

telephone somebody then there should be a connection ...By doing these rituals, you people have thought that you have done some very nice " karma " and you should get something out of it, and I should get the salvation ...No doubt you should get it but the right path for that is not by doing these rituals. God has made the path of salvation within us about which I have told you that there are some chakras within us and inside these chakras the shakti flows, from where we get the physical mental and intellectual power. But in few days this power gets decreased...And when this power gets decreased then 2-3 types of things come to our mind ...

The first thing is we suffer physically...

Secondly, we can suffer from a mental disorder...

Except this, our intellectual side is also get affected, such that when we say something then we say about one thing or the other ...ie nobody could understand what we are saying...

You can see the effect of this kali yuga in America...

In America, there is a saying that 56% people will get schizophrenic means for some time they will get mad and sometime they will be alright ...These type of half ad people I have not seen yet in our country but there are so many people there. (Who are very good for some time...do there work and then immediately their condition gets worse ...And there is no way to keep them alright)...There are so many things there like physical suffering which has a strange appearance ...small children are even so anxious there...so many bad diseases they are suffering from ...that they can not get rid of these diseases Except this there are many false people there who have robbed them ...and by robbing they have made money By this way, they are suffering a lot from many problems. And we think that America is a very nice place where people stay very comfortably ...While they are very sad people...Because those people who never go outside, who have never seen anything have a wrong feeling that Americans are living very comfortable life... To get rid of this thinking you should know the reality, and the truth ...Doesn't God have made the path for us to find the truth? This type of thinking is also wrong. God has made within us the power of Kundalini, and when this gets enlightened then it rises from the six chakras within us and pierces to the fontanel bone area spreads through the Paramchainaya of this world ...This is the truth ...Not because I am saying this...you will get the experience of it and it is very necessary to experience it to get rid of all your problems...

You will get rid of your ignorance ...

You will be capable ...

You will be strong ...because this power is within you. By this power only, these flowers are there, our heart is working ...If this power is within us and if it can be awakened then why not do it? Why not get it? There is one Gyaneshwar in Maharashtra, he has told in 6th chapter that this work is done by the Kundalini...Whatever he can tell in the form of the poem he has told. Maybe he has told it in elaborated form but during that time dharma people didn't believe so, he said that this chapter -6th should be ignored...Nowadays there are different religion killing people who are half doctors, half intellectuals, half-wit live, (buddhi Jeeves)who have started saying that this is not the truth ...What is the benefit saying this?

What is the benefit of saying this? Who is going to be benefitted by it? "By making these type of things and confusing others and not letting them get what they want or deserve "- In Maharashtra, this is a huge curse ...And in Maharashtra, there are these half-hearted intellectuals and "BUDDHIJEEVI" people who have made the disastrous situation here. When I read the newspaper then I use to get surprised that by raising any false thing on the head why do they run and by doing this which society is going to benefit. By this, you will get no happiness and pleasure. Nothing you will be getting. By reading the newspaper I get surprised by seeing that -this newspaper is standing with this politics and that politics. Is there any culture in politics nowadays? Is there any goodness in it? Is there any accuracy in it? All are being made in rotten platforms and if they need to be corrected then, first of all, get your self-realisation. And those who don't get it can never do the right work...

he can never give happiness or pleasure to anyone. He will be immersed in his own greed and selfishness. And no matter how many people suffer from him...

And this greediness is because of money and power. But if these people will get their self-realisation, then they will also understand that why we had put our efforts in this direction till today, Why we were running behind these powerful people and due to which neither we got the pleasure nor others.

How this greediness is a strange disease ...They must be having their own houses and their vehicles but even then their walls should be filled with money. Neither they can lift their walls nor their vehicles...But just by saying, this greed and fascination is not going to go. There is only one way that their spirit should be enlightened ...When this spirit is enlightened, then the person gets alert that oh! what am I doing Where I was going. Which hell was I paying money for? What I was doing?

When he gets the realisation of this, then he uses to think that what kind of situation I have made ...If I will die then what will

happen People recognize me from my goodwill but what bad condition would be there after dying? And after dying, people will think that It's better to get rid of such an evil person. It's better to live in self-pride than to live this kind of life. They don't know how to live with self-respect. They think themselves a great people by spreading wrong things /false things and doing wrong kinds of deeds ...And they fall very badly after that. The thing which is very needed today is love for the country, selfless love for the country. We have seen many great lovers of the country who have dedicated their body, mind and wealth (their whole life) for the country. But now where are these kind of people? There are mostly selfish people and behind them also selfish people are there... But the meaning of selfish is to be understood that -" The person who knows the self is Selfish ". And this selfishness we can get by awakening our kundalini and seeing our Atma (spirit).

When the light of spirit comes within us then firstly the person gets to shine in his face. He gets the speciality in his character. He becomes idealistic ...In it, these little things are runaway. And you don't have to go anywhere to get it, there is no need to enter into any forests, and there is no need to go to any saints and hermits for chanting mantras etc ...

You don't have to leave your wife, children etc...

This is within you which should be awakened ...But why do you people believe those persons who say not to awaken your kundalini?

These people are destroying society.

How glorious man is...God has made him so glorious ...He has not made humans become the slave of these evil people... He has made him stand in his glory and self-pride and see what I am?

And this facility is available inside human beings.

If I am saying then I have to do nothing with it.

I have not to take anything from you.

If there is something then I have to give. And to give the knowledge that you are so important and you have this power ...This power should be worked upon you and you should get it ...

And after getting it, just like seed sprouts and made into a big tree you can also become the huge trees especially in this Pune you know it is called "Punya Patnam" in scriptures.

But it is not seen here that somebody is collecting the Punyas, everybody is collecting the money only. To gather the Punya also you need to know spirit, without it you will not know which is Punya(saintly) and which is Apunya (not saintly). And for that I have made all arrangements, God has made the arrangements within you ...You don't have to do anything for it. Only after awakening your kundalini, you should take care of it ...Should grow that tree (tree of self-realisation within you) And there should be trees such that they prepare other trees also and should give shade like an umbrella to other peoples.

In Marathi, there is a sayingIn Marathi

25:09

45:16 (Mother gives realisation in Marathi)

46:02

Put your both hands in front of me... You don't have to do anything you all are Indians and you are sitting on the land of Pune is enough. And there is no need for anything. You have taken the birth here in this land, is enough. And you have not to do anything. put your both hands towards me. Now you put your left hand towards me and bow your head and see whether you are getting the cool breeze in your fontanel bone area which was the soft bone area? Put your right hand at the top of your head. See Whether you are getting the cool breeze from it.

(In Marathi)

Put your right hand towards me ...And bow down your head and see once again from the left hand that Whether you are getting the cool breeze ...This time you have to forgive yourself and others. By doing this you will get the cool breeze. Now forgive yourself and to others.

Whether you forgive or not, you do nothing but cheat yourself so please forgive everybody at this moment.

(In Marathi)

Now again put your left hand towards me and bow down your head and observe that whether you are getting the cool breeze or hot breeze from your head ...

If you forgive yourself and the others without thinking then you will see that the breeze coming out will become cooler ...

This is Chaitanya...This is a divine cool breeze.

Now put your hands towards the ether element and put back your heads like this and ask whether this is param Chaitanya...

(In Marathi)

Put down your hands ...

Put your hands in front of me without thinking ...

Now, those people who felt the cool or hot breeze in their both hands, or fingers or from their fontanel bone ...raise your hands ...

(In Marathi)

Now, this is the land of Maharashtra see ...

I bow to this land of Maharashtra and I bow to the seekers of truth ... and endless blessings ...endless blessings ...

(In Marathi)

Now you are thoughtless and thoughtlessly unaware.

Now you will feel the inner peace ...

And you will feel joy Bu you have to be settled in it ...

Just like tree settles down in the mud ...

Now you have been sprouted ...it doesn't mean that from now you have become the higher person You have to settle ...And respect your self-realisation ...You have to believe in it ...

(In Marathi)

We have many good centres in Pune and many good Sahaja yogis who will guide you ...You don't have to give any money in it, nothing.

You go there and receive it ...

You will observe that your kids will be alright, the society will be alright, their bad habits will go away, will improve their healths and 1000's of blessings will be given to you because you deserve it ...

(In Marathi)

But you have to go there and learn it ...If you care for your family, your society, your kids then Please receive your realisation in Sahaja yoga completely and get the blessings from it. Endless blessings to all of you.

1996-0119, Disease and its cause

View [online](#).

19 January 1996

Disease And Its Cause

Public Program

Rotary Club of Pune Central, Pune (India)

Talk Language: English | Transcript (English) – Draft

1996-0119 Public Program Rotary Club of Pune Central, Pune (India)

[Announcement]

Her Highness Mataji Nirmala Devi. May i request Charter President of rotary club Pune Center, past president S P Malhotra ji, may i also request general party chief of staff to please come on this side and garland mother. I request past president bhai Shri Malhotra to felicitate mother. May i request to please light this lamp. I request [UNCLEAR] to introduce Mataji.

Dear fellow Rotarians members of the top management [UNCLEAR], chief guests ladies and gentlemen. I have been asked [UNCLEAR] introduce this mother, i can only say that she is most loving, most affectionate very kind hearted and a divine soul, because whatever i am saying i am saying from the core of my heart, from the inner depth because i am here today after fourteen year, i remember Mataji we met first time on 17th of January 1982 in Rotary district conference in Ashoka hall Delhi. There i went to say bye bye to my friends and colleagues over there since i was to go for my bypass surgery, it was all set and just to see that before finishing this pilgrimage i should meet all my near and dear ones and beg apologies for anything if i have done wrong to them and in that context before leaving for states at Houston where i was to go for my bypass surgery i attended the meeting of Rotary district conference in Delhi just to meet few more friends and there that i saw the program the same what is [UNCLEAR] which we kept today [UNCLEAR] through kundalini awakening by Her Holiness Mataji Shri Nirmala Devi. Just fourteen years before i was introduced to this subject and friends i am before you fourteen years have passed with the "Karunamayee" "Kripamayee" and what all i should say because of her blessings... because of her... you see fountain of love which is flowing from her not only for me of course i [UNCLEAR] there and i have the drops of those nectar from her. But she has got a fountain of [UNCLEAR] from her body for everyone, it is up to you that how serious you are or how much "Shraddha" you have or how true seeker you are for this self-realization. I think i should not say any more on this subject because when the power house or the fountain of that nectar is before us let us hear from her, and not only hear but i think we are all very fortunate that we are here today, if you are true seekers and if you follow what you are being told truly from the core of your heart i am sure that before you leave this hall you will be a realized soul. This is the only introduction i can give for my most loving respected Maa and one thing again i would like to tell you that during past fourteen or fifteen years i brought Mataji to Pune that she will be in Pune will be having more time will have a more affection and love but she is hardly few days, six to eight or ten days in Pune and rest of the time she is in Italy where there is one very big center near Milan, in UK, in Europe, in Australia, in America seventy centers are over the world and i know that since she does not differentiate between one son to the other son she has to go everywhere to meet all his children and we are very fortunate again i am repeating we are very fortunate that Shri Mataji is with us today, i am grateful to my friend Dr Pauli Umranikar president of Rotary club Pune center who at a very short notice could agree to my suggestion of holding this special meeting, gentlemen you know that today's meeting was originally every Saturday, and Saturday being 20th and 20th January you know it's a national holiday for our Rotary because of Polio pulse, you see the Government of India has accepted this request of ours and the nationwide [UNCLEAR] in December one day and 20th January two days were fixed by which [UNCLEAR] to completely eliminate polio from our country, today we say that it is 57% polio is there from India but tomorrow is a day when the mass realization will be done and see how lucky we are that we will be doing immunization through some drops and other things but here you get the nectar directly [UNCLEAR] nectar through Shri Mataji. I shall now present to you my most beloved Shri Mataji.

[Talk starts here] 10:35

I bow to all the seekers of truth, in this special time that we call as "Ghor Kalyug" the worst time when we have problems of all kinds that surrounds, of course we have physical problems we have mental problems, emotional problems and also economic, political and social problems. We are surrounded by so many problems such a permutation and combination of problems we really get confused and the essence of kaliyuge is "Branthi" is confusion. At this juncture one has to understand there must be some solution and there are many who are seeking the solution for all kinds of these problems that surrounds. First if we turn to science we find that science [UNCLEAR] it doesn't give you any sense of morality and also is quite livid, then we have to turn to religion there also we find lots of problems going on as far as religion is concerned people are fighting in the name of god and doing [UNCLEAR] of things that is also something [UNCLEAR absurd].

So then what to do where to find the solution for our problems, science cannot answer many questions but the most important is that why are we among [UNCLEAR], what is the purpose of our life. This cannot be answered by science, for that when we turn to something which is very deep which ours inner spirit about which so many saints have talked, specially in this Maharashtra we know is a place where so many saints were born and such great saints that they were appreciated all over the world. There was one called Namadeva who was just a tailor and he went down to Punjab where Gurunanaka swamiji and he could immediately see what he was like, so he asked him to stay in Punjab and asked him to study Punjabi language and he has written such a big book in Punjabi language about what i am going to tell you today. As Kabira has also described it they all have described about a power that is within you which is to be awakened and this power is called as Kundalini, Kundal means you can say the coils and the energy that is described, Kundalini is in the sacrum bone. Now that means the Greek's knew it's a sacred bone because they called it sacred, now they all have talked about this that you have to seek yourself don't have to seek outside, don't indulge into "Karmakanda" and don't just get lost in all these outward things like giving up something or going into penance but it is something within which you have to find out. And what is that you have to find out they have described it making different words, but the simple thing one has to understand what they have said that all around us is a power which is called a [UNCLEAR] you can call it "Alak Niranjan" you can call it as "Param Chaitanya" you can call it the all-pervading power of divine love you can call it also the cool breeze of the Holy Ghost as written in the Bible. But actually it is the power of love of god, now many people don't even believe in god, but whether you believe it or not you have to keep your mind open like scientist because if you already preconceive the ideas then it cannot be explained, but if i am telling you something as a hypothesis... take it as the hypothesis... and if it is proved then it is better that we should accept it because i am talking about the power that you have your own and this power needs to be awakened because then you will know what you are, so far we have not known what we are.

Now the subject here given me a little bit limited that how it helps our health, the awakening of this power which is residing in our sacrum bone for three and a half coil, now what i am telling you today is not something that i have discovered today, it has been there with us, this power has been with you since long since you are born long time back, i should say that this is your mother which is within you, it is anxious to give you your second birth which is described in all the scriptures that you are [UNCLEAR] second one. Now this power how it can help you in a physical improvement is the subject what [UNCLEAR] has asked to talk but it is not... it is very deep it is... but in any case i would like to tell you what are we made of, first of all you must know about yourself, now you should not take me for granted or believe into me blindly, we have lots of problems blindly but if it proves then you have to accept it because it is for your health, it's for your wellbeing for the wellbeing of your family, for the wellbeing of your city, wellbeing of your country and the whole world at large. It's something so great and this is the last breakthrough of your evolution, you are a human being all right but this human awareness is not absolute, it doesn't give you absolute truth. One person thinks this is the truth another person thinks that is the truth but why this happening you really can feel this all-pervading power on your fingertips, you can easily feel it on your hands and you can also feel this cool breeze coming out of your own fontanel bone area which is called as Brahma Randra in the Sanskrit language. All these things happen no doubt and it works out very well, for example [UNCLEAR] was telling you about his weakness and illness, it's not very difficult to cure this simple trouble of Angina it's not difficult because if you know about the centers, what center has gone wrong where it is gone wrong, what was been used too much and how do you get this trouble. Now you will be amazed if i tell you Angina is caused by a center here we call it as left, this center catches when you feel guilty it's a fashion to be guilty so very big fashion to be guilty, you know even small thing like you spill some coffee you feel very guilty because the norms of the bottom line are so tight that you do anything wrong you start feeling guilty that affects this center and that's how you [UNCLEAR]. So i have to say it today because the time is

very short to tell you about what you people as i have seen... as you are... what diseases can trouble you and what is the reason, that much portion i have today to deal with.

[Some body talking from the crowd] - Mataji time has been extended up to 8 O Clock

[Mataji talking in Hindi]

I can see the people who are here, the kind of life they have and i would like to tell you what you can face in life at least i can tell you very clearly. The first is that there is a center which we call as Swadishthan chakra which is the second center and this center is very important for you because you are all busy people you are futuristic you have plans you want to do this... you want to do that... This center... there are six center above the lowest one, the six centers are the ones which are awakened by this Kundalini, now second center i am dealing with because i find that you people all are susceptible to the attack of this center. Now this center comes i don't know how many doctors there are but there are two sympathetic nervous systems, left and right, and when they join together like you see you form another center, so now this center is to the left and the right sympathetic nervous system and make into what you can call the Swadishthana chakra, now this center which medical science doesn't know is very important for people like you because you are futuristic, you are using your brain power too much, all the time this energy is going out, you are thinking, planning... planning... planning. Now what happens that this is the center that supplies energy for your brain cells. Doctors do not know that who supplies the energy from the brain cells, this is done by this particular center. Now the second part is that this is the same center which is on the physical side we know on the medical science as well [UNCLEAR] it supplies energy to liver it supplies energy to your pancreas to your spleen to your intestines to your kidneys, all these organs [UNCLEAR] are looked after by this one center being called as Swadishthana. So when you are using too much of your brain cells all the energy from this center goes to your [UNCLEAR].

So the first thing that goes wrong is that other important organs which require the attention of this center suffer. The first one that suffers is your liver and the liver suffers in such a manner that the heat of the body which comes as the poison is to be circulated through the circulation of blood system, it cannot do it because it is so weak it cannot do that. So the heat starts accumulating when this heat starts accumulating what happens it starts moving upwards, we have now one center that we call as the heart center this is for our immune system, to this is on the right side and left side we have two right and left centers further [UNCLEAR] for the lung right side and the left side is for the heart. So this center gets affected by the heat and people develop Asthma as simple as that. Asthma is a very common disease people develop who think too much, who plan too much, who work too hard and all the time they are making [UNCLEAR].

Now the second thing that it happens is that your pancreas will be affected and as a result what you develop is diabetes, if you go in Maharashtra villages i have seen when they offer the sugar in the tea they first see that the spoon must stand at right angle when you put the sugar otherwise they think this is no tea this is a joke, so much sugar they take and they never get diabetes because whatever they earned today is finished by the evening and sleep, next day they earn sleep well, they don't have insurance problem tax problem this problem all these modern problems they don't have. So they are happy people they don't have any diabetes or anything, but while these people who are on [UNCLEAR] and sitting down planning... planning... planning that time we have diabetes and this diabetes develops, it's so common i mean [UNCLEAR] we never take it seriously that something specially wrong about this diabetes which can result into lots of problems. So this Diabetes is caused only because we are futuristic and we think too much.

Now the another imbalance comes with the worst in the spleen, now see our modern life is so hectic, if you can witness if you can see in our self for example early in the morning [UNCLEAR], in America it's much worse of course that they have no time to have a bath and even to brush their teeth, in America they will brush their teeth in the car [UNCLEAR] because they haven't got that much time at home even to do that, so some of them will put on their jeans and all that and rush into the cars and drive as fast as possible, while doing that all the present thinking now i am late... i am late then they see the jam on the road then they are even more upset then they go to the office, the boss is shouting at them even worse, but the worst is early in the morning you eat [UNCLEAR] and you get such a shock i tell you, they always do shocking things they won't do something good isn't it, so something shocking has to be there shock your mind you need it [UNCLEAR] that's what is this going on in this country what is

going on in other country and you will always [UNCLEAR] some horrid time on the front pages, now with that we get so upset and that upsetting causes problem for our spleen because our spleen is a speedometer and it emits RBCs it creates RBCs Red Blood Corpuscles whenever there is an emergency, now we are always in emergency, it's such a hectic life you know we don't even take our breakfast we rush sometimes we have breakfast in the car and if we are moving on a motor bike we might have even then, formally it used to be in India especially the husband used to sit down and the wife used to see fan him he used to have his food and that is how you see the speed of the person was kept, these days people are so speedy even the dramas the pictures and the film songs are so speedy that you don't know where you are, just you see bumps on your nervous system also. So all these makes you very hectic and this poor spleen doesn't know how to carry with this hectic [UNCLEAR] person, so it starts putting [UNCLEAR] and then what develops is blood cancer, Sahaja yoga has cure, many patients of blood cancer were declared to be dead with in one months time they are still existing for the last nine ten years and still they are perfectly all right. Now this [UNCLEAR] problem [UNCLEAR] because we do not know how to relax and there is no question because you are so busy and so important [UNCLEAR] the speedy life that can't [UNCLEAR], so when you start looking at it that i must be very very relaxed... i am relaxed you don't get relaxed there has to something else to happen to relax.

Then another very important thing is your kidneys, your kidney is also is also if you see gets coagulated, when they get coagulated you cannot pass your urine so you go on to dialysis, you go on to dialysis and you get bankrupt [UNCLEAR], nobody has been cured by dialysis it's the fact, i had a very specialist in Delhi who has got this dialysis system in his hospital which is a shop i should say, where people go there pay for dialysis... pay money for dialysis and nobody is cured, but he got this kidney trouble he came to me, i said doctor i will cure you on one problem that you will not take people on dialysis, he said alright i will not take but when i [UNCLEAR] then he got alright you will be amazed he again started doing it, i told him why you are doing now... you have promised me, he said mother you see i have spent so much money buying these machines so how can i now stop it you know [UNCLEAR] i didn't know what to say after all your mother how far she can go but he was cured... completely cured.

Then another thing that happens to you is your intestines have movements [UNCLEAR] movements they just stop in the sense you get very rigid and you develop terrible constipation, people have such horrible constipation that they are all the time in the bathroom [UNCLEAR] but it can be even more serious because constipation means [UNCLEAR] from gases all the problems come. It doesn't stop at that point, this heat can travel upward as i told you i think suppose you get a young boy of say 21 - 25 years of age who is drinking too much and also playing tennis and is working very hard or something, he might get a heart attack which would be just fatal... just fatal, he cannot survive because you see this heat will reach the heart and just you have a massive heart attack, that's not the end of [UNCLEAR] then what happens this heat can go into the brain of the person on this side on the left side and when it passes on to the left side the brain gets attacked and you get paralysis, now another disease has come, in America they call it Epistasis in that a very hard working person works very hard you see, always with a briefcase you see running for the work and all [UNCLEAR] it ruins work because perhaps i think this is very great whatever it is, he develops a disease called Epistasis in the... i mean... ordinary terms. Now this disease in this disease what happens that a person has no control over his conscious mind, unconsciously [UNCLEAR] unconsciously he may even walk but if you ask him to [UNCLEAR] he becomes as a reptile, you have to carry him like a big fish and place somewhere... he thinks alright he talks alright everything is there, the brain is alright but the body has become just like a reptile, this is another disease which is aware of such people who are extremely busy running after things and not paying attention to their families.

So now what happens with kundalini, when she raises what she does she nourishes the centers, she nourishes all the centers because that is the vital power which is meet all the living work and that power [UNCLEAR] but when it comes out of this Brahma Randra then it becomes one with this all-pervading power which is the real Yoga, that is the real union not other Yogas standing on your heads and breaking your bones that's not the thing. The Yoga real scripted Yoga is when you become one with this all-pervading power, once you are one with that all-pervading power it starts going into your body it works through your body that you can feel it on your fingertips [UNCLEAR], this is your own there is no obligation you can't pay for it nothing, it's your own just like a seed you can put it in the mother earth it sprouts, it happens like that, you don't have to do anything you don't have to take a Sanyasa, you don't have to give up anything, nothing outside, it is all within you is there and i have seen with Indian's specially very easy to raise the kundalini.... very easy, with the western you see them work quite hard but now they are also all right, but with Indian's they are specially... they are something special about them that they get their realization in no time. Then you see

what happens when she nourishes the center, it has a power... additional power and all the time that power flows and he develops a [UNCLEAR]. Now another thing that has a very important [UNCLEAR] that we are all the time thinking, now thought raises falls down, another thought raises falls off and we are all the time jumping on the crests of these thoughts which comes to us either from the past and from the future, but we are never in the present, if i say you be in present you can't, present is the reality not the past [UNCLEAR] and not the future because it does not exists, so past and future thoughts are actually false so to be in the present what has to happen is when this kundalini raises these thoughts [UNCLEAR] by that there is a space, in Sanskrit we call "Vilamb", the pause in between and then your attention stops at this pause and you become absolutely thoughtless, but absolutely aware you are absolutely aware in the thoughtless which in Sanskrit they call as "Nirvachar Samadhi", you can watch everything you are witness to everything but extremely peaceful. I will give you an example how, supposing you are standing in the water in a very turbulence [UNCLEAR] you are afraid of the waves that are coming but somehow i can ask you get into a boat you can see those waves and you can enjoy it, but supposing you know how to swim you can jump and save many others who are frightened of the waves. In the same way it happens in Sahaja Yoga that you become so peaceful... so very peaceful within that you see the whole thing like a drama like [UNCLEAR] and you are not bothered. But your attention, your own concern works because now your attention is enlightened, enlightened because of the kundalini the spirit in your heart is [UNCLEAR] just like you see there was oil and there was [UNCLEAR] which i have to just put the candle near it and it starts [UNCLEAR], in the same way our spirit gets enlightened and the light of the spirit when it comes into your attention this enlightened spirit becomes extremely powerful because it has... like ether it works around in that power as i told. So you pay attention to anyone, if you pay attention to anyone that person can get completely cured and you can know about that person what's happening, you won't believe the amount of miracles i have seen in Sahaja Yoga because this all-pervading power is now in a new [UNCLEAR] we call it "Tritayug" where it is wanting to do something, it is active before it was not so active. The other day you will be amazed there was a [UNCLEAR] and she had a son who was suffering from some disease we [UNCLEAR] very often, that disease they used to get when they were very old [UNCLEAR] but this fellow was a young fellow studying in Harvard University he got it, he was very young he was about 21 years of age, so she wrote to me that mother what should i do should i bring him down to Pune or how are we going to work it out. She was herself a very great Sahaja Yogini and you will be amazed to see that she sent me requesting me what should she do and the fourth letter she said i took him to the hospital and they said the disease has disappeared they don't know how, this all just tell you [UNCLEAR] another things that can happen because of the attention... attention becomes so active that it can cure so many diseases even without touching that person or even help, the patient himself you see [UNCLEAR] but the kundalini works because she is your mother and she is anxious to give you self-realization , she works it out. But after getting that after achieving that then you have to understand that it's a blessing of the divine and you have to believe in [UNCLEAR] divinity the light becomes very different. I might be the oldest women here [UNCLEAR] but you know the amount of travelling the amount of things i do, i don't feel it because as i told you i just become the witness, i never think i am travelling i don't think i am [UNCLEAR] and that's how you feel perfectly alright not only physically but also mentally. Now Sahaja Yoga definitely has cured so many people all over the world that i really don't know how may they are because i never keep counts of this and not only [UNCLEAR] i am thankful to [UNCLEAR] he brought some very good people to Sahaja Yoga so i cured them but they became very great exponent of Sahaja Yoga they have done so much for Sahaja Yoga they have met so many people all over the world, it was very predictable for him to bring all such people to me of course i was trying to tell him that all the sick people are coming here now going to send it to you saying that go to [Hindi Talk] so that you better cure them and not me, so but i must say it's quite creditable for him that he brought really wonderful people who were very deep and who had a great sense of responsibility that now we are working let us give it to others, now you can't pay for it, it's a living process of your evolution you can't pay for it, one thing we must understand you can't pay, you can't purchase your guru if you can purchase then it's not your guru [UNCLEAR]. Very simple thing is this that by this awakening you get so many things, firstly i know people... now you must heard about Amjed Ali... Amjed Ali was not such a great player once upon a time and he he had [UNCLEAR] wanted me to listen to him by chance i was late for his program and he was just playing something everybody was bored but as soon as he saw me on the door step he cannot see me before, immediately he said i don't know what happened to me Mother this kundalini is open he doesn't know and he started playing in a raag called Marva which is a very difficult raag my husband doesn't like that raag but he played so well as if the whole beauty of Marva was created and he said i didn't do, how i played the mother and today he is such a great musician, there are many musicians like that [UNCLEAR] so many of them they are Muslims but they are Sahaja Yogi and they are playing so well because their kundalini rose, i didn't do anything.

Now this power is your own and it's lying dormant only thing it needs to be awakened but it awakens in no time, like [UNCLEAR]

is guru for Sri Ram and somebody asked him how much time it will take for a kundalini to raise, so he used a Sanskrit word "Takshanam" "in that moment" but there should be a giver as well as the taker, you cannot force it out... you cannot... you have to have a "Sudh Echa" "pure desire" to get it, then it works out.

Now of course with the sickness people just have a desire that they should be cured... doesn't matter, but if you are cured then you are duty bound to see that others are also cured, for diagnosis you don't have to do all kind of things you know like Ramakrishna Bajaj told me he had to go for his diagnosis to America, he said i am half dead with the diagnosis only and half what was left and i want to run away. Now the main thing is that unless and until you desire to be [UNCLEAR], you have to desire that i want my self-realization not the cure but the self-realization because the totality you should know, it's not one part that you get cured of one disease and get another disease, you should get completely cured in the mental, physical, emotional, some people go to wrong gurus they do all kinds of wrong things and they [UNCLEAR] that also should be corrected because this is the power which goes to all the six centers integrates them so that you become absolutely integrated means there is no fight between your mind or the [UNCLEAR] it's like mind is funny but the [UNCLEAR] and your liver or say your heart there is no [UNCLEAR] so all integrated and you lead a very integrated life you believe you become an [UNCLEAR] in a way and you enjoy... enjoy [UNCLEAR] and you see people in England came to me and gave up their drugs overnight, i was surprised... overnight... you tell somebody to give up even drinking they can't but they gave up their drugs overnight just by the awakening of this kundalini because you become "Samart", "Samart" means whatever it's the meaning you become that the spirit and by that Atma you feel that your enlightened life is going to guide you, you don't need any guru anybody, your own light guides you what is good and what is bad, all these powers come within which are there and which must be awakened and you must get full advantage of this power. See it's not my discovery i should say in a way because all people have talked about it, thousands of years back Markendeya talked about it, Adi Shankara talked about it, then came all other on the 12th century [ie. 1200s] you see Gyaneshwara talked about it very much, then came 16th century all these three saints talked about it and in Punjab you know Gurunanak saab Gurugobind saab all of them have talked about kundalini, Kabir and others talked about it... all... Now you see not only that but also we have some people like William Blake who has talked about this kind of a resurrection and also in [UNCLEAR] unless and until you know yourself you will not work out... clearly... Quran also [UNCLEAR] was not written by Mohammed saab, there are many truths that are still there that one of them is that you have to know yourself otherwise you cannot know God. There are so many things like in the Quran which are absolutely Sahaj and he has called kundalini as [UNCLEAR] only the words are different, he called it as [UNCLEAR] and he said you have to be [UNCLEAR] means you have to be a realized soul, he said the same thing that anybody has told like Christ has told you have to be born again and he has said that you have to come and knock at the door nobody is going to open your door. So whether Shri Ganesha is correct or not whether Mohammed saab is correct or not whether Christ is correct or not you can know [UNCLEAR] that they are flowers of spirituality born in different times and they were representing nothing but pure spirituality at the different time and they were all related to each other and we are [UNCLEAR] who have taken away these flowers who are [UNCLEAR] so once you see this you will be surprised how the peace will raise because all this problems of different ideology... this that... will all subside. It is the peace that [UNCLEAR] you feel the peace with in. Now i know many who have got [UNCLEAR] are very hot tempered extremely hot tempered, if you have to trace the [UNCLEAR] you can't just talk to them [UNCLEAR] so i don't know how they got peace from which angle they got peace awards but they have peace awards.

So now what one has to know is that peace within, if you are not peaceful within how can you talk about peace and how can you give peace to others, but such a person gives peace every [UNCLEAR] because there is love and love and truth is the same. Now suppose if you love somebody then you know each and everything about that person, in the same way this truth that i am talking about, which you have to have, the absolute truth is absolute love and this love is not like an attachment that like you see you are attached only to your daughter, your son, or to your father or somebody. It is like a [UNCLEAR] which raises goes through different parts of the tree gives the [UNCLEAR] to all the parts whatever is needed and then it evaporates or it goes back to the mother earth it doesn't [UNCLEAR]. Suppose if this [UNCLEAR] get attached to [UNCLEAR] so what will happen to the whole tree it will die and the flowers will also die, so you become detached in the sense that you become really a person who has nothing but love and the love you give to everyone and you enjoy... really enjoy loving others not in a way that you are attached to anyone or support anyone but you develop the greatest qualities of wisdom and understand what is good for another person and what is not good for another person, normally you may not speak about it but you can somehow show the polarity i can call it block polarity that this was something wrong you have been doing and the person realizes, you see it's a very sweet way of bringing

around many people. Now see there have been many saints there have been very great people in this country but somehow people never liked them and so many were tortured and [UNCLEAR] and we also just read their life [UNCLEAR] biographies and all that, but nothing goes inside like you are to be [Mother talking in Hindi] "i have great faith in this person" [UNCLEAR] but what has come in you from that person we don't see. After realization only you will be surprised you become so virtuous and you appreciate [UNCLEAR] not only that you appreciate but others enjoy that you are so virtuous, you are so good and you see the whole life becomes so sweet and so beautiful.

Now as it is the Sahaja Yoga has spread into so many countries i know of only sixty five which i have visited but they say it is more than hundred countries it has spread. It's just like one candle which is enlightened can enlighten many, in the same way it spreads and you spread it very fast. Specially Russia is something really very surprising place where at least 65% people are extremely open hearted. Scientists, doctors they have arranged a program with some scientists about three hundred scientists so i thought [UNCLEAR] immediately one of [UNCLEAR] mother we don't want to know about science we [UNCLEAR] you tell us about the science [UNCLEAR], i was amazed and there are so many scientists who are Sahaja Yogis there are so many people who are Sahaji Yogis, there i cannot have program in small place we have to have in the stadium, still half of the people are waiting outside, it's a place where i don't know how because it was such a clean slate that no Samskaras of any kind the thing has worked so well and they are so beautiful then they had this two [UNCLEAR] there i aren't you worried about your political problem, say what political problem, we are in the kingdom of God we have no problems, just imagine [UNCLEAR] introspective i must say they are very introspective

[Talk ends here]

1996-0130, Beyond Religion and Science: Discovering the Absolute Truth on Your Fingertips

View [online](#).

