is the source to sustain this earth growth out. And when they started going deep into it they found within themselves that there is a force which is called as Kundalini right there in the triangular bone. And this Kundalini unless and until it is awakened, unless and until this germinating force within us is awakened we cannot have that new dimension of our awareness. Our awareness is only limited by our rationality. We cannot yet be, go beyond. By rationality you cannot understand it. You cannot understand God. You cannot understand anything by rationality because it is so limited.

So if you have to go to the unlimited regions you have to be triggered out into that place and the triggering force is this Kundalini. This Kundalini is placed in the triangular bone in the sacrum. Sacrum. means sacred. People knew perhaps that it is a sacred bone so they called it sacred. It's long.

You see, interesting, isn't it? This word has come to us from ... Greeks and Greeks knew that it was sacred bone. Otherwise why should they call it a sacred bone. So this triangular bone hides this power within it and when you come to Sahaja Yoga, a sign, that it pulsates. You can see the pulsation. You can make it out. You can see the rising of the pulsation with your naked eye. And you can see the breaking also of your fontanel bone - the baptism which is promised, the real baptism. Not in the church or not in any temple, but the real one is a happening within you, is a really happening that has to take place. It has to be done by living God. It's not that somebody just comes and puts his hand on the head and says, "You are born again" or he says that, "All right you have become a Christian." It's a happening, just like that. Now a realised soul is called as a person who is twice born. Everybody is saying, "I am twice born." But what's the proof that you are a twice born person. And then there must be some fundamental proof about it that you are twice born. It's nice to say I am twice born and self-certify, you yourself just self-certify that yes I'm twice born. But there must be some method to find out. And if you think that twice born is such a great thing why not have it. It's a very simple thing.

One has to understand that if you are created on this earth from amoeba to this state there must be some fundamental reason for it. We are not just created just to be here and to live like human beings without understanding the depths of God's creation. How can that be? Why has He made us human beings? Is it just to have some money in the insurance company or to pay the house or have a property and then to die? Is that the reason we are here? No. We are here to know the working of God's love and his Divine power and to manoeuvre it; to be an instrument of God and His part and parcel; to know that you are the part and parcel of His being. To be aware of that. Not just talking. That we are all brothers and sisters and we should not fight and there is .. only one personality within us. It's only talking. It's not bla, bla, bla, but it is a thing that happens within. You become that, you cannot get out of it and you know that you are That. It's the actualisation I am talking about.

Now when this Kundalini rises through these various centres it pierces through this fontanel bone area. And it has to pierce through that fontanel bone area. If it does not pierce then you are not yet realised. This is what is the thing called as self-realised or twice born. Like an egg you can say a human being is made. He is an egg because he is covered with his ego and superego on his head. Through his left and right sympathetic nervous system. And now he is completely covered and closed. When he is ready the Kundalini rises and transforms him into a new bird. That's what it is. It's the second birth. That's why a Wija means a Brahmin. The one who is a realised soul is a Brahmin. The one who has known the Brahman, the Brahma is called a

Brahmin, and he is the one who is twice born. He cannot be born. He has to be realised. He has to be twice born otherwise he is not a Brahmin.

So even in India we have a ritual as you have here of baptisms, we have a ritual. But that is also a ritual, and a ritual makes no difference. Now the same thing is called, is a Wija. Means

the one who is twice born. Now that twice born is also a bird. A

bird is also called a Wija because it is born twice and a human

being is also called a Wija if he is a self realised person or a Brahmin, Brahmin in the real sense.

So this has to happen to us within us. If it does not happen no use giving yourself certificate to yourself. Now, for example, if I say I am the Queen of England, will I become, will you become just by giving the certificate to yourself? I mean people may put you in the prison or in the lunatic asylum. So like that, are you doing anything; by your own imagination you do not. What we are to become is what you are talking about and that has to happen within us.

Now this happening is a living happening as I told you because in this short time I cannot tell you all the details but there are Chakras and all these things you can see from the books and the things you have been.... Have you given them some papers and things? Not yet. You should have given these things ... All right, you can get all that and find out what all these Chakras are.

But I just want to tell you about how it's a living thing. For example, now this flower is here. Now if you want this flower to become a fruit. What do you do? .. Nothing, you don't do anything. There's no technique. Supposing you are a flower and you have to become the fruit, what do you do? What techniques are there? ...

It's a living process, it takes care of itself. At the most it has

to face the sun, that's all, to get the light. If it gets the light, all right, it becomes, automatically.

It is to be connected with the tree and it must get the light. It will happen automatically, spontaneously. This is what is the meaning of Sahaja. Sahaja means born with you. The, the flower it is born the right to become a fruit, Sahaja. And Yoga means your connection with the Divine. So Sahaja Yoga means you are born with the right to be connected with the Divine. And that is your right which you must have and that you are going to get.

Now the times are very precarious, I must tell you. These are the times of last judgment. It has started. The last judgment has started. You

won't believe. That's why thousands of people are seeking

and ... being born. There are many little realised children I see who are born realised who are born just for the Last Judgment.

The maximum will be born during this time because they are to be judged. That's why population growth is so big. All of them born to be judged but they don

1980-1109, The Mahalakshmi Power, Diwali Puja

View [online](#).

9 November 1980

Diwali Puja

Temple of All Faiths, Hampstead (England)

Talk Language: English | Transcript (English) – VERIFIED

"The Mahalakshmi Power," Diwali Puja. Hampstead (London), 9 November 1980

...English, in the sense that we sat down together and translated Sanskrit puja into English and tried to make it more understandable by you people.

It's the day of Mahalakshmi puja they say, not only of Lakshmi Puja. There's a difference between the two.

Mahalakshmi is one of the powers of the three powers, main powers, of Adi Shakti. As you know: Mahalakshmi, Mahasaraswati, Mahakali. Now these powers have powers at a material level also, at a subtler level also. So Mahalakshmi power is achieved after Lakshmi power, as they say.

So, the Lakshmi...there are eight powers of Lakshmi. This Lakshmi was born, who came out of the sea, the great sea, which was churned thousands and thousands of years back. And She came out of the sea because She is the daughter of the sea. That's why She's called as Neeraja. 'Neera' means 'water' and 'ja' means 'born out of'.

This has happened thousands and thousand [of] years back that She was born. So what is that? What is this Lakshmi symbolically, what is it expressing? It is expressing the awareness. Lakshmi expresses awareness, and She came out of the sea, you know that. The awareness first started growing in the sea. The life started existing in the sea, to begin with, and then it grew out. Without the life there is no awareness. First the life, because everything is jada (inanimate matter), everything is dead. And when it becomes life it means it has awareness. So the awareness started growing in the sea. This is the symbolic expression.

In the gross level you can understand this way. But actually in the subtle level, it is the other way round. And because we see things from the gross level, we say that, that is symbolic. But actually from the other side if you say, "This is symbolic." Do you understand this point? So for me it is symbolic to see how the life came into being in the sea and that it became aware. For me it is symbolic. And for you it is symbolic the other way round. I mean if I see something from this side, I see this way and while you see from that side you see this way. To understand this, if you want to paint something on a glass, how do you paint it on the glass? Have you any idea? You start painting first the outermost things that you have to paint. For example if you are painting the Goddess, first you will paint Her ornaments, then Her sari, then Her body. Like that it will be moving deeper from this side, if you are painting it on the glass, because you have to see it from the other side. But supposing you have to paint it on a canvas, you'll paint it the other way round. You first paint the body, then the sari and then the ornaments. So to one thing it is symbolic because they think this goes from their angle. To the other person who is from the other angle this is absolutely symbolic.

And it's surprising that everything is so symbolic and so much just the same that, whatever you may say, the subtle remains subtle and the gross remains gross. The one who is at the subtle level sees the gross as a symbolic expression of the subtle.

Now She was born in the sea. She was called as Niraja. She was born in the sea. Now Nira, that means 'water'. My name is, one of them is, Nira as you know. Out of Nirmala one name is Nira, Nima and Nira, like that I have got three names, four names I should say. The big one is Nirmala.

So this Nira part means what? That She was born in the sea. The name of Mary is also the same. Maryam or Mary, I don't know how you say in English. But Maryam this comes from 'marine'. The word 'marine'. 'Marine' itself comes from the word Mary. So

this Mahalakshmi, Mary, is named and She is because She was born in the sea and that's how Her name was Mary. Mariana they call Her, some people call Her Mariana, sometime call Her Miriam. All these words are indicating that She was born in the sea.

So She is Mahalakshmi. Now Mary is Mahalakshmi and Ganesha is the child. Now see how symbolically it works, that only in Diwali the Lakshmi and the Ganesha are worshipped, only these two personalities. Can you understand that?

The symbol of Mahalakshmi, for me, is Mary. For you it is Mahalakshmi is the symbol. And the symbol of Ganesha outside is Christ. He is symbolising Ganesha. So, both of them are worshipped only on a Diwali day. So actually this is the Christmas. This is the real Christmas that was before also, and this was the time baby Christ was born, not the 25th of December. Though it's a misunderstanding, doesn't matter, keep it up. Doesn't matter, whenever He's born. Because there used to be a very big festival, and after the festival He was born. It's called as Valanan. I don't know what you call in modern times. That time it was called like that. And then this child was born and that was the time Christmas was celebrated. It was just tallying with that, but somehow it shifted. I don't know how, how it shifted. And there might be somewhere you will find out that the real Christmas was shifted.

Gavin Brown: Yes it was. That's known.

Shri Mataji: All right.

And symbolically in this lifetime also, in the Kali Yuga also, same thing happens that Mahalakshmi and Ganesha were born, and that's why they are worshipped.

Now you ask anyone, why Ganesha and Mahalakshmi are worshipped, after all, on a Diwali day? And it was the darkest night. It was the darkest night, and that night a star was there. And because it was such a dark night that star was very much noticed by everyone. It was a cold night, very cold night, and a dark night. So the symbol of Diwali is very great for Sahaj Yogis.

First of all you have to know there are four days that are celebrated in Diwali. But there is one more day added to it in Maharashtra. The first day of Diwali is called as Dhanatrayodashi: is the thirteenth day of the moon. Because that day is the first day when Lakshmi, the first one, was born on the thirteenth day. That means She was born as a Gruhalakshmi, as a housewife. Now there are eight Lakshmis, which she will read it out. And I will tell you later on what is the meaning of them. One of them is Gruhalakshmi. So the first is the form of a Gruhalakshmi. She is born as a Gruhalakshmi to begin with. That means the awareness of human beings also, started really getting into evolutionary process when they started their family life. When they were vagabonds moving about, then the awareness was just like animals. Though they had become human beings, but they were like animals. Then when they established their families, then the Gruhalakshmi started working and that's how the first advent of Gruhalakshmi was felt.

So, She's the first Lakshmi who was born, and that's why on that thirteenth day is the day of the Gruhalakshmi, of the housewife. And so one has to go in the market and buy some utensils or something that she uses for cooking in the house. In India on the thirteenth day everyone goes and buys a pot or, we can say, what you call, a cooking utensil or something. Or they may buy a sari or something or gold or something for the Gruhalakshmi. That is the day of the household. So, to reach the Lakshmi one has to understand that motherhood is very important. The motherhood, as a Gruhalakshmi is important.

Then the second day is even more important because Narakasura was killed. Horrible Narakasura, as you know him. But actually that day many rakshasas are killed in many... That's a day fixed for killing rakshasas! And then they are put in the hell. On the fourteenth day they are put in the hell. So that's called as Naraka Chaturdashi. That is the day when the hell is opened out. That day Sahaja Yogis are supposed to sleep in the night while everybody does all kinds of tantrikavidya and all that on the fourteenth day.

Then the fifteenth is that darkest night. That's the darkest night when there is no moon. Absolutely that's the day when they celebrate Deepawali, Diwali day. But symbolically, in India also, Shri Rama returned to his place (Ayodhya) on that day and was crowned on that day. So the significance of Diwali is expressed in this manner: that this is the day when Narakasura, and all of

them are killed, they have all gone to Narak, they have gone to the hell, and the people now are saved from them and they are celebrating the joy. And that is the time when Christ was born. That's why lights are to be put in the night, because He was born at twelve o'clock in the night.

So, the next day to that, is the day [which] is celebrated in India only in Maharashtra. I don't know [if] people celebrate otherwise. I don't know.

Shri Mataji: Do you celebrate the next day?

Yogini: The next day?

Shri Mataji: That's the first day of the moon. That is the forefathers of your Mother, Shalivahanas, they started a calendar, from that date. And so on the first [day], that means the first day of the moon, the new year is celebrated here.

Now see symbolically, Christ is born and a new year is celebrated the next day. As soon as He is born the new year should start. So next year it starts, the new year. That is a new year in many parts of our country where Shalivahana ruled there. The Shalivahana was my forefather, I should say, they were just a dynasty. And this dynasty ruled in India since very long. Even in the old puranas it is written that they helped Krishna in their war.

You know all the story about Shalivahana, quite a lot. And so the new year starts. So for us that is the new year. For Sahaj Yogis that is the new year and you have to accept it. And your Mother is of that dynasty. I mean no force on you but if you like you can have it.

Then the second day is also very important: is the second day [of] the moon. That is [when] the moon came out of the sea. According to this mythology, the Lakshmi came out of the sea and with Her this moon came out, which was only a two day old moon, the new moon but a two day old moon. And this was regarded as the brother of Lakshmi, because they were born at the same time, from the sea. So He is the brother of Lakshmi. It's all symbolic. It's very, very symbolic.

Now the Left Side belongs to Mahakali, and a brother had to be on this side, on the Left Side. But actually you will be amazed that He is the brother of Lakshmi. He is not a brother of Mahakali. But because He's the brother of Lakshmi he is accepted as a brother of all the goddesses: one brother for all of them. So He is the only brother, who is this moon. So He is your uncle, He is your maternal uncle. It's very interesting. Because we have a special right on our maternal uncle, we can always ask for His help.

And it's a big story about this churning that took place that Shiva saw all the poison also coming out. So He drank the poison because He was the only one who could drink the poison. And He got so heated up in His head, in His neck that He wanted something to cool Him. So He took to this moon and put it on His head. So, the crowning [of Shiva] is the moon.

Now if you see, on Monday is the day of Sahasrara. Monday is the day of the Moon. Monday is the day of Sahasrara because Sadashiva has put it on His head. And that's what people tease Him that, "Your brother-in-law is sitting on your head!" (laughing) It's very interesting. It's very symbolic for you — not for me, but for you — that the brother-in-law is sitting on the head.

This brother-in-law is very important, and if brother-in-law is in any way angry then even Sadashiva has to think twice. An all very special relationship, which is very sweet, and which is very expressive. And if you want to understand it, that your brother-in-law — is a naughty little thing — is the brother of the wife. If you have to keep your wife pleased, that is the power, you have to keep the brother-in-law quite happy. So He said it's better to keep him on His head. If there's a naughty child, what do you do to a naughty child? You put him up somewhere there so he doesn't move. Always you take a child outside, you put him out there. And He is very dear to Sadashiva, who really loves Him in a special way.

And that day is the day when all the sisters worship their brothers — it's very important it is. [On] Raksha Bandhan day they give a symbolic expression to their desire that their brother should be good, but on this day they worship their brothers, they actually

worship them. They are invited at home, they are made to sit on the special type of a seat, then also aarti is done to them. Sometimes if they are very small, younger brothers, then they are even given bath nicely. If they are older brothers also they'll cover all their body, but water will be poured on them as a symbol and they are given new dresses to wear. And very special food is cooked that day. And then they are served special food ahead of their husbands. Always husband is served first, but that day a brother gets the food first. And then the brother-in-law is teased a lot, and the younger brother-in-law teases his sister's husband. And it's a very nice function. It's called as Bhau-Beej. And that day the brother gives some things to the sister as a present. He will give even if you don't have anything, you can give anything, whatever it is. But you give something as a symbol of your love to your sister. And this day, today, is that day. It's such a nice day to do puja. This is the day when we all adjust together.