30 January 1996

Beyond Religion And Science: Discovering The Absolute Truth On Your Fingertips

Public Program

National College Grounds, Bengaluru (India)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of Truth. At the very outset, you have to know that Truth is what it is. We cannot change it, we cannot transform it, we cannot describe it. You have to experience the Truth. What we know about Truth is through our limited mind which is in itself in a confusion. Mind is actually something artificial. The real is the brain. But mind is artificial. And when we start projecting our mind, everybody does it in their own way. And then there is a conflict, there is a fight. Some says this is correct, another says that is correct and one does not know which one is to follow and what to do. We have science before us. We thought science will solve our problems but we must know that science is a-moral. It has no morality within it and it has such limitations that we cannot know the fundamentals about ourselves. For example, we cannot say why are we on this Earth. The science cannot explain why are we on this Earth. What is the purpose of our life. There are so many things we can ask scientists and they cannot answer the questions. So, we take to religion and to books which are written about God Almighty. There also we find the people who are in charge of religion are extremely power oriented or money oriented. They are not spirit oriented. So whatever religion they have created is nothing but ritualism what we call as karmakand. All kinds of rituals people do. I met many people who told me 'Mother we have done this vrat, we have fasted, we have been Himalayas, all kinds of things we have done but we haven't achieved self-realization- the Atma Sakshatkara'. I again say for this you have to know that you have a special right to become self-realized because you are born in these modern times. These modern times I called them the blossom time, where there are many many seekers of Truth who were running about in the search of Truth all over on the mountains, inside the caves wondering what is the aim of their life. But they all could not find it and it is already promised, already promised that in this horrible, ghor(Terrible) Kaliyuga that people will find the Truth. Without the Truth which is absolute we can never understand why we are fighting. Everybody thinks that they know the Truth and they can lead the masses into the path of Truth so called. But as you see gradually, that all these ideas are exposed to be not the Absolute. So, we have to find the Absolute Truth. Now what is the Absolute Truth? What is the way to know the absolute? Absolute Truth is that: you are not this body, you are not this mind, you are not these conditionings or you are not this ego, you are not these emotions and aspirations. But what you are? You are the pure Spirit. This is the first thing one has to understand. Whatever I am going to tell you today, you shouldn't accept it blindfolded. We have had enough of problems with blind faiths. So, you should keep your mind open like scientist. If you find what I am saying is being proved, then as honest people you better accept it. Because it is the last breakthrough of your evolution. Because, it is for the benevolence of your being, for the benevolence of the family, benevolence of your city, of this country and of the whole world. Because human beings are as they are, there are problems. What they need is a complete transformation and today I am telling you about global transformation. For that you need not be very well educated, for that you need not be belonging to any big city, for that you need not be a very sophisticated personality, or of a person who thinks he is still be overly religious. It can work out in every person because our Creator has already created that wonderful thing called Kundalini within you.

The second truth one has to see is that there is All Pervading Power of Divine Love, is described with different names in different books we should say by different incarnations sears and prophets is called as 'Parama Chaitanya' in our Indian scriptures, is called as 'Ruh' in the Quran, is called as the 'All-Pervading Power of Divine Love' in the Bible as the Cool Breeze of the Holy Ghost. Adi Sankaracharya has called is the description 'saleelam saleelam' - cool cool. This the description of this All-Pervading Power may be called by many names but that makes no difference. There is an All-Pervading Power we can call the only power which is vital, which looks after us, which gives us all these beautiful plants and flowers which we take it for granted, which runs our heart, which gives us life, gives us Joy and which tells us what is the Absolute Truth. We have to feel this All-Pervading power, experience it. By experiencing only, you will know what is the Truth is. You have to experience it on your central nervous system. Is not just to say that this is what God is, this is what Parama Chaitanya is. You have to experience it. All of you have to

experience it. Of course, it's a living process of our evolution. When we became human beings, we didn't pay to anyone. Or when these plants came up, or these flowers came out of one seed we didn't pay to the Mother Earth. So, you cannot pay for it. For the Divine doesn't understand money. It's a headache human beings have created. They think that God also needs money. God doesn't need any money from you nor you can pay for your evolution, which is absolutely there, already placed within you in the triangular bone called as 'Sacrum'. That means that the Greeks knew that it was a sacred bone. And they told me that they came to know from Indians. It's very surprising that the Greeks learnt so many things from us while we don't know much about ourselves. This triangular bone is placed at the base of our spinal chord, is the one that has this special power which is coiled up in three and half coils and because it's a coil which in Sanskrit is 'Kundal' and because it's a feminine power it's a Shakti, that's why it's called as Kundalini. At least in the south people know something about Kundalini. And they know also about self-realization. But in the north people don't know anything. If you talk to them about Kundalini, they think that I am talking about Kundali. They don't understand what is Kundalini is. But it is very surprising because the people in the north are not so ritualistic perhaps they have taken to sahaja yoga so easily that I felt that these are some seekers of last life that they have taken to it so easily and are so much involved into themselves in bettering their inner being. Unless and until we improve our inner being we cannot understand what's wrong with us. Why we behave in such a manner, why our society behaves in such a manner, why people who are occupying higher places at the helm of affairs suffer from all kinds of problems of Greed also is coming because we are ignorant about ourselves. We don't know what we are. How great we are. What are our powers. What is our glory. Because of that we are running after things which are of no value, which are of no use. Which are not meant to be taken to as human beings who are at the epitome of evolution. They are the highest. Those highest people have to achieve the last break-through. This is I am just as a mother telling you that if you can accept not what I am saying but accept that experience that you are going to have. In short I will try to tell you what happens when this Kundalini raises.

Actually it is like a little seed has a Unclear(Preview /preview) in it what we call 'Ankura' and which gets manifested when it comes in contact with the Mother Earth. Then it grows into a very big tree. In the same way your Preview is this Kundalini, as a result you become a very different transformed person who has the light of the spirit shining in the attention. So, the first thing that happens to you is that you start feeling this all-pervading power around you. I must tell you this country of ours is 'Yoga Bhumi'. Don't get disturbed by what is happening outside. But inside, this is a very very ancient country of Yoga meaning by which you are surrounded by this Parama Chaitanya. Which is those who can see, can see that the Parama Chaitanya is active. And because of this you can feel the existence of this Parama Chaitanya very easily. Indians can feel it because they say that one has to be full of punyas to be born in this country. Of course, some people have lost faith in that, that is not the truth. The truth is definitely that you have been born in this country, you have every right, you have your birth right to get your self-realization. The whole world is understanding that this India which is going to lead this whole world in spirituality. Once this Kundalini is awakened, it passes through various centers, you have been told about these centers that it passes through six centers and pierces through the last center which actually the seventh one and connects you through this all-pervading power of Divine Love. Like this instrument supposing is main and is not connected to the mains it has no meaning. In the same way we have no meaning, we have no identity unless and until we are connected to this power which has created us. So spontaneously try this. You don't have to do anything, no mantras, no japas, no fasting nothing. You don't have to stand on your head. Nothing of the kind. But it just spontaneously gets awakened, rises and you can feel it on your fingertips this cool breeze of the Holy Ghost as they call it in the Bible or as in the Quran it is described that at the time of resurrection, you will feel this Ruh on your hands and your hands will speak and they will tell you what is wrong with you. These hands will speak against in the sense, they will tell you what's wrong with you. You have been told already about the chakras and how you feel them on your finger-tips. All this has to happen. But internally what happens is that we become extremely peaceful automatically. Nobody has to tell you that Unclear(I will give you a peace award) or peace you must have, these lecturing doesn't work out. Because all the time this head is madly thinking, this mind is thinking all the time, and when it is thinking what is happening there are waves of thoughts coming up and down, up and down. We live in the future and also in the past. But we cannot live in the present. If I say come to the present, you cannot. And present is the reality because past is finished and the future doesn't exist. So, what happens when this Kundalini rises, She elongates these thoughts and the space is created between them which is called as 'Vilamb'. By this happening you feel absolutely peaceful because you become thoughtlessly aware. Thoughtlessly aware. Means you are absolutely aware but you are thoughtless. We call it in Sanskrit as 'Nirvichar Samadhi'. Automatically, it happens to you that you become thoughtlessly aware that you stand in the present. Then there is no bombardment of thoughts nothing. You are absolutely peaceful and then you get all the qualifications of a Sakshatkari who becomes the witness of the whole drama. He thinks the whole world is a

drama. He watches the whole thing without getting disturbed. I can give an example like if you are standing in the water, you are afraid of the waves that are coming. But in case, you know how to jump into a boat, then you are not afraid. You watch these waves nicely and enjoy them. But supposing how to jump and swim then you can save others also. So, this is the two stages into which you pass, first you become thoughtlessly aware. And the second stage where you become, we call it as doubtlessly aware means in Sanskrit it is 'Nirvikalp'. There is no 'Vikalpa'. And you just become one with the Divine Power and you know how to handle the situation. As a result of this so many things can happen. Because all your physical, mental, emotional problems are there, because these centers are there in the jeopardy. Something wrong serious with the centers, that's why you are physically sick or mentally ill or you have other problems. Say even from false gurus you have problems. They all get corrected because this Kundalini passes through these centers, She nourishes them, She integrates them and enlightens them and with that enlightenment what you get is a complete experience, again I say not the knowledge. Because knowledge can mean the mentalism. It's not the mentalism. But the complete experience of your self and the experience of your being whatever it is which you have never known before. We say this is my nose, this is my hand, this is my body. You say my my my. But who is the owner of this my is the Spirit, and the Spirit is the reflection of God almighty within us. Now, so many patients have been cured, many heart patients have been cured, cancer has been cured and even aids has been cured through sahaja yoga no doubt. But for that we can not force you. We cannot force you to take your realization. It is your own desire, your pure desire, that works. This solves the problem once for all. because first of all, your health improves, also your wealth improves. The reason is also there is a Lakshmi principle in the Nabhi chakra. When it gets enlightened you get ideas and ideas which are workable. Which workout to solve even your financial problems so you don't have to take to something that is greed or take to something that is wrong. Above all you feel absolutely satisfied about everything. For example, now you want to buy a car. Then you want to buy a house. Nothing satisfies you. You go on buying one from another to another to another. Nothing satisfies you. What happens that, all the time you are dissatisfied. And what ever you workout and whatever you try for is of no use to you because once it is done, you think it is finished now. There is no use having anything of this kind but we should have something more. Is a principle of Economics that 'wants in general are not satiable'. So, we all suffer from this kind of a madness of running from one thing to another and then to another. Now, this is finished. Whatever you get, you enjoy and whatever you have, you love it. Even a little thing like these flowers here so fragrant, I can just feel them how beautiful they are and how they are so fragrant. They may die tomorrow. But how fragrant they are. How they are giving you Joy and you become sort of a, I should say a very sensitive personality which feel the nature, which feels other human beings and which feels all the goodness of the whole thing. You become really a very saintly person like a saint. But you don't have to give up your family, you don't have to give up anything. Because this giving up is also a mental idea that if you do this, then something will happen.

I will give a simple example, I was in Chicago, it was very cold, really really very cold and we were in a hall which is heated up but still it was very cold and everybody was feeling the cold you see, but there was a fellow from some group 'Hare Rama group' who came and who was wearing a very thin dhoti. He was an American you see. And he was shivering before me. I said why are you wearing dhoti? So he said 'My guru has told me that if you have to have your moksha you must wear dhoti'. I said O really? Then in our country eighty percent people wear nothing but dhoti but all of them will get moksha without any trouble. Then he was shaved and had a pony tail behind what we call Unclear('Kudvi'). So, I said what is all this whey did you shave your hair, why did you have this. So again, he says 'my guru has told me that you have to have this if you have to enter into heavens'. I said really? I dint know this because in India so many people have it. But then I told him about Kabeera who has said a beautiful couplet about it. He said, by shaving your head if you can go to heaven then what about the lamb who shave twice a year. He will be there first before you. Its like this. So, you see all this kind of things when I said he got very angry, he said you are talking against my guru. I said I am not talking against your guru, but I am just telling you as a mother what are you doing? What's the use, its so cold for me as a mother I feel that you should not wear such a thin dhoti that you feel this shivering in yourself. So, this is what I am saying that if you are in ignorance and you accept it as a truth, you will go on and on and on for ages together, yugas will pass you will never take to Truth. The Truth is that which can be absolutely Unclear() experienced not only that but there should be complete understanding through your reigning. Not rationality but reigning. You must know it that what you have got is the Truth. Is not the way that my guru told me or that I know this is it. it's not like that. Now this will do good not only to your physical being as I told you, it will good to your mental being. You will become a peaceful person. Many people who are mentally sick have been cured. Now English language is very limited. As you know mind, I don't understand English mind, what it means. If it means intelligence, or if it means brain or anything. But we call it 'Buddhi'. That's a simple word to understand. English language as it is you know its very limited. It has no sense much of adhyatma about spiritual life. But as I don't know your language, I had to use

this foreign language to explain to you. For example, they say Spirit. Now spirit can mean atma. Spirit can mean alcohol, spirit can mean also a dead body. I mean imagine, these three things, how can you have one word for that? But our languages are much more explanatory because they have been always going in to the understanding of the truth. That's why we have much more words which can explain our inner problems and inner thing in a very clearcut manner. So now whatever it is, you should say that when people are retarded, they are born retarded or they have mental problems can be cured through sahaja yoga. There are many who have been cured by sahaja yoga. They have been. I am not telling you lies because I don't have to get anything from you. I don't have to get any money or any position or I am not for any election or for any political aids. I am here just to give you what is your own. This is your right to have. And all the saints have talked about it. You go to Punjab there is Guru Nanak, he says 'kahere banko jananaye' – why are you searching it in the Jungle, seat is within you. Just find it within yourself. And once you find it, then you realize what you are, that you are the pure spirt. This is the minimum that happens to us when you get realization. But afterwards when you are established, you get all the powers: to give realizations to others, to save others and to work it out in such a way that it spreads very fast. What I feel basically, we are very conditioned people.

For example, I went to Russia, Russia is a place there, we are not allowed to talk about God or religion. It was such a crime to talk about God about religion. Now in Russia, you will be amazed first time I went there, I was amazed the way people throng for sahaja yoga. And they settled down so easily. Thousands and thousands. Always I have programs in a very big stadium. But in one village there is twenty-one thousands settled sahaja yogis you know. We can't say their pindas are better or they are people or 'purva punyas' Unclear(or anything). But only thing good about them is they are not conditioned. They are of the people with a very clean slate. And just they accept and go into it. The scientists, we have so many scientists who are sahaja yogis in Russia, is very surprising. And once I had about three hundred scientists invited me to a conference and as I started talking about science, because I thought for the scientists you better start talking on science. They said madam, we don't want to know about science. Because in science they are really very much advanced people. Much more than even America. They said, we know all the science and the limitations of science. You tell us about the science of God. I was amazed at these people. There are two hundred and forty doctors who are practicing sahaja yoga in Mosco itself, leave alone other parts. Now, you see very surprising when they had a Unclear() there and I was there and I asked them, are you not worried about your political situation? He said, why should we? I said, why there is such a political situation of Unclear() and all that, aren't you worried? They said, see mother, we are in the Kingdom of God, what do we bother about this kingdom? Such people are there because they are not so conditioned. We are overly read people, we know so many things by heart and we are so conditioned in this country that I find the level of reaching the Truth is much higher in those countries where they have no education whatsoever about Spirit, about religion, about God. Because once you think you know so much, it's difficult to talk to. Supposing you sent some boy to a collage who thinks he knows everything; how will he learn? Nothing. In the same way it happens in our country. And I sometimes feel very sad because I know this country is very great and in this country are born such great saints of such great heights that we should not be lacking behind. As I told you the whole world feels that India will give them the spiritual lead which is needed. Now first they used to talk about IQ. That is the intelligence quotient. And according to them, Germans Unclear(rate) the most highest races. Can you imagine with all the kinds of horrible things that they have done? But what has happened with them? Now they are talking about EQ that there has to be a balance of your emotions as well as your intelligence. If intelligence doesn't have the balance of emotion, a person can become a devil. Now they are coming with this unclear() but we realized it long since I don't know even Markandeya has talked about it thousands of years back. Now Kundalini is not new science by any chance. It's a very very ancient thing which was discovered in India, I was surprised that Ukraine I went to, they had three thousand years before Christ, they said a Machindranath came to our country. Can you imagine our Machindranath. Machindranath and Gorakhnath came to our country and he told us about the Adi Shakthi. About the Aditi they called. And they have made paintings about this, about the chakras. I was amazed to see all these things that they have could make it even in the tera cotta. And they are in the musicum. I was surprised how they are accepted all these things. But then they said that our communism came or the Christian religion came and they abolished everything. But still, still they have in the museum all these things which I am talking to you today. So, this is an ancient science of sahaja yoga. It is not a new one. The only difference is in that in the old times, when people were practicing this, especially the Nath Panthis in Maharashtra and also in your country they did not sort of do the job of Kundalini awakening much. The tradition was to give one, only one selected person the awaken. Only one. One guru would give it to one at the most. But at the time in the twelfth century Gnaneshwara said that, no let me at least write about this Kundalini. So, when he wrote a treaties on Gita, in the Gita it is not mentioned. Because Krishna must have thought of what's the use of telling these people about it may be. Then Gnaneshwara wrote it in the sixth chapter saying, telling about the Kundalini, how she is the

one who gives you realization. She is your individual mother and how she works it out, so beautifully done. It's in the sixth chapter. But the Therma Marthanda's the ones who are in charge of religion had no idea about it. So, they said this is out of question, this is something that Ganeswara had said it but it has no meaning. It is nishidh-its not to be read. So the whole thing went into oblivion. Then came in the sixteenth century so many saints even in your country, we can say that the maximum number of saints came but also in the west. We have William Blake, we have another one called as Luis you see, all these people have talked about sahaja yog so clearly. But we dint understand that it's so important to get your self-realization. Now what we have done now in this modern times is that a new method of a-mass-realization has come. A-mass. You can give realizations to masses. That has to be. Because the time is set. Because also this Parama Chaitanya has gone into a transformation. So now, before the Satya Yuga starts, after the Kaliyuga what I started is called a Krutayuga. Where this Parama Chaitanya is absolutely active. It is so active that once you come to sahaja yoga, you will be amazed. You may say this is what you have got as a miracle. Nothing is a miracle here. Everything works out so beautifully that you won't be able to believe that is possible because just from this ghor Kaliyuga getting into the realm of Krutayuga and the Satyayuga has started because in Satyayuga all the wrong things will be exposed and that's what is happening today. You shouldn't blame anybody, it is the yuga which is helping us to see things which we never saw before. Now at this juncture what I have to tell you that you have this power. you can become thoughtlessly aware. Your spirit comes into your attention. In the light of your spirit, your attention does lots of things. If you put attention to somebody, you can know about his chakra. You can cure that person, you can help that person. So many things can be done through your attention which is now enlightened, absolutely enlightened by the Spirit. You can experience your own being, you can experience your greatness, you can experience your glory and also you develop a new dimension in you which we call as collective consciousness-Samuhik Chetana. Means you can feel others on your finger-tips. Who is the other? The question is who is the other? And you are amazed how you can feel others on your finger-tips. And once you are there, you are a sahaja yogi, anything happens to you here, the whole world where ever there are sahaja yogis, they get disturbed. They want to help you. They want to find out what's the matter. The whole world. Just one thing happens to you, every one all over the world where you have so many brothers and sisters. They have all become collectively conscious. We have seminars in India once a year. And people from sixty-five nations at least come there. All selected people. I have never seen them quarrel, I have never seen them fighting, never said a harsh word, they don't drink, they don't smoke nothing of the kind. But so much beautiful, lovable people how they love each other. Of course, there are little mischievous and certain humor there but its such a friendship, such understanding and oneness, such a rapport. The children and the elders it's a very beautiful rays that has come out. Now, I request you as Indians to understand me and not to keep your mind working so much but just understand that you have to have this. Because ultimately what you get is that you jump into the sea of joy. Joy is not like happiness, unhappiness. It is singular. It is 'keval'. It is absolute. This joy is there and you just enjoy yourself and enjoy everyone and life becomes full of enjoyment. And all these trivial things that bothered you gets solved. Everything gets solved. You are so amazed how it worked out. I have got letters after letters and I was so fed up but reading all of them that I didn't know what to do with it. So, I told one sahaja yogi who is very good at computer that you computerize these things and see now, they have, we should put it in the book. In one month, he says the whole thing gone up to my head mother. Now what am I do? In one month. I said forget it. let people experience, enjoy and find it out for themselves. What's the use of writing you get this and you get that. It's so wonderful the whole thing is, un believable. Unbelievable. I will give you two examples you won't believe, how this Parama Chaitanya is helping you. There was a lady from Mexico who was working with the UNICEF and when I went to New York many people from the UN came, one of them was herself. Then took to sahaja yoga and she became a very devote sahaja yogini. She had a son very young boy who was studying in Harvard university. And she wrote to me, Mother in Mexico all my elders died of some disease which is very horrible and they died at a very old age but my son has got this disease at a very young age. He is just a student. So, she wrote to me three letters. Whether I should come to India? Will you help me this, that. But I was travelling, I thought what to do. And the fourth letter came and in which she writes, 'Mother thanks to you', of course I didn't do anything, I must tell you, I am a 'nishkriya', I don't do anything. But it has worked out, 'and my son has no disease. They have given all negative reports'. I was surprised how it is worked out. It's a fact, it's a fact. How it has worked out? This is the Parama Chaitanya which just worked it out. You see, it is like a big computer or it's a big office where the sort of things go and they work it out. You won't believe it works. And it has worked with so many. There is another case of a girl, was young, her father was a sahja yogi, mother was a sahaja yogini but she got frustrated with some, every young girl in some love affair or something. So, she wanted to kill herself. Father was custom officer, so she took a pistol and put the trigger here. And the thing triggered in such a way that the thing came out from this side, a bullet also some blood. So, the parents got afraid, they took her to the hospital. She was quite conscious through out and doctors were amazed how she is conscious? But then they x-rayed her, saw her. And they were amazed that the bullet has not touched any

bone, any muscle, any nerve. It has nicely come out from this side and the doctors couldn't understand. As a result, that hospital has taken to sahaja yoga. In Delhi. That's why I must say, north Indians are much better in this respect their authorities because the Delhi university took over and there was a research done and four doctors have got now M.D. But here I don't know what is the situation but in Maharashtra we have some so called intelligent intellectuals. I think they are dumb people. Absolutely dumb. Because they don't want to see. If this is going to help them, why shouldn't you see this? Because after all, we are suffering from so many things and if this is going to be helpful. Why they had say that this is not good, not possible, we cant believe it. But if you say arrogantly, you raise my Kunalini, I cannot. If you force on me, they told me one organization will give you two lakhs of rupees if you raise my kundalini. I said even if you give ten lakhs I cannot raise. Because Kundalini doesn't understand money. She understand your pure desire. Because she is the power of pure desire, she is your individual mother, she knows everything about you, and she is anxious to give you your second birth. So, this is all you have within yourself which has to just manifest. Once it manifest, you will be surprised, your children will be very beautiful children and most of them pass with flying colors. I have seen so many sahaja yogis who get first class first position, first class second position who were supposed to be very dull students. So, you can imagine what happens to your intelligence also, but also you can become a very compassionate kind and peaceful persons. If this all your own property, this is all within you, why not you have it. What's the harm in having? Instead of thinking about something else, I have read this and I have read that why not have it? It is a very very simple thing, it is sahaja: saha means with, ja means born. It's born with you. This right, this birth right to have this yoga, is the union with the Divine. May God bless you all.

We will have the meditation process now. It will take hardly ten minutes. Not more than that. But if you don't want to have it, you can leave the place. I have already told you that I cannot force on you. It cannot be forced. That's one of the limitations it has to be asked for and it will work. So please you can leave the place if you don't want to have it. Now there are some people who might have read some stories that if you raise the Kundalini you get this and you get that. Nothing of that kind. I have done this for twenty-five years more than that, I have not seen anything happening like that. Because if somebody doesn't know something, you put your hands in the plug then you said the electricity has burnt me, so that means you are knife. But those people who have been helped, you ask them what they have felt it and how they are enjoying life. It changes you, transforms you, it gives you such a lot of creativity. Now you know Amzad Ali, he is a, now a famous Unclear() he is a very famous musician, they are all sahaja yogis. First, they were no good. Suddenly they have become such great artists. There are many painters who are now world famous. So many things have happened to them. There are people who are chartered accountants have become great poets. One fellow from Maharashtra was a very ordinary man, now he is got an award for writing up spiritual poetry so well. More than that and a very great poet called Madgulkar has praised him so much, he said, I have no words to praise you. You are so much higher than me. So, it works out in all directions everyway and your personality is expressed so well. All these modern things stress, strain and all these, I don't want to discuss now. But all these problems can be solved. Your children who are taking drugs and your children who are doing wrong things become extremely beautiful obedient children and very good citizens of this country. It is a very different rays that's coming up and you should be one of them. That's what I request, May God bless you and give you a full desire to have this. It will take hardly anytime for you to achieve it.

Mantras? Nothing. She will raise spontaneously. You don't have to do anything. Also, sahaj means spontaneous. It is effortless. It will workout effortlessly. So, you don't have to take any name or chant anything. Nothing. Just be quiet. That's all and it will work out. You will be amazed to feel it. I have to only tell you one thing that its rather cold but doesn't matter if you can takeout your shoes, it will help a lot because as I told you this Mother Earth in India is specially vibrated, specially very spiritually gifted because Shri Rama also took out his shoes when he came here, he took out his Unclear(padatran) when he came here. Its such a holy land. We are sitting on the very holy land of our country and where it is very easy to give realization. To give realization to foreigners, unclear(I/will) have to break my hands and I tell you it takes sometimes months to establish but not with Indians. You will get your realization in no time. But don't waste it, respect it. You have to respect it and go into it. We have a very nice center here, and you are all expected to be there and you will get all the knowledge free. Its not like my introductory lecture and after that you will be leached with any money. Because money has nothing to do with shaja yoga. Maybe you might have to pay something for this place or may be. But that's different. That you can pay. But for your self-realization, you cannot pay for this divine knowledge you don't have to pay. Once you get divine knowledge then you will understand the knowledge of our scriptures of Bible, of Quran, of Gita all of them. Before that you cannot read between the lines. So, you develop that Sukshma Drishti. That subtle understanding by which you really realize what is the Truth is. You transcend all religions, all communities, all cast system,

all nationality everything you transcend. You become a global personality.

So, now please put both your hands towards me. Please take out your shoes...

[..... DISCONTINUED VIDEO AT 1:05:45]

You know, you do one thing is to forgive. Forgive yourself and forgive everybody else. Don't feel guilty, don't feel guilty. That's the main problem. Don't feel guilty. Just forgive yourself and forgive everyone in general. Now, please put the left hand towards me. I know there is breeze outside, but this is coming from inside your head. Just see again with the right hand on your Talu, or your fontanelle bone area and left hand towards me. But please don't put it on the top of your head but away from it Unclear() like that and see, some people get it far, some get it nearer. You can move your hand and see it for yourself. Now be honest about it if you are feeling it coming out of your fontanelle bone area. This is the blessing of our beloved country which is India. Now, you have to bend your head. Now please put your right hand again. You must bend your head, just bend your head. Its better that you see if it is bent. Just please bend your head and see for yourself again. Be honest. Now please put both your hands towards me like this and watch me without thinking. Just watch me. Just watch me without thinking. Some people get it from down below, they should put it back like this. Some people are getting from down below. Now, please put up your both the hands like this and push back your head. See the sky is enlightened also. Put the hands like this and ask a question in your heart. You can call me Mother or Shree Mataji whatever you like. 'Mother is this the Parama Chaitanya?' ask this question. See what a wind, its blowing. Put up your head. In your heart, please ask this question. Now take down your hands please. All those who have felt cool or hot breeze out of their fontanelle bone area or on their finger-tips or on their palms please raise both your hands. I bow to you all. Your saintly life has started. I bow to you. May God bless you Unclear(the whole of Bangalore). May God bless you, may God bless you.

Now, as I said respect your self-realization, and you have to give just little time. For meditation hardly you need ten minutes at home but it's a collective happening, its not happening individually. So, if you do something individually, it will just cleanse you out for a while. But it's a collective happening. You have become the part and parcel of the whole. So, like if my finger is caught up, the whole body feels for it. In the same way, in the body of the Virata, you have become part and parcel. So, now you have to come to the collective for which you don't have to pay, you don't have to do anything. Its just to enjoy all your brothers and sisters. Not only in Bangalore but in the whole country and later on in the whole world. May God bless you.

I think I will ask them to sing one song, so please don't go, just clap. Because that will help you to improve your sensitivity. Just one song. In Bangalore which is very important today the way I see the situation is, may God bless you.

1996-0223, Public Program and Meena Phatarpekar Concert

View [online](#).

23 February 1996

Public Program

Mumbai (India)

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

When we cannot even feel something, when we cannot experience it, then how can we say that we are this or we are that? First and foremost, it is essential to know oneself. Even in the Quran, Prophet Muhammad wrote many things. 'This is my hand, these are my feet, this is my body, this belongs to me.' But who is that 'me'? It is important to know that 'I'. And for that, there is no need for chanting or penance. There is no need to do anything. The Kundalini energy that is there within you once awakened, when it will unite you with the Param Chaitanya, you will understand for yourself in the light of the spirit what you are. "So, you will come to know about yourself. You will also understand your body and the questions you have regarding it—you can even cure those. Many physical questions have been cured through Sahaja Yoga, there is no doubt in that. Blood cancers have been cured, cancers have been cured, and even AIDS has been cured. But people suffering from AIDS are often extremely stubborn and highly egotistical, making it very difficult to tell them that they need to humble down a little, it's a very difficult thing. However, many such diseases are being cured today through Sahaja Yoga. In that you don't need to spend any money; unlike hospitals where they kill you by so many diagnoses, you don't have to do any such thing. On your fingertips, you can understand what illness you have. You will yourself know what your illness is, and the treatment of this illness is very simple. After much effort, after many days, in Vashi we have finally established a curative center where you can go and even get your diseases cured. But why should one cure a disease? Why do we need a healthy body? Even wrestlers come to us and say, 'Mother, please give us peace. We have had enough; our bodies are already strong, but now we need peace. This peace will come only after knowing yourself—when you understand how glorious you are, how magnificent you are and how powerful you are. At that moment, this peace will be established within you, and all unnecessary thoughts that bother you day and night and trouble you will disappear. This peace that you have to establish, there is a great need for this peace. After attaining this peace, you will begin to realize many other things that are there within you. How much kindness is there, creativity is there. People who had never written poetry before, who never understood what a poem is, suddenly became great poets, great speakers, great orators, and great musicians. People have completely transformed after coming to Sahaja Yoga—not just one or two, but countless, countless people.

But the difficulty is that the seekers should be real people. Like it is said in Marathi it is said 'chala paaijey jyati che'. People who are actually standing on the truth and want that we should attain only the truth - only the truth, not the truth that I said something or you did not say something, no only the truth. Meaning that when all these people attain it, they say the same thing - they say the same thing. Like if you make ten small children sit, blindfold them and ask them that this man is in front of you, what illness does he have? Then all of them will raise one finger or will raise two fingers, all will raise the same. Because everyone will feel the same thing, will have the same experience which is the truth.

These days many of your people have come out, wherever you look, there are their advertisements for these Babaji people. There are Babajis and many Babrijis too. All have opened up shops. There is no need to go too far, if someone opens a shop, then you should understand that he is a big thief. But if you want to find out, then you can find out through Sahaja Yoga by putting your hands in this way that this man who calls himself a great saint, is he a big saint or not? Immediately you will know on your fingertips which chakras of this person are catching. And how much of a liar he is. Many people come after getting released from jail. If they have been released from a jail in UP, they will come here wearing saffron clothes and if they get released from here, they will go there. It is such a big country, who knows everything. And everyone roams around Babajis. And many people are following such Babajis. People think that now that we have money, let's go to Babaji and get something from him. How can you buy with money - does God understand money?

You also think about it, use your brains- if a person asks you for money, then what is the big deal if I get it with money. This thing

cannot be obtained with money. This is beyond money, only through your own power that resides within you and it is very easy for you to get it. This is your own power. There is no need to borrow it from anywhere. You do not need to get any certificate for it. You will get it yourself and you will know that you have achieved it.

There is a saying in Sanskrit - Na hi Kasturikamodah Shapathen Vibhavyate. It means that when musk is placed in front of you, you don't have to take an oath that it is musk. Its fragrance is there. Similarly, when you get self-realization, get it awakened inside you, you know that you have got your self-realization. There is no need for anyone else's certificate. But whatever benefits you get after getting it, they are countless, countless. Like I said, first the physical benefits, then the mental - the person becomes peaceful. Now, I don't know how many things people talk about in the world for peace. There should be peace, there should be peace...how will there be peace. Unless there is peace within you, how can there be peace? Those people who say that they have come to bring peace, they are reciting peace, they themselves do not have peace. Such people have no right to give peace or to take any reward for peace.

Now we should know that all our physical, mental, intellectual, all kinds of questions get resolved. So someone asked me, "Will my financial problems also get solved? I said yes, why not. Financial problems would also get resolved. The most important thing for financial problems is satisfaction. You should understand one thing today: if you need something, let's say, I buy a motor. I bought the motor, but it's not a solution. After that, I need to buy a house. I bought the house, but still, it's not a solution..You are not going to get satisfaction because as it is written in economics, it is written in economics that the wants of a human being in general are never satiable. Today if there is one then there is another, if there is second then third, if there is third then a fourth. But after this one gets satisfaction. Satisfaction means that today I thought let's meet everyone. Then I see that person coming in front of me. The person I had to meet is coming right in front. Oh! I thought you were in Delhi - no no, I came here only yesterday and I came to meet you. Whatever you wish for, even the slightest thing, it will appear in front of you immediately. This is amazing. People call this a miracle, I do not consider it a miracle, this power which is spread all around, this powerful, wise, loving power, it makes arrangements for everything. Because of this power you are completely fearless within yourself. No one can touch you. No one can trouble you, the one who troubles you, he himself will be defeated. You will be amazed that every moment you will see how this power is working with you. I am not lying to you. It is absolutely true that it is very important to enter into this power. Because if it belongs to you and you have to get it, then why do you refuse it? Then why don't you have enough understanding, why don't you have the understanding that what is ours, why don't we get it? Why don't we get what is our property? The second thing that happens is that your attention becomes completely calm. And in that attention light enters. In that light you see what is bad for you and what is good. A person develops many habits. Such habits which he cannot get rid of himself. He tries very hard and all those are destructive habits. He tries very hard to get rid of this but he cannot. The reason for this is that man is still in a bonded state. He is still a prisoner. But when he attains this thing, in this light, everything he gets rid of. Like you have a snake in your hand and you do not want to let go of it in the dark, thinking it is a rope. But as soon as a little light comes in, on its own that thing is got rid of. Like such a great wonderful person gets awakened within you which is so powerful that any kind of destructive habit, destructive talk, everything is got rid of. A new form is awakened from within you. Like a lotus flower which grows in the mud and fills the whole place with fragrance. In the same way your personality is formed. It is inherent within you. You have all these things within you. To attain this, you only need pure desire. When you have this pure desire that we also have to attain this thing which is within us, we have to attain it, then all this happens. This attention becomes so enlightened that wherever your attention will go, it will work out. Wherever you look, it will happen there. Like you are watching television, understand, on television, someone is saying something, he is saying but his saying has no effect. It has no result. You are just watching. But if your attention goes somewhere, then wherever it goes, it will work, it will work out. And you will be surprised how it happens? How did it happen so quickly? Because this power resides in everything, in every atom, it thinks, it understands everything and the most important thing is that it loves you.

This is the power of love. And as soon as this power of love awakens within you, you are filled with compassion. Many have talked about bringing compassion within you, but compassion does not come within anyone by saying this. It does not come by saying anything. On the contrary, I have seen that many people who do a lot of penance and become very religious are very short-tempered. They have a lot of anger. One should stay away from them. Because what they are doing, in them power has not yet come from above. For example, Just imagine that there is a telephone and we are trying it again and again. It will get damaged, if its connection is not there, then who are we calling on the telephone. Similarly, in all our actions, there remains no

meaning . Like this is an instrument and if it is not connected to the mains then it is of no use, it has no meaning. Similarly, our life also has no meaning. When there is no meaning in our life then we can do whatever we want. At least in this country we are traditionally religious. In this country we also understand that we should get self-realization. There are many things in us that bind us in one format, in one path. But if you go to other countries, people do strange things which make it seem that they do not know who they are. Like they will cut all the hair, they will make a punk hair style , they will wear some strange clothes, it is not understandable, women will wear clothes like men, men will wear clothes like women, they think that by doing all this they will become special. By doing this, how are they going to become special ? This is only madness. And that too such madness that what should we do now and how do we establish that we are something.

It has reached to such an extent that the countries which are very prosperous, countries which we call Sweden, Switzerland, and countries like this, the young people there, not only young people but people up to forty years of age, are committing suicide there. There is so much money, everything is there, why are you committing suicide? From there, people come sometimes in London to meet me, and then they started saying to me, 'Mother, tell us, we feel like committing suicide I said why? They say, what is the point of living? What do we have to do? What do we have to do by living? Everyone is living like this, we don't want to live like this. What is our importance? What is our need? It is better that we would like to die. Where it has reached the extreme limit, wealth, where people think that we have got a lot, now we don't need it, it's enough. Only then this element awakens in us where we search. And the element of searching that has started, we call it that this person has now become a seeker. There are many such seekers outside. There is no doubt about it but you have exported a lot of gurus from here - they are eating off them, drinking off them ,befooling them. But you are an Indian. You should think that India is really a great land of yoga. Yes, we have a lot of traitors here, we have a lot of bad things here, but even if we say a lot, the percentage is very little . And all these people will be put in place. The importance of this should be thought about, there have been great saints and sages in this country. And you have come to prove what they have said. You have come to this world today, you are going to get all those things which have been promised to you, this responsibility is on you. Forget the traitors. Forget the wrong people. Forget the evil people. There is no cure for them. Namdev has said that one who is evil remains wicked. One should stay away from it. It is like a fly, if it sits on food, you vomit and if you accidentally eat a fly, even if it dies, it will kill you. Similarly, there are evil people. I do not have anything to do with them. I am concerned with those people who in general society are good people and who do not understand why they have come into this world.

Many people become bad because they do not have any support. We have to find our own support. We do not need to go to any Guru, nothing. You are going to be your own Guru. You are going to get your own guidance and by walking along that guidance you will understand what you are, you are no less. You are special , in a human form and you are born on this land of India which is a great land of Yoga. Believe me, it is a great land of Yoga. Every part of it is filled with vibrations , every particle is filled with vibrations . And when you become enlightened you will understand how great this earth is on which you are sitting today. And greatness that you have become a citizen of , is also because you have done a lot of good deeds, otherwise it is not easy to be born here. At the same time, many wicked people are also born to test you. No matter how many evil people come and go , when you become awakened, their evil will itself become apparent .They will fall in the eyes of the world. These are not just big talks, this is the reality and all this is within you. You will say that mother you are talking about very special things. The whole world becomes special when you get the sight of the spirit once. You will understand all the saints. All the big things that you have heard and seen and read, all of them will start becoming visible. Till now you were only trapped in the web of words. You will develop such a personality that the world will be surprised to see that this was the same person of yesterday and what happened to him today. This compassion has not been used by anyone till date. No one has used this power. No one has used the power of love till date. There is some power of creating differences, like 'Come on, even if nothing else, you are different, you are different, fight with them, fight with those. But the biggest thing in the power of love is that you all become one together.

Today you know that Sahaja Yoga is spreading very fast in sixty-five countries and I don't know, people are saying that there are many more countries than this. But the countries in which Sahaja Yoga is spreading very fast ,sixty-five countries. And every Sahaja Yogi of these sixty-five countries is your close one. Like Gyandev has said "Thechi Soyri Kot" they will become your relatives and you will be surprised that from where did all these people come together for me. From where did all these relatives of mine come together? The real relatives. They are not concerned with your property, they are not concerned with your purse. They are only concerned with your love. It is very important to enter this world of love. Until you do not know this world of love,

you cannot understand your own importance , how great you are. With this power of this love, you can encompass the whole world. Because a new consciousness has awakened within you. And that consciousness is called collective consciousness through which you can feel others. For example, if a person comes in front of you, he is in a bad condition. Just now a gentleman came, I immediately understood what his problem was. But he started getting restless, started acting, there is no need for drama. I understood what problem he was facing and that problem can be cured not by getting restless here, but by doing Sahaja Yoga. If he does Sahaja Yoga, all these problems will go away. But he came here to perform a drama, let him do it. There is no benefit in that. The benefit will be when your kundalini awakens and unites you with this supreme power. My talks and speeches also will not make any difference. The only difference will be from this event. Which is called actualization. That should happen in person. It should be experienced. When it is experienced then you will also realize yourself and you will understand that what I am telling you is absolutely true.

For this you should know that after all this happens you enter into the kingdom of God. The kingdom of God is completely enlightened. And His work is so beautiful and so enjoyable , just like the drama is performed. In the same way, in his kingdom Param Chaitanya gets activated. There is no power more intelligent, more loving and more efficient than this.

What I tell you about this, it will still be less. But I will say that you experience it. You should get the experience of it which is your right. You should get it. It is not difficult. Now see, I have been working hard in the city of Bombay for years now. But the people here still do not have their attention where they should look for it. Their attention is elsewhere. That is why they were moving around. But wherever people have steadied their attention on it and those who have thought that it is to be achieved firstly and then we will see later, those people have gone very deep and they have got many benefits, many benefits and the biggest benefit beyond these benefits is that you drown in the ocean of bliss.

In India, it is not so much, but if you walk on the road outside, it seems as if these people are returning from a cremation ground. Such dejected faces, such sad people, I have never seen them laughing. This idea that is stuck in our head that we are very sad, and that many destructive powers are active inside us, these people are sad only because of such mental concepts. But there is no such thing. They do not understand that through this infinite power hidden within us , not only will we become happy but we will drown in the ocean of bliss. Bliss is the one which is singular , there is no such thing as happiness and sorrow in it. Only bliss. And you get immersed in it. You become lost in bliss. That is why any kind of calamity which people consider a very big calamity is nothing, it can be cured in a moment. All these powers are inside you and you can attain these powers, there is no need to work hard for it, no need to fast or to do anything.

Last time also the program was held here, many people came and many received it. Even after receiving it I say that this time for the first time I saw that the newspapers of Bombay wrote something good. Otherwise they always used to write nonsense. For the first time the minds of the newspapers also opened up, they wrote that many people raised their hands and many people experienced this. After this many people came also and even now we have made such a complete arrangement that even after this, like if something sprouts, then to take it forward we also have centers. It is not that after the introduction lecture is over, after that you have to pay money, there is absolutely no concern with money. You go and like a tree, you establish yourself, you grow. This is a very easy thing. There is no need to pay a penny for it. Yes, it is like here, money must have been given to electricity or some other things, that is a different matter. But for your self-realization and your self-upliftment, for increasing the light of your spirit in your consciousness, you do not need to pay any money. It grows on its own. That is why the most pure thing inside you is your spirit , which you should attain. Till today it was sitting as a witness, watching, now it should come to your attention . And as soon as it comes, the state of your evolution which is of a human today will reach that of super-human. This is not a lie at all, the time has come for this to happen. In this, it may be that if you have some disease or some other obsession in your mind or if some guru has spoiled your kundalini a little, then it is possible that awakening may not happen today. There is no harm in it. No. But till date I have not seen anyone who has come to Sahaja Yoga and says that nothing happened. You will have to come to the centers once or twice, and our centers are also very simple. Because it is not that we have taken any money. So to any simple place, any school or any place where the centres have been you please come. And come and get this, and To fully honor your self-realization, it is something that is obligatory and binding for you. If you do not respect yourself then who will respect you. How can a person who has not respected his own spirit get any respect? But if you recognize your self-realization and accept it humbly then this thing will definitely happen and it will happen you will see for yourself how you have reached from

where to where.

Now to say how you should be called, how you should be treated, you should be invited, this I don't understand. Like there are some cities where thousands of people come without being invited. They have come to Sahaja Yoga without doing anything. In a city like Lucknow where people only know how to eat, drink and have fun, thousands of people have become Sahaja Yogis. I went there only once and 30 IAS officers became Sahaja Yogis. Will any IAS officer come here? It is a difficult task. Just like it is said 'karela neem chadha'. The atmosphere of Bombay city itself is bad. And if anything happens in this atmosphere it happens with great difficulty. But still you must understand that you are not the residents of this city of Bombay. You are the residents of that city where there is a shower of joy all the time. You are welcome there, come and get it. My infinite blessings to all of you.

Now the work of awakening the Kundalini - it takes ten minutes at the most, not more than that. But here people look at the watch a lot. Do not look at the watch at this time, and those who do not want to take it, please go away because there can be no compulsion in this. Those who do want to receive it (break in video) awaken us, then never, your Kundalini itself, the Kundalini of such a boisterous person never rises. So humbly receive this thing. And as soon as you have humbly asked for this thing, you will get your own power. Nothing will happen by discussing it or thinking about it. Because we have to go beyond our thoughts. It is not right to think at this time. You do not even have to stop your thoughts, I am not saying anything. But your thoughts will stop automatically. So please just keep this desire in your mind that this has to happen with us and we want it, our pure desire is that we should receive our Self-realization.

Just come forward so those people will also sit down.

See, the wonder of India is that in India, awakening happens in 10 minutes. And in foreign lands, my hands get broken. Awakening does not happen for hours, but whatever happens, they get established very well. Because if something is available cheaply or easily in our country, then there is no value for it. If we go and sit on a mountain and you have to climb to get it and you remain troubled there for at least two hours, then you will think that yes you have climbed such a mountain, at least something should happen. But the thing is that nowadays it does not give much time, so this is going to happen very quickly in Sahaja. This is needed. Not only this, Param Chaitanya himself wants that as soon as possible you all should get it. It is the will of God due to which this work is happening so quickly. It is so easy but still it is very important to respect yourself completely, to respect your self-realization.

If someone does not get it, then we have centers here, we will tell you about it, please write it down, and you will see that after this you will feel very good. You will become calm and will feel light. After that they also kept very good music. There is a Sahaj Yogini whom (Unclear) should listen to, similarly she has achieved a lot in Sahaj Yoga. There will be her singing, you will see that that singing will give you immense joy and peace from within.

Now I have told you earlier that there are one or two conditions. Firstly, the condition is that you should not listen to any low things about yourself. That is, if someone tells you that you are a sinner, that you did these deeds in your previous life, now you reap that, there is no such thing in Sahaja Yoga. When you are sitting in front of us today, you are my children and you are completely pure. You should have this belief in your heart that neither are you a sinner, nor is there anything low in you. You are not guilty. Not guilty at all. Those who think that we are guilty and we have made a mistake, how will it happen to us, if they have this kind of an attitude, this chakra of theirs gets caught here. And due to this chakra getting caught, you can get many diseases like spondylitis, angina, and all the organs of the body also become absolutely lazy, lethargic. So what is the need to dwell on something that has already happened, a mistake that must have been made. If you keep troubling yourself with such false things, then kindly forgive yourself. You should have a happy disposition towards yourself. Have respect for yourself. I have already told you, I respect you, I love you, similarly you should also have a feeling of respect towards yourself. And in the same way, a feeling of love. So sit with a pleasant disposition.

The second thing to be said is that just like you forgive yourself, you should forgive the whole world. Because whether you forgive others or not, you really do not do anything in that way. But in this matter, we don't even think about why we don't forgive anyone. When we don't forgive others, we deceive ourselves. And the one who needs to be forgiven is sitting comfortably.

Therefore, forgive everyone together, without thinking about them. Because thinking about them is also a big headache. Therefore, please forgive everyone together. You should forgive everyone together. When you forgive everyone together, you will be surprised that you will feel very light from within. You are carrying a useless burden. Therefore, forgive the whole world together. It will be of great benefit. Because of that, this chakra of yours, which is the Agya Chakra, is tied in this way. It is very narrow, the Kundalini just cannot pass through it. But it opens up as soon as you forgive. And as soon as it opens, Kundalini will easily ascend through it.

Due to these two chakras, many times awakening does not happen, that is why I have requested you to forgive yourself and open this chakra by forgiving everyone. Even if it opens a little, it is fine. Then Kundalini will open it herself. Otherwise, she will have to fight, she will have to come and push it. Therefore, to make her work easy, to make it sahaja, you do these two things, that you forgive yourself and forgive others. From the mind, from the heart.

The third thing is that it is better that you remove your slippers and shoes and put your feet on the ground because I have told you the importance of this ground, those who sit on the ground are fine but it is better if they remove their slippers and shoes.

Now I told you that in these five fingers, the 6th and 7th, there are chakras here and here are the 6th and 7th chakras, the sympathetic nervous endings are there. So you should keep both your hands towards me in this manner. Both hands.

Many people say that this is mesmerism. If by mesmerism a person becomes so good then it is not a bad thing. But in mesmerism, people do it by looking into each other's eyes. But I close my eyes and you will also be closing your eyes. Both hands towards me. Now bend your head a little and keep your left hand towards me and right hand on the Fontanelle bone area which in Marathi is called talumantar and secondly, on the Fontanelle bone area which in our childhood was a very soft bone, on top of that, 'adatri' on top, not touching it keep your right hand. Bend your head and see if from here from this Brahmarandra, cold or hot air is coming out. Do not doubt. At this time, see, not even a leaf is moving anywhere. But if it is coming from your head. Now, right hand towards me and bend your head and see with your left hand whether from this palate area which in English is called the Fontanelle bone area and in spirituality what is called Brahmarandra, see if cold or hot air is coming out. Like Adi Shankaracharya has described it - Saleelam Saleelam, cold cold. Now again, turn the left hand towards me. And keep the right hand again on the palate. Sometimes it is in front, sometimes at the back. To some people, very strongly, when it comes, it comes till very far, like a jet. From anywhere, cold or hot air - like waves, waves of consciousness can be seen coming out from your own palate. Now both hands towards me. Again, do it. And if hot air was coming out of it, it means that you have not forgiven, either yourself or others, you have not forgiven. At this time, say from your mind that I have forgiven everyone. From your mind. Now see if cold or hot air is flowing in your hand. Now look towards me and become thoughtless. Do not think. You can do it. If you do not doubt. Try to become thoughtless. Now put both hands towards the sky. And tilt your head backwards. And ask a question three times, tilting your head back and looking towards the sky - call me mother or Shri Mataji - Shri Mataji is this the Paramchaitanya? Ask this question three times. Now if cold cold air starts coming, then say three times that this is the Paramchaitanya. Three times. Now put your hands down. Now again put both hands towards me and become thoughtless. Some people will get cold air from below. Pick it up and bring it on top. Now those who on their hands, on their fingers, on their palms or from their Brahmarandhra, have felt cold or hot air, all of them should raise their hands. Both hands. From all of Bombay, all the people who are here today and those who have come from outside, to all of you my Namaskar. Now, your life will begin like that of the saints begin. You don't have to leave anything because you have not held on to anything, such a condition will arise. My infinite blessings to all of you. But now the seed has been sprouted, it should grow into trees. If all of you who are here become like a tree, then each person can light so many lamps. And with this the whole world can change. I am talking about the transformation of the whole world. I hope you will cooperate in this and you will progress not only yourself but also with this you will help other people and countries progress. You do not know that in the entire world people will consider you to be the greatest person. In spirituality. And they themselves will come to your feet here, they will understand that they are Indians. Until we have not achieved self-realization, we are not Indians. The biggest thing about being an Indian is the desire for self-realization and achieving it in today's time. My infinite blessings to everyone.

As I said, there will be some nice and wonderful music for a while. Sahaja Yogini has come. You should listen to her song. Since her young age I have been listening to her for 20-22 years. She is still very young. But the way she sings, it seems that she has

been infused with divine power. You must see it, it is a miracle. Last time you saw the miracle that how people from Romania had come and they had sung such a wonderful qawwali. Everyone stopped and started thinking how did this happen. You have to see the second miracle. Even before that, you have seen the song that was sung here , how wonderful it was.

1996-0302, Evening Program eve of Shivaratri Puja

View [online](#).

2 March 1996

Evening Program

Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

Its very heartening to see you all here again. I am not going to give a big lecture today. But I must say that I am very, very happy and very joyous that how today's Sahaja Yoga is established in Australia. You are one of the best collectives I have seen and My children so beautifully entered into the kingdom of God. May God bless you all, your families, your centres and also your Sahaja Yoga. May God bless you.

1996-0303, Mahashivaratri Puja: Motivate your attention

View [online](#).

3 March 1996

Motivate Your Attention

Mahashivaratri Puja

Bundilla Scout Camp, Sydney (Australia)

Talk Language: English | Transcript (English) – VERIFIED

"Motivate your attention", Mahashivaratri Puja. Bundilla Scout Camp, Sydney (Australia), 3 March 1996.

Today we are going to do puja to Shiva, Shri Shiva. As you know, Shri Shiva is the reflection of Sadashiva within us. I've already told about the reflection. Sadashiva is the God Almighty, the one who sees the play of Adi Shakti. But He is the Father who is watching each one of His Creation or Her Creation.

His support to Adi Shakti is entirely, fully strengthening. There's no doubt in His mind about the capability of the Adi Shakti. But when He finds that in the play of Adi Shakti, the people or the world as such, try to disturb Her, or to spoil Her work, then He gets into His wrathful mood, and He destroys all such people, and maybe, He destroys the whole world.

On one side He's wrathful, no doubt, on the other side, He is the ocean of compassion and joy. That's why, when He is reflected within us, we get our Self-Realization, we get the light of our Spirit and we get into the ocean of joy.

Also He is the ocean of knowledge, so those who get Self-Realized get the knowledge of the Divine, which is very subtle, permeating into every atom and molecule, the power of this knowledge is there.

His style is such that, in his compassion, He forgives even very cruel rakshasas, if they dedicate themselves to Him. Because His compassion has no limits and sometimes the same people who are blessed by Him try to trouble the devotees of Adi Shakti - but it is just to create a drama, an event. Unless and until there is some drama, people won't understand. We had to have Ramayana, we had to have Mahabharata, we had to have Christ being crucified, we had to have Mohammed being tortured. All that drama was there because without events, people don't remember.

So in the spiritual life of human beings, they have seen lots of dramas between the blessings of Shiva and the powers of the Adi Shakti. As the time has moved, today in the history of spirituality a great discovery has been made, that people can get their realisation in the collective, en-masse. Thousands can get their Realization. Now, we should know what is that Realization we have got, what does that mean and what is the culminating point.

First of all, I have to tell you, the mind about which we speak and depend upon is a myth. There's nothing like mind. Brain is reality, not the mind. Mind is created by us reacting to outside, either we react to conditionings or to our ego. Thus, this mind is created like bubbles on the ocean of reality, but that's not reality.

Whit this mind, whatever we decide, we know, is very limited, illusive and sometimes shocking. The mind always moves in a linear direction, and because there's no reality in it, it recoils, and boomerangs. Thus all the enterprises, all the projections so far we have done, it seems, come back to us. Whatever they discover, comes back to us as a big destructive power or a very big shock.

So one has to decide what to do, how to be out of this trap of our mind. Kundalini is the solution. When She's awakened, She takes you, with that awakening, She takes you beyond your mind. The first thing is to go beyond your mind.

With mind, you'll do many things, but it will not be satisfying, it will be not a solution, it will not help you. And when we start depending too much on our mind we develop all kinds of physical, mental, emotional problem. Now the latest is the stress, stress, and this stress has no solution they say, but in Sahaja Yoga we find the solution by crossing over this mind. It's like a barrier for our advancement.

So, when you get your Realization, you must understand that your Kundalini has taken your attention beyond the mind. Now, this reaction to outside has come because we human beings have a prism-like brain, or we can say a prism-like skull, and when the energy passes into it, I've explained it in My books, it goes into bifurcations, or you can say, refractions, by which our attention goes out, and we react.

If we react too much, then these bubbles create a very horrible mind which can lead to any kind of thing. It justifies itself, it pampers your ego. The ego and the conditioning that creates this mind start using this mind for the purpose of their fulfilment of their- all the accumulation of ideas and thoughts, which has no backing, which has no reality with it.

It's like, we make the computer. Ultimately we become slaves of the computer, we make the watches ourselves, and then we become slaves of the watches. That's how it dominates human beings. And when a person who has a very strong mind decides to destroy, like Hitler did, with some idea, he can go on destroying which has a very far fetched effect on our culture, on our spirituality.

Now the first step is to become thoughtlessly aware, where you cross your mind, you go above your mind. Mind cannot affect you, this is the first stage, as we call, is thoughtless awareness.

Second one is where you start seeing the working of this Paramchaitanya, of this All-pervading Power and you start becoming aware that there is lot of truth in what Mataji says [Shri Mataji smiles]. That there is this Power that works out many things. It works miraculously so many things for you. It gives you blessings, It guides you, It helps you in so many ways It helps you. It gives you good health, good wealth, and also a very good society of very beautiful people in the collective. All that you can see clearly is happening here.

Now this happening of achieving thoughtless awareness is very simple and easy, but to maintain at that point is difficult, we still react and we think. Anything you see, you react. To get to that point in thoughtless awareness is first to change your attention.

Now, for example, once we were climbing a very high mountain to see one temple called Palitana. Myself, My son-in-law and My daughter. And we were really tired because we had to climb - I don't know how many steps. And when we went up we were tired and there was a little canopy made of beautiful marble carving. So, we just layed on this. They were very tired and they said, "What is this kind of a temple?" They were grudging. While I looked up and I saw lots of beautiful elephants were carved. So, I told My son-in-law, "Look at these elephants, they all have tails of different types". He said, "Mummy, we are all dying, how can you see the tails of elephants?" [Sahaja Yogis laugh]. But is just to divert their attention from that tiredness, I told them that, "Why not see the tails of the elephant?", which is very different.

So what happens is that, when you are putting your attention so much to outside all the time, then you must first of all also divert your attention. For example, you see these beautifully made things here. Your attention is something else: just try to enjoy the beauty of that. See, there are beautiful carpets here, just look at them without thinking. Because they don't belong to you, so no headache. They belong to somebody else. It's very good!

Otherwise, if it belongs to you, you start thinking, "Oh, My God, I have spread them here, what will happen, they have to be insured!" Or some sort of a thing like that. That's common human reaction. But if it doesn't belong to you, you can watch it nicely. Now you watch it and don't think. You'll be amazed, when you see the beauty that is put inside this, you'll see the artist who has put his joy, his exuberance into it. And you'll be amazed, after Realization, that this exuberance will fill into you. And a cool kind of a relaxation will come into you. And this Kundalini will rise, and you'll become steady in your thoughtless awareness.

So whenever you look at anything, look at any beautiful thing, even say, today's election, just watch the man who is elected. Watching him itself gives him blessings, gives him better ideas. You get also ideas which are coming from reality, which are there: how to make this man a successful person, or this country a successful democracy. All these things happen when your attention is diverted from criticising, from reacting. Just you watch: become the witness, try to witness everything. It's not so very yet practised. So far, I've seen, that whenever even we get our- achieve our Realization, we don't realize that we have to witness everything.

When you start witnessing through your Spirit, then you don't see the bad points of another, but you see the good points. You just pick up the person with very good points. So once you see that the witness state enlarges. And you start enjoying another person. You start enjoying every thing that is there. Even a small blade of grass you can enjoy, if you have that capacity.

In Japan, Zen system started on these lines. And he made, Veditama was the person who started it, he made a garden out of moss, different moss, and very small. Then there were little, little flowers also. And hardly about five feet of the garden, which looks like a shape of a question mark you can say. You have to go on a lift, and you reach that platform on top of a hill, or a mountain, where you see this. All little, little mosses are there, and you see, differently arranged, a beautiful garden. When you start seeing it, your thought stops, because such a marvellous thing, when you put attention to it, to its creation, your thoughts stop.

So you must practise as to find out what stops your thoughts, what makes you the witness.

Once you develop this habit, you will station yourself nicely in the thoughtless awareness. Then you start watching how Sahaja Yoga has helped you, how it has been blissful, what you have achieved through Sahaja Yoga. You will be amazed, if you just start watching it, everywhere you'll be amazed how this Paramchaitanya acts.

Nowadays, this Paramchaitanya has become active because of Krita Yuga. You can see from the way it is playing around, with vibrations around Me. You've seen so many photographs of mine where these vibrations are there. Also you've seen the photographs of many Sahaja Yogis seating before Me, on their heads My name is written down in Arabic language. You've seen so many ways by which you can find out that there is the play of the Divine.

Now the mind will still try to say something: don't listen, just watch. The effect of Sahaja Yoga you should watch on yourself, on your all body. Don't think about it but watch it, and you'll be amazed how you have changed.

To be very frank, when I come to Australia every year, sometimes I can't even recognise you. You look much younger, much better, much happier. [Shri Mataji laughs] And I don't recognise who are these people. It is this witness state which takes you to another realm which we call as doubtless awareness. At that state, you can become so empowered that you can give Realization to others. [Shri Mataji speaks aside in Hindi].

You can give Realization to others, you can give complete knowledge about Sahaja Yoga, you can talk to them. Also you emit. [Shri Mataji speaks aside in Hindi].

I'm - you see, when I'm watching, I'm absorbing the heat, that's My trouble. [Shri Mataji smiles]

So your whole state, spiritual state, becomes so much blissful, you become so powerful, you become so compassionate and so loving, so balanced, completely cleansed with all the destructive ideas you have, all the depressive ideas you have, and then you really stand up as a great Sahaji who can do tremendous work.

Like recently I heard that Germans and Austrians are now going to Israel, because they think Jews were killed by their forefathers, and there's a big centre now started in Israel. Just imagine! How these people, once [they] reach that state, go to countries single-handed they have done so much. Same in Turkey, same in places which are very tremendously remote in South Africa. Because, from inside they become completely confident, in thoughtless awareness, as well as doubtlessly aware.

But now, once you start growing by meditative attention, what happens' that your attention becomes enlightened. Now the job is to motivate your attention. It's not just to enjoy, but to motivate it, to put it to problems. Now supposing you have some problem on a national basis – you all can put your attention to that and things will work out. Because you are the channel of this All-pervading Power which is trying to create a new world for you, new human beings. And this evolution can take place very fast if you all decide that: "whatever we have now within ourselves, we should motivate it, we should direct it and put this attention to some use." It should not be wasted. Whatever wealth we have, it should not be wasted.

Now this main question today, which I'm going to tell you about – that, what is God's Realization? First is the Self-Realization, and there are many ambitious people who want to become God's Realized.

First and foremost thing, we should know that human beings cannot become God. It's not the becoming of it. You have not

become, also, in a way, Spirit, because the Spirit is emitting through you, using you, giving you, looking after you. If you become the Spirit, there won't be any body left, nothing will be left. So with this body intact, your Spirit is acting through this body, is giving you all the light.

But one cannot become God Almighty, this one has to understand very clearly. But what is God's Realization is to know about God. You see, to know about God means to know how His powers are working, how He controls, by becoming part and parcel of God Almighty. Like My finger doesn't know about My brain, but it acts according to My brain. The finger cannot become the brain, but it has to act absolutely according to My brain, because it is so connected, it is so one.

Here, when you have the God's Realization, then you know about the brain, you know about God, you know about His powers, you know everything about Him. As far as I am concerned, it's a difficult task for you, because I'm a Mahamaya. It's very difficult for you to know each and every thing about Me. I am quite a illusive person, as you know that well. And whatever I do or whatever I achieve, it is just for you to see and understand that – after all this is Adi Shakti, and She can do all these things. You can also do all the things, but you cannot become Me. But you have to know, to know, through love, through devotion through prayers, to know the God's powers is the way you are God Realized.

Then you can control the nature, you can control everything, if you have that knowledge within you about God. For that a complete humility is needed, that you cannot become God, cannot become God Almighty, you cannot become the Deities. But definitely, you can become God Realized, means God acts through you, uses you as his power, as His channel, and that you know, that you know, what He's doing to you, what He's telling, what His vision is, and what is the information. The connection is like that.

Many people in Sahaja Yoga have been benefited, I know. But they don't know how they have been benefited, what has worked it out, how it has worked it out, what connection of theirs has helped them. Once you do that, you know that clearly, how things are working out, with what power you have achieved it, then it's a God's Realization. Such people become extremely powerful, in the sense that they can control so many things.

There have been many saints of that kind, but sometimes they fell from even that and they developed their ego. They didn't have their own humility that they should have, that devotion, that dedication, that surrendering. They fell down. And you see them, I have seen some of them, that they become quite proud of their achievements and they don't want to give it to anyone. They think they have achieved it with great difficulties and why should they give it to others. Such people are not going to rise very higher, but you people who have got your Realization, and who are humble, who know that out of humility only, you are going to achieve your surrendering.

Islam means surrender. Mohammed Sahib has talked about 'Islam', meaning: "You surrender".

If you cannot surrender, you can never know God. He's clearly said that: "Unless and until you know your Self, you will not know about God".

So as Sahajis, you have to know all the little, little things, all the big things, and all the great visions, that you can do it because of the Grace of God, because His blessings, because of His love for you, that you have entered into the Kingdom of God. I may say you have entered, I may say you have achieved that state, I may say that, but, still you are not there. It's like if I tell somebody : "Now you are in Australia." He's not in Australia, but I can say: "You are in Australia" So he believes: "I'm in Australia". That's not the way. You have to be in Australia, then you have to know about Australia. You have to know what sort of a climate it is, what sort of things it is.

32 :26

I find also the parents here have to talk to their children. There's not much rapport of the parents with the children. They are being properly looked after in the school, and they want to do a lot, but the parents also must get involved, when the children come here, to see that they develop proper discipline, proper sense. Not to get attached to them to ruin them. If you get attached, then you'll ruin them.

One of the qualities of Shiva is complete detachment, and that is what you have to develop, is to become completely detached. Detachment doesn't mean that you neglect anything.

I've explained to you many times that, like the sap in the tree rises, goes to different, various places and then evaporates - or it

goes back to Mother Earth - in the same way your detachment should be. If you get attached because it's your son, or if you get attached because he's Australian, or maybe he belongs to certain family or certain class, then you are still limited.

All these limitations have to be dropped if you have to cross over. And these limitations create such a big load that, whatever I may try, whatever you may try, you cannot stay in thoughtless awareness. That's a very beautiful state in which all of you should be there. In that you are not dominating nor you are compromising: you stand on your own legs and you know for definite that you are not swayed away by any idea or any domination or any subjection of yours by anyone.

So you become completely a free bird, absolutely a free bird and then it becomes your job to achieve your flight.

One flight is up to the thoughtless awareness, the second one is up to the doubtless awareness, and the third one is to God's Realization.

I have seen people, who are very close to Me also, don't understand. They behave in such a manner as if now they have become Gods. So egoistical they are that I'm amazed at them - then they have to leave Sahaja Yoga.

So, you see, even if I praise you too much, if I say anything too much, you shouldn't get pampered. It's a testing ground. Or otherwise, also, if I tell you that: "This is not good, you should improve on this", you shouldn't mind, because I have to do it, that's My job, and your job is to listen to Me, because I've nothing to gain from you, I do not ask for anything. What I want is you should all get My powers. You may not become what I am, I agree, but please try to get all the powers that I have, which is not a difficult thing.

This is what is God's Realization, that's what is to know Shiva and Sadashiva. Through the Shiva, you know Sadashiva. You see the reflection, and from reflection, you know who is the Original. From the reflection you learn. Thus you reach that state where you think you are now definitely settled in the Kingdom of God, and that you can see God, you can feel God, you can understand God, and you can love God.

So, May God bless you

1996-0304, How the mind is controlling us?

View [online](#).

4 March 1996

How The Mind Is Controlling Us?

Public Program

Darling Harbour, Sydney (Australia)

Talk Language: English | Transcript (English) – Draft

Public Program, Darling Harbour Convention Centre, Sydney, Australia, 4 March 1996.

[Till 3.38 yogis singing devotional song 'Jai Shri Ganesha

4.40 to 9.45 devotional song 'Mother's Joy'

10.12 to 33.55 Welcome address, background on Sahaj Yoga, introduction to Sahaj System and Chakras

34.00 to 42.12 yogis sing devotional song Sitting in the Heart of the Universe

43.20 to 50.25 yogis sing Sri Jagdambe

52.07 to 1.00.34 yogis sing Udaya Udaya

58.20 Shri Mataji comes in

1.01.20 to 1.03.58 Introduction of Mataji

1.04.30]

I bow to all the seekers of Truth.