But for a Gruhalakshmi, the brother is very important. And the brotherhood and sisterhood is the base of our Sahaj Yoga collectivity. If you understand that brotherhood and sisterhood is love which is very pure. There is no expectation. It's just love. It's giving love and taking love. And absolute purity within us should exist between our relationships when we call them as Sahaj Yogi brothers and sisters. And as there is understanding, complete understanding, between the brother and sister in a family, one has to know we are all part and parcel of a family, born of the same Mother.

Nobody has to shoot off or nobody has to become something great, nobody has to correct others, nobody has to say that, "I'm something unique!" All of you have to work it out together and find out a solution working out together in complete friendship and unison. Anyone who cuts off himself and goes out or becomes anything else, goes out of circulation and is useless for Sahaj Yoga. Such a person is completely useless! The one who tries to get out of the family. All of you have to be supporting each other, helping to each other, not shouting at each other or getting angry with each other; trusting each other, not finding faults; treating each other with respect and love.

This is the most important thing the Sahaj Yogis don't understand — that you are saints and you have to respect each other. For example, you cannot doubt each other, you cannot. That's not allowed, it's prohibited. You are not to doubt each other.

Here where, I would say that: if somebody slaps you on one cheek, turn the other. That will work out here. In this Sahaj Yoga one has to do it. Not to criticise anyone, not to put down anyone. You are all Saints, why don't you recognise it? How can you insult a saint?

You are men of God, do you realise that? How can you put down anyone and say, "They are not good," and, "They are good"? If you start doing that, somebody else will take advantage of you and will really push you down and you will be in very great trouble. Never get into such funny ideas, that you are better than the others, that you can do better than the others. The one who starts doing the better is doing the greatest harm. There is no competition in Sahaj Yoga.

Give up this idea of competition. You are brothers and sisters. You have to support each other, help each other. Anybody is going down, try to work out on them. If you find somebody is going down too much beat him with shoes.

But anybody who thinks he is very great, he has this special quality or that quality: supposing somebody thinks he is very neat, he should hang himself by the nearest tree! That's what I sometimes feel. Because on this point there are so many quarrels going on!

But somebody who thinks he has a right to be untidy also should hang himself by the nearest tree! And should know that, "I'm making an inconvenience of myself to others."

You must respect! If there is no mutual respect, this brother and sister relationship is not there. It's a very sweet relationship which you have not enjoyed unfortunately. But in India we have. Our brothers will give up their lives for us. And we will give our lives for our brothers. And our brothers have so much faith in us that if we tell them that, "You should not do this!" they know that this we are doing only just to help him out, not to show off our great importance or giving a big sermon, but it is just because we love him. The love is so established and if that love is not established, what are you showing off about?

Today is, in a way, a very great year, in the brothers and sisters relationship. How do you express your brothers and sisters relationship? I do not like to hear complaints, but I see that it is full of ego. The reason is, people are behaving in such a manner that I cannot understand that you are saints! What has happened to you? How can you be individualistic?

I'll give you a simple example: we have got in our house some sort of plants, which could only grow inside the house, but when it was summertime, we put them outside and they were growing well. But when the winter came in suddenly one night they all became absolutely dead you can call it. So, the servant got upset he said, "What to do now?" I said, "You bring them inside!" Now he said, "They won't grow." I said, "They will." I said, "You get four [or] five of them, put them together in one thing." And they started growing well.

Because whatever is missing in one person, you support from the another person. And this support is so natural and spontaneous which flows. If you try to correct others then you are draining out your energy and the energy of another person. Just try to support that person. That's how it works out. And that's how it sustains, it's nourishing. I mean it's an experiment you can try also, at home. If you put four five trees together when they are in delicate condition they grow better. Why, when we grow our saplings we put them together? Why don't we put them separate? You see, when we have got a small seed and we have to make them into saplings, we never put them separately we put them together, in a small block. If you put them separately they will never come up. Then they are kept in that condition together, till they grow. When they are grown, then only they are taken from that collective group and put separately. Have you not seen this happening? And this is what is collectivity.

At the delicate point when Sahaj Yoga is coming up, we have to be much more closer together. Later on when you are very powerful it's all right because you will have greater rapport. But it's such a vicious circle that at this time when you are weak you are also falling off. And this collectivity is all-embracing.

Of course these are due to your ego, superego, whatever problems. But only together you are going to be. But I have seen, when you are mesmerised, you fall in love with each other, absolutely: when you are mesmerised.

But when there is freedom, you cannot enjoy your collectivity. In freedom people find it very difficult: then somebody behaves like an ascetic, some behaves like a madcap, somebody behaves like a hot-tempered fellow, another behaves like a city consul. I don't know. When it is freedom you do not grow in a healthy way together. You must know there must be something within you which is keeping you out from collectivity. At this stage the best thing is to surrender and beat yourself with shoes. Any such ideas come into your head you just do that way. That's the way it will work out.

Today is the day you have to promise, today, here.

Shri Mataji: Where is Cooly? I can't see him. Is he there?

Yogini: He wasn't allowed to come, Mother.

Shri Mataji: Hmm? He's not come

Yogi: I think you said he wasn't allowed to come, Mother.

Shri Mataji: He's not come?

Yogini: He wasn't allowed to come, Mother.

Shri Mataji: He was not allowed?

Yogi: I think you told him that he wasn't allowed.

Shri Mataji: All right. I did say. I'm sorry. I did, I had to. Certain things had to be done. I am sorry.

But you must know you are people who are chosen specially. What prophecies are made for you if you read that 'Milton' (by William Blake) you will know — the English people. What prophecies! "The Men of God will be there and they will have their own heroes and they will not follow these Romans and Greeks and their horrible heroes. They'll have their innocent heroes, and all those things." And here I find that there's a kind of a passion for falling down.

Keep together. Keep together. Love each other. Understand them. Love not of mesmerism, but of freedom. In freedom you must love each other. I never take away your freedom, that's one thing, whether you fall or rise. First thing is for your freedom. That is the thing on which you are going to move.

So today is the day where you all have to promise and pray that, this brotherhood and sisterhood will be established. Ask for it in this soil of England, this is the Jerusalem. Ask for that, that this will be established on the soil of Jerusalem. That's the most important thing. And you will be surprised that once this is established, Lakshmi is established.

Now Mahalakshmi has eight aspects. Now read about these eight aspects. How many there are, let us see! First follow!

Yogini: Om Twameva Sakshat Shri Adya Lakshmi Namoh Namah.

Shri Mataji: Adya Lakshmi. Adya Lakshmi means Mahalakshmi. Adya Lakshmi. Adi, Adya. Adya Lakshmi: that's the first one. You say now, you repeat it!

Yogis: Om twameva Sakshat, Shri Adya Lakshmi Sakshat, Shri Adi Shakti Sakshat, Shri Bhagawati Sakshat, Shri Mataji, Shri Nirmala Devi, Namoh Namaha.

Shri Mataji: Now, second one.

Yogini: Om Twameva Sakshat Shri Vidya Lakshmi Namoh Namah.

Shri Mataji: Vidya - vidya is the art of Sahaj Yoga, which you know. That is vidya. The rest is all avidya. How to raise the Kundalini; how to awaken all the deities; how to cleanse yourself; how to cleanse others. All the knowledge; all the science about that is called as vidya: the Lakshmi of that. Lakshmi is the grace, is the grace. The awareness that is gracious. The awareness that is gracious.

So that Lakshmi should be with you, not only to know the vidya, you know that, but to have grace about it. The way people do things, for example: some people will just go on. All that kind of a nonsense you do. Sometimes the way we go on working [on themselves], and I'm giving a lecture and people are just working out. All that is most disgraceful and disgracious (ungracious).

So not to do these method of making the thing look so disgracious. I mean you need not be serious people at all, because Sahaj Yoga is not a serious thing. It is a play. It is a play of grace. You have to be gracious; you are not to be disgraceful, that's very important. If you are disgraceful then your vidya is useless.

I have seen many people all the time doing like this, doing like that; they think that it's their left hand job, you see, and they have become now masters of this job. There's no grace about it. One has to see how to do it graciously. Do you see your Mother, how She moves Her hands and feet. Not one day, one time, even in one action you will find me doing something ungraceful like that except when I copy you! (laughter)

So this is what it is, is the Vidya Lakshmi. Lakshmi is the grace to do everything.

Come, second one, third.

Yogini: Om twameva Sakshat, Shri-

Shri Mataji: ...and now you could say it. "Om twameva..."

Yogis: Om twameva sakshat, Shri Vidya Lakshmi sakshat, Shri Adi Shakti Sakshat, Shri Bhagawati Sakshat, Shri Mataji, Shri Nirmala Devi, Namoh Namaha.

Shri Mataji: For Left Swadishthana you know this is the Mantra.

Third One.

Yogini: Om twameva sakshat Shri Saubhagnya Lakshmi namoh namaha.

Shri Mataji: Sau-bha-gya, Saubhagnya means 'good fortune'. The Lakshmi that gives you good fortune in every way. Like She gives you good fortune in money, in your living, in your food, in every way. Any good fortune is given through God. It's only God who gives good fortune. If you get money say in the racecourse, that's bad fortune because that will be lost next day or you will go to the pub to be free. But if you get the real one, then you create something out of it which is blissful and great: is Saubhagnya Lakshmi. Now, say it. Saubhagnya Lakshmi.

Yogis: Om twameva sakshat, Shri Saubhagnya Lakshmi Sakshat, Shri Adi Shakti Sakshat, Shri Bhagawati Sakshat, Shri Mataji, Shri Nirmala Devi, Namoh Namaha.

Shri Mataji: Amruta.

Yogini: Om Twameva Sakshat Shri Amrut Lakshmi Namah.

Shri Mataji: Amruta. Amruta means the thing that does not die. In this world the Lakshmi exists as your wealth. Now the wealth that does not die, which is that wealth? Is the Spirit. So the grace of the Spirit is the Amruta Lakshmi. Grace of the Spirit is the Amruta Lakshmi. The rest of the things all will die out. And whatever is done through the Spirit, to please the Spirit, is the Amruta Lakshmi, for example: loving others. Loving others has a different meaning in the symbolic way as you people understand it. Loving means giving; doing without any expectation. Just doing and enjoying it. The greatest is giving vibrations. That is Amruta. Vibrations do not die. That's the Lakshmi of the Amruta.

Yogis: Om Twameva sakshat, Shri Amruta Lakshmi Sakshat, Shri Adi Shakti Sakshat, Shri Bhagawati Sakshat, Shri Mataji, Shri Nirmala Devi, Namoh Namaha.

Yogini: Om Twameva Sakshat Shri Kaam Lakshmi...

Shri Mataji: No, Gruhalakshmi! You know that, Gruhalakshmi.

Yogis: Om twameva Sakshat, Shri Gruhalakshmi Sakshat, Shri Adi Shakti Sakshat, Shri Bhagawati Sakshat, Shri Mataji, Shri Nirmala Devi, Namoh Namaha".

Shri Mataji: Ha.

Yogini: Om Twameva Sakshat Shri Satya Lakshmi Namah.

Shri Mataji: Sa-tya: [as] I told awareness. She is the one who has given you awareness. Awareness is Lakshmi's character. Satya means the truth. As you rise in your awareness, you know the truth. Now what is the truth? What is the truth? What are we aware of?

You are aware that you are the instrument of God and that He is working through you. You are aware of that because it's flowing on your central nervous system. This is the truth of which you have to be aware.

What is the other truth? Is who are you? That you are the Spirit.

And the third truth is, who am I?

And the fourth truth is who is God?

What is your destiny?

If they become your awareness, then you have got Satya Lakshmi.

Say now.

Yogis: Om Twameva Sakshat, Shri Satya Lakshmi Sakshat, Shri Adi Shakti Sakshat, Shri Bhagawati Sakshat, Shri Mataji, Shri Nirmala Devi, Namoh Namaha.

Yogini: Om Twameva Sakshat Shri Bhogya Lakshmi Namah.

Shri Mataji: Mm?

Yogini: Bhogya Lakshmi.

Shri Mataji: Bhogya Lakshmi. Bho-gya: 'Bhoga' means the one by which you enjoy, by which you enjoy. I mean it's like the whole ocean of joy is around you and you are like a bird who cannot drink it.

Only through the grace of Bhogya Lakshmi, you can enjoy that. So, the Spirit, though it is manifesting, you are not enjoying your Spirit - even that. Anything that you see — say you see a flower — you should be able to enjoy. You cannot enjoy because there is thought. Anything you do [if] there is thought, you cannot enjoy. When the Spirit is flowing you get complete enjoyment. Actually I should say, I am the enjoyer of it.

Yogis: Om twameva Sakshat, Shri Bhogya Lakshmi Sakshat, Shri Adi Shakti Sakshat, Shri Bhagawati Sakshat, Shri Mataji, Shri Nirmala Devi, Namoh Namaha.

Yogini: Om Twameva Sakshat Shri Yoga Lakshmi Namah.

Shri Mataji: Yoga Lakshmi.

The Lakshmi's power which gives you Yoga. Lakshmi supports your power of yoga by giving you awareness. The power by which you take to yoga is all combined as Yoga Lakshmi. Like your affluence: you are not satisfied and you want to have Yoga. The dissatisfaction you get till you have got yoga is coming from the Yoga Lakshmi. So Yoga Lakshmi is the power which gives you or takes you to your grace, by which you go to yoga: that's Yoga Lakshmi. Means the kind of a satisfaction that you seek is manifested in you through this power of Yoga Lakshmi. And then once you have achieved your yoga, you get the grace. Lakshmi

is the grace. So you get the grace of a saint.

You should have the grace of a saint. You should look like a saint. You are a saint. I think better write it on your mirrors, "We are saints. We are men of God. We have to behave like saints. We are saints." You are, no doubt. You are men of God, no doubt, but you have to turn your faces this way.

So, this is the Yoga Lakshmi. For example a person who has got Yoga Lakshmi doesn't quarrel like a madcap. If he quarrels or dominates someone in a foolish way then he's still lacking that Lakshmi point. There's a grace about it, the whole way of talking. How you talk to a saint? All right.

Yogis: Om twameva Sakshat, Shri Yoga Lakshmi Sakshat, Shri Adi Shakti Sakshat, Shri Bhagawati Sakshat, Shri Mataji, Shri Nirmala Devi Namoh Namaha.

Shri Mataji: So these are the eight-fold paths by which one has to grace oneself. This is the attire of Sahaj Yogis. And today you have asked for it. May God give you that power.

One more thing I have to say just before we start doing the thing [is] that around the Lakshmi you know is the Void. And though the Lakshmi in a situation where there is negativity, She runs away, She is frightened. She is a frightened Deity. She is very sensitive. She doesn't like any negativity. As soon as the negativity comes in She runs away. In the same way those people, those great saints who were born on the Void, have said that, "Those people who try to frighten Lakshmi are the people who are irreligious," in the sense they drink. Those people who drink, in the third generation lose their Lakshmi completely. You can see the results now: those who used to take one peg (30 ml of alcohol), now are sitting in the pub the whole night. And that's what it is that, once these things enter into your family or household, they start corroding your Lakshmi.

That's why we have to understand that Lakshmi is very, very sensitive to this point. And Lakshmi is extremely sensitive to fanaticism, extremely sensitive to fanaticism. Any kind of fanatic ideas you have got, She will run away. She can't stand fanaticism. As soon as fanaticism will settle down into any country, it will start becoming poorer and poorer. Any kind of fanaticism about religion is to be avoided.