At the very outset, I have to tell you that Truth is what it is. You cannot change it. You cannot describe it. You have to experience it. And you cannot pay for it. You can only discover it through the last breath of your evolutionary process which is a living process into a new awareness, into a new dimension. Now whatever I am telling you, please don't accept blindfold. We have had enough problems with the blind faith. If you do experience, if you do get the results of whatever I am saying, you have to accept it as honest people, because it is for your good, for the good of the family, for the good of your country, for the good of the whole world. We talk of peace. Now where does this war come in? From where the ideas of fighting and quarrelling come in? It comes from your mind. Now look at this mind. What it is. I say it is a myth. Mind is a myth created by the reaction of your ego and your conditioning. It's like the fog or you can say like the bubbles on the shore of the ocean, which are brought forth by your thoughts and your reactions. But you can't stop it. When this mind is created, it again substantiates and support your ego and your conditioning. It's like this as create a computer and then the computer itself starts controlling us. In the same way, this mind starts creating us. Or we can say we create the watch and then this watch starts controlling us. Now all these thoughts are born through this mind of ours which is nothing but the garbage we have gathered around by reacting to things. When we see very grotesque type of creation of things and films, handsome also, very so called art, we are surprised from what brain it comes. There must be some rotten brains that are bringing it, but brain is reality, not the mind. They come out of the mind. So one has to understand that to get peace we have to go beyond this mind. This mind if the one which reacts and creates problems for us. Makes us believe into things and, we are conditioned. We are not free. Free people to understand what is reality. Reality is beyond the mind. Now how to cross the limit of mind. Like once a doctor in Switzerland said, mother, you do what you like you can cut my throat, but stop these thoughts they're bombarding me. You cannot stop. Because a thought rises and falls off,

another thought rises and falls off. These thoughts come to us from the past or the future. You're not in the present. You cannot be in the present. But when this power that is described to you already known as the kundalini, rises, then she takes your attention beyond the thought. Beyond the mind. And that is the place where resides the present reality.

Now this special thing as called as kundalini is not to be discarded because it is coming from India. It has been described in every Scripture. Even in the Bible it is described that I will appear before you as tongues of flames. These are the tongues of flames you see along the path of the kundalini. Also Mohammad sahib has said very clearly in his Koran, that if you want to know God, you must know yourself. Christ has said 'Know Thyself'. All of them have said the same thing. If you see the Zen system, or Lao Tse or Confucius, anyone of them. They all said that unless and until you know yourself, you are not there, you have no identity. But knowing yourself is very important, because you are the treasure of knowledge, you are the wisdom and divine discretion. It's all within you. Which you should know without any effort. Effortless. Sahaj. 'Sah' means with, 'ja' means born. Born with you is the right to get your self-realisation. It's your birth right to have it and in these modern times it has been made very very easy somehow to get this realization.

In our country also, all the saints have described about achievement of yourself. Sahaj word has been used by so many saints, esp by Guru Nanak who says, 'sahaj samadhi'. Whatever you have to get in your awareness (Samadhi is awareness), has to be in a sahaj (means spontaneous) manner. So for this you don't have to stand on your head. You don't have to run away from your families. You don't have to starve or fast. You've done it. You've done it in your last lives. In this life, you should have the fruits of your hard work that you've put in to express your desire to be one with the divine.

The first truth is that you are not this body, this mind. These conditionings, this ego, these emotions, but you are the pure spirit. The second truth is very much evident but we're not bothered to know. For example, you see these beautiful flowers, beautiful trees all around. It's a miracle. See everything is different. Every seed is different. And all flowers are different. Their fragrance is different. IT's a miracle that is created but we take it for granted. If you ask a doctor who runs your heart. He'll say it the autonomous nervous system. But who is this auto? Who is the one? Who does it? They don't know. At the most they will say it is the autonomous nervous system. Beyond these systems, we have this system here of these three channels. And these three channels, left and right channels, look after your right and left sympathetic nervous system, which are responsible on the right side for your physical and mental activity. On the left hand side, for your emotional activity. In the centre, these two sympathetics, they form a loop like this and the chakras, the centres are created. These centres are responsible for our physical, mental, emotional and spiritual being. But when we start exhausting whatever limited energy it has then we start developing either physical, mental, emotional or spiritual problems. If somehow we can save these centres from state of jeopardy we can solve the problem of physical problem, of mental problem, and also emotional, spiritual problems.

Now we must tell you that we have cured through Sahaj Yoga. I shouldn't say we have because it is your own Kundalini that has done the job. People who suffered from blood cancer; people who have suffered from lots of incurable diseases; we don't have to go through the rigmarole of horrible diagnoses. You can diagnose a person on your finger tips. Because these fingertips, 5,6 and 7, are denoting your centres within yourself. They get enlightened. So with the light of the spirit when you are enlightened, you really become an enlightened person. It is not just a certificate, I am this , I am that. It is something that happens to your awareness. The first thing that happens as I told you: you go beyond the mind that you become thoughtlessly aware. In Sanskrit, we call it 'nirvichar samadhi'. It is an instant happening. Maybe the modern times are such that Kundalini rises like a jet. And in thousands of people, it has worked. But to establish that situation of thoughtless awareness, you have to meditate at the most for 10 minutes, in the evening. But immediately you will feel absolutely peaceful. You'll feel like witness of the whole drama that is going on, and with that drama you'll be able to see that there's nothing to be afraid of, nothing to be worried, because you are out of that problem, you can solve it. Like if you are standing in the water, in the sea, and it is turbulent, you see the waves rising higher and higher, you're frightened. But supposing you can get into a boat then you can watch the same scene with such attention and with enjoyment because you know it cannot hurt you. But supposing you can jump into the sea because you are a great swimmer, you can save many others. So in the second state where you become doubtlessly aware, you become all powerful, because you can give realization to others. Its like one enlightened light or a candle can light many candles, you can give realization to many people.

They say that Sahaj Yoga is working in 108 countries where I've not been. I've been to many but not so many. Only the people who got their realization went down to all these places and have given awakening to so many people. It's something that is within you. This kundalini is your own mother. She's your individual mother. She knows everything about you. She's very anxious to give you your self-realisation. As your mother took all the pains when you were born, she takes all the pain. She's so anxious that if she knows that there is a atmosphere that she can awaken your inner being, she spontaneously rises and doesn't give you any trouble whatsoever. It's a living process of evolution as I told you. We cannot explain any living process in a very scientific method because supposing you have a seed, and you plant it in the mother earth, it sprouts. Because the mother earth has got power to sprout it and the seed has got power to be sprouted. It is no effort. The seed is to be treated with respect and it has to be planted inside the mother earth. It is a very simple thing. Now, people think that how can it be so simple. For them it should be a very difficult thing. But everything vital in this world is simple. For example, our breathing. Supposing for our breathing we had to do some or take some lessons, or consult some books, what would have happened? It's a very vital thing which has to happen and that's why it is very simple. I think these are the times I call them as blossom time, where suddenly so many seekers have come and the Kundalini is taking this form. Of course, it is predicted also by Kundalini long time back that such and such thing will happen. But still it will happen in such a big proportion I could never have guessed.

What happens to you when the Kundalini rises? First of all you feel the cool breeze of the Holy Ghost. Now what is this cool breeze of the Holy Ghost? It is the all pervading power of Divine Love. This Divine Love is the one which gives you these flowers. Is called also as 'Ritambhara PrAgnya' by Patanjali. It is also called as 'param chaitanya'. It is also called as 'rooh'. Also it is called as 'nirakaar'. You can call it by any name. in the Bible it is called the all-pervading power of divine love. Whatever you may call it. It is something which is an energy around us which is a very subtle energy. Which works into every atom and molecule, into everything, penetrates into anything. This special energy we have never felt before. For the first time tonight, you are going to feel it. Also this is called as the Last Judgement because there are people who like to go to people who can be bought whom they can pay money for self-realisation. People who can deceive them. People who can tell them stories something artificial, and they get bound by those permissive marketing ideas. If they're permissive people like them because it supports their weaknesses. If it is ego-related, they like it because it boosts their ego. So, the judgement is now. It is for you to judge whether you want the absolute truth or not. The difference between Truth and Absolute Truth is this that Absolute Truth is felt by everyone on the Central Nervous System which we called as 'bodh'. From where the word Buddha has come.

Another one is 'ved'. Veda is to know it on your CNS not mentally. Not on mental level. On your fingertips. And on your fingertips you can find out what is the Absolute Truth and what is the Relative Truth.

Supposing you have 10 children who are realized souls and you tie up their eyes and ask them to say what is wrong with the person who is standing before you. They will all raise the same finger or fingers which will mean maybe that he has a bad heart or he has got mental problems. It can be easily found out what's wrong with that person. Now if you know how to correct your centres, you can also correct the centres of others. And thus, you can help the whole world. To get emancipated, it's the thing by which you are resurrected.

Again I would say Mohammad Sahab has said though he didn't write Quran but there are lots of things left behind somehow, that your hands will speak at the time of resurrection, at the time of 'qiyamah'. This is exactly what happens that you can feel on your ends of your fingertips your centres and centres of others. Because you get into a new dimension of your awareness which we call as collective consciousness. Become collectively conscious. Sitting down here you can know the vibrations of another person. You can know what's wrong with that person. Even if he's dead, you can know about it. It's very interesting how you become full knowledgeable and after some time you will be amazed that you can even tell the future of a person. It's very simple because if you become a saint of that level, what is future and what is past. it's all absolutely in your brain already built-in. Only thing is that you are not open to it so far, but with the light of the spirit everything opens up in your brain.

I've seen children who are very dull in class who were brought today because they were hopelessly bad, failing all the time. Stood first, got scholarships. And most of the students from Sahaj Yoga I've seen are always breaking the records everywhere. If this is the advantage only, I would have said it's all right, it's alright, it's nothing great. But the greatest advantage I think is that your

personality moves to totality, you get your identification. See people have no identity. Why these people paint their heads and wear funny dresses because they want to express their identity. Your identity is within yourself, is your spirit and once you know your spirit you will be amazed how dynamic you are. I've known many artists who were very ordinary artists in India specially. You know Amjad Ali was a ordinary artist. After coming to Sahaj Yoga he has become such a great artist. Safat, Hussain, so many of them. Because I am telling you, you don't have to believe it, you can ask them. There are so many people like this who have achieved a lot. There are many who could never speak a word on the stage that the stage fear. They have become great orators and speakers. They've become free to express themselves. Then we have people who have become Chartered Accountants, who have never known what is language is, what is the beauty of poetries, they've become great poets. Like this so many things have happened to people but we don't want to publicize and we don't want to give it in the newspapers. We don't allow people to talk about it because that is not the main thing you have to achieve. Firstly, you are collectively conscious. But when you become collectively conscious, you don't react, because you know if a person is trying to be harsh with you, you know why he's harsh. If a person is trying to be nice with you, you know why he is; because you know you do not react, you just watch. And this watching is something like your attention being directed towards the problem. This attention when directed towards that problem, acts. It acts. It's not just an attention that goes out but it works out things. So many miracles have taken place in Sahaj Yoga that it is impossible to understand this all-pervading power how it is working. As I say it is ruta yuga. Kalyug is about to finish and ruta yuga has started. Rut Yuga means the one in which this Param Chaitanya, this all-pervading power is acting. It is acting, it acts in so many ways that you are surprised at the miracles it has created. It's not the time I could tell you about this but those who are here who have got their realization have been blessed by Sahaj Yoga can tell each one of them lots of things that they have seen that has happened to them, and how their lives were transformed. This transformation is very important today. With this transformation, people lose the sense of greed. You know nowadays this greed has brought politicians to such a level. It is so stupid to have this greed. The satisfaction part comes in through Sahaj Yoga.

As you know there is a law of economics that in general wants are not satiable. Today I want to buy a car, then I don't enjoy it. I want to have a house, I don't enjoy it. Then I want to have an aeroplane, I don't enjoy it. Because, we don't know what we want! We run after these things one after another like mad and the greed starts working to such a stupid limit that people want to put all this money into the vaults, they want to have vaults of money. And the stupidity goes to that limit, not only greed, then also the jealousies we have. Because we think that the people who are with us are not the people who should be there, or we should supersede them or we should be at a higher position. Actually, there is no love, no compassion. There's no understanding of another person. But when Sahaj Yoga takes place, I have seen thousands of people whether they are from Russia, from England, America, Australia, anywhere, I've seen them thousands together, they live together, they feel each other, they understand each other, and the love they have for each other is tremendous. If something happens to someone anywhere in the world, the whole society you can call it, you can call the nations where Sahaj Yogis are there, they are so concerned, as they would not normally be even about their brothers. All kinds of help. All kinds of suggestions come in. Doctors will run through they'll come up. IT's such a big society. Such a big moral relationships that starts. Every body helps. But that doesn't mean one will become...

(Only possible in Australia I tell you. If you're interested in your well-being, in your transformation, you must have some patience, otherwise how is it going to work out. On the contrary, I have seen in Russia, there are never less than 16-18 thousand people, and not one person would leave. After all what is so great about that. I can't understand. We are in a democratic country and we have got freedom to do whatever we like all right! But what about the freedom to wisdom. To understanding. Russians I think are people, of course communism or anything I am not very much for favour of it. But one thing. They haven't developed that possessiveness. They're not possessive. They're so sweet that their government gave them their houses. And they said you can have these houses. These flats you can have them your own. We don't want to have it, you can have it. Apart from that, you see once I was there, there was a coup, and I asked them aren't you worried? There's a coup on! And all these things happening. They said, Mother, Why should we? We are in the kingdom of God. I was surprised at their positive understanding of themselves. That's what you are. You're so powerful within. You're so dynamic within. It's such a treasure within you. You've not known your glory which you have to. Once you know that you become satisfied with yourself to begin with. but that doesn't mean that you become poor or financially disturbed. Not at all! On the contrary, I have seen now in Australia itself, people who have come to Sahaj Yoga are all very well employed, very happy people. It all works out because your attention becomes enlightened. Attention becomes concentrated. Doesn't flit around. Doesn't take your mind here and there. And you see the right thing at the right time. You become a personality of great penetration. You don't do anything as such in the sense that you don't react, but the attention

itself acts and works for you. You must know that we're not only ordinary human beings. And as great saints, they're nothing, they were not even some of them educated people, but what was so great about them that they were one with the divine power. They had this power flowing through you and they were so dynamic, and you could see the dynamism in them. This is with your attention it happens. You know the absolute truth. If you know the absolute truth, then how can there be a quarrel. Supposing all of you know I am sitting down here, now you won't fight on that issue whether I am here or not. Because everyone is seeing the same thing. So if you all know absolute truth you see, then there is no question of argument. No question of discussion. But everybody will know the same thing. That's how there cannot be any wars if all the people believe in the same thing.

Of course in every country we have lots of Sahaj Yogis, I must say. And there are also some politicians in Sahaj Yoga. Some. If it reaches the helm of affairs, I'm sure, a day will come that people will give up the idea of war completely. No question having any war or any struggle, any fight, or anybody putting up atomic bombs around. It all comes from the ignorance and the blindness of people who do not see that we are part and parcel of the whole. But when it happens to you that you become one with the divine, then you're like a little drop dissolved into the ocean. Ocean of joy. Now joy is not like happiness and unhappiness. It is singular. Once we jump into the ocean of joy everything is a joy. If it ridiculous, you laugh at it. If it is sublime, you enjoy it. And the whole personality becomes so beautiful and vibrant that it absorbs everything that is constructive. All that is destructive is dropped off. You'll be amazed that in Sahaj Yoga 50% people in the West who had taken to drugs, have dropped off. who had taken to destructive methods, have finished with it. So many destructive habits which they could not give up, have been completely given up by them. This is not because of any compulsion. Without any discipline, or force but your own power of spirit makes you your own master your own Guru and you see in the light of the spirit what is good for you what is bad for you. Nobody has to tell you about it. It just happens. Now you saw these people these western people singing. It's a Marathi song written by Ramdeva, in the 16th century all over villagers also sing

The way they were pronouncing you'll be amazed I mean nobody can pronounce. It is very difficult for Western people to pronounce our difficult tongue twister languages, but they are the ones who have picked up not only the language but also the music. We're surprised from Romania, three boys came in 2 months' time they started singing qawwali just like Nusrat Jahan. We were surprised how good they take to it. So easily. I mean you just become like a genius. In every walk of life it becomes so different. Your stress and strain all these things drop off because now you are connected with the all-pervading power of Divine Love which guides you, which works for you, which helps you, all the time. It's a blissful existence which is your birth right which you should have.

In one lecture of course you cannot tell all about you because it's very very deep down within you. All these things are sprouting and existing. But once you get your realization you have to know that now you have become a collective being for which I must say that you can't do as you are doing meditation at home. You have to come to the collective. Today it's a collective happening. I'm talking of global transformation. For that this collective happening has to take place. Thus we can avoid all the struggles, all the strife, and all the horrible wars completely. There is no compulsion for anything. You yourself know what is good for you and what is bad for you. I hope today you all get your realization, you will, if you desire. Definitely you'll all get your realization. No doubt. But then you should not allow yourself to be just blown off for a while and then again you don't develop yourself. It's like a seed that grows into a tree. You all have to grow into a tree which is not difficult, especially Australians have a speciality I have seen, they can grow very fast into their ascent in very simple way and luckily we have very good centres here, very very good Sahaj Yogis. It's working very well and I'm sure you are all going to enjoy your realization and your growth. For that you have to come to collective. Of course we don't have elaborate arrangements and things like that because we don't believe in publicity or marketing. It is your desire that you have to come humbly and get to know all about it. It is not mental knowledge but it is the knowledge on your Central nervous system.

So many things are happening here. I was told also that a wing has been given in some hospital in Australia, maybe in Sydney, where people could be treated by Sahaj Yoga, for which you don't have to take medicines, you don't have to pay to the doctors, nothing. That's one thing one should know you can't pay for God. You can't. God doesn't understand money. He doesn't understand bank. He has no idea about what all these things we have done to ourselves. So best thing is to remember that only you have to give some respect to your self-realisation. Respect yourself. Love and compassion for yourself And forgive yourself. That's one of the ways we can really understand that we are human beings at the epitome of evolution and we have to achieve

this in our lifetime. It is such a tremendous luck that at this time at this juncture you are here. To get your realization and grow into it.

May god bless you!

it will hardly take 10 minutes. Hardly 10 minutes to get your realization. But I would request those who want to go to go now. You should not disturb others later on. It will be better that they go now. If you want Sahaj Yoga, you want to have your ascent, then please you should not disturb others. Stay here and follow few things that I am going to tell you. It's very simple as I told you. IT has to work fast. It has worked very fast these days. I was amazed, that in Shivaji Park there were 60-70 thousand people and it worked out in 5 minutes. I was amazed how things work out these days. It is getting faster and faster. First, it used to take hours together, but not now.

There are conditions which are very simple. First as I told you please forgive yourself. People must have told you that you are a sinner or that this is wrong that is wrong and we develop guilt. Also it is a fashion I think to develop a guilt for everything. Now supposing we do not follow any norms of modern life. There are also some stupid norms you see. And if you don't follow anyone of them, then you start feeling guilty. I should have done this, I should have done that. But we don't know how we harm ourselves by feeling guilty.

The centre on the left hand side, gets into problem. When this centre gets into problem minimum of minimum you might develop spondylitis on the physical side. Then we might develop the disease called hearts disease, angina. Then also we might get all our organs in the viscera, all the organs can become very lethargic. So to feel guilty is also a nonsense if you see because whatever mistake you have committed is past. At that time you should have corrected it but what sense of now feeling guilty about it and torturing yourself. Whatever you have done is finished and gone. At least for Mother, the son is never guilty. In the same way, in the eyes of god you are not guilty. So you have to say in your heart – you can call me Mother or Sri Mataji, Mother I am not guilty at all.

The another simple thing to do is as you have forgiven yourself forgive everyone. Even without thinking about them. Because logically whether you have forgiven or not you have done nothing. I don't forgive means what. Means that I am torturing myself all the time all my life for somebody who is enjoying himself. We play into wrong hands if we don't forgive. But by that what happens to our chakras. That this centre in the crossing of the optic chiasm is like this is absolutely constricted. Absolutely constricted. And unless and until you don't forgive it won't open at all and the Kundalini cannot cross over. This is the last barrier we have. So just forget and forgive all the people in general if you want. Don't think about them. Because that is also a headache to remember whom you have to forgive. They don't deserve that attention. So just forgive altogether, you will feel lighter even now immediately if you just forgive everyone.

These are the two conditions. I don't think are so difficult.

Third one is you have to take out your shoes. But I hope you don't mind because in England first time when I said you have to take out your shoes half of them walked out. Why shoes because this Mother Earth helps us a lot. She sucks in our problems. When you're your socks on it doesn't matter.

Now you know that these five are sympathetic. Now you please put these hands towards me like this. Just like this. Please put your right hand towards me like this and the left hand on top of the fontanel bone area (tadu) which was the soft bone on top of your head. Now put down your head. Now please don't put it on top. But away from it. Now see for yourself. Please put down your head. If you want you can take out your spectacles. Now see for yourself if there's a cool or hot breeze like vibrations are coming out of your fontanel bone area. Some people get it a little far away. Some get it quite close. Now don't feel guilty. I can feel your centres out of which this guilty business is quite a lot. If it is hot then you should know that you have not forgiven yourself and or you have not forgiven others. So please forgive now.

You can move your hand. It may be close to your head. It might be away from it. Depends on. And move your hand and see for

yourself. Now please put left hand towards me. And please put down your head and see for yourself on top of your head on the fontanel bone area which was the soft bone in your childhood. See for yourself if there is a cool or a hot breeze coming out of your head. Out of your head. Here again I will request you to forgive yourself and to forgive others. Please. That will definitely help.

Now. Please take your right hand towards me. And now see for yourself with your left hand on top of your head if there's a cool or a hot breeze like vibrations are coming.

Actually, you have to desire it. It is not meant for arrogant people. But meant for humble who want to have their self-realisation. You have to humble down.

Now please put both your hands towards the sky like this and put back your head. Push back. Here you have to ask a question in your heart three times. Any one of these questions you can ask. Three times.

Mother is this the cool breeze of the Holy Ghost?

Or Mother is this the all-pervading power of Divine Love?

Or Mother is this the Param Chaitanya?

Ask any one of these questions three times. In your heart. Push back your head and your hands.

Now please take down your hands. Now, if you can put both your hands towards me like this and watch me without thinking. Just watch me without thinking. Some people are getting it here. So you can push it up if they are getting down here. Just push it up. Watch me without thinking. All those who have felt cool breeze on the fingertips or in the centre of the palm or out of the fontanel bone area, whether hot or cool, please raise both your hands.

My goodness! I bow to you all of you have felt it which is very great experience for me. So may God bless you all.

Now your saintly life has started. So be careful. You don't have to give up anything outside. You don't have to renounce anything. Everything there and you have become a saint. So please respect your self-realisation and develop it so that you can help yourself and help everyone around. I must tell you I was surprised that there was a good centre started in Israel. And the people who started were Germans and Austrians. IT was such a feeling of joy for me that look at these Germans they feel responsible for the Jews they have gone to Israel to give them their realisation. Such love and such compassion. Such transformation that you will enjoy your virtues you will enjoy yourself.

May God bless you all. May God bless you all. May God bless you all.

I will like our school children to sing one song so that they will see for themselves how they have picked up if there are here.

Are there our school children here?

Have we got? No not here. Any?

Come here then. 'Sabko aane nahi diya shayad' (Perhaps they were not allowed to come). Yes yes come along.

Nothing like children. We have to learn so much from them. Alright. Come and join. Come forward. All the little girls should sit in front. And the little boys. 'Samne aao' in Hindi (come forward). Yes. Good.

[1.57.30 – Children sing.

2.04.20 – Shri Mataji leaves]

1996-0305, Farewell talk

View [online](#).

5 March 1996

Departure

Sydney airport (Kingsford Smith), Sydney (Australia)

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

1996-0306, Bring your attention beyond the mind

View [online](#).

6 March 1996

Bring Your Attention Beyond The Mind

Public Program

Shih Chien Hall, Taipei (Taiwan)

Talk Language: English | Transcript (English) – Draft

[1:03:50]

I bow to all the seekers of truth. At the very outset, you have to know that truth is what it is. We cannot change it, we cannot transform it. But we have to feel the truth on our central nervous system. That means 'Bodh', in Sanskrit, from where the word 'Buddha' has come. Or 'Vida', means, from where the 'Vedas' have come, means, to feel it on your central nervous system. It is not just a mental feat, or a mental understanding about truth. Because you should not shock when I say that mind is a myth. By our reactions outside, through our conditioning, and our ego, we have made this mind. Which is nothing but bubbles of thoughts. Brain is the [light].

Now when we are at a mental level, we can create any ideas according to our conditioning or our ego. Like Hitler felt that he has to destroy all the Jews. And he did it. So this mind goes either to the right or to the left. That means it goes to the future or to your past. All the thoughts come to us from our future or the past. One thought rises, it falls down, another thought rises and falls down. And we are jumping on the cusp of these thoughts. But we are not in the present. And the present is the reality. In China, we had Laotse, who talked of nothing but Sahaja Yoga. Also, in Japan, we had Vidhitama, about Zen, Zen system. All are just to make a human attention go beyond the mind. Beyond the mind is the reality. As he has already told you that we have a power within us in the triangular bone. This bone is called as the sacrum. That means the Greeks knew it was a sacred bone. Now this power is within your [bone?]. And it is to be awakened for you to cross this mind and go above that. Now whatever I am telling you, you need not take it for granted. Blind faith has created so much problem. So, you have to just open your mind, or if you can call, open your self like a scientist. And whatever I am telling is like a hypothesis. And if you are convinced, if it is truth, then you have to believe in it. Because it is for your benevolence, for the benevolence of your country, and for the benevolence of the whole world.

Now the truth is that you are not this body, this mind, these conditionings, this ego, these emotions. But you are the pure spirit. You say this is my hand, this is my body, who is the owner of this 'my'? If you ask the doctor, "who runs your heart?", he'll say it's autonomous nervous system. But who is this 'auto'? Another truth is, we see all these flowers, see, different, different types of beautiful flowers. The whole nature you see, beautiful, all around us. It's a miracle! But we don't think like that, we take it for granted. Who does this miracle? Now I have to tell you, that there is [an] all pervading divine power here. And this power has created you and has made you into human beings. The re..., the reflection of this power, is this Kundalini in you. So far, you have got a human awareness. But you haven't got absolute truth! One person feels like this, another person feels like that. We all think a thing differently. As a result, we have arguments, fights, quarrels, and wars. But [when this] Kundalini rises, she separates those thoughts and makes you thoughtlessly aware. At that time, you cross your mind, and you become extremely peaceful within. You become the witness of the whole drama that's going on. When that happens, also you emit peace around. With this happening, you get connected to this all pervading power. This power is described in all the scriptures. In the Quran, it's called as 'Ruh', in the Bible it's [UNCLEAR] as the all pervading power of divine love, or the cool breeze of the holy ghost, in Indian philosophy, it is described as 'Paramchaitanya'. Patanjali has described it as 'Ritambhara PrAgnya'. That means that changes the different seekers.

So by this happening you become an enlightened person. Not only that you become peaceful, but you become extremely dynamic. You feel absolutely relaxed. And also physically, mentally, emotionally, you are completely cured, because all these centers are responsible for that. Thus you become a spiritual person. You become extremely dynamic, at the same time

extremely compassionate. All these modern diseases, stress, strain, all drop out. So many people have been cured with Sahaja Yoga. By your own power. It is the living process of evolution. Is the last breakthrough of evolution. As you put a seed in the mother earth, it sprouts by itself. Because the seed has a power to sprout, and the mother earth has power to sprout it. It happens spontaneously. You can't pay for it. Is a wrong idea that you can pay for God. God doesn't understand money. He doesn't know banking. That is our [headache?]. So now, once you understand that you are just on the brink of your evolutionary process, you desire to find it.

So the time has come for you to get this realization. Is a special time. They call it the last judgement, or in the Quran, they call it Qiyama, means resurrection time. But I call it the blossom time. Because there are many flowers, who will be becoming fruits. Now this Kundalini is your own individual mother. She knows about you, everything. She knows about your past and your aspirations. And as your mother took all the trouble of giving you birth, she looks after you. That is what is the time today, you all have to get your self realization. So [the when] your spirit comes into your attention, your attention becomes very concentrated. Not only that, but you can direct your attention and can see that how your attention is effective. By this beautiful attention, you achieve a lot, even in your jobs, your business and your education, everywhere. Such a personality you have within yourself. For example, this is an instrument, if it is not connected to the mains, it has no identity. In the same way, unless and until we are connected to that power which has created us, we have no identity. That's why we, we are sometimes happy, sometimes unhappy ... sometimes frightened. But this power, is the power of all the knowledge. It is the ocean of love and compassion. Above all, it is the ocean of such a power that you can find together, all of you, if you want something, it will be done. If you collectively want something, it will be done, because you become saints. It is so blissful and so ener..., energising, that you are amazed how you are helped everytime. How your problems get solved! This is very surprising how it works.

But one cannot just go on describing it. You have to experience it. As a result, you jump into the ocean of joy. Joy is singular, it's not like happiness and unhappiness, it's singular. So, you become extremely joyous and a happy person. This is your birthright [to get this experience]. This is your birthright to get this experience. Of course, you need not pay for it. But once you get it, you must respect your self realization. The seed sprouts but then you have to become a tree! If you are standing in the water, you are afraid of the waves. But if you jump into a boat, you can watch the waves, and witness it. But supposing you know how to swim, then you can jump back and save many people. Thus you develop into another dimension. First you become thoughtlessly aware. And then you become doubtlessly aware. This definitely happens to you. It's so simple that people can't believe it can be that simple. But whatever is vital is always simple. For example, our breathing, if we have to go to some guru or we have to read some books, what will happen to us!

So, just you have to desire, that you should get your self realization. It will happen in ten minutes. Of course, those who do not want, it cannot be forced upon. All those who don't want should leave the hall please.

As I've, you have seen here, that is all these five centers, and six, and seven, are the centers of the sympathetic nervous system. And, also on the right hand side we have seven centers. Left one are for our, you can say for our emotional being, the right one for physical and mental being. So, there are two conditions which are very simple. First one, you are not to feel guilty at all, for anything whatsoever. These days, it's a fashion to feel guilty also, it's a fashion. Whatever had happened in the past, forget it just now in the present. But you don't know, if you develop guilt to a great extent, then you develop on this side, this center goes out of order (on the left side). [Shri Mataji points to left side of her neck]. You may develop horrible thing called spondylitis or angina, which is a heart trouble. Or you might develop a very lethargic system of your organs. Moreover, at this most important time of your life, if you feel guilty, this Kundalini won't come up. So why to feel guilty? Just be pleased with yourself. I would say as I [love?] you, you must love yourself. And must have full self esteem. Now there's another center which is inside [Shri Mataji points to the forehead] where the two optic nerves crosses. Which is constricted like this. [Shri Mataji demonstrates the crossing of optic nerves] So first you forgive yourself, to open this center. And then you forgive everyone, everyone, to open this center. Some say, [it's] very difficult to forgive. Whether you forgive, you don't forgive, what do you do? But if you don't forgive, then you play into wrong hands! So you have tortured yourself all your life. Now if you continue to do that, your, this Agnya chakra won't open and the Kundalini won't rise. Just in your heart, you have to say, you can call me mother, or Shri Mataji, "Mother I forgive everyone." You please don't think about them, because that's also a headache. You must forgive in general.

Alright. So now, another thing is very simple is to take out your shoes. I hope you don't mind. This mother earth helps us a lot. Now please put both your hands towards me like this, straight. Like this. You can take out your spectacles if you like. Now put down your head and see with the left hand, putting right hand towards me, if there is a cool or a hot breeze like, vibrations coming out of your fontanelle bone area. Put down your head, please put down your head. This fontanelle bone area was a soft bone in your childhood. Move your hand, so that you can feel it, some people get it close and some people... If you are feeling hot, that means either you [have] not forgiven yourself or you [have] not forgiven others. So now forgive, yourself and others. Now put the left hand towards me, put down your head, and see with the right hand if there is a cool, or a hot breeze like ... vibrations are coming out of your ... You can move your hand, sometimes you get quite close also, even far away. Don't doubt it. Now, put your right hand towards me please, and put down your head again, and see with the left hand for the last time.

Now, please put both your hands towards me, like this, and watch me without thinking. Now, please put both the hands towards the sky like [this]. And push back your head. And ask, one of these questions three times. One of them. The first one is, "Mother, is this the cool breeze of the holy ghost?" Now, second question is, "Mother, is this the all pervading power of divine love?" Third question, "If this is the power of Maitreya, which was the future buddha?" "Or Paramchaitanya?" Now please, put down your hands. Put both the hands towards me. Some people might be feeling it here [Shri Mataji demonstrates beneath the palm], [if you] take it out and put it up like that. Now all those, who have felt, cool or a hot breeze on the fingertips, or on the palm, or out of the fontanelle bone area, please raise both your hands. Both the hands please, I [think].

May God bless you, all of you, practically who've felt it. First time, first time, you have felt this all pervading power. But you must now learn how to use it. This is not an individual work but is collective work. Is working in, atleast I know 65 nations, but they say it's 105 nations or something. So you have to grow in it. And then you'll know how glorious you are. You'll know what powers you have. Luckily, we have here, some very good Sahaja Yogis who can guide you with great compassion and love. May God bless you.

You have any questions? Many people are wearing glasses here at a young age. We have solution for that. I am 73, I, because of these lights [UNCLEAR] four years back. But this is absolutely curable. So many [diseases], cancer, er, your, also, blood cancer, all kinds of troubles have been cured. Luckily we have a doctor here, er, where is this doctor [UNCLEAR], he's in charge, and, his wife is also a doctor. [inaudible] ...and we have here Sarvesh, who is a very good Sahaja Yogi.

1996-0309, How to receive the self-knowledge?

View [online](#).

9 March 1996

How To Receive The Self-knowledge?

Public Program

Hong Kong (China)

Talk Language: English | Transcript (English) – Draft

1996-03-09 Public Talk Hong Kong

Shri Mataji: I bow to all the seekers of truth! At the very outset, We have to know that truth is, We cannot change it. You cannot transform it, and You cannot purchase it. You have to feel it in your Central Nervous System, Which is called in Sanskrit as 'Bodh' from where the word Buddha has come. The word they have used for the saints, on the Central Nervous System [unclear]. They are used for Veda...The Ancient Vedic Scriptures. Whatever I am going to tell you today ...You need not accept it [unclear].

Because We have suffered a lot, all because of this blind faith. Once it proves, it's better to accept it as honest people because it is for your benevolence, for the benevolence of the country, for the benevolence of the whole world...Because this knowledge is coming from India, some people really don't like it. But the other cultures of the western cultures, have [unclear/grown so] big without going to its roots. If the Indians can learn science, from the west, Why not the science of the divine be learnt from the Indians. And this is the special time for seeking the truth...It's all predicted. While people are misled, by the wrong type of marketing people. This is divine knowledge, can not be marketed. It is the knowledge of divine love. So, there is the power within you, already placed in the triangular bone called the Sacrum Bone. And the Greeks also knew that there is a sacred bone. Of course, this knowledge has been there, for thousands of years in India. But it was kept as a great secret and was transferred from one master to one disciple. That was the tradition. But now the Sahaja yoga in this modern time is working out in 1000's of you.

As far as I know, 65 nations have got full fetched Sahaja Yoga working. Now I am talking to you about the evolutionary process... I wish you receive your self-knowledge. You have no knowledge about yourself. Also with this human awareness, you do not know What is the absolute knowledge. Absolute Truth! Everybody has a different [unclear /frame] of a mind And they are projecting their own mind, and having their own ideas about truth. That is why we are [unclear/suffering from] quarrels, fights, and wars. If you all know the same truth, nobody will disagree, nobody will argue ...There won't be any wars

[unclear/I think]. We have not yet reached that point if you strongly admit Where we know the absolute truth. All the scriptures have said that you have to know yourself. They could not elaborate... But they always said. So, it's a great task for all of you today to know yourself. The first truth is - that, You are not this body ...this mind ...these emotions ...these conditioning's ...this ego. But you are the pure soul, Which is called pure spirit ...

That is What we have to become. That is the goal of of...in your life...So that you find your entity. So when this Kundalini rises, What it does ...Is... to pierces through your fontanel bone area and connects you to this all-pervading power of divine love. You see the beautiful flowers near all around, you see the flowers all over the world, beautiful trees, beautiful nature...and you take it for granted. It's a miracle. We don't think but it is a miracle! Who works this miracle? If you ask a doctor Who runs your heart. He will say the autonomous nervous system. But Who is this Auto? If there is autonomy there is a driver sitting there...So when We have [unclear/ confronted] with the [unclear/Christian] like that

you really should know that there must be an answer to it. So the second proof is that there is the subtle power of divine love which does all the living work ...If you take a seed and put it in the mother earth it sprouts spontaneously, Sahaja! You don't have to do anything ...Because this mother earth has the power to sprout the seed, and the seed has the power to get sprouted. In the same way, we have the Kundalini within us, Which sprouts itself ...You should not be shocked ...If you are the people of the Chinese tradition, you should know...What Tao has said? They said ...the Lao Tse ..."This mind is a myth"

That is this mind is created, out of the reaction through our conditioning's or our ego!

But there is no reality. Now [unclear 15:32 this reaction still travels] in the brain Which is the truth, of course. But it builds in our own brain and creates this so-called mind, which is nothing but like bubbles of thoughts. All the ideas of war, and fighting, and

quarrelling, all these are born in these bubbles with our tortured mind ...So you have to cross over that mind, you have to go beyond the mind to reach the reality...They said that in a great [unclear] like HongKong, How can you go beyond the mind? and can do your business :) All the mess you see... of today's business, recession and all kinds of nonsense It is because of the using of the mind[16:48 unclear/ Which is defected]. It's we create through our reaction, this mind ...Like we create a ...Say the watch and then we are afraid of the watch... We create a computer and we are slaves of the computer ...In the same way, this mind dominates us...And which is the relative entity within us. It's not the absolute. But If you adhere to the absolute lies within you, You are absolutely one with the divine, one also with reality ...And with totality...Just now you are not integrated, this kundalini integrates you completely... Your attention ...gets enlightened ...

Any people told me -"Mother We want to give up drinking, drugs, smoking ...We can't.We are helpless.We have no power". But through the power of a spirit, you give up all that is destructive... in your time. It's like this ...If I say -I am obstinate and I am holding the snake in my hand, in darkness. And if you will tell - there is a snake in your hand & I will not give up...because I am obstinate and I can't see.I will say it's the rope. But as soon as there is a little light, you will throw away as you can see it.This is what is enlightened.So your awareness is enlightened... Your attention is enlightened. And you become a wise, and knowledgeable person. You immediately know What is good for you. Even you! But When the attention becomes absolutely detached and you can see the problems much more clearly and solve it because you are out of it. For example, you are standing in the water and you [21:06 unclear/ waiting] of the waves But supposing you get into the boat you can see the waves and enjoy ... And if you can swim you can jump, and save many people in the boat. This is what happens in Sahaja Yoga...First, when you cross, open your mind with thoughtlessly aware.No more thoughts torture your mind and I mean ...your mind does not torture you. Like the doctor in Switzerland, ask me Mother Do what you like ...Cut my throat But take away these thoughts I am fed up with these thoughts. So they become absolutely peaceful. And you become the witness of the whole drama... And you solve your problems yourself. On your fingertips, you can feel your centres. These centres are responsible for your physical, mental, emotional and spiritual being. Even a person may get cancer or may get mad ...He doesn't know, he is getting mad, he doesn't know he is getting cancer ...But in Sahaja Yoga in your fingertips, you will know what trouble you have which centre in you is in jeopardy. This is What is self-knowledge. In the second stage[unclear 23:53] is we call it as doubtless awareness.While using this power you know What it is ...What you are ...What is your greatness ...You know your glory and you are absolutely confident about it.But you don't dominate anyone. You become extremely dynamic and at the same time extremely compassionate ... Recently I have heard that many Sahaja Yogis from Germany went to Israel to give them realization ...First time When I went to Russia,25 of the German Sahaja Yogis came and said to me -Mother We are very happy we are here.But I said why did you come? So they said our forefathers killed so many Russian's so don't you think that we are duty-bound to do something for them. So talk of [unclear] doesn't bring it.It's just talking, is talk & talk ... You have to become peaceful within it. This is... I am talking about the global transformation of human beings. They call it 'The Last Judgement '.Of course, the stupids will go to the false gurus, no doubt. They pay their money and feel the tantrums. Because all these gurus..., they transfer their egos and they are very much satisfied with that. But one who are genuine and serious will come to reality. It's very surprising that We people think that you have to pay for your self- realization. And when the [unclear 27:24] and the tv people ask me before, that how many Rolls Royce's you have. I say them none ...[unclear 27:45] so they said they are not in the business ...I said no...They said they are not interested if you are not in business, What are we going to do with it... If that is the level of understanding, then how can you [unclear] ...With this attention which is enlightened, you can put your attention to anything, you can direct it and by that motivation you can correct it, correct any human being, you can help [unclear 28:39]. You can raise the Kundalini of the 1000's of people ...One person can give to 1000's That is how Sahaja Yoga is spreading... And I have seen children who were very bad students who couldn't pass their exams [unclear] have got first class positions. And also there are many many people who are cured by Sahaja Yoga. But you don't have to be with any expensive doctor for that.You do it from your own powers. You have all the powers within yourself.You can cure yourself and even cure others. It's the knowledge of the fundamentals within us.And once you know it well you become the master, you become your own master. Unfortunately, We don't know what we are capable of. Once you know the absolute truth, & your attention becomes a concentrated, deep, penetrating type. And to get to connect with this all-pervading power of divine love Like this instrument (mike of Shri Mataji)if it is not connected to the mains it has no meaning ...In the same way, if we are not connected to this all-pervading power Which has created us We have no meaning...Whatever we try outside, starve yourself with fast, you go to the Himalayas, give up the family doesn't work out ... It's something inside that has to happen with this connection with power, the power of such beautiful blessings.You feel blessed ...you know... it is a blessing. Because otherwise, It would not have been possible to achieve anything.[32:43 unclear will tell you one miracle which really pampers every one /(Mother is telling one miracle)]

There was a deity very good, devoted Sahaja yogini Her son was studying in Harvard University from Mexico [unclear] and she wrote to me that this boy has got a disease if they all [unclear/get] in their family old age...but this young boy has not that horrible disease. And she wrote to me three letters and I told her just ask your son to do Sahaja yoga. 33:37 And she wrote to me the fourth one saying that her son is completely cured. So that's it. It's the truth I am telling you ...She is working in the United Nations now in Mexico and it's such a miracle I think for this young boy to be cured like that - just by doing Sahaja Yoga ! 4 doctors from Delhi University have got their M.D in Sahaja Yoga. You will be happy to know that the great land of the (unclear/Vienna)government has invited us to show how We cure Epilepsy. All there ...within you. You can feel it. You must have faith in yourself. Not ego but faith in yourself. This power is the ocean of knowledge. I have seen many people who were saints here, have become great orators, great musicians, have become world-famous Musicians. Many artists have become world-famous. There is no end to it. How many powers are potentially within you. They just start manifesting. You feel absolutely secured, confident and joyous. You jump into a new dimension of awareness which we call as a collective consciousness. By which you can feel others, you can feel yourself. Such friendship, such love I mean ...The people of so many different countries, you can see such concern that you become the part and parcel of the whole. The vital force becomes the active force 37:04 Like a drop which drops into the ocean becomes the ocean. Last, of all, you have to know that you have jumped into the ocean of joy. Joy is secular with happiness and unhappiness is not like that. It's singular ...It's an experience And When you are in that state, your age doesn't have cons, you don't feel tired, you enjoy...everything.If there is a ridiculous thing you laugh and enjoy. I am sure all of you look to be quite serious of all today. And It is going to work out. Be confident ...Be confident...Of course, I must confess that can not be forced on you...This Kundalini is your individual mother ...It's the power of pure desire. If you have a pure desire, to be self-realized then you can get your second birth. This Kundalini is very anxious, is your mother to give you your second birth. It's not just you write it down and [unclear] No you don't become again [unclear 39:43]It has to be a living organism It should be a living organisation It can not be some sort of an official organisation. You can not organise divine. It will take 10 minutes only for you to get self-realization...Which is the last (like) few of our evolutionary processes? But I can not force you. It's divine. So those Who do not want should leave the hall. Nothing will go wrong with you. People are described that something will be horrible because they don't know about it...I have never seen anybody suffering from Kundalini awakening. On the contrary, this [unclear/experience] will be soothing ...

So the first thing will happen to you that you will feel this all-pervading power for the first time...as a cool breeze. It is called the cool breeze of the holy ghost.

In Koran, it is called 'Ruh'. In, of course, Sanskrit it is called as Param Chaitanya. In Patanjali it is called as 'Ritumbara Pragnya', meaning enlightened knowledge which changes the seed. Sahaja should not be complicated by any chance...It's very simple ...We have to be simple about it ...Firstly, as nobody is going now, has requested you.

There are 2 very simple conditions ...

Firstly, you should be very pleasantly [43:28 unclear] towards yourself...

If somebody has said that you are [43:37] a sinner just forget it. Those who say like that must be sinner themselves...So just forget that part...Here you are not sinner, you are not guilty at all, or anything, forget the past ...We have to live the present ...past is finished, the future does not exist! The present is a reality. So please forgive yourself. And Whatever you did a long time back Why remember all your life ...finish! Alright, the second condition is this you forgive yourself and [unclear] forgive everybody else ...Some people say it is difficult to forgive. But logically whether you forgive or don't forgive what you will do? You don't [unclear 45:23] ... But [with respect you are not[unclear 45:32 yourself and playing into wrong hands]So don't even think to whom to forgive and just say that I have forgiven in your heart. You can call Mother ! or Shri Mataji! I forgive everyone. Don't think about it in general ... You will feel very much lighter... Now another humble request is that we have to take out our shoes. In England, when I told to take out their shoes in the beginning half of them walked out...:) [unclear46:49] So Sahaja Yoga is not meant for egoistical people ...And not also for stupid ...Those Who are here to criticize, their kundalini itself will not rise, there mother 47:07 [unclear] ...Maybe some people are thinking about What religion to follow and all kinds of things ...which I can see the mind going on ...Then you follow the universal religion which is being innate within you. It's just ...we don't say DON'T you just don't do it yourself. Religion has to be innate! inside, enlightened !... It is the essence of all the religion. We respect all the prophets and all the seers and all the incarnations all over the world. There is no exclusiveness of the religion Its a wrong ideally.No body preached that ...Nobody preached exclusiveness. Christ talked of Moses He talked of Abraham. Abraham talks of Moses. Also, Mohammad sahib talked of all of them plus Christ and his one. I can't understand how can Muslims and Jews fight ... We have the same [unclear]. Christian might be these people in Bosnia I can't understand ...Because they don't have religion within It's just

their myths in their heads clearly.

So, you have to keep both your hands like this ...on your lap like this ...You must sit comfortably ...Put your both feet apart and sit comfortably.

Just sit comfortably! be comfortable!

Now please put your left hand like this ...towards me...Like this and put down your head and see with your right hand ...If there is a cool or hot breeze like vibrations coming out of your fontanel bone area.

It was the soft bone in your childhood... You have to see it away from your head, not on the top of the head ...Little away ...move your hand and see for yourself ...Is it a cool or hot breeze like vibration emitting from your fontanel bone area.

If it is hot that means you have not forgiven yourself or you have not forgiven others ... so please take it down

Now, please put your right hand towards me ...And put down your head ...

And see with your left hand ...If there is a cool or hot breeze like vibrations are coming out of your fontanel bone area ...Have faith in yourself...Don't doubt ...It's not air-conditioning in your head ...You can even take out your glasses ...Now, please again once ...Put left hand towards me and right on your head and see for yourself...Some people will get far away from the head.... some closure ...So move your hand ...

Move your hand here and there and see for yourself. Now, Please open your hands like this and bow to me ...

This is not mesmerism because I have closed my eyes and you can also close your eyes ...Feel out of yourself ... If you have stopped thinking ...Watch me! Now raise your both hands towards the sky like this. Here you have to ask only one question 3 times ...

first one: You can call me Mother or Shri Mataji ...Mother Is that the cool breeze of the holy ghost!

second one: Mother is it the all-pervading power of divine love ...that is you!

Third one: Mother Is this the Param Chaitanya

Ask any one of the questions 3 times in your heart...

Now keep down your hands, please put it down ...You can wear your glasses ...

All those who have felt a cool or hot breeze on their hands or out of the fontanel bone area ...All fingertips ...Please raise your hands...Place it higher so that I can see ... Most of you have felt it ...This is for the first time you have felt the all-pervading power!

All of you will feel it ...Those who have not felt also can feel it, so please try to come to the collective. It is not the individual practice that helps, you have to be in the collective ..You don't have to pay for it ...No, But you have to come to collective to understand ...everything and work it out ...Some people get it so fast that they get the second stage in no time ...

But some people take time to establish themselves. But you all can become like seeds, from a small seed If you have any problems or anything then you can always write to me. And I am here to all the persons who are here in Sahaj yoga ...They are wonderful people, they have come all the way from Australia and we have some yogis from China. I am sure we will all go into bigger trees and next year I will definitely come again.

But please, know that you have to be in the collective ...You have to come to the collective. Otherwise, you will not grow as you should. You all have to become your own masters. This is how you are going to help everyone. So it should not be just a sea [unclear 1:00:24]

It has to grow. May God bless you.

1996-0310, Talk to Sahaja Yogis

View [online](#).

10 March 1996

Talk to Sahaja Yogis

Hong Kong (China)

Talk Language: English | Transcript (English) – Draft

So many questions, you see... Now, most of the questions are coming from people who doubt. Can you translate it? In Sahaja Yoga best thing is to practice what is said and then see for yourself, but if they're coming I would like to tell them about it.

Now the first one is about vegetarianism, somebody's asked. Who has asked about vegetarianism? Raise your hand. Ah, you, all right. Now, I said that there should be, there is no question of vegetarianism; whether you are a vegetarian or not makes no difference to your meditation. But for people, you see, the food is only important because supposing you're Chinese, you eat too much of fish and all that. So to give it a balance, if you become a vegetarian more you'd be better.

It's a question of balancing, but those people who eat too much of, say, vegetarians, like in India, they should take more to non-veg, or to proteins; it's a question of carbohydrates and proteins, it's not question of vegetarianism. Now to say that Buddha was vegetarian is not true; it's false. Because how Buddha died, you know? Buddha died when he went to a disciple who had killed a wild boar, and the wild boar is allowed to leave for some time and then you should eat the meat. But he was in a hurry, so they didn't do that and he ate it and he died.

Now the problem with all of you is one, always, like whether you're Christians or Buddhists or anything, you're all conditioned background. To you Buddha is everything. What did Buddha do for you? Where is he? What is he doing? What did he do for the Buddhists? Did he give you Realization? But you all are like that, even the Christians are like that. They're so much conditioned by Christ. You see, they are either Christ or Mohammad Sahib or someone like that, but I'm sitting before you. They're not here. Who has given you Realization? Try to understand.

So why be so much conditioned by Buddha? Buddha was never, never was a vegetarian; he died because of that. He ate that meat and he died; so it's a wrong idea that Buddha was a vegetarian. It's all myths they're going about and there is no need to be vegetarian; if you are suffering from too much of protein intake you should take to vegetarianism. It's good for you if you have that problem, and in China eat so much of, say, fish. So they should take more vegetables with it, not only the fish because with fish you have phosphorous.

Now do you know about your genes, we have a database of the genes. There are three things, carbohydrates, there is phosphorous and there is nitrogen. Nitrogen is good for your health, for your ascent, for everything. But what happens? People eat too much of proteins and fish and all that; then they create more phosphorous, they become very right-sided, their eyes are spoilt and the whole balance is lost. Do you follow the point? The balance is lost; so what you have to do... So the people who are eating too much of phosphorous must take to carbohydrates. So it will suit some people who are eating too much of proteins or too much of phosphorous should take to more vegetarian food, will help; but it's not the way we should judge it we start by taking vegetarianism will become a realized soul, you cannot.

Some people it will improve the meditation, with some people it will not. For example Me, I can't take vegetarian food for more than two days, I get diarrhea, sympathetic. I just get diarrhea, I cannot eat. I cannot also eat all the time fish, I have to eat a very much of protein food. You see for the Goddess they offered a lamb or sometimes a goat, this is the reason She has to take proteins. This is what it is that She has to take proteins, and somebody has to take, say, more of carbohydrates, they should take. But it doesn't suit everyone.

"We learn that several gurus in Hong Kong..." Who is this Sarah Lee? All right. "We learn that several gurus in Hong Kong promote

their exegeses free of charge and promise the followers that they can get rid of their karma once they give their faiths to their guru as they are also promoting internal peace and transcendence and they do not charge for anything. What are they aiming at?" They're just aiming at controlling you. Just they want to control some people, that's all; it's a power game, and that's what they want to do, it's a power game. And I'm sure at certain point they must be taking money also. Now the thing is if they were giving peace and they're talking about karma.

I'm not talking of karma. I'm saying you've to go beyond your mind and it has to be connected with scientific ideas, that you have to go beyond your mind. They never say like this, "We'll get rid of your karmas." How can you? Who does the karma? Ask them. Ask them five questions, they'll be all right. They don't know about ego, they don't know about conditioning, they don't know about chakras, nothing they know. They might be cheating you just, I mean it's just anybody can start something like that but what is the validity. Validity is that do they talk relevantly, do they talk about the inner side, do they talk about the chakras, do they talk about the Kundalini? Now you have got your Kundalini awakened; that should give you faith not in Me but in yourself. You have no faith in yourself, that's why you start thinking like this. If you have faith in your achievements, what you have achieved through Sahaja Yoga, you won't ask such questions. All right, so this is over...

There's somebody, a new yogini, she said she cannot believe in her own feelings. Who's this one, from Japan? Now see, there's nothing to believe in your own feelings, no question. You have to believe in your vibrations. You should see what sort of vibrations you get. Supposing you are very much inclined for something. So try to find out of someone, try to find out on your vibrations, you can find out whether it is true or not. Because now you have jumped into an awareness where you know the absolute but it's not necessary that you have reached that state. But I'll tell you how to reach that state, it's different but just now as it is, you have to go beyond your mind. And that is what one has to achieve, all right? So how to go beyond your mind, that I'll tell you.

Now who's Pamela Ng? All right, well, she says that when she came first to meditation she was sleeping very well, it was effective after, and all that and then later on she started... Now see, look, if you are just thinking about yourself, vibrations will go away. It's not given only for your benefit, it's given for the benefit of everyone. If you're just worried about yourself the vibrations will disappear. Because vibrations are there to give it to others, to work for others. If you're not collective enough, you cannot grow. If you do not dissolve into Sahaja Yoga you cannot grow. And then when you don't grow you go on falling down; you go on falling down, then you'll lose all these things. So how many people have you given Realization? That's it. First you start giving Realizations to others then you will understand that how joyous it is to give Realization. It's not meant for you alone, it's meant for everyone, all right?

"I believe that there are real gurus and false gurus in this world. If someone follows a real guru but not Sahaja Yoga does this still do any good for him?" Who's this Christine? Now see, I haven't met anybody who's a real guru and who is giving Realization to others, who may be real but he cannot give Realization. That's the point. So what will they do? You see, they're very hot-tempered people mostly and they take you to task; they make you work very hard. I haven't seen anybody giving Realization so far; if you meet anyone, let Me know. I'll be very happy, pass on.

Mr. Ling, who's he? Now, this is interesting, the way you're seeing visions. Have you been to some other master before? No one? No? Now, you see, for this, best thing is to know about Tao which is your speciality, it's Chinese in which he describes, you see, Tao; Lao Tzu describes the journey through the river Yangtze. I've been Myself to see that. So he says on the side or the banks there are beautiful, very beautiful mountains and beautiful trees and it's so beautiful that you feel like jumping out of the boat and going to the, these gardens and these mountains. But what your aim is to go through this, Tao, means the Yangtze river, towards the river. In the beginning, maybe there are some currents flowing, maybe you might lose faith in yourself. But by the time you reach near the sea, it becomes very silent and you have to go to the sea, that's the point is. So, you see, all these are there; these are just enticing... It's all right you see but it's nothing important because all these will keep you on a mental level. You'll be always thinking, "What is this vision? What is that?" There's nothing to be on the mental level, you have to go beyond, all right? If you don't see, you don't bother about it, they'll disappear.

These questions are nice. The first one is about confidence, you see and I'm going to tell you about meditation. If you do that

kind of meditation you'll get back your confidence, all right? That's one point. And then he says if there's anything like destiny. In Sahaja Yoga you decide your destiny, you don't have to depend on any destiny. Then it's true that in Hong Kong is highly polluted and lot of people get allergies and things like that. But Sahaja Yogis should take bandhans so they won't suffer with any allergies or anything. And also you can use something to cover your nose or something. I know people are smoking so much I Myself, I absorb so much of this within Myself, but this will all go away as far as you are concerned because you're protected, all right? But the first one I'll tell you later.

Werner, where's Werner? Now your eyes are suffering. So very simple is that... All right now what you have to do... What is your digestion problem? You get diarrhea? Constipation. What is your digestion problem? Digestion, what is it? He's already right-sided. You're very right-sided person, you see and your eye trouble also come from the same. For the eye trouble that you are doing you have to put ice here, on the left hand side from here to here, and also on your liver, all right? And your right-sidedness has to go, that I'll tell you how to do it, all right?

This is a nice idea, that they come to your program and then they come to puja and then they disappear. It's all right, now what can you do about it? There's no choice, if they want to disappear let them go away. We cannot force them, but maybe, maybe some of the people do not have proper behavior towards them, maybe. So you have to be careful how you talk to them and how you approach them. You should not be aggressive with them and all that. Maybe some of the reasons could be that. So that's very common, you see, they come and they go away. Because this is the time of Last Judgment. If they want to go to false guru let them go because this is their choice. You don't have to worry on that point. But I think sometimes, sometimes they leave because they do not do meditation properly, and I'll tell you what is to be done properly.

All right, now we have to go beyond the mind, as I said it that mind is a myth and we live on a mental level all the time. And that's why so many questions and so many things they come from your mind. If you reach a state where you are beyond the mind you won't have any questions because you will be there. Because you're not there you're asking these questions. You are there for a short time and then you come down. So how to be more on that level, I'll tell you. I don't have that problem. I can be all the time beyond the mind but for you people I've tried to find out why, how to make it, to keep you beyond the mind.

Now the best way I told people and it has worked wonders that when you are, wherever you are free, whether you are meditating or not, wherever you are freely standing or doing, try to see what is your mind is thinking. You separate, now because you're realized souls, you have to be, first of all, connected; if you're not connected you can't do this practice. But if you're connected to the mains then what you should do is to see that your mind is thinking. Now watch your mind. Ask the mind, "Now what are you thinking? Let's see, what are we to think?" And you will be surprised you'll go on watching and suddenly you'll reach a point that you have become thoughtless.

So always watch the mind. What is it doing? What is it thinking? What is it working out? And the mind will just not think because it cannot answer. It cannot answer a realized soul, you see. But for that, you have to be beyond the mind; to begin with you should separate yourself from your mind. You ask questions to your mind. "Now let's see what are you thinking, sir. Where are you?" In the mirror also you can see, you shouldn't suffer from narcissism, of course not, but what you have to do is to ask.

You see, if you try to understand how to become thoughtless, the best way is to look at something, now you look at something, say, look at the flowers. Now immediately it will react, your mind will react. Now you try to see what is your mind is saying. "I don't want to hear, no, I don't want to hear." Just say, "I don't want to hear anything. I don't want to know anything." You just want to watch, that's all. Gradually you'll grow. You see, this is the system Zen. Try to do it, but it was such a thing, you know, that time, they were no such nice people like you, perhaps. So he had to use other methods to make people go beyond the thought.

For example, I was telling just now about the tea ceremony. For tea ceremony, he would take a bowl of, say, freak, like a freak. Freak, you understand the freak? Freak is a thing which comes out by nature naturally in the cooking. When it is fried it becomes very funny type; that is the freak. It's not regular. It's only one piece or something. Somebody who's Japanese here, who's come from Japan? You? You people, they like, that's why freak very much, you see. So, what he said that it is... , you take the bowl in your hand for tea ceremony, that's the best. So first of all, you sit in a garden, with natural trees and natural fibers of the wood

and all that, sitting down. Now you start watching that thing, three times sitting like this and three times like that. And don't think, that's the point, don't think. And then you take that tea; the tea is so sour, so bitter, take quinine raised to the power of hundred and eight. Once you take that, you become absolutely thoughtless; that's one.

Then they give you a sweet; this sweet is also sweetness, sugar raised to the power of hundred and eight. You just can't eat it, so you went from one extreme to another extreme; again you become like that, you see, it's like standing. They put this side and that side and suddenly it works out. But it's meant for people who already have got Realization, not for people who have not got. That's why still they're studying Zen, you know, this tea ceremony. When we went to Japan, you see, in one hotel, they had arranged this tea ceremony and some Americans, they said one couple has to come, they were fighting, "I'll go, I'll go." We have had the experience, so we were keeping quiet, to see what's going to happen. And one couple came forward and knew they were very jealous of them. They sat on the stage and then they brought the tea; they make it with a very care and all that and gave it to the wife. She drank it and she was stunned, and then they gave it to the husband. Her husband, you know, American after all, he got so angry he threw the bowl. He said, "Damn it! You took so much money from us and what are you giving us?" He gave all kinds of American abuses to them and they came away and everybody started beating the people who had put up the show.

So this is meant for people who really want to go very deep. In Zen we also made a big courtyard filled with sand, with some sort of designs in the sand and they put some stones in it. You are supposed to sit on the edge of that and to look at it without thinking. But normally people start comparing, "It looks like ships, it looks like this, it looks like..." No, you have to just look at it without thinking. There're many such things he did but nothing worked out with them. There were only twenty-six people who got Realization in the Zen system in the sixth century. [ie 600s] From the sixth century to the twelfth century [ie 1200s] and after that nobody got Realization. But there were very few and that's why they don't understand Zen at all. You see, people write Zen because it's very deep and they don't understand; so that's what it is. Now Sahaja Yoga is understood, can be understood by normally educated person, by even uneducated people. And this happens because actualization takes place. Your Kundalini takes an actual ascent.

Now in Sahaja Yoga when people come in, there're different categories of people also. Some of them come because they think they can get good health; once they get good health they disappear. Then they again get some trouble, they come back, just for good health. So you can't help, they have very limited desires. Then some people come in Sahaja Yoga for throwing their weight around, you see, showing off their ego, that, "I'm this," you see, trying to make another group, another this thing. You see, like that also some people come, it's very common, like a politics, you see. And they try to do it against the leader, against this, "This is wrong with him, that is wrong with him," and all kinds of things. Thirdly people come but they don't come regularly to Sahaja Yoga, they do not come regularly to the center. They just keep aloof and after some time they're lost. They again get some diseases or trouble, then they come back.

So it's a religious duty of all of you to come to the collective, one thing. The second one is to meditate everyday in the night before sleeping on your mind. Everywhere you go you should be in a meditative condition, in the sense, you should ask your mind what is it thinking. All should come to collective every time they have a program wherever it is. In Delhi you have seen people are really wonderful. There are so many people, at least about, I think two hundred people, of course we have a good center there; two hundred people, every morning they come for meditation, every morning, look at these people. So the quality, we call the pindah, so the quality of a person depends on how much you want Sahaja Yoga. You just want to have all the advantages, you want to do everything.

Like this lady, Sushmita Sen, she got the first prize, she's a Sahaja Yogini. She's a Sahaja Yogini and she meditates everyday, everyday she meditates and everyday she used to come in the morning to our ashram in Delhi. She's a great Sahaja Yogini, I must say, but now she's in Calcutta and there also she does the same. So the children also, some who are...; this girl child is very highly developed child, this one is. I saw her yesterday, she's a born realized, and she is the one, she must be meditating, I'm sure. She is a very highly developed person; she's got it from her last life so she... This kind of children, there are many who are meditating or when they go to school also they become like that. So you have to first of all worry about correcting yourself.

Now, you see, also another kind of people come in Sahaja Yoga they came, they made lots of money, this thing, that thing, see,

the greed is on. So if you still suffer from too much greed or hatred or you can call it pride and aloofness and all that, then you must know that still you have to work out. Or if you are very angry type or attached, some people are very attached to their children. So in Sahaja Yoga they learn a lesson also from their children. So one has to be introspective to see, "Are you just, are you satisfied?" Then you can certify yourself that you're all right.

There're so many types of people you'll meet but what you have to see about your own ascent. So I've talked about God Realization in My last speech in this thing, so you better listen to that lecture of Mine, for this puja, for the Shiv Puja. So one should not even have ambitions, when you have become a part and parcel of the whole, when you have become the ocean, what is there to be ambitious? It's all individuality. You have to be a satisfied soul and I would say about Myself that I have to buy for My children, for My husband, this thing, that thing, but I never buy anything for Myself, very difficult, very difficult to buy something for Myself. And somebody says that, "Mother please what will you have?" I don't know what to say, what should I have. I asked My daughter, "You make all kinds of things for your father, what about Me?" So she said, "You don't like something in particular, what to make for you, you tell us."

All these attachments some people have, got attachments to clothes, you see, "What I'll wear tomorrow, I'll wear day after tomorrow," like that. But so spontaneously whatever is available you can wear. And some worried about their past, you see, "I'd a bad childhood," this, that, and they write about their parents; it's all nonsense, forget it, you be in the present. Now you are no more a seed, you have to grow. That is something one has to understand in life; that if you have to grow ourselves then what we have to see within ourself what lies, whether that is doing wrong. That is something missing.

Best is to see the good points of others, not the bad points. By that you will gradually develop more good points within yourself. Competition should be in good points. So on one side you have to achieve your self-Realization in a way that you put yourself beyond the mind, one way, through meditation. And the second way is to give Realizations to others. And must attend collective meditation, very important. You have to be active in it. If you are not active in Sahaja Yoga then you lose your vibrations gradually because Divine thinks, "What's the use of giving to this hopeless case any vibrations." So you have to work it out, understanding that now you are chosen as the instrument of the Divine. It is not only for your health or for the health of your family or for anything like that. But it is for the good of the others. That's how you'll all go very well.

Now diffidence comes through your mind only; mind only gives you diffidence. So to overpower this mind, you must watch and tell him to shut up. Must tell him to shut up. Then you will rise. The proof is that you feel the vibrations. Now, if you ask Me I find the people in Hong Kong are rather right-sided, most of them. So you have to do right-sided treatment for yourself. Every night, about ten minutes, at the most, you have to sit with your right hand towards the photograph and right foot in the water, with a little salt. Normally use cold water, ice also is good but cold water normally but if it is very cold outside, you can use warm water. In this hand (left hand) you must take ice and put it on your liver, right hand towards the photograph. Now, then after that you can put the ice over here, put your hand there. If you do it everyday your stress will go down, everything will be perfect, just sit like this, just now. Heat is going down; no, no, no, put right hand towards Me and the left hand there. You're left sided, you're not right-sided; you have to use the candle treatment, all right?

Now some people have both problems. Then you have to put a candle in front of the photograph, put both the feet in the water and sit like this and in both the cases don't close your eyes. You should put your attention on My Agnya, it'll be very good for you, for your ascent into the realm of thoughtless awareness. As I love you try to love Me, that's the best thing.

Lastly, you see, in Sahaja Yoga people come in, they think it's a sort of a contract with us that we should look after them, their health, their jobs, their everything. This is absurd. The contract is between yourself, with yourself. You have to work it out, all right? This is what it is. So if the mind is asking questions ask it to shut up now. Mind is the worst thing, it is standing between you and reality. (Shri Mataji speaks in Hindi here.)

Now whatever it is, like yours, you see, you give a bandhan to your husband; ask everybody to give a bandhan to him just now, you can give bandhan to him, her husband, Atul is his name. Just give him a bandhan. See, it will work out, you can help, all of you can help. You can help the whole world but you have to be strong, you have to have the energy within yourself. Ha! Good,

very good. This is Sahaja Yog, it's cool. So try to remember what is your real problem; you're right-sided, all right so just try to cut it off.

I'll be happy if you could learn some English because I can't learn so many languages. Deities only understood so far only Sanskrit but now they understand English, thank God! It's a great credit for the English people. But still English language very limited, very limited. For example "spirit" word they will use for the Atma, they will use it for alcohol, also they will use it for the dead spirits. Such a language, what can you say, what can you explain. And the French is the worst, French is the worst because first of all if you speak French you catch on Vishuddhi. And also in French there are many words missing, of course "spirit" is missing though, no doubt, but also the word "awareness" is not there.

So now I think everybody is happy. Let's have some music.

(The program continued with bhajans.)

1996-0312, Public Program

View [online](#).