Now so many young people who are aware of fanaticism because, thank God, there are some horrible fanatics which have proved that fanaticism is bad, and they are now coming round it. But when fanaticism works out, the expulsion of all the powers of Lakshmi from within, that's the sure and certain sign that you really invite cancer, really invite cancer. Also alcohol does, but this is the triggering point. If an alcoholic is also a fanatic, it will trigger much faster. Fanaticism is to be avoided like leprosy for Sahaja Yogis. But not only that, we have to stand up in a revolt against all kinds of fanaticism. Just this is the revolution against all fanaticism of life.

That's very important for the establishment of Shri Lakshmi. Any religion, any fanaticism that collides with another religion or in any way belittles it — because all religions are just the same of one God — belittles another religion or insults anyone is absolutely against Lakshmi's Principle.

So we go, after all this, when we rise above this, we go to Mahalakshmi principle. Now the awareness that was seeking up to Lakshmi — means you achieve money, achieve position for achieving grace, once you have achieved the grace of this, you want to achieve God. And this new awakening within you that you have to achieve God now is the power of Mahalakshmi.

By the power of Mahalakshmi only, you achieve your saintliness, your Realisation. That's why She came on this earth as the Mother of Jesus Christ. That was Mahalakshmi, not Lakshmi but Mahalakshmi.

May God bless you.

(Puja commences with discussion and mantras)

Gavin: Gurushaya Namaha. Istadevata Namaha, all those: that we do first.

Shri Mataji: All right. All the names of the Gods or all the Deities.

Gavin: Om Shri Mahaganapati Namah

Shri Saraswati Mataya Namah

Gurubhyo Namah

Vedapurushaya Namah

Ishtadevatabhyo Namah

Kuladevatabhyo Namah

Sthandevatabhyo Namah

Shri Mataji: Sthanadevata!

Gavin: Gramdevatabhyo Namah

Vastudevatabhyo Namah

Shachipurandarabhyam Namoh

Kalkam Parashuramebhyo Namah

Matrupitrubhyam Namoh

Adityadinavagrahadevatabhyo Namah

Sarvebhyo Devebhyo Namah

Sarvebhyo Bhahmanebhyo Namah

Yetad Karma Pradhanadevatabhyo Namah

Shri Mataji: Mmm, very good!

All the Deities within you, see all the Deities within you. You see, all the deities within you have been already...(Mother is interrupted)

Shri Mataji: Why is she taking? Don't do like that!

Yogi: It's time to go and feed her soon.

Shri Mataji: Ha? Cover her head. Don't do like that. No no no no no Cover their heads, Jane what are you doing?

Yogini: She was crying Mother. I'm not sure, you know, whether she wants feeding or changing.

Shri Mataji: No no no. Foment her stomach here.. Take her out. She'll be all right. Don't take her outside. Ha. Give her here.

Shri Mataji: Ha. Let's help her. Somebody can bring just a cheap little cloth or something and a ??

Gavin: Then we make the dedication of saying where is the puja is being held. So: on the ninth of November in the winter season on the fifteenth night of the moon, when the sun in Tropic of Capricorn, we do this puja...

Shri Mataji: Today is the second day of the moon. Actually is the other week has started now. That date was fifteenth. But today is the second day, second day of the moon on the 'Shukla Paksha' [waxing moon] . On the 'Shukla Paksha' means when the moon is going to become bigger. All of this is very important, is historical, you see, that's why it would be nice to say that. Come along!

Gavin: We do this puja in Hampstead, in London, in England, in Europe, in this world, on behalf of all Sahaj Yogis.

Shri Mataji: Ask you now... Has she got the flu. Hand to Swadishthan.

Gavin: The third section is called 'sankalpa'. That means, 'holy determination', according to all religious scriptures.

Shri Mataji: Just sprinkle all over. Sprinkle all over. You come here. Just sprinkle it all over. Sprinkle it all over, just like that.

Gavin: According to all religious scriptures, all of us with all our families pray for well-being, for spiritual well-being, for victory, fearlessness, longevity, health, wealth, for the nullification of all badhas of the Sahaja Yogis, to become the master of eight siddhis, to give peace to all who walk on two legs and on four. We pray for health, satisfaction and for all auspiciousness for all those who are handicapped, for the emancipation of all people, to give them the highest knowledge and whatever is my power, whatever is my knowledge, whatever offering I could get through meditation, or by whatever means of sixteen types, I surrender in the puja.

Shri Mataji: Did you follow that? This is the sankalpa. This is the determination; it's the holy determination you are making. Did you follow that or you want him to read it again? Gavin read it loudly, you get up and say it. You go on reading.

1980-1110, The Eternal Spirit

View [online](#).

10 November 1980

The Eternal Spirit

Public Program

Caxton Hall, London (England)

Talk Language: English | Transcript (English) – VERIFIED

The Eternal Spirit, Caxton Hall, London (UK), 10 November 1980.

(A yogi introduces Shri Mataji as well as Sir CP who is attending the program for the first time, having just been unanimously re-elected as Secretary General of the IMO.)

Shri Mataji: Somebody has done some introduction, has someone done?

Peter? Is he there? Peter, you have to talk to these people about what I told you.

Today we are going to have a short session, because you are all invited today to a dinner after the programme. Thus, host is my husband who wants to invite you and he'll be coming about 8:15 or 8:30.

So, today we are going to think about our Spirit, which we have neglected throughout. We are not even conscious that we have a Spirit. Through Sahaj Yoga those who are now conscious, because they can feel it through their vibrations, they can also get lost and can forget it.

The Spirit is the only eternal thing within us, all the rest are transitory and evolutionary. Everything goes into evolution and the better is the evolution, the higher the Spirit starts manifesting itself.

Like the reflection on the stone of even the sun is zero. And the reflection of the sun on the lake is sometimes I think, is a reflection that is felt in the Sahaj Yogis, when they see it, feel it, it flows, they can feel the breeze in their hand. But still their attention is not fully enlightened. The Spirit has not permeated inside. It's just reflecting still.

In the mirror you see the reflection of the sun. But even then, when you remove it you cannot reflect it. This is the difference - that even if you become the mirror of the sun, unless and until it permeates into your being and transforms you into something new, you have not done full justice to yourself and nor to the powers of your Spirit. The Spirit has come just like a vision to you, an experience to you, but the growth of your being has not yet started. And if it has started it's so slow that you may not achieve much in one lifetime. Because your attention is on all various things.

You have been misidentified from the very beginning. Since the time you were amoeba you have been misidentified. The matter played a big role in your life, so matter was important. Then all the five elements that are within us were very important to us. Because we can see them, feel them, we have lived them for years, thousands and thousands of years. So they are part and parcel of your being and that is why you are so much identified with it. Naturally, no doubt.

But in the living process it never happens like that. There are some seeds which grow so fast that within one year they become trees after they have been sprouted. They bear fruit in one year's time.

Some trees are such, but some of them linger on and linger on and linger on and they take too much time, so much so that maybe when they are not yet fully developed any storm, any wind, any one of these things can just push them down. So you have to make a rapid growth within.

Even after Realisation I have seen people do not pay attention to their Spirit. So for every Sahaj Yogi today I would say they have to ask, "Where is your attention, Mr?" Or Mrs. or Miss, whatever it is. "Where is your attention?" For example we can be enveloped with problem- solving something absolutely useless! Specially in the West, we do it much more than in the East because we take it for granted in the East, many things. But here because we think by planning we have achieved a lot, we start planning. We start planning about going to a place, and buying a ticket, and doing this and doing that; everything is too planned out. All the time we are wasting on something which does not require any time at all.

Supposing you have to go somewhere, alright. First of all, I don't know if going is that important, but to some people that is much more important. Like one gentleman today came with his family to see me, specially to meet me, according to him! I don't know how far to believe. So he wanted to have a special interview with me in my house. He had it and that's how I am late. He doesn't mind that. Then now he cannot come to the programme because he has got some friends whom he has to meet. His wife has not got Realisation, does not matter [to him]. Because his friends are very loving people, very good, they have been very kind to him, he must meet them.

Where is the attention?