12 March 1996

Public Program

KDU University College Hall, Petaling Jaya (Malaysia)

Talk Language: English | Transcript (English) – Draft

Public Program, Malaysia, March 12, 1996

I bow to all the seekers of truth. At the very outset we have to know that truth is what it is. It has been, it is, it will be. You cannot change it; you cannot transform it. Whatever I'm going to tell you today, you also should not take it for granted, because we've had lots of problems with blind faith. If it proves, then this is like a hypothesis before you, then as scientists keep your mind open and if it works then you have to accept it as honest people. Because it is for your benevolence, for the benevolence of your family and for the benevolence of the whole world.

I'm talking here about the global transformation which is very much needed today because this is a special time, they call it as the Last Judgment or in Koran is described as Qiyamah. In the Resurrection time, I call it as the blossom time when many people have come on this earth to seek the truth.

The first thing you have to know that you are not this body, this mind, these conditionings, this ego, your emotions but you are the pure spirit. In the evolutionary process you have become a human being; you have the human awareness but you don't have the knowledge about the absolute truth. Everybody has a different idea and everybody propagates that idea. While doing that you can argue, discuss, find, quarrel and also we have wars but if all of us see the same thing as truth, we will never be able to argue, as you see Me sitting here, you know I'm sitting here. In the same way if you know absolute truth there cannot be any difference of opinion.

Now there is already an arrangement already made within us by the Divine power which is the second truth about which we are not aware. See how many flowers there are and so very beautiful they are. All over Kuala Lumpur you find such beautiful trees; it's a miracle. You don't think about it; you take it for granted. Who does this miracle? If you ask a doctor, "Who runs your heart?" He'll say, "It's autonomous nervous system." But who is this "auto"? Who runs the heart? So there is no answer for him.

Thus we have to understand there is some power who does this thing; and this is the power I call as the all-pervading power of Divine love. This power has been called by different names. In the Bible it is described as the cool breeze of the Holy Ghost, also as the all-pervading power of Divine love. In the Indian scriptures it is described as Paramachaitanya. Also in Koran it is described as Ruh. This power is all-pervading and permeates into everything but we have never felt it before, this power, and that is why we do not know anything about ourselves. See this instrument that is here; if it is not connected to the mains, it has no identity. In the same way, if we are not connected to the mains, we have no identity. We may find as something, we might say we're Indians, we're Taiwanese, we're Chinese, we're Christians, we're Muslims, we're Hindus. But we are not yet connected to the mains; unless and until you are connected to the mains, you do not know the absolute truth about yourself.

It is said in all the scriptures that you have to find yourself; even in Koran it's said if you don't know yourself you will not know God Almighty. So talking about God, all these lectures are of no use. First of all you all should be connected to this all-pervading power of Divine love. You've already heard about the subtle system that is built-in within us. Now this power of Kundalini is in the sacrum bone; that means the Greeks knew that this was the sacred bone, that's why they called it sacrum. Now this power is the one who is your own individual mother. She loves you. She is the store of all the knowledge about you and she's just waiting to give you your second birth. Every human being has got this Kundalini. It's called as Kundalini; Kundala means a coil. It has got three and a half coils within itself of energy which has to rise to be awakened and has to go through, go through the six centres to pierce through the last one here which we call as the fontanelle bone area or the Brahmarandhra. Then it gets connected with

this all-pervading power. This power is the one that is the ocean of love and compassion.

Now this divine love is not the one as we understand love which is limited. It's like the sap in the tree that rises, goes to the various parts of the tree and supplies the sap to the flower, to the fruit, to the branches, to the leaves. But it does not stick to any one flower or any one fruit; doesn't get attached to, because if it does that then that flower will ultimately die because the tree will die. So this kind of attachment is actually the death of love. This divine love is all-pervading and is looking after us in every way; it protects us, it creates miracles for us. So many scientists have described that they get suddenly a kind of a suggestion from somewhere so that they can find out or research something about which they have no idea. Even Einstein has said that he was tired of finding this theory of relativity; he could not do it. So he was so tired and sitting in a garden, he was playing like a little boy with soap bubbles and suddenly the theory of this relativity dawned upon him from somewhere, he doesn't know from where. So this all-pervading power has done all the miracles. Lord Buddha got his realization through this power only. And Jesus was using this power to cure people and healed people. So those who are connected with these powers are the ones who are realized souls, enlightened people.

Now when it happens that you become one with this all-pervading power, so many things happen to you. First of all these centres that we have within us, different centres, they are all responsible for our physical, mental, emotional and spiritual being. They look after these. So when this Kundalini rises she nourishes them, she integrates them, she brings them together. And that is how first thing that happens to you then, you get cured of diseases which can be also incurable. In Delhi university, we have four doctors who have got M. D. They have got their M. D. in Sahaja Yoga for curing some incurable diseases; but it happens through your own power, you don't have to take anything for that, no expensive medicines and all that. It has cured patients of cancer, all kinds, hypertension, diabetes; all kinds of diseases have been cured by this power that is within you. This is the power we have never used so far. So when it happens to you that you become connected with this all-pervading power, you can feel on your finger tips these cool vibrations, we can call the cool breeze-like sensation on your finger tips. Now these are responsible for different centres, so you don't have to go through the whole rigmarole of diagnosis, even a child can tell you what's wrong with you. It's so simple.

Another thing that happens to you that apart from curing you of your ailments, that a person who has many qualities in him, many potential qualities. For an artist he becomes a great artist. If he's a musician, he becomes a very big musician. Those who could not speak, had stage fear become great orators. They become writers and we have so many people who achieved great heights by Sahaja Yoga. even the children who could not do well in their classes have become extremely brilliant, they stand first class first. I'm not telling you just the story, it's a miracle, but it happens, no doubt, it happened. Now if you see that the part of the brain that we use is very limited; but suddenly the light of the spirit enlightens the brain and you start understanding many things and doing many things without much difficulty. Actually you become extremely dynamic, very dynamic, at the same time, extremely compassionate.

Now our problem starts from our mind. Those people who think of wars and fighting, violence and crimes, it all comes from the mind. Now this mind is a myth. If I tell you you should not be shocked, though Lao Tse has said that it's a myth, it is. The mind is something that we are creating by reacting to outside. It's like the bubbles of our thoughts that we get out of our reaction outside through our conditioning and through our ego, this mind is created. We depend on this mind as we create, say, the watch and we become slaves of watch; we create the computer, we become slaves of computers. In the same way we depend on this mind so much. But mind is keeping you out of the reality. All the horrible things people think about or create comes out of the same mind. So one has to transcend, one has to go beyond this mind; that is the reality, that's where the reality is. Now normally what do we do? We're thinking, thinking, thinking; worrying, worrying, worrying. We're thinking, the thoughts rise and fall off, another thought rises and falls off and we're jumping on the cusp of the thought, all the time, on the cusp of the thought. We are either in the future or in the past; we cannot be in the present. The past is finished, the future doesn't exist. So you have to be in the present where there is reality, but we cannot stop our mind in the present. So the only way is to go beyond the mind.

Now this Kundalini does wonders that when she rises, she elongates those thoughts and between these two thoughts or many thoughts the space is there which is the present. So you become thoughtlessly aware; you're absolutely aware but you're thoughtless. You're absolutely peaceful. Many people talk of peace, I have heard of so many are awarded for peace but they are

extremely hot-tempered people, I've seen them. I met so many of them, they're very hot-tempered; if you've to meet them better take a barge pole in the hand. It's horrible they are, you can't talk to them; but they get awards for peace, I don't know from what angle they get it. If you don't have peace within how can you emit peace to others? So the only solution is that human beings should reach that stage where they're absolutely peaceful within. It's like this, if you're standing in the waves of a turbulent sea then you are frightened. But supposing you get into a boat then you can watch all that great fun for you; but if you know how to swim you can jump and get the people out of their problems. This is exactly what happens; first you become thoughtlessly aware and then you become doubtlessly aware where you become yourself equipped with all the powers of a divine personality. First of all when you become peaceful, you become the witness; witness of the whole drama going on. Just witness, when you become the witness all the powers that are there of the Divine which are miraculous powers start flowing through you and you are amazed how things are solved; how you can solve the problems, not only your own, of your society, of your country but of the whole world.

Human beings don't know how great they are; they don't know how glorious they are, what are their powers, they have no idea about which, so what happens to them is that they are all the time trying and to run after something without having any evaluation of them. Like in America, when I was in Washington some people came to Me, said, "Mother, we have lost our house, we lost our children from the school, we don't know what to do." I said, "What happened? What did you do?" They said, "There was one gentleman who came as a master and he said that 'I can teach you how to control the minds of others.'" I don't know what is the need to do that but he'd said so. So what he did is to ask somebody from the audience and called him and said that, "Now this is a pendulum and this man will take this and I will make him move the pendulum." And after some time he started moving the pendulum. He was so much impressed by that, that he really fell at his feet and he gave him all the money, everything, whatever he needed. I said, "Is that the value of your being a human being? Have you come on this earth to move pendulums? Ask yourself, why are you on this earth? What is the purpose of your life? Just to move pendulums you gave all so much money?" Then they realized but it was too late; they're already lynched and many people are lynched like that.

So one has to understand that to get your self-realization you cannot pay. You can pay for the hall, that's different but you cannot pay for your self-realization; for your self-knowledge, you cannot pay because the Divine or God Almighty doesn't understand money. This is our headache, banking, money, insurance. It's not His headache. So we are sadly mistaken when we think we can purchase the divine knowledge or we can purchase self-realization, you cannot. If you put only one criteria, I tell you, most of your conditionings will drop out. The conditioning of human being have led them to all kinds of nonsensical things. If we could be free of these conditionings we'd realize that we have been drifted into something nonsensical, we're doing something nonsensical. This is very important that we have to go beyond this mind which is created by our ego or by our conditioning. So to go beyond it is only possible if there is the awakening of the Kundalini.

Like a seed you put it in the Mother Earth, it sprouts by itself; what do you do, you don't stand on your head, you don't pray to Mother Earth, she doesn't understand money. It sprouts by itself. How? It sprouts because it has the built-in capacity to sprout. And the Mother Earth has the built-in capacity to sprout it. It just happens spontaneously, Sahaj. Sahaja, Saha means with, Ja means born. Born with you is the right to get this Yoga, is the union with the Divine, is born with you. But you're conditioned, you don't want to give up whatever is mythical; so you continue with it and you land into difficulties.

Now, luckily these are days, special days when people are searching; it's already predicted that they will be searching like this. Thousands of them are searching and they will get answer to what they're searching; now what are you searching, we should know. What we are searching is nothing, to become the spirit; because in the light of the spirit only your attention becomes enlightened. With this enlightened attention you can find out everything about truth. Supposing there is somebody who has come out of the jail and put on an orange dress and comes to Kuala Lumpur; many have come like that, I know, and says that, "I will save you and I will give you this," and you start just falling at his feet. How will you judge whether he is truthful or not? For that you have to have the light of the spirit; in the light of the spirit you can see that he is a very bad man because on your finger tips you can feel the heat from him, you can even get a blister if he's a very very cruel man or a very bad person.

So the self-knowledge not only comes but also you get the knowledge about others because a new dimension of collective consciousness comes into you. Because you become part and parcel of the whole, you become part and parcel of the whole.

Who is the other? Like a drop falls into the ocean becomes the ocean, you too become like an ocean and you can feel it, another person, the centres of another person whether he's dead or not. Sitting down here you can feel it. If you grow into your own being then you'll be amazed how much you are capable of.

Now in the light of this, enlightenment, I would call, spirit, you also see what is destructive for you. Also you get power to give it up. I know so many people who are drunkards, who take to drugs, all kinds of things, they find it impossible to. But once you have this light you just give up, just like this, for example, I'm holding a snake in my hand and there's darkness and I'm very obstinate and you tell me that "There's a snake in your hand," I would say "No, it's a rope," I'll fight. Till it bites me I would. But if there is little light I'll just throw it away by myself. In the same way you throw away, in the sense you give up all that is destructive to you. So many people in Sahaja Yoga who were taking very serious type of drugs, specially in the West, at least thirty percent of them were taking it, they all have given up, now they don't take drugs. I don't say, "Don't do this," and "Don't do that." As soon as you say that half of them will walk off. But in your only light, in your only guidance, you become your own master, your own guide and you see for yourself what is wrong and what is not wrong and you take to it; I don't have to tell you. These modern times you cannot tell anybody "Don't do this." Best is that you yourself see for yourself and solve your problems; because you become a master.

This attention is so peaceful and so kind, so generous and so compassionate; wherever it puts its projection, it helps, wherever. But you have to grow into it, the thing is people come for Sahaja Yoga, they get their realization and they feel nothing great, you see, on top of the world, and they forget about it. You have to grow. Now the seed has sprouted, it has to grow into a tree; if it doesn't grow then it's like a waste I think, as Christ has said that like a primule or the seed which are just sprouted, are thrown in the marsh. In the same way we should have value for our life, we should understand that we have come on this earth at this special time to have our self-realization and we must respect our self-realization by which we should grow.

All the saints have said about it; it's not that I'm saying it. You see, the great saint in India like Guru Nanaka has said very clearly that "You have to know yourself, where are you running about? Why are you going to jungles? It's within yourself." Every person who has had experience of the Divine has said it. Buddha has said it, everybody has said it. But the problem is nobody understand that you have to be spirit-oriented. All the religions now have become money-oriented, power-oriented, that-oriented, not spirit-oriented. If you become spirit-oriented you will see to it that you get your self-realization and that is very important if you want to know what you are. You have to have self-knowledge and you have to have full capacity to cure yourself, to enjoy yourself and to be able to project yourself to whatever good you want to do. You need not be a degree-holder, you need not be a rich man, nothing of the kind.

Every human being can get this self-realization and, as I said, it is your birth-right, to get self-realization. It is there, free for you and you have to have it. It is the greatest blessings of modern times; I envy the modern times are one of the worst, called as Ghor Kali Yuga but in this Ghor Kali Yuga only this great thing had to happen that you get the awakening of the Kundalini and the blessings of the Divine. First this has to happen to you, will happen, I'm known to today, it will happen to you. You're going to get your self-realization, all of you. But then you must grow; there where you all fail sometimes that you don't grow.

It is a collective happening because now you have become the ocean. In the ocean you must know that you have to be one with the ocean; and that's why I think some people fail and they cannot grow. So you get all the peace, all the health, of all the things you get all the blessings of the Divine. Divine is extremely blissful. It has helped people in so many ways; how it has guided people, how it has taken to the right path and how it has blessed. I get letters practically everyday in hundreds and one day, you see, I said, "Better write them down in a book or something." So I gave it to somebody, "You better do the job." In one month, he said, "It has come up to my head on both the sides, now what am I to do? Mother will you make a choice for me?" I said, "See, I'm sorry I have no time to do all this, I'm travelling all the time." So we gave it up, because there's no end to it, because if you enter into the kingdom of God, it's very different; that's so peaceful you're not bothered and your problems get automatically solved. You don't have to worry about it.

The latest miracle, I must tell you, it was very great; there was a lady from Mexico. She was working in the U. N. and she became a great Sahaja Yogini but her son who was young, studying in Harvard, got a horrible disease that in the family everybody got, but

he got it at a very young age, they got it at a very old age and she was worried and she wrote to me. She wrote to me three letters and she was just praying and I just told her, "Ask your son to do Sahaja Yoga." And the fourth letter came within one month's time and she said, "Mother, he's completely cured, the disease has disappeared." I was in India and she was in Mexico because she had taken the son there, he was studying in Harvard University, taken there, and now he's completely cured. It's very surprising, she came to Italy in a big seminar and told everybody what has happened.

So so many miracles take place; people who meet with accidents, how they're saved and all, all kinds of miracles take place because the Divine wants you to live, live well and enjoy life. So the highest thing that happens to you is this that you become the instrument of this Divine love. It acts through you and you enjoy it. You have the power to give realization to others, one person can give realization to thousands. Now I have been to some countries but they first told Me it's in sixty-five nations it's working, now they told Me it's in hundred and ten nations it is working. Imagine I didn't visit these countries but it has worked out. It has worked out because somebody, one person gets realization and goes and does the job.

Like one fellow got realization in Germany and he went to Greece and he got so many people there. So you also get power to raise the Kundalini and cure people and help them. Like one enlightened light or one enlightened candle can enlighten many candles, you can do that, it doesn't matter if you're a woman, man or a child, anybody can do it. You'll be amazed to know that how compassion comes in. In Israel we had no one, so some Germans went to Israel to work there. I was amazed how Germans of all the thing could go to Israel; so they said, "Mother, our forefathers have killed so many of these Jews, so we must make amends and that's how we are there." And they took leave, went there and gave realization to so many Israelis.

So this is what you have to understand that you have immense powers within. I mean you are glorious, you're very good, you don't have to think that, "I shouldn't do this, I should starve myself, I should fast, I should stand on my head, go to Himalayas or give up my family," nothing of the kind; it happens within yourself because it's the very evolutionary process through which it last breaks through, you don't have to do all these useless things which so far you have been doing, it just works out because it is within you. Only thing, you must have full confidence, confidence in yourself that it will work out. Once you have this confidence it will definitely work out because this is the power, what we call, the Kundalini, is the power of pure desire, pure desire, all other desires are not pure. Because whatever desire we have, we're never satisfied with it. Today I want to buy a carpet, I'll buy a carpet. Then I want to buy a house, I'll buy a house. This carpet will have no value, when I buy the house, the house will have no value. Then I want to buy a car, the car will have no value. Like it will go on and on. You know the economic law that in general wants are not satiable, but there's one want within us which is the Kundalini which is the pure desire that we become one with the Divine power. Whether you are aware of it or not that's what is the desire within you which you have. Once you have it you become a very satisfied soul. Greed drops out, jealousies drop out, your false pride drops out and you become a beautiful, saintly personality. It's all within your reach and as I said, it will not take much time; hardly it will take ten minutes.

In this short lecture I cannot tell you everything about it, but there are many lectures of mine which are already recorded and you have here. Luckily we have very good people, Sahaja Yogis who are very capable and know a lot, who are very kind and affectionate and I'm sure they'll guide you to your higher growth and they'll help you without paying any money. You have to come to the collective, that is very important. We don't have, we don't take too much money, so we don't have palaces for you to meditate, but whatever is there please do come and know how to meditate and how to get rid of this horrible mind which is always bombarding you with thoughts. I've told them the best way is to watch your mind and ask, "Now," after realization, not before, after realization, "Now, what are you thinking, let's see," and then tell him to shut up. It will work out, that's how it works out, the meditation part and it's very, very simple.

It will help you in so many ways and it's question of love. I have to make one appeal to you that as I love you, you love yourself. You should not feel guilty at all at this moment. Many people have been told, "You're sinners, this, that," forget it. Actually, I think those people who talk like this, that you're sinners, must be sinners themselves. At this moment, you are absolutely not guilty, not guilty at all, also it's a fashion these days to feel guilty for nothing at all. There's no need to feel guilty, you've done nothing wrong.

So please, first of all, forgive yourself. This is the first condition. The second condition is, you've to forgive everyone, everyone,

not even thinking about them, whether you forgive or you don't forgive, what do you do, nothing. Actually if you forgive then it's better because if you don't forgive then you play into wrong hands, you play into very wrong hands and what happens to you is that you torture yourself, while the person who has troubled you is very happy and you're torturing yourself. So just tell in your heart, "Mother we forgive ourselves and we forgive the others," that's all. If you have to say that you'll feel much lighter, much better, very important because if you feel guilty, the centre here catches. There's a very important centre on the left hand side and this centre when it catches you get troubles, what we call as the, maybe spondylitis of a serious nature, angina and the lethargic organs. Now supposing you catch this centre on the optic chiasma then what happens, it's like this, like a cross, absolutely very constricted. When you forgive others then it opens out.

At this moment when you have come for your self-realization it's important that you should make these chakras open, these centres open, so that the Kundalini can rise and you get your self-realization. So please forgive yourself and forgive others. You have to be pleasantly placed towards yourself, in no way hating yourself or condemning yourself. That will work out very well and don't condemn anybody else, forgive everyone. These are the two conditions and the third is not a condition, but a request that you'll have to take out your shoes and I hope you don't mind. Though, I must say it cannot be forced on anyone, you cannot force, it's something you cannot force. It has, it can only work if you want it. If you don't want you cannot force it on anybody, so please those who don't want to have the self-realization can leave the hall. It's much better so that they don't disturb anyone. But for those who want it, please be seated and it will hardly take any time, I know, because this Mother Earth of Malaysia is specially vibrated, it's very good Mother Earth you have, it works wonders here. Moreover such a cosmopolitan place where we have people from all cultures, from all kinds of countries which is very, very encouraging and joy-giving.

So first thing that will happen to you, you'll feel extremely joyous, as if jumped into the ocean of joy.

I know some of you have questions, maybe in your mind, but that is also coming out of this mind, so just now you need not ask Me any questions. If you have some some problems, you can always write to Me through your leaders here. But just now forget it, just now tell your mind to shut up for a while so that you get your self-realization alright. Also you can take out your spectacles later on, not now when I'll tell you.

What you have to do is to put both the hands towards Me like this in a very simple..., sit comfortably before the..., those who are sitting on the chair can put their feet apart from each other. Now please bend your head and put your left hand towards Me and right hand on top of the fontanelle bone area which was a soft bone in your childhood. Not touching the head, away from it and see for yourself if there's a cool or a hot breeze like vibrations coming out of your head, out of your fontanelle bone area which was a soft bone in your childhood, we call it, it's also as Taloo. Now don't doubt because there's a conditioning, you might start doubting; I have to tell you one thing, it's coming out of your head. Put right hand towards Me and again bend your head and see for yourself if there's a cool or hot breeze-like vibrations coming out of your own head. They're hot because you might not have forgiven yourself or others, so please forgive yourself and others now so that it becomes a cool breeze coming out.

Now, please put now the left hand towards Me and see with the right hand, once again if there's a cool or a hot breeze coming out of your fontanelle bone area. Now please forgive yourself and forgive others, without thinking about them, it's a headache even to think about them. So please see for yourself. Now please both the hands towards Me like this and watch Me without thinking. Let's see if you can do it. Some of you might get a cool breeze from the lower part of the palm like this, you'll take it up like that, if it is so; if it is not just keep your hands and watch Me without thinking.

Now you have to raise both your hands towards the sky and push back your head and ask a question, anyone of these questions, three times. One question you have to ask only three times, ask a question, "Mother, is this the cool breeze of the Holy Ghost?" or ask a question, "Mother, is this the all-pervading power of Divine love that is Ruh?" or, "Mother, is this the Paramachaitanya?" Ask anyone of these questions three times. Push back your head. Now take down your hands please. Push your hands like this and see if you are getting cool breeze on your finger tips or on the palm or out of the fontanelle bone area, just see for yourself.

Don't doubt, don't doubt, one thing you should not doubt; tell your mind not to doubt but see for yourself. Now, all those who have felt cool or hot breeze on their finger tips or on the palm or out of the fontanelle bone area, please raise both your hands.

This Kuala Lumpur, everyone of you! May God bless you! Everyone! Now this is the first time you have felt this Divine power, first time. May God bless you! I'm feeling from you this. It's wonderful. May God bless you. God is so fast, I told you this is a special country where it works so fast. May God bless you all. Please put down your hands, please. May God bless you all.

But one thing you must become collective, you must come to the collective, otherwise you will be lost. So please come to the collective, they'll give you all the help, all the Divine knowledge, everything and which you can work it out and you can really master it. I request you, don't waste it. I'll come again next year, I'm sure I'll come here to see you all. May God bless you.

Also you are requested to come to India for a seminar we have in Ganapatipule, let us know before-hand and we'll make all the arrangements. Thank you very much, thank you.

1996-0314, Talk to Sahaja Yogis

View [online](#).

14 March 1996

Talk to Sahaja Yogis

Shri Saraswati Hall, Kuala Lumpur (Malaysia)

Talk Language: English | Transcript (English) – Draft

Talk to Sahaja Yogis in Malaysia. 14 March 1996.

I'm so full of love and joy to see you all here again, to see it, the number of people came and you all have to look after them with care and concern. I never expected that such a lot of people will come and in one year they've grown such a lot. So we have to get them very much rooted in Sahaja Yoga; it will depend on your own handling or managing the whole thing. Like when I was in Hong Kong I was surprised we've very beautiful Chinese, mostly Chinese. The Yogis liked them very much and they informed Me two hundred people came for the follow-up very seriously, two hundred people, it's something very gratifying. If they're coming and if they settle down, we'll have so many of them there in Hong Kong which is being managed by one boy from, Alex from Australia. He's done very well, I must say and he might have to go back but he's done his job very well and now there're so many people there in that place which I never expected.

Now what I find that just like something making noise little less, I find that just like Hong Kong also here the people are very active, over-active. The streets are filled with cars and so much more coming out and there's so much pollution. This is not a good thing to have too much pollution so Sahaja Yogis have to be careful about it themselves, be alert that we should not have cars like that which are emitting all kinds of pollution. Also they can manage to be in one car, that is three, four people. Here I find in every car there's one person sitting; that's not a very good idea because then you'll have so many cars on the street. So you have to yourself concern about the problems of this city here, also of this country.

Whatever you believe in should not be blind faith, that is very important in Sahaja Yoga; you have to experience it. But after experiencing when you have a faith which is being verified by [INAUDIBLE]. Now the faith should be very deep, with that most of your problems will be solved but the faith has to be very deep and understanding. But if you waver and still you think is not all right then it doesn't work out. So what works with this all-pervading power is your faith in yourself and in this power that all the things will work out. But meditation is the only way that you can grow deep within yourself. Every evening and morning you must meditate but you must know what sort of a personality you are. Now supposing you are a, we can say, a very right-sided person, then what you have to do is to work out on the right side. If you are a left-sided person then work out on the left side but in case if you're right-sided and you're trying the left-side treatment then it won't work out. So first you should find out what is your style, what is your category in Sahaja Yoga. It's very important and then you'll be amazed so many of your problems will be solved through meditation.

Now I have here some letters from most, they're all from Indians, I must say, not from Chinese and they're regarding different, different problems. Now it is the faith that you have to grow, as I said. With the faith your problems will be solved. For example there's a very nice letter from a doctor who is faced with the problem of the owner asking him to quit. So best thing is to quit such a place and get something else and shift there because we should not get into controversies and fights, that is a waste of energy. We can easily get some other places, smaller place and a better locality, that's an old house, according to him.

So firstly try to avoid controversies, fights, arguments. Even you will be surprised new Sahaja Yogis will be coming, they'll be arguing, if they're arguing too much just put your hands to your ears, "We don't want to argue." Then that person will understand; they'll be very argumentative, all the time trying to provoke you also. So try to be very patient with them and tell, "We don't want to argue, we don't want to fight." We should not get into these mental feats, you see, I told you we have to go beyond the mind. So when these people provoke you, you will start arguing with them and you would be lost in that which we call the mental barrier.

This mental barrier has to be crossed, so one should not get involved in any way, in any argument because it is not going to solve the problem. It's no question of argument, it's question of experience. Those who can experience can only understand Sahaja Yoga; those who cannot experience cannot understand Sahaja Yoga, and no use fighting about it, quarelling about it, discussing about it. It's not going to help you at all; it's just that they have to have the experience and they have to go deep into it. By the experience of course they will know there is something higher. Also by meditation you'll go deep, means you can now get the blessings, blessings of the Divine. In every way you get those blessings. In that you should know you have to be very collective, when you are collective the blessings are much better, much higher, I should say, much deeper.

Our whole system has to receive this energy, whole system within ourselves, the subtle system. Once it starts receiving the energy freely every different chakras they will open out and your problems of different chakras will be solved. The problem is that if you write to Me, supposing I answer, it has no meaning. Only thing is that your meditation has to be deeper. If your meditation is deeper I don't have to do anything, you don't have to do anything; all will be done by this all-pervading power which is there. So first of all to have faith in the all-pervading Power, leave it, if you have any problem you can use My photograph, put the letter in front of My photograph, "This is the problem I want to solve." Actually if our faith has not grown we'll have every sort of a problem but if it is grown then it's all taken over by this Paramachaitanya which looks after it.

So, you see, it is very important for us first of all that we should take to, what you can say, an inner development project, it's an inner development project. These days there are so many projects. So first of all, inner development; for inner development you have to meditate. Then also very good idea is to introspect. Introspect, you can ask your mind, "What am I thinking?" or you can ask, "What are you thinking?" Now you'll be amazed in the beginning there're too many thoughts there, gradually it will... , then you should say now, "You shut up, I've had enough." So this inner mental barrier will be finished.

But introspection has to be done very sincerely and carefully. For some time, it's about five minutes, ten minutes, if you can introspect yourself, you'll cleanse yourself. I don't have to do anything, you yourself will be cleansed, in the sense the Kundalini will go and do the job. Wherever you project your attention and this attention itself manipulates, attention itself works, attention itself purifies. So the problem is where is your attention. Now so many people have their attention on their themselves like, "My mother is not all right, my father is not all right, my house is not all right, my clothes are not all right," all these things. All those who have such attention towards themselves only cannot improve. They shouldn't have all this attention on themselves and on others. It is very common that we just all the time worry about ourselves, "My health is not all right, something is going wrong with me, this has happened, that has happened," just give it up. Because there's no need for you to pay attention to yourself; there's no need.

We have had so many miracles, we must have heard about them. I told you the other day about a lady from the UN and how her son got all right. There's another one in Delhi. There's one customs officer who's a Sahaja Yogi and I think his daughter who was sixteen or seventeen got frustrated in something and she took his revolver and hit her on the sides. Now they got a fright, they didn't know what to do and the bullet came out from here, just imagine and fell on the ground and there was all kinds of... , flow of blood, first there was little, then more and then more. Then the blood stopped but this girl was quite conscious about it, she didn't do anything. Now these people telephoned to Me, "What should we do about this lady because she's hurt herself?" But I was not available, so they said, "All right Mother we leave to you to look after her." So they took her to the hospital and in the hospital they said that, "We can't understand, she's quite conscious," and when they examined her they saw no bone, no muscle has been hurt by this bullet, as if the bullet was taking a nice stroll and came out from her. And this girl was all right after, I mean, they had to discharge her, she was all right throughout.

It's the faith of her father which has saved this girl. In the same way your faith can solve all your these frivolous problems that you have but the faith has to be deep, has to be not blind but really from a very very open heart and open understanding. This will help you a lot if you follow Sahaja Yoga in this way. Actually, you see, I don't need Sahaja Yoga as you people need it. I don't have to do anything about it as you have to do it. But the problem is I'm not overdoing it, I'm not sort of, working it out or something. People see, "Wah, Mother doesn't do anything, why should we?" Because I don't have to achieve anything, I'm there while you have to achieve and that's the only reason why you have to do your meditation and you have to develop within yourself the

capacity to be absolutely drowned into the ocean of joy.

There are so many things one can start doing after getting this kind of a devotion. I've seen people doing so many wonderful things and unexpected, nobody expected it that these things can be done by such and such person. It has happened and they're quite surprised [INAUDIBLE] and people see they're amazed how these people have done such a thing. Even your faces look so charmed that people are surprised, "What has happened, how are they changed so much, how did they have such a nice expression and just like flowers." All this has to be done in a proper shape, in a proper way.

Now our culture is of decency and decorum. We don't believe in indecent behavior and we don't believe in doing things which are not proper. For example you're building your houses now, you might build your house, you might build anything. So you must learn how to build it which is also very welcoming house, also has to be made available spaces for nice things that you want to put in. And so if you are going in for a house also what I would say, first meditate. Meditate and see that you get the best plot, best everything and then when you push your ideas as far as the decorations are concerned and you'll be amazed even the architect who's building your house will be surprised how you know all these things. So the interest in everything you have to take.

The other day these newspaper people came, they asked Me, "How do you take interest in all things, worldly things and in your household, your family, your husband." I said, "It's all right because I'm so dynamic that I don't feel I've to put a special energy for this or that." So every walk of life, every aspect of life, facet of life has to be nourished by Sahaja Yoga. You can nourish it, you can change families, you can change the world, it's not difficult because you have now a capacity to project it, to manifest it. Your attention can be manifested very beautifully and this is what one has to know is to grow within yourself. As soon as you start growing all your greed, all your jealousies and false pride, everything will drop out. It [INAUDIBLE], when you do introspection everything you'll be surprised how you're so much changed, you're not like this. But you find yourself to be absolutely changed person, personality from where he has come.

As it is your country's so beautiful, so very beautiful, lush and green and nice to see all this green things around. The children, I feel they're very sweet children and what we have to do is to start a school for them, will be a good idea, for the little children that you have. I don't know how far you live from each other but if you could start a school, day school for children, you can look after them very well and the children will also have a full chance of knowing about Sahaja Yoga. You see it is very important that we have to pay attention to our progeny, to our children; they're going to be tomorrow's Sahaja Yogis, they're going to look after this world, so it's important that you give them all the knowledge about Sahaja Yoga, tell them about Sahaja Yoga. You can also make them meditate.

Now you'll be amazed that some children I've seen at a very young age of seven years can stand up and give a big lecture on Sahaja Yoga. They're quite capable, quite capable, they can do it. In the same way they can also recite poems. I've seen the children from Dharamshala, they don't use any, without using any book they [INAUDIBLE] and listen. So this is also quite possible.

Moreover now I was thinking of sending some people here, maybe, some doctors to talk to you about health, how we have improved on that, how we've got a regular hospital, regular hospital we have. So all these people can come and tell you about it, how to correct people, how to give them Realization. Apart from Realization what after the health they will suggest to you, what you have to do. It would be very interesting if they could come sometime whenever you say for at least three, four months and have some lectures.

So many developments in Sahaja Yoga. For example now I'm going to Bangkok and the president of the parliament wants to meet Me, this I cannot believe. Such a big man and he wants to see Me, very anxious. He's waiting there for Me to go and talk to him. It's a very big step. If that happens and if he's convinced about Sahaja Yoga, this all problems of their country will be solved. I will talk to him, I don't know what are his problems but he says this is the way his country has been ruined by the Americans, "Americans have ruined our country and they've spoiled our women, they've done all kinds of things which have really ruined us." The cultural problem is very important. Sahaj culture itself is so good that it absorbs all the best, all the good from every culture

and then it tries to fit in. And that is how Sahaj culture has started. So he was saying that, "The gentleman will meet you and he wants how will you spread this Sahaj culture also there." Let us see if I can really explain to him because the politicians are off their heads sometimes, they don't understand whatever you may tell them or explain to them.

So there are problems and problems, [INAUDIBLE] problems are physical, then we have problems, can say, problems of particular type of life you're leading, or problems of the country where you're living, all kinds of problems are there. Now all these problems also can be solved collectively. Now supposing you think there's a problem here, some people told Me that there's no proper democracy. All right, you all sit down and give bandhan, all of you, give bandhan together for this problem and it will be solved. Any kind of a basic problem which is corroding the life of people in any country can be solved very simply. For example, I was in Italy and they told Me that, "Mother, there's so much of corruption in Italy, what do we do about it?" They're Sahaja Yogis. I said, "All right, you give a bandhan." They gave a bandhan, you know half of the people are now in jail, it has worked.

Same in India; in India there's too much corruption. They told Me, "Mother now what to do about this India where the people are so corrupt." I said again, "You give a bandhan." They gave a bandhan for three days and half of the ministers are out of ministries. So this bandhan works very well and you have to use this bandhan for all kinds of big problems in the collective, any national problems or international problems, you can work it out on your bandhans and really you can solve the problems. It's not so difficult, I must say it's not so difficult. Giving bandhan is a very good thing, works out in such a tremendous way and so efficiently, very efficiently it works out. It is doing it's very different because they will say, "All right, I want to do it, then on the normal post you must pay so much money to the god or do this penance and penance." For you it is very simple, you just give a bandhan. But for problems which are collective problems you must give a collective bandhan, whichever are personal you can give personal bandhan.

I've already told that those who are going out of their houses must take a bandhan before leaving because you're going out, God knows what sort of people there are, to begin with. After some time there's no need, after some time you'll be amazed that those who are bad people will suffer, will be controlled by your vibrations, absolutely, can be done. But some of the bad people are very bad people, like Namdeva has said that the fly is wilderness and her mind is not clear, her heart is not clear and a fly can ruin your life if you by mistake you eat the food which is contaminated by a fly, you might get a disease. But the worst is even when you by mistake eat the fly, by mistake if you eat the fly then also she makes you vomit, though she's dead, but she makes you vomit, vomit, vomit. So it's best that some bad people who cannot be cured, who cannot be [INAUDIBLE], they're very vicious in their heart, they are spoilt, maybe some guru also might have spoilt them. And so don't try your hands on such people.

Now only thing is there are some very nice people who came to My program, so see to it that you look after those people in such a manner that they see in you a true Sahaja Yogi. You are quite a lot of number I think so and you are capable of creating such good vibrations. Not only that but you should travel; go to other places, go to other cities and give Realization. Find out the places where you can work it out; keep your attention open and you'll receive messages, within yourself you will know that, "All right, let's go to this place and we can have a little program," and then you can give Realization. It's important, very important that you should give your vibrations for these vibrations go on up to anything and they might trouble you. So the best thing is you start giving vibrations even to the trees, to the flowers, to everyone; but the best is to know the problems and give vibrations through bandhans.

This is for your protection but for your growth you have to have meditation, there's no other way out. You have to have meditation in such a way that you remain in [INAUDIBLE] atmosphere, absolutely. You shouldn't take to, suddenly to some discussions, arguments, everything. Also better not to have company of such people because they'll spoil your vibrations, what's the use, what is the need? So now your relations are these, these are your relations. Other relations who try to spoil your vibrations, better to keep out; they're not your relations. These are your relations.

From Malaysia last time there were very few people for marriages and the Sahaja Yogis have asked Me specially to tell you that we can perform so many marriages there. If you have not yet decided about your life partner, you can decide later on. So that's what is the report I have that you have to be on the lookout and see for yourself what you have to do and how far you can go because the marriages are also very important. With these marriages we have got so many people and Sahaja Yoga and

beautiful children are there. So also for this, those who want to get married, so really try to apply and write everything about yourself. Marriages are going on very well, last time we'd hundred and twenty-one marriages and perhaps till today there's no report of any marriage being failed. So if we get more applications from Malaysia it would be a nice affair to have the marriages just like... .

Now it's a thing I was thinking I asked them how much they pay for going to Ganapatipule and amount seems to be little more and if some people can't raise such amount can pay less, doesn't matter. But if you can pay, it's better to pay. I must tell you at least fifty percent people they pay nothing and I have to pay for them, fifty percent. They come from all the Eastern bloc while you can say it's not only they [INAUDIBLE] but we have to look after them and do so much for them. They all come from this, you can say, Russia and the Eastern bloc, there's such a lot of people. Then some people also come from South America, they've no money, so I've to even pay for their tickets, but doesn't matter. Because they're very, very good, very intelligent, very well-known scientists also. And the way they are now handling Sahaja Yoga, it's also very good. Because, you see, we have to know that it's not Sahaja Yoga, it's for you, it's not, you have to spread it, you have to give to others. Otherwise you'll never be happy; even if you have got glimpse of happiness or joy, you have to give realizations to others, [INAUDIBLE] Sahaja Yoga at home.

So many things I can tell you but after all everything has limit because of time, so I would say that if you have problems again write to Me but these problems I'm not going to solve them the way you want. I just give it a bandhan, finished. And so you also should write your problems, put the letter in front of the photograph and give it a bandhan and you'll be amazed things will be solved. It's very, very difficult for Me to really say that don't use too much of computerization, machinery and all that. Do it more through your reading and understanding because this is also computers are also felt by human mind and there could be [INAUDIBLE], but whatever it is whenever you want to find out about yourself, find out through vibrations, about anything, not through all these artificial things but through vibrations. "What's the matter with the person?" All right put the hands to him. You'll immediately know what's the matter with that person. "What's the matter with him?" Put your hand and you can check. It's not difficult once you train yourself, it is a question of developing the system and telling yourself. If you train yourself you'll be amazed that you can do wonders and this is what you can really achieve.

Now we have had some questions and letters, I've given bandhans to them and this will solve the problem I'm sure. If there are any more problems or questions you should again send it to Me.

Some people are coming for My birthday? But also they have organized, I think for Ganesha Puja they have organized for all of you to come from Australia, from Hong Kong, from your country and also from other countries which are on this side. So it'll be a good idea that if you want to come let us know when you are coming. I will have to organize it for your stay. As it is, Cabella is not a very comfortable place, just we're trying to build this, build that, it's very difficult. And still people don't mind because they enjoy the collectivity, they enjoy the living there and they have told Me all the time, "Mother, we don't care for our body comfort but for our spiritual comfort." So they're very happy people. In this case I would say that you shouldn't expect too much. Whatever is possible we have spent money and tried to... , but whatever is not possible as yet you can't help it, you see this is the big problem.

I bless you all from My heart and remember that I love you very much. I'm happy I had a chance to meet you because I was thinking I'm going tomorrow but then they suddenly told Me, "No Mother, you're not going tomorrow." My goodness, I said, "How will I meet all these people?" They said, "We have arranged for you to meet them in the morning time." It's very nice to meet you all here. May God bless you.

1996-0321, Birthday Puja: Mind is a Myth

View [online](#).

21 March 1996

Mind Is A Myth

Birthday Puja

New Delhi (India)

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

Puja of the 73rd Birthday, "Mind is a myth". Delhi (India), 21 March 1996.

Translation from Hindi

You are celebrating My birthday with so much love, reverence and respect. Seeing this I think what have I done that you are showing so much love.

Today I am going to tell you a very unusual fact, that this notion within us which we call as mind, is a myth. The myth being, that when we are born, there is no such thing as mind within us. As we gradually start performing actions, the outward reactions are of two kinds. Either something becomes an impression or experience; or a consciousness of being the doer (ego) gets awakened within us. Then from those come the tendencies which accumulate inside us like bubbles of thoughts, which create an artificial or bogus institution, which is so limited that they cannot comprehend the beauty, glory and expanse of reality. All these things are created by us, and then we become slaves of it.

For example we created the watch, and now we have become complete slaves of it. In Sahaja Yoga you become Kaal-ateet, means you go beyond time. Times moves along with you. You do not run after time.

Now people have started making computers, and they have become enslaved by it. And in that enslavement, they have become so obsessed with it, that they are not able to realise that they are completely in its clutches. Which is controlling them. They are completely dependent on them, and without it they are not able to do anything. Up till now this stupidity has not yet come into India. Consider this your good fortune. Otherwise even to add two and two, you will need a computer. You will not be able to add because your intelligence will not work. You will not be able to use your intellect.

So within your brain the intrinsic intelligence that is there, that is Satya, the truth. But this mind is an artificial institution, created by our experiences and conditionings; or our consciousness of being the doer. It is a very momentary, transitory thing. Then we are always immersed and involved into it, especially those who consider themselves great intellectuals or highly educated people, they have completely infiltrated their brains with this mind. The mind rules and governs them. And whatever they want, their mind keeps instigating them and they keep moving in that direction, and get washed away in its flow. This one, artificial, man made institution has become established within us, which we call as mind.

Actually this mind never existed, and does not exist, and that is why it is the prime work of Sahaja Yoga to go beyond the mind. When you go beyond the mind, then only you can achieve a state of peace. Because the mind is constantly being moved forward by those impulses which keep coming from the ego, experience, and super ego; is fixed or attached to that, that is the reason we cannot experience peace. If you want to achieve peace, then you have to go beyond this artificially created mind.

And that is why the first condition that Sahaja Yoga insists on, is , what we call Nirvichara Samadhi, or Thoughtless Awareness. That is what we have to achieve. As soon as you achieve that, you will see that you experience the state of peace. All the thoughts which have accumulated within you, and due to which your attention gets stuck and you become distressed, where you get into difficulties, all such things get wiped out.

Today I have started talking about this new topic, because even now our settling into the state of thoughtless awareness is very low. And until and unless you reach the state of thoughtlessness, you will not be able to receive and absorb the Divine Energy which is spread all over; nor can you become one with it. This is the counter blow. What was this institution of the mind? Which is not allowing you to get your union with the divine, and finishing off your state of Yoga?

Today I have decided that I should also speak a little in English, because a lot of people from other parts of the world are here. I want to speak about the same thing to them in English.

Talk in English

Today, I'm going to talk about the mind. People don't know what is this mind is. It is very easy to understand for Sahaja Yogis that we are the ones who react, react to everything that is outside. The reason is we have two horrible tendencies, one which is an ego, and another tendency is that we are being trained that way, or we can call it the superego or the conditionings.

So, both the things, our ego and conditionings, are all the time acting outside. This reaction, which is built-in within us, is just like bubbles in the ocean. And these bubbles keep us away from reality. These bubbles are of thoughts, and they just blast you all the time in your head, and you don't know why they are coming.

When you depend on this artificial mind of yours then you have no discretion as to understand what is good and what is bad. This mind is the one where all kinds of evil things start, all kinds of quarrels, fights and - possessiveness, lastly the war also comes there.

It is in this mind only, which is nothing but a myth, all these concrete, destructive ideas, somehow or other come up, and then they start growing and growing. Then you find people whom you can impress also, put ideas into their heads - by reading, they learn, or by their lectures, or by mesmerism, whatever kinds of things they can do. They put your mind into such a frame that you accept these destructive ideas, for yourself individually, or maybe for the collective. So this mind is just a myth and we are working through this mind. We are all the time satisfying ourselves by saying, "Oh, that's my mind, my mind wants it."

You see, like one Indian Sahaja Yogi went to America, and he told Me that, "Americans are maneuverer." Maneuverer means they are mad after their mind. I said, "What do you mean?" He said, "I gave money to my wife to buy one bush shirt for me. She went and bought some skirts. And she has many skirts, but she bought some skirts. So I asked her, 'Why did you buy the skirts?' (Shri Mataji laughing) So she said, 'My mind said that, "you should buy the skirts", so I bought skirts'."

So, this is what it is, that the mind can take you to all kinds of wrong things because it has no connection with reality, firstly, and secondly it is a mythical thing, absolutely mythical.

You see, people think that whatever they have created, it is out of their mind. Is a wrong idea, absolutely wrong idea. All great scientists, say - Einstein has said that, "I was tired trying to find out the Theory of Relativity, very tired." He had some concept, like all scientists take up some sort of a concept, and they tried to build up their research on that, "And then I thought, it's a wrong concept that I have taken up. Suddenly", he said, "I went into the garden, I said let's try and play with the soap bubbles." He was playing with the soap bubbles like a small child, "and suddenly, from somewhere unknown", he says, the Theory of Relativity dawned upon him. Many scientists have said that - that they don't know from where they get this idea. From where did they get it? It has a special - study now people are doing to find out how these scientists got these things.

And in a very Sahaj manner, even the way penicillin was discovered, or anything was discovered by these people, was not through the probing or manipulation of the mind, but through some unknown force it came into their mind, and that's what they thought, that this was from their mind, some - some. But most of them realized, even Newton realized that, "It is coming from something, some source which I am not aware of."

As Sahaja Yogis you know it is the Source of the Divine Power, which is all-pervading, the Paramchaitanya. You know, because you can feel it, you know it is there. But, even when you know, you must know you have to go beyond your mind into thoughtless awareness, minimum. Always I tell you, "Meditate, meditate", because you should be in thoughtless awareness, where you do not react. So, what happens, you become a witness, you become the witness of the whole drama, of the whole scene, and you are absolutely at ease with yourself, no problem. And what you are doing that you become an instrument of this Paramachaitanya, of this all-pervading power. You are just watching, you are a witness, and as watching everything, you realize that whatever you watch cannot react on you. But you know what it is, and this is what is the state in which you understand the reality of the whole

situation.

I've told you many a times that, if you are standing in the water you are afraid that the waves will - might kill you. But supposing you get into a boat, then you can watch those waves as something beautiful, maybe. If you learn how to swim, you can jump and bring back people who are getting drowned. This is exactly what happens when you are in that state that you can give Realizations to others. You can put them in connection with the Divine Power. But first of all you must know how to become thoughtlessly aware. Some people say, "Mother, for a second only we become, for two seconds we become", because, you see, in our mind, even if you come to Sahaja Yog, you have so many conditionings to begin with.

First of all, if you are born an Indian then you are identified with India. If you are born in England, you are identified with England. One thing I've noticed about Sahaja Yogis, once they get out of this nonsense of this mind, first thing they start criticizing the way they have been living in atmosphere, for example they'll say, "Ah, this is Indian, now, this is what the Indians are." Then you'll say, "This is", if they are British, they'll say, "These are the British, you see." They will be the best to criticize. Even others cannot criticize as they criticize, for example, Europeans will criticize Europeans, saying that, "Ah - Europeans, all right, I know Europeans very well" - like that.

The mind itself, you see, starts seeing then, what you can say, that mind itself sees that it's a myth. And then the cheating that takes place all the time, that the intelligence that cheats itself, stops. You start seeing the thing in a proper, full manner, because you don't react. To react is a sign of a person who is very conditioned. You can be conditioned by many other things, like - you are born in a particular religion, now. As you know - what has religion to do nowadays with human beings? There's no real religion anywhere - it has become like a money-orientation, or you can say, power orientation.

That's why they are all fighting among themselves, and you know for definite that no religion is exclusive. But they fight. The reason is, the mind is conditioned that, 'you must fight for your religion'.

Now, they have no religion within; there's no religion that is working out in their lives. They might be the most corrupt, most immoral people, but they belong to a particular religion, like a club. And then they start, you see, identifying themselves as something, and they have a right to do these things, because they belong to a particular religion or to cult, and this and that.

Now, there are people who can really use this mind, though it is artificial. In modern times, we are using so many artificial things and this artificiality can creep into everything, like plastic. So, this mind can penetrate into anything and it penetrates into the minds of people. That's how Hitler managed all the young people of Germany. All these people who have been able to destroy the reasoning which is logical, not through the mind. If it is through the mind it's no logic. It is just a reasoning that we can see clearly stupidity.

Because this mind, which is just a bubble, as I told you, and is so limited, that it cannot comprehend the beauty, the glory, the expanse of reality. This mind is just a collection of all the garbage, we should say, which we have to, somehow or other, deny and tell ourselves that, "I have to go beyond my mind. So-called mind of mine has done no good for me. And this mind of mine, which has been all the time controlling me, is just like the watch we have made and it is controlling us, or like the computer that controls us."

So we have to be careful that we are the ones who have created this mind, and this mind has no business to control us.

Many people try to control the mind. There's a way of doing it that, "I'll control my mind now." Now, try to understand, how will you control the mind? Only through mind. Either by ego or by your conditioning. You have no means of controlling your mind, because it is the mind which you have created, and that is just existing there, which you cannot control, though you might think, 'I can control.'

You have to go beyond this mind. And to go beyond this mind the most helpful thing is Kundalini awakening. Because She passes through your limbic area, pierces through your - fontanel bone area and just takes you away, out into the realm of reality - and the Yoga takes place between your brain, I should say, your heart, with this All-pervading Power. She's the one which connects, She's the one who does it. Many people are doing Sahaja Yog, I know that, but it's difficult for them, sometimes to get to meditation, to establish this thoughtless awareness, which is an extremely important state which you all should achieve.

So many Sahaja Yogis are there, and I'm happy to know that they are getting deeper and deeper, but as long as they are in the turmoil of their mind they cannot progress. Whatever is created out of their mind has no reality in it, is very limited, and is also, sometimes very repulsive, because with this mind people start thinking, "I am such and such", you know.

Now you become, supposing, I don't know what, position, but supposing you become - the Governor - then you think you can do what you like, because you have become the Governor. This mind doesn't know that you have become the Governor, you are not

the Governor. This governorship is ruling you, not that you are ruling the governorship. Once these ideas come into your head, you start behaving in a manner in which you should not behave.

Even among Sahaja Yogis there are leaders. Leaders also start sometimes thinking, 'Ah, I'm a leader'. It's a myth – absolute myth - leadership in Sahaja Yoga is an absolute myth, which you should know. But once they know they are leaders, see, they become, sort of - absolutely mindful and full of thoughts. Thoughts how to dominate, how to control.

When they start controlling others, then you must know that it is the mind which is telling them to control. Why to control anyone? If you are a real Sahaja Yogi, there is no need to control. There is no need to manoeuvre, to manipulate.

Now, once your attention goes beyond the mind - only the Sahaj Yogis will understand this point very clearly - when this mind goes beyond the thoughts then the manipulation of the attention is very important. Then whatever you manipulate, means you take this attention to this or to that or to that, you'll be surprised how dynamic you become, how effective you become, and how knowledgeable you become.

Because, once you can take this attention to anything you want, immediately there is light on that issue, on that person, on that problem, and you see how it works out, how it helps. In Sahaja Yoga you have said, "Mother, there have been lots of miracles with Your Attention", or something like that. I agree, but your attention also is quite capable of doing things which normal people can't do, because now your attention is purified, firstly, and secondly it is manipulated with the Divine Power, and is manifesting its powers.

But, before that I have seen people who come to Sahaja Yog, they send me letters of crying, 'Mother, this is happening, that is happening, my father is sick and my leg is painning, my hands are painning', all kinds of things, not only at the physical level, but also on mental level, and all sorts of things, they go on. They sometimes write to Me such long letters, I don't know how to read them. There's nothing to write so much. But they do, because at that stage they are still reacting, and they don't know what to do. They go to such a limit, that they think that Sahaja Yoga is like a contract. 'Now I've come to Sahaja Yog, I must get this. This must happen. Only they come to Sahaja Yog, then they think it's a contract, and they must get this, and they must get that help.

All this kind of behavior is not that of a Sahaja Yogi. Sahaj Yogi, in Sanskrit, is a very good word "Taastha" (). Is a very good word, which I'll try to explain, but cannot be really translated. "Taastha" () means the one who is standing on the shore, on the shore and watching. That is the state in which you have to be. But, as a result, you do not become a person who is not effective. You become extremely effective. If such people are there, you won't believe so many things can happen. Wars can stop, peace can spread, people who are evil will be exposed.

Now, because it's such an en-masse working out of Sahaja Yog, Sahaja Yogis should not, in any way, find themselves in conflict with each other. Still, I find sometimes. And I'm amazed, how people criticize other Sahaja Yogis, or other leaders, while they themselves have problems.

The reason is that once you start going beyond the mind, you automatically become introspective, and you start seeing, 'What's wrong with me, this mind of mine, now?' So, better stand before the mirror, or can even close your eyes and say, "Now, Mr. Mind, what are you doing? What are you up to?" You face yourself, you stand out from yourself, and see for yourself and ask the mind, "What are you up to?" That's the way, once you are out of it you can control it.

I'm happy you are celebrating My Birthday. Now I'm supposed to be quite old, though I don't think like that, because I don't think. One has to be beyond, beyond the mind. To think about yourself all the time or to think about things which do not concern you sometimes, you know. And just try to put your mind into a turmoil, which is very dangerous these days. To stop your thought, first of all, I think in Sahaja Yoga you should stop reading anything. Because if you start reading, then what happens again, you start collecting thoughts from that book. I've seen many people whose mind is nothing but the books from others, or the words of others, or quotation of others. They are nowhere. You cannot find them. They are all lost people, "He says so and that one says so."

When I was writing this book, which you know that I have written down, they were saying, "Mother, but Plato said like this, and Rousseau said like that." I said, "Let them say whatever they wanted to, I'll say what I know. Why should I refer to them. I don't have to go to the libraries and read what Rousseau said, what Plato said, what - nothing." What I know, whatever I have witnessed in My life, I should write it. Clearly, without thinking about what others have to say, what others have described.

And also another, this mind has another big, big problem, that whatever is written down in black and white becomes Bible. Then, whatever is done before is something great. Like, now there is no Christ, there is no Mohammed Sahib, and there is no Abraham. There's no Krishna, there's no Ram today. But they will think of what Rama said, what Krishna said, then in Gita, this He said, in Gita He has not said a word about Kundalini, so why Mother is talking about Kundalini?

He might have said – can't say – who wrote Gita? Never Shri Krishna. Christ never wrote Bible. Koran was not written by

Mohammed Sahib. So, what they have said – why should you worry about that?

Instead of that, you take the experience that everybody has said. That, “You are to be born again”, everybody has said. That, “You have to go beyond the mind”, also everyone has said. Why not do that and then see for yourself? But people like, and they're identified. Now, if they are Christians, who are coming to Sahaja Yoga, still they are happy if it is Christ, very identified, if they are Hindus should be Krishna, or Rama maybe. If they are Muslims, it should be Mohammed Sahib, Fatima or someone. Otherwise, they can't get out of it, this is very difficult. Their mind is such that is so much made from childhood you are told, “You are a Muslim, you are a Muslim, you are a Christian, you are a Christian”, so they believe it.

Supposing you are born in some other religion then what would have happened? You would have believed something different, but this mind has been injected with the ideas which has gone into your head and that's how you are so much without any freedom. You are tied down with these conditionings. And that's what I find among Sahaja Yogis also – a very big conditioning that such and such thing is - good or bad – they decide. You see for yourself.

For example, if I talk on Guru Nanak, then the Sikhs will be very happy, but I talk on Christ, they won't be happy. I talked on Christ in Poona, so they said, “She's trying to convert everybody to Christianity”, and when I was talking about Shri Krishna in London they said, “She's making everybody a Hindu.” (Shri Mataji laughing)

So this identification that we have is coming to us when so intensely, from, we should say, it's like from the birth. All these ideas still are there and we are not free. That doesn't mean that you should not have faith in all of these people. They were all great, we have great respect for them and understanding. But first you be free, you be free - to know them. Your mind should be free. It should not be the injections that are put into your heads, that you cannot see the point. That's why they don't enjoy also, I've seen, partly they enjoy, partly they don't. So, to become a free person, because Sahaj Yoga is to give you complete freedom, and also complete sense of freedom, so you respect the freedom of others, on the whole you understand what freedom is. If that doesn't work out, then I would say that Sahaja Yoga is of no use, because it should work out in such a manner that you should get rid of all these conditionings you have had.

Now, take the second enemy of ours – is Mr. Ego, which is another headache, and which works very fast in many countries where already ego has been bloated. See these balloons. If they were bloated, all right, it's very easy to again make them big, but if they were never done that, then it's difficult – you have to pull it out, you have to put it to the pumps, otherwise it won't be bloated.

Now, this ego comes to us from different, different angles, and it (Shri Mataji laughing) - actually, you'll be surprised - from the deformity of our chakras.

For some people, money is very important. We must get money, somehow or other. If I don't get money, what's the use of being in Sahaja Yoga? Money is very important. We are living in a money-oriented world, no doubt. But I have told you that what's the use of having money that makes you a fool, which takes you – now, see the countries which are very much money- oriented, who are supposed to be very rich, all the Scandinavian countries and Switzerland, whatever may they have, they might have done to get that money, doesn't matter, but they are people with money. People are committing suicide, young people are committing suicide, there's a competition going on, they're very unhappy. Why? That means money cannot bring happiness. Money, money, money, money - if that goes into your head also, then you cannot be a Sahaja Yogi. But the money is there just for you to use it to express your love. Now, you go to the shop. Then you see something, “Aaaah! This is very nice to be given to such and such person.” You think like that. It's a very sweet feeling you get there. Ah - you can give this to this one, eh? He needs it very much.

When your mind becomes the other way round, I mean, when it is thoughtlessly aware, then you will buy something that is joy giving, something artistic, something beautiful, something useful to that person. It will be a kind of a mind that will be extremely full of generosity, enjoying its generosity. And all the time it will guide you to the projection of your attention to things by which you can give happiness to others. Small, small things - not necessarily expensive things. If you have money better spend money in buying things that you can give to others, that you can - express your love, your gratitude, your Shraddha.

It is very remarkable how people give money to these sadhus and babas in thousands and thousands and crores of it. Because, I think in them it has come that to satisfy their Shraddha they must give it, and so they give. And they have amassed and amassed so much money, they have no sense of it. They don't understand the value of that. To them it is nothing but money.

So, in the modern times I think the worst thing of ego is money. I have seen people who are very rich, supposed to be great business “wallahs” and something like that, they must meet Me separately, “We must come, Mother, and see You.” But they're useless people, absolutely useless. So they'll come and tell Me, “You know, I'm having a loss in this, I'm having a loss in that, can you help us in this way or that way?” I just don't say anything to them, but they have said, “Mother we have recovered because of Your blessings.” Maybe. But it's stupid. Like Lao-Tse described that you are going through the Yangtze river, it's beautiful. On the

sides you see beautiful scenes, but you better be on the boat and reach the ocean. In the same way, supposing we have to catch a plane, and we see something very nice on the road and get down there, how can we catch the plane?

So these side-effects of this mind are these, that we divert our attention to wrong things and waste our energy into it. Ultimately we are not happy, as you know that the - in general - wants are not satiable. It's the love that you give and the love that you receive, which is not a love which is entangled into anything with any purpose, with any idea, but just to feel that love, pure love within yourself and within others. Is the greatest gift of the Divine.

All other things are useless, you'll find it. You find it every day. Today you want to have a car, all right, have it. Then you want to have a house, have it, but you are not bothered about the car now you want to have a house. Now you get the house, then you are not satisfied. Then you want to have something else and something else. So then, which is that 'want' which is satisfying? It's this pure love, genuine love that you feel for the others, and others feel for you.

We have others, lots of conditionings of ego. In our country specially, this Indian country, India - so-called. You see, to dominate the wife is one of the greatest ego. I have seen people, how they tortured women, their wives and the children of others, just because they think, "I am a man."

What do you get? You don't get any joy, you can never be joyous. If you try to dominate another person you can never be joyous. Never be joyous. It's only through loving and affection and care that you can feel the joy, because joy has these symptoms, joy is not domination, or demanding, or asking. These are not the signs of a person who is joyous. The joyous person is that who just enjoys the caring, the loving, the gentle relationship. And this is another point where I've seen Indian men specially, especially in the North, because of, they say Muslim influence, whatever it is, in the North the men are extremely dominating to their wives. And they insult the wife also very much.

So now the women here have become extremely dominating also, naturally action has a reaction. This reaction itself is a wrong idea, and this reaction should be just dissolved into the feeling of pure love, the Ocean of Compassion. For example, I see on the streets of Delhi, so many people begging, small children are there, and all that. And now the feeling that I get is not of scolding them or getting angry with them. Maybe they are cheating, maybe anything they're after. Everybody's cheating you, and those who have lots of money are cheating you, so what is there if these poor people are cheating, doesn't matter.

But the compassion is built-in within Me like this that, "Let Me somehow get a plot of land somewhere, let Me organize some sort of a place where all these people who are orphans can be put there, and given all (applause) all the help. And maybe from this pond of misery and poverty you might get lots of lotuses coming out. But the feeling has to be collective. I feel that way, that we'll solve the problem of Delhi, but that doesn't mean that, like other social workers, like I have been connected with some social workers and I was amazed that it was nothing but a ego-pampering business. It has nothing to do with social workers. Haphazard and nothing deep in their attention to look after these people.

So with the great feeling of love and compassion we can do it, we all can do it, and can work it out. One of My desires is this. If it is a desire of you all, it will work out. It's very important that they are also human beings and we have to look after them. But for that, one should not think that, "I will be the treasurer, I'll be the president, and I'll be this." All this clergy-ship should go away - from the mind itself, otherwise you are not free. You are not free, you know, like there's a nice joke about it, that - one - somebody went to see the minister and the private secretary was there, attending to the people. And he was getting very angry with them and all that, so some villagers said to him, "Who are you?" He said, "Don't you know, I'm P.A.?" "Ah, PA. ho?!" That means you are drunk, all right, we have nothing to say.

So, a person with ego behaves like a person who has ego, is a person like a - you can say, a drunkard, or sometimes like a lunatic also, really like a lunatic. Sometimes you have to meet them with a bargepole, I told you. Some of these people who have got awards for peace, we have to talk to them with a bargepole, because they might just jump on you, just like a cat, or could be like a leopard, you don't know how they are built up. I don't know how they got these awards for peace, but they have.

So, the peace is within ourselves and this peace has to be retained and introspected and seen. Are we peaceful or we are reacting? If we are reacting, then we are not peaceful. But people will say, 'Yes, yes, I am very peaceful, but I have to react'. Then you are not peaceful. Just face yourself, straightforward and see for yourself that if you are peaceful then this peace will spread all over, it will help others. It give them physical, mental, emotional and spiritual peace.

So, you people have a great responsibility of coming to Sahaja Yoga. It is not just a certificate, or My badge, that you are a Sahaja Yogi. I would like also women to see to this point, because what I have seen about women is that they are mostly worried about their children, about their husbands, jobs and things like that. But they are not worried about others, about people who are around them, so they have to also take to Sahaja style of life, in which they expand their love, expand their attention to other people, and see how they can please others. This situation is - used to be non-existent in the western countries. I think they

never knew that you should please somebody for no reward, or for no purpose. If you give any present to somebody, they'll say, 'Oh. What do you want?'. 'Do you want coffee, or', immediately. To them they cannot understand that somebody wants to express one's love, no, they can't. So, this – now mind has changed, because Sahaja Yogis are there and they are different people, but what I have seen before was so remarkable, that they thought it was a weakness that they are giving those presents because they feel they're weak.

All these ideas have changing in the West, and also we should not adopt their stupid ideas that we can control people by giving them things or by - giving them some sort of promises.

We have, actually, to control ourselves and that control can come if you do not allow your mind to control you. That control is a complete freedom. For example now, take an aeroplane which is perfectly built, which is absolutely all right. Then only it can fly. In the same way, if you are a perfect Sahaja Yogi then you will have no problems in dealing with any problem, with any circumstances, with any person whatsoever.

There are many Sahaja Yogis in the West I've seen, they've said, "Mother, we don't want to take any active work because we'll develop our ego." They think their balloon is already bloated out and if they do some work their ego will go up, so they say, "We don't want to do." It's not so. It's the Love. You're working for Love. Such an Ocean of Love is within you. How can you do without that? And this has to work out at every level, whether it is your family, whether it is your city, whether it is your country or the whole world. This is the new generation we have to create of people who believe in Love which is Truth. Which is Truth. Without Love you cannot have Truth, because when you love somebody you know everything about that person. In the same way when you love your country you know everything about that country. But first you must love.

Why people are now having problems because they don't love their country. If you love your country you will know what is the essence of your country, what is the problems of your country, what it is going through. And that intense feeling of oneness itself will work out, because after all you are connected to the Divine. But with intensity you should feel for all these things that are really so destructive and troublesome in these modern times.

I again want to thank you for celebrating this birthday and for all the sweetness you have showered upon Me. You are just like these beautiful flowers for Me, which are anxious all the time to make you happy, to please you. Just like that I find you before Me, beautiful flowers, fragrant with divinity. I hope you all will understand your own value and work it out.

May God bless you!

1996-0413, Public Program: Maa ka Khel Maya

View [online](#).

13 April 1996

Public Program

Kolkata (India)

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

Translation of 1996-0413 Public Program, Maa ka Khel Maya, Kolkata, India (Hindi)

I bow down to all the Seekers of Truth. First you should know, that truth will remain truth. What is truth today will remain truth tomorrow. You cannot change that in any way. You cannot transform it and you cannot describe it. Truth is to be known and it is known on our central nervous system. That is what is called bodh; that is what is called Vid. The word Budh from Bodh and the word Vedita from Vid. Until we can feel the truth on our central nervous system until then saying that you know the truth is deceiving yourself. You know truth with your mind with your brain which we call as mann. This system called as Mana which is established in us is a non-ordinary power of ours through which whatever we see, there is a reaction of anger a part of the system one side ego and another system is what we call Sanskar or conditioning. Using these two systems we react to any human, things, topic. Like we see this camera then we think whose it is, wonder what the cost is where to buy it and many other kinds of thoughts popup. The ego says we can also buy if that person can buy and the other system of super-ego driven by our conditioning thinks well with that person in a similar case this happened, it got broken / lost etc. Like this thoughts about future or past bombard us. These thought bubbles that form in the brain are what comprise the Mann. Mann is an illusion. It really does not exist. It is what we make. Like we made the watch or computer and then become slave to it. Similarly this system called Mann keeps us away from reality. We do not know it. To know it we have to go beyond thoughts (not clear word). For every small or big thing we always keep thinking about how to react. If you turn to your mana you will see that your mann is not silent, it is bubbly. This person's shoes are not good, that person's clothes are not good, so and so is poor / rich, he is from a different country, this is different / that is a different, color is different, religion is different. This is all a game of our mann, it is all an illusion.

There are two meanings of this illusion or maya. One is brahm in which man becomes brahmak and another is love. We get into illusion because of love. There are these two types of Maya and then there is Lord's Maya with which he reminds you that you need to achieve something else. You need to search for something else. Your life is meant to discover something else. You are meant to discover the truth. This emotion awakens from the inside and unless your internal desire is not pure until then you cannot achieve that unparalleled state called as Self-realization. We say this is our body, our hands, our legs, my car, my house but who is the king of this Me? Who is this me? Ask a doctor who runs this heart? The doctor will reply is an autonomous system. But who is the auto or the self, the doctors do not know. To get the answer to this you have to reach such a state where you know yourself, you have to have self-knowledge. If I tell you that you do not know yourself, you should not feel bad. You may know what color you like, what food you like but there is system in built in your a beautiful complex system consisting of chakras / plexus, nadis / channels a very high state where you get self awareness (atma-bodh). And that too sahad meaning saha meaning with and ja menas born, so this is born with you. You have the birthright to achieve this Yoga (union with God). And like you sow a seed in earth and it sprouts, similarly this Kundalini of yours sprouts because you have the power to get awakened. This Mother Kundalini has the power to sprout this seed. The power of God's love is all around. You needn't believe all this (God's love all around and me) blindly.