All these misidentifications we have, like marriage also. Some people come to me and tell me, "Mother, we are very happily married," or unhappily married. Or the one who is happily married is equally a headache as the unhappily married. The unhappily one you can understand why he's a headache. But the happily married also says, "I must do something for wife. I have not done anything. I haven't bought her a diamond ring. I must buy for her". "I haven't done this thing for her, I must get her a Rolls-Royce, and do all this and that". But where is your attention?

The whole attention is diverted to things, which has no play, which has no meaning, which helps you nowhere.

Then the attention is, in a subtler way, in many other things, like children. Now children is sort of- if I say anything, they'll say, "Mother, do you want us to neglect the children?" This is the problem. Children are not looked after by you, they are looked after by God. You are just a instrument of God to look after them. The more you are with God, the better you are with your children, you know how to handle them, you are kinder to them, you know how to solve their problems much better if you are getting your power from God.

But if you are not interested in God, He is not either interested in you. That's the thing we do not understand. We think that if we are interested in God, we are obliging Him. Supposing you are interested in a job you never think that way that you are obliging the job. But as far as the God is concerned, we think, "Why? We are obliging God!" Aside: Where is she going? [Hindi]

You are not obliging God at all. He is obliging you. The attitude is so funny among human beings that you can't imagine! All the time, they feel they are obliging God and they are doing something for the God. What can you do for Him? Just think like that.

I met a lady, she said, "Oh, how did I get cancer? I don't understand. I used to always pray to God." According to her, if she prayed to God, she thinks she's paid Him the money for His job and He better look after her! It is you who are obliged by His kindness, by His compassion. He is so gracious that He knows that you are stupid. He knows that you don't know this. He forgives you for your stupidity. He knows that you are naive and that you are children, that you are small, still not grown, you are not matured enough.

If you are egoistical, He forgives you. Because He's compassionate. But do not take it for granted! Do not take it for granted! Those who think that, "We can do whatever we like and behave in whatever way we like, as long as we pray to God. Yes, He'll do everything for us." Why should He? Where is our attention?

What is yoga? In simple words, it is taking your attention to the Spirit. This is yoga. What does the Kundalini do? She raises your

attention and takes it to the Spirit. Only after knowing the Spirit you can know God, not before that. That's why all religions have failed. The incarnations who came to propound these religions said that again and again. For example Christ said that, "You are to be born again".

All right, if you have to be born again, what did we do? We got some people, certified that they can give you rebirth! So they will have some water very nicely put in a very beautiful place in the church and you very solemnly walk down, and they put some water on your head and they said, "You are now reborn!" And you accept it! You just accept it! As a child - because you know I was born in a Christian family - I used to laugh, I used to say, "What's this mockery going on?" I thought they are just playing like children, though I was a child, but I used to think they are really playing. I didn't know they were seriously doing it! (laughter). Really, I did not know, till quite some time. When I grew up I was surprised, they are serious about it! I mean, they believed in it, they believed they were getting rebirth and "It's baptism, that's the way it should be." I really felt it. I was amazed! And how people were satisfied with that was a greater amazement to me! They would not ask, they would not challenge, they would not say anything about it; whether, "Am I really Realised or not? Am I really reborn?"

In the same way among Hindus, they do the same nonsense. Same thing they do. When the child is about eight years of age, or say, from five years to eight years they call it as a 'Yajnopavit samskara'. (sacred thread ceremony) That is the day they have to invite lots of people for dinner as we have - you see, everything must have a dinner with it! The attention is more there (on food)! And then they have a big function and then they have a big puja, this that. And the Brahmins, who are not connected with God, are doing all the puja and worshipping and everything and God is nowhere there! And then the fellow gets a thread which is to certify that he's a Brahmin, from a person who has certified himself that he's a Brahmin! It's all self-certification and falsehood! For a person like me it was amazing! And I used to wonder, "What's the matter with these people?" How have they taken all these things into their hands? Why don't they question themselves once for all? "How we are doing?"

Not only [that] but I found them to be completely mesmerised with the idea that they are doing the right thing. Every Monday I hear the people singing next to my house. What are they singing? God alone knows! They come, very well organised, just to sing some sort of hymns and things like that, which has no meaning, which is not going to reach to God. Where is their attention? The attention has to be on the Spirit and that cannot be there unless and until something happens within you.

But those who have been seeking that attention, those who have been asking that, "Oh Lord, keep my attention on God and on seeking," are, the people, going to be blessed; not the people who have their attention [elsewhere]: now supposing in the morning they go to the church and next day to the races, and third day somewhere else. Again on a Sunday morning they are there back in the church, regularly. And they say, "I regularly go to the church!"

The attention has to be on the Spirit, even before and after Realisation. Many people ask us, "Mother, then what should people do before Realisation?" They should put their attention on their Spirit, asking for it, that, "Take my attention, Oh my Lord, to my Spirit." And not to accept something which is false and nonsensical. Because once you start accepting something false it sits on your head. It's a vicious circle: you have to go ahead with it and you don't know where you are and by the time you realise, you find you are too old to give it up and you carry on, somehow. It's like intoxication.

All falsehood of the world is an intoxication! Because if it was not intoxicating or hypnotising, why people carry on with it? I mean, to me, I don't understand: when you know it is falsehood, why should you carry on with it? Of course, you can play with it. That's a different thing, just to play. Just like children: they build everything. If you tell "Put them on the sand," they'll build a big castle and they'll make a house and they'll make a cowshed and everything. And [afterwards] just they break everything, take it out, clear out the whole thing. They know it's just a play they have done it. They are conscious of it.

If this consciousness is there, then one should say that such people are seekers. That is the category of seekers, where they are not satisfied with falsehood and they want to find out the Truth.

Now the Truth is that the Spirit is within you and you are the Spirit. You are the beauty, the bliss and the joy of that Spirit. That's what you are. Because your attention is not there that's why you cannot feel your Spirit. But your Spirit exists, it is within you, in

your heart, waiting for a moment to come into your conscious mind, to be felt by you in your central nervous system. It's all there, built within you.

Man in his madness doesn't realise that God has made him from amoeba to this stage for some purpose. There is a big purpose behind everything, and the purpose is that now you have to know your Spirit by which you enter into the Kingdom of God. You have to enter into the Kingdom of God. How? What is your passport? Is your Spirit. Because when the Spirit starts shining within you, you start transforming. You start transforming into a new being, into a new personality with a new awareness and you are a different person. Your priorities change.

But those who are not really good seekers I would say, may have a three-legged race, as I call that. They'll be identified with something else. What is a three-legged race? Is that you are tied with one leg to another personality. Now this could be the job, this could be anything else, and you are tied with it and the progress retards, it goes down.

The progress in Sahaj Yoga is only possible when your attention is on the Spirit. How do you nourish it? That's another point. The only solution is collectivity. A person who is not collectively nourished cannot grow. He cannot grow whatever he may try. These are the two very important points of Sahaj Yoga and one has to understand [that] this collectivity is to be grown within you. But what do you become? Actually what do you become after your growth? You become a collective being. So you have to nourish yourself in collectivity. People just don't understand this simple point that you have to become the Collective Being. And that nourishment, if it is not growing into you, then you are not a Sahaj Yogi at all. You are just having the trip of your ego or your super-ego. And this is very important. By saying you are brothers and sisters and this and that it's not possible, I know that. It's wrong. It's another game.

Just like baptism it's another game to say, "Oh, we are all united together and we are all brothers and sisters and nothing should prevent us from being that." Socially we can be alright, but politically may not be, or economically we cannot be and all sorts of things can come.

But after Realisation, when the Kundalini rises through these seven centres and pierces you through on the Sahasrara, then you start feeling the vibrations, feeling the cool breeze in your hand. This is how your Spirit is talking to you. The rapport is established. You are connected with the Spirit. That's the sign. If you are not connected then you have to get connected, then we can talk about it. Before you are connected what is there to talk? What is there to say? Supposing this (mic) is not connected, how can I use it? Tell me. Is there any way? It's so simple as that. Everything is so simple which you people have made so complicated. To me, a simple person, I don't understand. I mean, it has to be connected or not? Any telephone is to be connected to the mains or not?

So the connection has to be there. And once we decide the connection has to be there then what are we doing about it? That we are doing Sahaj Yoga. What is Sahaj Yog? Is the right of every seeker to have this connection with the Divine. This you are doing in your own right, no doubt. There I cannot challenge your right. It's your right. Say for example, in a government it's decided that all those people under sixteen must be given £5 each. Alright, as long as is under sixteen you have a right and the government will see to it that they fulfil that promise, isn't it? In the same way you are promised that, in the modern times, all those who will ask for Realisation will be granted. What a promise to make! Just imagine! And use me for that purpose, or Sahaj Yogis for that purpose. This is being promised in many scriptures, by many incarnations. The time has come and I have to give you Realisation. More and more people have to be given Realisation, all those who ask for it. Of course it cannot be forced onto anyone! This is your right! It is your right to ask for your property but if nobody asks, the government won't go back on them and tell them, "Now, please have it, we beg of you, we fall at your feet," and this and that. Do they do that? In the same way, nobody is going to fall at your feet, but if you ask for it, that's your right, and you can have it. But the difference is that the right is to be exercised in a full way. If you ask a right that, "I want to become the governor of a particular place," then you should be able to assume that power. In the same way, if you think you have right then you must assume also the power of Spirit within you. You have to keep your attention to your Spirit.

Now, the whole system of Spirit is so dynamic and beyond human comprehension that you are suddenly amazed and surprised

at it. First of all you are amazed. Then you start thinking, "How can that be so simple? How can that be so easy?" I mean it's not simple! In the sense that you have been made from amoeba to this stage. Is it a simple thing to do? Can you make one dog into a human being? Or even a horse, which you like very much. Can you? To make so many human beings out of amoeba, isn't it a difficult thing?

And if you are made that, that evolution must have rendered something within you, in that something is built in you.

And when it works out it looks simple, but it is not. It has a big background which is being worked out to bring you to this stage, just to know 'thyself.' "Know Thyself," simple words. It's too simple for human comprehension that's why it is too difficult. Because they cannot go to simple things.

"Know thyself". What is 'thyself'? You ask somebody, "Yes, I know myself very well." "Now, what do you know about yourself?" "I like to go to pubs!" That's thyself! "I like to become something great." "I like..." That's what you know your self? What you like? Or else, "I am afraid." "I am frightened." "I don't believe in this." "I don't do this." "Is this 'I' the one you are? Is it?" Then they will say, "I am not sure." But when you are the Self, that's absolute and that's sure-shot that's what you are. You know this is it.

When you talk as a Spirit, you have no doubts, you have no doubt at all, because the absolute is established in you. For example, you take ten Sahaj Yogis, ten small, little children who are Realised-souls, and ask them to face a personality and ask them, "What is the problem with this gentleman?" And immediately they will say that, "This gentleman has got this finger problem or this finger problem." All of them will say the same, with their closed eyes. Everyone will say the same thing. They'll not criticise each other, because everybody will feel the same thing. All the children will feel the same thing. You cannot befool children. They'll say, "Yes, they are catching on this finger!" And you ask the person, "Have you got bronchitis?" He says, "Yes, I have!" Or something like that; even liver, anything which is not even diagnosed by doctors. Not only on physical side, on the emotional side [also] you can say.

I met a lady the other day and said, I asked her, "Do you believe in anything?" She said, "I don't believe in anything whatsoever!" What sort of a thing is that? A personality and a personality I meet, I tell you! One 'better' than the other! She said, "Only I believe in myself."

"All right, doesn't matter! Even then I am agreed that you believe in yourself. But where is your Self? Where is your Self; in what thing do you believe?" When that Self manifests, then you have no questions, you are doubtless, you know this is it. You have no question about anything whatsoever, you know everything.

That's how the vibrations tell you. This is the Spirit that tells you. The Spirit within you tells you. You ask the Spirit, "What is to be done?" You ask any question. For example, I was born in a Christian family and in India people felt very funny that a lady who is supposed to give us our moksha and our Realisation should be a Christian lady because they thought she has to be a Brahmin or something like that. I am a Brahmin in a way because I am a Realised-soul. I have no caste and community, but I am a Realised-soul. So, they asked me a question, "Mother, how is it you were born a Christian?" I said, "Alright, you ask on your vibrations: 'Is Christ the son of God?'" Imagine for Hindus and Muslims, to accept this is very difficult. And the vibrations [started flowing], and the most orthodox of Hindus immediately, immediately accepted.

For them one advantage is there that they know that the cool breeze is the way you can make out that your Spirit is flowing, that's the only way. They know, that's an advantage they have.

But they gave up all that, and a revolution came into them! Imagine Hindus of India, who are such orthodox people, have been dominated also by Muslims. Now they take the name of "Allah hu akbar,"! They are trying to know the Namaz. They are trying to do the Namaz. All this fanaticism is going to be finished, absolutely crushed, as soon as the Spirit starts manifesting itself. Because only truth will be accepted.

In the same way, we have Muslim disciples: they have accepted Christ, they have accepted Ganesha, they have accepted

everything, because on the vibrations you see the truth is there!

Fanatics will also have to come around. But first those who are doubting fanaticism will first of all get it. How can any fanatic be correct? Because they are talking about one God and they are in juxtaposition with each other. How can that be? But it's so. If you talk to a fanatic, who is an ardent Muslim and an ardent Hindu – they hate each other! They cannot understand how God could create them, the one Person can create both of them. They think they have separate Gods! I don't know how they carry on with their fanaticism because I can't understand.

But the entire truth about everything can be known through your vibratory awareness! And this vibratory awareness comes to you through your attention which is enlightened by your Spirit. This Spirit resides within us. All the time it knows everything what we do. It's the one which knows all our feelings, wherever we move. But the same Spirit, when it enlightens our attention, the thing that He's enjoying, itself, or it is enjoying itself, becomes our experience. Because the Spirit is collectively conscious and we become collectively conscious.

Those people who are not collectively conscious are not Sahaj Yogis, they are absolutely just 'so-called'. First collective consciousness comes in, within us, by feeling the cool breeze blowing through our hands and by feeling all the fingers and feeling all the chakras.

Some people don't feel it in the hands if their Vishuddhi is not alright, but still they can feel within themselves. Like there are devices I feel, as, if the gas fails, then the electricity works out! That also works out in many people.

You can feel it within yourself, where is the problem and you can feel the chakras. That's the first thing happens to you, that you feel the collectivity within you. That you are a collective being you feel. You also feel about yourself, what you are catching, where you are catching. And ultimately, then, you start feeling, nourishing your collectivity. Which is the point very much missed in the individualistic society. Because the whole of the individualistic society is based on competition and there is no competition in Sahaj Yoga. It's just the other way round. That you nourish on other people. The person who cannot carry on with other Sahaj Yogis is a sure and certain person who is going to get out of this.

You have to nourish yourself on collectivity. And once you start doing it, somehow or other, you see, I have seen some people, it clicks with them, sometimes. But with some people I go on telling them, "This way, that way" in so many ways I try to work it out, it never clicks. But with some people it suddenly clicks and they become different people. Everybody then certifies, "Oh, they have become very sweet now." But some of the people just go on, just like, all the time they are like thorns, and anybody they touch, that person gets a fright. And then that person says, "Alright, I am getting out. I am not talking to anyone, I am not doing this. I am just keeping quiet." That's all they can do. They cannot take out that thorn from themselves and can become one, articulate with others. And when this thing happens, one has to know that there's something wrong.

After all, from where are you going to get your nourishment?

The Spirit is shining, the sun is shining, but your tree of life has to get your nourishment from collectivity. Once you realise that, it works wonders. It has worked wonders with so many people all over the world. But there's a greater danger for people, where individualism is regarded as something great, where people think to be individualistic in their attitude towards their selections and choices and the decision-making. For every small thing they will make a decision. Why? What is the advantage? What did you gain by wasting so much energy in decision-making?

Whether you'll have the fish and chips or you'll have hamburger! What does it mean? Why waste so much energy on that? Where is your attention?

All these things, all this attitude is nothing but ego-oriented and is competitive. And also all the medias that are used are just trying to exploit it. Like, they'll say "If you have a cigar it's sufficient, you need not have a Rolls-Royce," or something like that. So you buy a cigar like a madcap. But if they put it in the television then fifty percent [of] people will do it, as if they have no brains to

use. It's a mad world that way. To me, it is not, in a way, because you are seekers. Have you ever seen so many seekers? Seekers of Truth. They are not only claiming, they mean it. I know, they mean it. They are not just claiming. It's not a fashion with them, they do mean it. And I am really very happy about it that there are seekers, those who are seeking, who are honest and intelligent and who want to know who they are.

Today, as I said, we'll have a short programme. And there's no end to my speeches. I don't know how many speeches I have given now, I've lost count! This is only just to make your attention a little steady - then the Kundalini rises. Without that happening your attention cannot go inside. Once the happening takes place your attention is pulled in. The whole attention goes inside and it is carried and is brought to this point where it breaks: this is the seat of your Spirit and the seat resides in your heart [at Brahmarandhra]. And you are blessed with your Self-realisation.

Now, the growth has to come, that you have to move your awareness towards the Spirit. And when that happens, that your Spirit dominates your awareness, that your awareness becomes the Spirit, then Satchitananda [begins]. 'Sat' is the essence of your awareness, is the Truth; through your awareness you know the truth. 'Chit' is the attention and 'anand' is the Spirit. The essence of the Spirit is joy. All these things become one. That has to happen. Then the growth is much faster. When it is half way round, the growth is less. And the growth is to be felt in your collectivity not in how you organise some things and all that - no! In collectivity. How you feel about the whole world, how you are connected about the whole world. What you are doing about it. Can you work it out for them? Where is your attention? - Again.

As soon as you go on your Spirit, you will start worrying about the whole universe. It will happen. The priorities will change, "Oh, I am here, I am the Spirit. And my work is not this. This is useless, this is not meant for me!" And the attention will start going from all mundane, gross things to the spiritual side. But by going there you become so dynamic that all material things will work out just like that. [Shri Mataji clicks Her fingers]. You'll have no problem with material things, they will work out.

Like I'll tell you that a few examples are like this: You know I am a married woman and I have got grandchildren. I run my house very well and I have a household and mine is a marathon race! I mean, all of you have a relay-race but I have a marathon one. And it works out.

But apart from that so many problems are solved. I'll give you a simple example. Some girls have come from Australia. They told me, related, many problems they have solved. But one of them was very sweet that, there was a lady: she very much wanted to come to India to see me, and she thought her money was not sufficient. Now, money is absolutely material. And the little child, daughter she had, she also wanted to come. And the girl was having a jumble-sale, something. So she collected some of the trinkets here and there and went for a jumble-sale. And they discovered that she had a very expensive bracelet of gold, suddenly, which sold out for the amount of money exactly required for the ticket of the mother and the child. Exactly! Oh, this is nothing.

There are many people who have known how materially it works out. For example we have a doctor of physics here (Regis), who was doing his doctorate and he did it for years and years, I don't remember exactly how many years. And he brought his papers to me, he said, "Mother, I cannot now have anything more done, now I cannot even make it a fair thing. I cannot put it in the bound. And this is how I'm going to now present it. I am fed up. I have finished every single pie (1/192 Rupee) I had."

I said, "All right." I just did like this to the thing (gave a bandhan). He said, "Are You not going to read?" I said, "No, what is there to read? It's all right." You won't believe - he went next day to see the gentleman and he became a doctor of physics! That's how materially things work out. Krishna has said it, "Yoga kshema vahamyaham." Yoga, when you get your yoga, when you are connected with God, then He looks after your kshema, your well-being.

This is so simple to understand. There's another very simple truth one should understand that, if we are not connected with Him, how can He look after us? We have to be connected with Him: so we know His desires, we know His ways, we know how to please Him, we know what to do and so we can ask for what we want.

You don't even have to ask! You'll be surprised how things work out for you, how family relations improve, social relations

improve, economic relations improve. All these things are on your centres. And as the Kundalini rises, she starts spreading sideways also and you start getting the effect. The first you get is the material and the physical, and that's how you know how we have cured people of cancer and things, just like that! (Shri Mataji snaps Her fingers)

People don't understand how we have done it but we have. Because Spirit is the dynamism within us, it is THE thing. Like one diamond which is put in a ring and embedded in the soil, saved permanently, just to keep it out of problems, is suddenly discovered. And that's why it is all we seek. The basis of all our existence is nothing but our Spirit. That's the basis, that's the adhara, that's the support.

And to us it should be a special blessing for our Lord, Jesus Christ, was the embodiment of that Spirit. He came on this earth just to show you the way of your resurrection. It's a special blessing to us. But Him also we have made it into a fanatic stuff. We are 'great' people! Give anything to human beings and they know how to make a good mess out of it. That's what I have discovered. He was crucified; that was all right, because He cannot be crucified, He cannot be killed, that I know. But the way now He is clouded and how He is plucked out of reality and put into something false, sometimes it's so shocking, frustrating and so humiliating that you can't imagine.

Whatever done is done. The quality of Spirit is forgiveness. The symbol of Spirit is Christ. And the power He has given us is to forgive, because He has that power to forgive. He's the power of forgiveness. He is the ocean of forgiveness. So, He's so powerful that He cleanses you through forgiveness. Just by forgiving you He cleanses you. And that's how it works out. So you should not try to build a guilt in your mind. That's the only thing most of the Christians do, is to sit down and build a guilt by spoiling this part of the chakra here. It's amazing how it has come to us, this guilt. Perhaps the psychologists or confessions, I don't know what it has been! They are guilty in imagination. And that part is very sad. That does not help. You are not to be guilty. You are the Spirit! What crime Spirit can do? Nothing! Only you have to get out of it, to become that.

That's what we are going to have. And let us work it out. We have some new people over here. I am sure it is going to work out. But for all the new people now, I have to say one thing, that Sahaja Yoga is not a thing you just go for a programme and get out. It's dangerous if you get your Realisation and still you do not recognise Sahaja Yoga, it will be very difficult for you to come back to Sahaja Yoga. So, please understand that, if you have found the way, do not lose it. Try to follow it. I have nothing to gain from you. It is you who has to gain; that's your right. You better have it.

May God bless you all.

About these chakras and all that: we've got some papers, which you can see yourself and read and you can understand. It's there? So, let us, put your hands like this and we'll work it out.

Are you feeling the cool breeze? Are you? Good. Today I'm talking about! Absolutely about this awareness. This is not on faith. You'll get it. It's working out. You'll get it.

Can you see that? It's working out.

(Gavin and Bala make a brief speech each to congratulate Sir CP on his re-election)

Sir C.P.: Dear Sahaja Yogis and Sahaja Yoginis, I am very, very grateful for all the kind words that have just been spoken about me. And I am truly delighted that you find it a source of happiness that my wife will stay on here for another five years. I now see how many good wishes there were and those who wanted to wish. I am sure it's because of your will and your desire that my wife should stay on here and they helped me! I want to thank you very much for this, this evening. It's a great pleasure and privilege to be with you. And I say this because you represent the fulfilment in some ways, of the dreams and ambitions of my wife. She has been wanting it many years to spread her message and the only person, as a student, who was available was myself.

I can assure you that She will be here, She will be with you and She will be with ?? and with family that you are building up, all I can say, may you work like a treat and this world become a better place to live in. May all [unclear] ...that we are all brothers and sisters on this day, whatever the colour of our skin. And whatever [muffled]. Thank you all very much for this.

Shri Mataji: To hear everything, I don't know what to say. I must say that, if this kind of a thing starts working out in the whole world, then people will take to Sahaj Yoga, because they will think that there has to be a sustaining power. You see, as a seed grows who has to come up and that's the very thing that happens to you. And always you get this working organisation in the office also. They had the same feeling of a family which works wonders also. So even before Realisation, people can break through everything, and why not after Realisation? Thank you very much. All of you are very happy.