When we first had the program there was only one person who came to get realization. Some Sahaja Yogis said Mother there is no point of the program here. There are so many false Gurus here that no one will believe you or accept you. But I am a Mother not a Guru. Every person here seemed to run after their Gurus, working so hard, giving so much money to these so called Gurus what did such people achieve. This way human being tries all these things and then thinks what is right, what is truth. If I tell you that this will happen to you or that will happen to you, you should not believe it. You experiment with it and if it is proven that there is this subtle complex system and Kundalini in you then you should accept it like a scientist with open mind. If you do not

accept something that is proven to you then you are deceiving yourself. This what is happening or to happen is the epitome of your evolution. You became human but what did you achieve by being human. Every person seems to present a theory, this is good or that is great but nothing great happens from it. So this can only tell you that what you found so far is not absolute truth. Until you know the absolute truth there can be thousands of varieties of thoughts, this, that etc. People think there are way too many ways, there should be one way. And there is only one way: awakening your Kundalini, your individual Mother. This kundalini is each person's individual Mother and like you record everything on a tape this kundalini of yours records everything about you, your past, present, future. Knowing everything about you, she waits patiently for you to give you your second birth. Everyone of great saints have said that we need to have a second birth, here also Brahmins are said to have second birth (we don't know if that is true but it is said), a bird is called dvija, twiceborn. First the bird comes out of the egg, then it becomes a bird.

Similarly human beings have to be twice born. But you cannot attach a certificate of twice born onto yourself. But when you really become twice born, like a bird no longer remains an egg, similarly a new human being is formed in you. And like a bird can fly, powers awaken within you because of which you can do lot of things. You benefit a lot from it. First know the truth. The truth is that you are not this body, mann (Mann the virtual brain where thoughts are produced), intellect / brain, ego etc but you are a pure spirit. Second truth is that Lord Almighty's power of love is spread all around us. You see all these flowers, they have fragrance. Each flower is different in color and we do not think it is a big thing. We do not know how these came about. What power is behind all this? The power of God's Love is behind all this. In patanjali this is called ritambar (unclear) meaning that which makes different seasons (ritu) in us that awakened power. Many have called this power by many names. Quran calls this as ruh and scriptures called it as param chaitanya. Some have called it as alakh niranjan and some call it as nirakar shakti (formless energy). They are all talking about the same energy that is present all around us. As long as we are in human state we are disconnected from it. We do all kinds of things and we do not know what is right and what is wrong, we do one thing while thinking of another and achieve a third thing. This kundalini energy when awakened connects us to this all pervading power of God's Love. Like there is this mike instrument and until it is connected to the mains it will not work. Without this connection even we have no meaning. We do all kinds of things. First we think that let us get hold of a country, let us fight, then if nothing else you think let us earn some money. Now while earning money also you get into issues. You earn money any which way, you know the state of those people who earned money and people got entangled in this greed to earn money. Then these people sat tight, fixed themselves became Gurus. What is the use? Doing this they felt they have great power. Then people thought let us try some politics, then they will make an organization, let us make such big claims that we become a huge organization that we love and can spread hatred and fighting. This is no use either. What benefits you, think.

What will benefit you is the awakening of this resident Kundalini energy in you. Your energy will spread in all directions. When kundalini is awakened and you are connected to this energy all around us, this energy flows into you too. You are nourished by this energy that is why many people who take to Sahaja Yoga get rids of lot of diseases. They get out of big troubles. Whatever they thought, they got it. Now this is not because of me. And you needn't and cannot give any money to this energy. In this country people do not understand that God does not understand money, he does not have a bank. I went somewhere. A lady came there and since Shri Mataji does not take money she gave Rs 2 to me. She thought otherwise it would be expensive ...(People and mother laugh). This way how every knowledgeable a man becomes, however much he is well read, he goes to such noticeable positions and all but still remains foolish. They go to this Guru and that and those people inflate the human ego; if a person is full of ego all the more better. They are happy being mislead and this way human beings go down spiritually. Instead of naturally going up in the ascent they go down. Progress is in going up not down.

In the modern world today, things that were unimaginable are happening. We saw people who gave up everything for nation. Such great people. After independence did we go up or down. What kind of hell are we in? So this proves that until a human being is transformed, until then things cannot improve. First we do not have peace. We keep jumping up and down. If we cannot get back at outsiders so we come home and hit wife and if not wife then we hit kids. We are in such anger. We are not peaceful within. When man is not peaceful inside how can a country be peaceful. Today someone was telling me things are bad in Calcutta, the Police has been deployed. Why police, I will fix it. If police is involved people try to show off more. Human nature has become such that his reactions are backward. We need to think why we are not peaceful. We are always engrossed in such things, and when we think we should know that we are not at a place where we can find peace.

When Kundalini rises then first and foremost then in your hands and on top of your head (fontanelle bone area) you feel cool breeze. When this happens know that you are connected to this energy around you. And what else happens? These chakras that are present they take care of our physical, mental, emotional, spiritual self and nourishes them, all these chakras are awakened by the kundalini. That is why our physical, mental, emotional and spiritual problems get solved. And our worldly issues specifically financial ones get resolved. Put it to test and see. All issues are resolved because you left everything to param chaitanya. You are in Lord's kingdom now. You are not in your country but in Lord's country. This power is so active that Sahaja Yogis issues are resolved miraculously. When i went to Russia people said there is flu here. I asked them aren't you afraid. They said that we live in Lord's country not in Russia so we have nothing to worry about. I was pleasantly surprised. They said no one can harm us. This is your heritage. Known for thousands of years. This is a yoga bhoomi and all this has been known for long was never used. All of you can achieve this transformation very easily. You will need to settle down for it though. I am seeing that people are coming, going etc, instead of sitting peacefully. You have all come from so far so better sit down. Usually there is a bombardment of thoughts, people usually keep thinking of past or future they are never in the present moment. When kundalini rises then you can be in thoughtless awareness (Nirvichara samadhi) in the central channel.

A lot of people will ask me that Mother we need to go to Himalayas for this, we have to stand on one leg, leave our family behind. If you want to do that go ahead. You have tried all this for so long. Now I am telling you to sit peacefully and receive your self-realization. Why do you doubt this new awareness that you are receiving? Now you do not have to do all of what you did in the past. Now this energy is resident in you and it is eager to be awakened. First thing you will feel is peace. It is as if you are standing in water and you say hope we do not drown in these thoughts. You say you have a lot of questions. But fortunately if a boat arrives you will climb into it and that fear of drowning is gone from you. Now from safety you watch all this what happened. The same way you become a witness of the present. What is this happening.....You watch yourself separated from yourself. Your questions are answered like this. But no reason to go till there also. This universal power of God's love is there for you which works for you and provides solutions for you.

Today there is lot of hatred, ill will / thoughts and fights between people in same country, neighboring countries, even people in the same house. People compromise but then things fall back to same old state. When we go beyond our mana (virtual mind) in such an outstanding state where you are thoughtless then we understand that there is no other, we are all part of one universal being. We have awareness on our fingertips whenever we think of someone. Even little kids can tell which chakras are caught in whom. It becomes so simple. When we go beyond ourselves all this becomes known to you. Some people tell me Mother please fix my Agnya Chakra, meaning I have a lot of ego. Usually people will not tell you that they have ego. This state gives you awareness that agnya chakra catch means ego. This way you watch yourself and get to know your own issues. But as soon as the light of the atma (spirit) comes to your attention, in your chitta then you become such that when a person thinks he has a rope in his hand but it is actually a snake then you drop it. In the light of the spirit you drop all false Gurus. First receive the light then you can see. There is no need to put any restrictions like stand on head don't do this or that. All this knowledge of right action comes in.

This is the difference between Sahaja Yoga and other things. You first get self-realization. Then you fix yourself on your own using your awareness. You solve your own issues. In a program i asked people to take off the shoes and half the people went away. It is ok. Such are people that if you say don't do this then people take wrong meaning. Moses and Muhammad Sahab told people to not indulge in some actions but people never listened. So it is better that people get realization so they themselves know the righteous path. No push backs and no fights then. Then as you sang that Mother you have given us such love; actually I just helped raise your kundalini with love and then you started loving your own self, developing self-respect, you are surprised at your powers, awareness of self-respect, all these thoughts vanish and just like a lotus blooms in muddy water, your personality blooms in all its glory. This kundalini, your individual Mother assists in this process. Your physical ailments set right. Lord Jesus fixed 21 people in 3.5 years. He never said how. People did not let him live. Some Christians in America who believe in Jesus Christ, but if a person fixes someone by using Sahaja Yoga then that person will be jailed. The reason is that the doctors there have formed a pact that people should be cured only with medicine not in any other way. If they do so then jail him. If Jesus Christ comes back again then jail him. Man has become blind today like this. The light with which man can know himself and a lot of things is being restricted. You can know yourself and others on your fingertips. You can know people, things through

vibrations. People are weird. If there is a Guru that is jailed and comes out of Madras jail, then people will accept him in this city; and those who get out of jail from this city are accepted in Madras. Such so called gurud not make fool people but spoil their kundalinis. Not sure what they do but some people become blind and one person that came the other day got parkinsons, another who came got paralysis, some get heart trouble, some get some other issues. Once all money is taken from people then these teachers give people the heart attacks.

This way human mind is mislead. Now it is time to get self-realization and there is only one way forward. Know yourself, your atma (spirit). Until you know yourself you cannot dispel this illusion. Guru Nanak has said just like so many others over the 14000+ years that don't worry about Gods / Goddesses; just talk about parama chaitanya. Really they said know thyself, get self-realization. Your attention will become pure. You can know about people and cure people sitting here. You can do Devi Kavach and you / anyone for who you did it, will be protected. You cannot kill anyone though. You do not have samhar shakti (killing power). You will not desire that either. You can transform people. Like a drop becomes an ocean similarly you get such a huge personality that you are surprised at its effect. There are a lot of people here, I have seen them from 25 years, with this all fights will stop in Bengal and worldwide. There will be peace everywhere. Even if one person becomes a Sahaja Yogi then all the surrounding area becomes peaceful. You need to understand that you are so powerful. You still have some journey to cover and then all your powers will be awakened. Then you will become a very powerful and strong personality.

Today there are so many people here. Maybe quite a few will sprout but when those sprouts will become trees needs to be seen. When that happens then there will be peace in Bengal/Calcutta, in India and the world. Here I am talking of awakening, transformation, global transformation and all of you are in Sahaja Yoga for it. It is very easy for an Indian to accept this. For foreigners it takes me a long time to give self-realization. With Indians it takes 5-10 min. As though they are on shores and just need to be helped out of it. Not sure if you understand your own powers or these are your qualities and your kundalini is in a good shape. The day you understand this you will know your own high level of spirituality and your own powers. There will come a day that the entire world will come to India for this. Rich / poor is nothing; all of you are happy, truthful enjoying yourself. In foreign nations people are not happy. You will become joyful, will feel young. I go to so many programs all over the world. No issues. If something is not right to eat then it is ok, it will set right. You will become dynamic and everything works out for you. You will be loving, compassionate, wise and be joyful. You can recognize another Sahaja Yogi using vibrations. Till now we have not recognized another human.

Now there is a disciple of mine in Algeria and he told his parents I am going to Hajj (the Muslim pilgrimage to Mecca that takes place in the last month of the year, and that all Muslims are expected to make at least once during their lifetime). His parents said now that you are a Sahaja Yogi, Mecca has come to London. Let us go there. When they arrived in they felt such tremendous vibrations that they understood how Mecca came to London. These vibrations (chaitanya lahiri) flows from you and this is what has been spoken of since times immemorial. Adi Shankaracharya, Mohammad saha spoke about it. Until you know yourself you cannot know the Lord Almighty. Lot of people think all religions are different. That is not the case. They are all branches of the same tree of spirituality. Bible talks of Abraham, Moses. Lord Jesus also spoke about those people. Then how can Christians and Jews fight. If the same person came twice and spoke about same things then how can the followers fight. Then Muslims, In Quran which was written 40 years after the death of Muhammad Sahab has been tampered with but originally Mohammed Sabah wrote about Lord Jesus and his Mother. And this same thing has been written in bible too. Talking ill about the character of Jesus's Mother is a sin. Still Christians and Muslims are fighting. How can there be caste differences and religious differences? Human spirit is the same. By doing all these incorrect things and hating each other we have created mountains. Once you take to Sahaja Yoga your capacity to fight ceases. If someone fights you will feel as though a little child is acting.

This treasure trove and powers resident in you, that is your right, please achieve it. Please receive it in your right.

Please sit, it will take 10 min. You came from so far. Bengal has has such great patriots, freedom fighters, people who sacrificed. Now nothing of that is left. Don't know what happened. How did this happen? Such a beautiful country where Sharath Chandra lived. Under each circumstance he did such an amazing job what happened. What is the minimum? All of you are such great devotees of the Goddess / Devi. During Durga Puja Jagadamba that you pray too is the kundalini in you. Please achieve this. May Lord Bless you.

[Sahaja Yoga Self Realization experience follows.....]

Please sit. It will be good if you can all sit. Let us see if we can sit 10 min.

Those who are on floor it is ok, those on chair keep feet separate, take shoes off.

If you have questions in your mind that i did all of things and how can i be forgiven. Know that today here you are all forgiven. Because of this guilty feeling left vishuddhi chakra catches. Lot of issues happen with this like spondylitis or angina. Catch in left Vishuddhi chakra impacts working of all organs in the body, people become lethargic. Why feel guilty? What is past is past. Forget it. Don't go around with this burden. When mistake happens, fix it, finished. Those who point at others saying you are a sinner are the true sinners. You can tell them that. Another thing very simple forgive everyone. Even if you do not forgive what happens. Those people forget it but you are burdening yourself. You will feel lighter by forgiving everyone. Say Mother I forgive everyone. Third thing, on yourself, don't have doubts. With complete self-confidence sit. It will work out.

Open both your palms towards me.

Right hand towards me and left on top of your head 2 inches above, check if you are feeling warm or cold air. If you do not forgive anyone then you will get hot air.

Now left hand towards me and right on head 2 inches above on fontanel bone area. Do you feel hot / cool breeze.

Now both hands towards me try to be thoughtless

Now both hands towards sky, turn head backwards and ask one question 3 times: Mother is this Lord's power of Love? (or) Mother is this Parama Chaitanya? (or) Mother is this alakh niranjan?

Those whose can feel vibrations in hands/fingers or on top of head, raise both hands.

All of Calcutta City I bow down to you, eternal blessings and love. [everyone in the stadium raised hands]

This does not happen to everyone and doesn't happen everywhere.

You have all been sprouted. This is Self-realization. The sprouts need to grow into trees. Then bengal will become nandan van. (beautiful forest). Know yourself, develop depth and spread sahaja yoga to everyone in the villages and other places.

If you go to weekly meditation you can know about the various chakras. You have all been provided information. Consider it important and follow it.

1996-0414, Easter Puja

View [online](#).

14 April 1996

Easter Puja

Kolkata (India)

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

Easter Puja (Translated from Hindi). Calcutta (India), 14 April 1996.

Today we are doing Easter Puja. Today is a very important day for Sahaja Yogis because Isa-Messiah (Jesus) has shown us that redemption of human beings is possible, and for that redemption we should always put in an effort. There is also a meaning why He was crucified. He was crucified on the cross and this cross is a symbol of the Swastika on the Agnya chakra. He was crucified and He left His body there only. He told some important things at that time and one most important thing out of this was "Wait for the Mother" - "Think of the Mother". (Behold the Mother?)

Everybody can interpret it in a different way, but it seems He said that He will send for us such a shakti (power) who has three channels - Trigunatmika, and that is described very beautifully. One of these Shaktis/powers will give us comfort. This comfort-giving power in us is Mahakali's power which gives us comfort, which cures our diseases, which corrects/solves many questions of our past. The second power, which He gave us, which He sent to us, was Mahasaraswati and to this Mahasaraswati Power, He called Counsellor, the one who will counsel you - that means, who helps us for Yognirupan (to see the form of Yoga). With the help of this second power, we will get Gyan (Knowledge), we will know the subtle knowledge. And the third power, (Mahalakshmi) with the help of which we will get our redemption.

Thus, He had talked about these three powers. Buddha also said that I will send you Matreya, that means three types of mothers - Matain-Ekritya-Matreya.

People did not understand what this Matreya is, and they made it Maitrya. This Matreya can be only in Adishakti - simultaneously - Adishakti, He must have told as Primordial Mother. But the one who corrected Bible, he made it as Holy Ghost - and made a dove instead of it. Because the one who corrected the Bible hated women and he did not believe that a woman could also do such a great work. Because of this hatred, he made a strange form of it (the Holy Ghost) and the second thing is that it is a dove and a dove means that she will be the messenger of peace. But He did not talk of a woman or that she will be a woman. But in our Shatras it is written „Sahasrare Mahamaya“, that means She will be in the form of Mahamaya. People will not recognize Her and you have to get your self realization to recognize Her. If you don't get your realization, you cannot recognize Her.

In His lifetime He (Jesus) explained everything in a very open manner, He could do. Many things He told and many things He didn't, but still some truth came out which they could not change. It was very necessary for Sahaja Yoga that Isa Messiah (Jesus) came. He was a Chir Balak (boy from olden times), and now it is proved that He was an incarnation of Shri Ganesha. Shri Ganesha incarnated only once in the world and that is in the form of Shri Jesus/Isa Messiah.

The work of these three(Buddha, Mahavira, Jesus(Isa)) was done at the level of Tapasya and therefore they worked in the Murdha of Virata (Brain), and there is a place of Tapasya in the work of all the three, that means human beings should do the Tapasya and they can cross through Agnya only with Tapasya. It was very necessary to pierce through Agnya chakra, without that, Kundalini cannot rise. Resurrection of Jesus facilitated the piercing of the Agnya chakra. First He died and then His resurrection took place. Therefore there is a great message from Easter that because of Resurrection of Isa-Messiah (Jesus), we could get our resurrection. The most difficult chakra in a human being is the Agnya chakra because a human being is always thinking. This continuous thinking results in a condition of vaporization of mind in the head and he cannot go beyond these thoughts. He cannot go beyond these thoughts. You can go beyond thinking only when the Agnya Chakra is opened. Therefore it can be said that Sahaja Yoga would have been very difficult if Isa (Jesus) would not have resurrected after leaving his body. However the work was done by all the Incarnations at their respective places and at respective times. But the work which was done by the resurrection of Isa(Jesus) was marvelous. That is the reason why it is not difficult to open Agnya. It is not difficult to

go beyond Agnya. There have been many Gurus, many great Gurus. They did a great work. They did so many things so that people could get their Jagruti (awareness) to God and they could attract their attention to self-realization.

He (Jesus) came to our country because the people of His country where He lived had no subtleness in their way of thinking. They had no spirituality. That is why He (Jesus) came to India and met King Shaliwahan in Kashmir. Shaliwahan asked Him „What is your name ?” He replied „My name is Isa-Messiah” (Isa-Messiah means the one who brings some message) and I am coming from that country where Malekh lives. Malekh means those people who desire something dirty. Now you see, all foreign programmes, they are all dirty. These people like only dirty things - crazy things. If you see their movies you don't understand whether they are mad people or something else. So in our country, these people were called Malekh (means people who desire only dirty things). How can I go to these people(Malekh). India is my country because I am a spiritual person. Shaliwahan said that “you are such a saintly person. You go back to your country and teach those people Nirmal Tattwam (principle of purity).If you make Nirmal tattwa there, people will get rid of desiring these dirty things”. He went back - somehow. He lived three and a half years and then He was crucified. This He knew was necessary. But the way (in a dignified manner) He left his body shows what a unique personality He had. And in this short period of three and a half years of His life, what He did was great. It is true that He could not give realization to anyone because there were no seekers of truth like you at that time. I have a good fortune, therefore this work before self-realization helped the people to know that there is another life beyond that human life. He said „You have to take a new birth „. His own resurrection resulted also by taking a new birth.

It is also said in our country that this second birth is like a bird who comes out of the egg and is called Dwija (who is born twice) and when he is transformed and he gets the full power, he can fly anywhere in the world. He gets all the communication powers. You know how the birds fly from Siberia to India. They come here in the winter and go back in summer. They have neither Radar nor Aeroplane. They have nothing. How do they come exactly to the same place, to the same pond where they used to come. Their children come also to the same place. Once they did an experiment where they hid some of their children - but they could find them. Some of them they could not find and they themselves flew to India alone. They had no Guide. But they reached perfectly alright.

So we can say that God has made everything so systematic and beautiful that we can get our resurrection. I call it as Blossom time. It is amazing to see thousands of you people sitting here and there are thousands of such people in some other places. All these people were not here at the time of Isa-Messiah and nobody knew at that time about self-realization and why it is necessary to get self realization. Today, also there are some blind people who don't understand these things. But thanks to the Great Gurus in our country, a big problem is solved that people know about it. Everybody knows that we should get second birth. We should know ourselves. Sufis say also the same thing. Even in all the shastras and religions the same thing is said.

Today is the new year day in Bengal , congratulations for that and therefore we can talk about its resurrection also. Bengal will be benefitted with this resurrection which we celebrated here. The culture, art of Bengal and the great patriots and sacrificers of Bengal who brought the country to a higher level, they are now lost somewhere else. Foreign rule is finished and the English people went back but we have accepted this foreign culture even more now and we don't know where these people have landed. We don't know what their condition is. Where will these people land? What have these people got? Many Christians think that Isa (Jesus) was born in England and to become Hindu for them is to wear a Dhoti. Such type of imaginations we have in our head. We think that we can see Isa from very close by becoming English. He (Jesus) named these people Malekh and we are giving so much respect to them. These people have now understood that our culture, our philosophy, opinion about Dharma/Religion is very subtle and pure and people of our country take to Sahaja Yoga very fast. But it is the duty of Sahaja Yogis that they share this mutual brotherhood and bring this message of resurrection everywhere because the condition of your country cannot be improved without this change, without this spiritualism. We cannot improve it by looking at the sky.

Therefore everybody should try and think over it that to how many people we talk about Sahaja Yoga. Isa was completely alone. There was nobody with Him. He had only 12 disciples and some of them halfbaked. In spite of that He worked very hard. He gave us a great message by his resurrection. This message, which seems to be quite of extrovert nature is, in reality, a subtle work on our Agnya. Only by working on Agnya we reach that state where we can pierce through Brahmrandra (Sahasrara). He (Jesus) always talked about forgiveness, that you should forgive everybody. When He was on the cross He said „Oh God! Please forgive them. They know not what they do”. Therefore please forgive them. These people are blind. He said with so much love, even at

that time, when the people were hammering nails on his body and crowning him with thorns that „Oh God! Please forgive them. They know not what they do“. This is a wonder of Agnya Chakra.

Therefore for the opening of Agnya Chakra, I always say “please forgive everybody. Please forgive everybody fully”. Half of the thoughts in us are like that. For example, he misbehaved towards me or made problems for me, how can I correct him? When we surrender everything to Paramchaitanya, He will correct it. I tell you, I fear if some people do wrong things in Sahaja Yoga. I really start worrying that these people will get problems now because on the one side is sitting Jesus, on the other side is sitting Shri Ganesha and the third and fourth side, Shri Hanumana and Shri Bhairava. They will not be able to set them free from the net of these four. Somebody is doing a little bit wrong in the matter of money or in the matter of work, I always try to solve it so that no problem comes to him because when you enter a pure atmosphere, for example, this is a white bedsheet and if a black spot comes on it, it is immediately visible. Therefore you have been made pure (Nirmal) and if a black spot comes thereon, these people will catch you immediately and I don't know what punishment you'll get. This is very difficult. Jesus let himself be crucified at that time but He said, about me, that “if you do anything against the Adishakti, I will not allow. I see when these people do wrong, He doesn't bear. If you call me Mother, I have respect for that. Sometimes they misbehave with me, then I say, that “it doesn't matter, they have called me once 'Mother' - but these people don't understand it. Therefore we should remember that it is our previous birth's hard work (Tapasya) and devotion which facilitated our resurrection.

So then you have the special blessing, in this birth, to get what people think is very difficult or impossible. So you have to be careful that you don't do anything wrong, because if you do anything wrong, your purity is caught immediately. I am not making you fearful - I am telling you the truth. So whatever you do, do it full of love and full of joy. It can happen that somebody troubles you, it doesn't matter. How long he troubles you will be taken into account. Therefore you should not forget at any stage, at any state, in any field, that you are a Sahaja Yogi. How many yogis were there in olden times? A very few Sufis. Nizammuddin was there and Shah came to cut his throat . He told him that, “if you don't bow down to me, I will cut your throat”. Next day his own throat was cut.

So, if there is such a type of person, there is no need to fear. If you have to fear at all then only for that which will happen to them. Oh God! Please save them. You are in the Kingdom of God. You are not like other people. You have to remember that you are not alone. You are fully protected. Why do you worry if you have such a protection? Isa Messiah was never upset, even when He was crucified, and what worse can happen than that to you.

Many people come to me and say that “Mother, I have this problem -I have that problem”. This means that you are not a Sahaja Yogi. The right thing comes out that you are not a Sahaja Yogi. If somebody is a Sahaja Yogi, he/she can't have a problem. Problems are playing somewhere down, only to be witnessed, and you are sitting at a very high place. But if we are always talking about problems, we should realize that something is not o.k. We should meditate, introspect and assume that we are Sahaja Yogis, which awakens a feeling of inner peace and self-confidence and the people can see it. You don't have to say anything. There is no need to quarrel with anybody. Just keep quiet and Paramchaitanya will do the rest, even if they are so called very clever people. But if you yourself have done something wrong, then Paramchaitanya will take account of you first. Therefore we should

Jesus had a very short life of 33 years - what a short life. And He was wandering all the time. While wandering, He went to India and how much He worked in His life. So many things were founded after His name, so many Institutions - this and that. Everything is deceptive. But how much he worked and in the end wrong things were given in His mouth and false institutions were grounded. But there is nothing in this outer religion. You can see it now. The diamond which was covered by them is shining inside you now and is operative in your Agnya chakra. The more your forgiving power increases, the higher you will go in Sahasrara.. Now the difficult thing for the Christians is that, as they are born Christians, they think of only Jesus or Jesus's Mother. They don't go beyond that. There may be other incarnations - it is of no interest to them. The same is with the Hindus. Hindus know only Shri Krishna or Shri Shiva - they are lost in that .

But you have reached much higher now. You have got your realization now. You have become Sufis. Therefore you have to take the essence of all these things and to search the truth in everything. There are many false things in these religions. For example, in Christianity, I don't know whether you know - the same is with Jews and Muslims, that when you die, you bury your body and

don't burn it and when you get your resurrection, this body will come out. You get your resurrection only if you die in the name of God and you sacrifice your life for Him. Now you think, what will come out after 500 years? If you are buried, what bones etc. will come out after 500 years? How will resurrection take place? Many people believe in it and this belief is so deep that some people came to me from Bosnia. I asked them why are you dying? Leave this nonsense, you are Muslims, you believe in Nirakara. For what are you fighting? For land, what does it mean? They told me that "it is written in our shastras, that if you die in the name of God, then such and such will happen". I asked them "Where is God's name in this type of dying?, please tell me.

The second thing is, that if you die and get your resurrection after 500 years, what will come out of this. On the other hand, you take so much land for these graves and live as bhoots in these graves. I must say that our shastras are correct in this regard, that Atma leaves the body after death and Jeevatma takes the new birth. This is true, that Jeevatma does not die. But to believe that the resurrection of body will take place after 500 years is complete foolishness. Sometimes I don't understand why these people are fighting because of this foolishness.

Today there is fighting going on in Israel and tomorrow somewhere else. Everywhere there is some problem because of religion. Wherever you go there is fighting because of religion. I said yesterday also that there is no separate religion. They are all connected. This is clear, that all of them have described about the people who came before them. Why this fighting then? Because some people say that they are mediators. They call them Dharmamartand (those who have command on Dharma) and do just the opposite of that which was told by these saints.

Now you see, Isa (Jesus) had said a very important thing, that your eyes should be without adultery. But Western people do just the opposite of this. "Thou shall not have adulterous eyes". How subtle is this? „Thou shall not have adulterous eyes „. Not to think of adultery, even eyes should not be adulterous. There should not be adultery in the mind - very subtle thing. He said, "and when I went to a foreign country what did I see - everybody's eyes moving here and there (flirting). I didn't see anybody whose eyes were steady except Sahaja Yogis. Before coming to Sahaja Yoga, the eyes are moving here and there. Women are looking at men and vice-versa and this is going on. Some are looking at the things. So who followed this important message of Him (Christ). Who is following Him? Nobody. The only reason is that they have not got their realization. I have seen the people in the West when they get their realization, their eyes also get very steady. Love, peace and joy (Anand) flows from this steadiness. How this happens is because the impurity in the eyes vanish and the eyes become pure (Nirmal). The eyes become like that which Isa said. But this cannot happen only with words. In the west, this disease is too much. So what we understand is that we can't do what He(Jesus) said.

Every religion is the same. There is no religion where the people do the same as what is told to them. The reason is, that they are not Samarth (capable). Samarth means the same thing. In this case they can't do what they are supposed to do. Somebody says that he is a sikh, but he drinks wine. Somebody says, I am Christian and his eyes are full of lust. Somebody says he is a Jain and he does the cloth business and so on. They do what they should not do. The reason is that Dharma (Religion) is not yet fully awakened in us and it can be awakened only by Sahaja Yoga.. If you don't respect your self realization and don't ascend in that, you can get different problems. These problems which you don't feel much before realization, feel more now because you have become sensitive now. Therefore we should know what a great thing we have got. We are equipped with that. We should assume our dignity and glory now.

In the same way when Isa got up from his grave, He and His mind were more pure and beautiful. His talks were more beautiful and open. Therefore He (Jesus) is a great Sahaja Yogi for us. He had already achieved everything before. He came after having everything and He died for you so that your Agnya Chakra could be opened. Therefore we should keep away from Ego and similar things. If you have this Ego, then you can become anything - you can become Hitler. If you put attention on yourself and try to understand why you assume yourself a big shot in the whole world. We should see the pure character of Isa who opened the Agnya and helped us to rise above that . Our life should also be pure (Nirmal) like that. There is a complete arrangement of married life and other things in Sahaja Yoga.

Isa had not married because He didn't need it, but for you there is such a complete arrangement and you can live fully like normal people. From inside you are abnormal. We should understand our special role as Isa and Sufis did. They fought alone against this world and did such a great work. You people have so many brothers and sisters in the world. You should have so much self-confidence in you because you are not alone. They all say the same thing like you say. All of you have the same thing as they have. If you get this thing, You should realize its importance. There is nothing more valuable than that. I am very happy that such

a big work is done in Calcutta. We have so many new Sahaja Yogis. There is so much mutual love and no fighting. This is a big thing. I think there must be Devi's compassion here that people have gone so deep after getting to Sahaj. Women should also work like the men and when Sahaja Yoga spreads all over, you will see that Bengal will become a beautiful form.

Anant Ashirwad to all of you.

1996-0416, Shri Mataji Dwara Atmasakshatkar

View [online](#).

16 April 1996

Shri Mataji Dwara Atmasakshatkar

Public Program

Kathmandu (Nepal)

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

1996-0416 Public Program, Kathmandu, Nepal

All those, who are seeking the truth, my salutations to those saints. We, from within, keep searching for something or the other. There is no contentment within us. And, to tolerate anything, there is no energy within us. So, we should know, within us, why the discontentment, the hardship, the tension, and worries are prevailing. The reason behind this is our mind. And this mind is an institution created by us. We have made this institution with two counteractions. One is, when there is an ego within us, we react because of this ego. When someone insults us or when we are angry with someone, or we want to destroy someone, the emotions cause turmoil of thoughts and it starts bubbling inside us.

On the other side, our counteractions happen because of the rituals we follow. Good rituals are less and bad ones are more. Because of these rituals also, in the form of reactions, several thoughts get accumulated. All these accumulated thoughts create an institution, which is known as mind and we lead our life according to that and become a slave to our mind. For example, we discovered watches and became a slave to it. We become slave to the watch and get bonded to it.

We discovered the computer and now we are slaving it. Similarly, we have created this mind and we are slaving it. In this slavery, we do not understand that we move away from genuinity, actuality, and reality. The same way we should move away from our mind. Until we move away from this mind, within us and within our mind the peace cannot be established.

And for this purpose, the God Almighty has created an energy within us which is known as "kundalini". By awakening this, we can reach beyond our mind and attain union with the all-pervading power of God's Love which is omnipresent.

Now, as there is a market for everything, similarly, everywhere kundalini also is being marketed. You cannot market this. This is a living process and you cannot sell this. For example, when a seed is sown in the earth, it sprouts by itself, similarly, the Kundalini which is within you, also sprouts by itself, in a simple way. Nothing needs to be done for that. For that, leave alone money, any other unnecessary thing also is not required.

Leave the house, become an ascetic, do this, do that, do penance, nothing of this sort is required to be done. Because in this "kaliyug", no one has that much time. And secondly, you have already done all these things in your previous birth. Now in this life, you have to achieve that. And to achieve this, you have come here. And, achieving this is very simple and easy. First of all, when your Kundalini awakens, cool breeze starts flowing from your hands. The all-pervading energy, about which you have been hearing till now, starts flowing from within you. And you start feeling, you start realizing that, this Kundalini energy has awakened, and is flowing from our hand. When this energy starts flowing from your hands, as a matter of fact, you become powerful. No one becomes powerful by money or arrogance. One becomes powerful by the energy within oneself. And, until this internal energy is awakened within us, we cannot become powerful or capable.

Now, this energy is present within all of you. And to take advantage of this energy is your, today's prime responsibility. If you don't utilize this energy, then the fundamental question will arise that "why you did not make use of this energy".

Because this is necessary. In every religion, it has been told that you should take re-birth. That birth, which we call all as resurrection, or self-realization, should be achieved. But, if people think that they can achieve this black magic, then and they are

sadly mistaken. On the contrary, Blackmagic can harm you a lot. Many problems can come with that. It is of no use. Instead, you lose all your money, you end up with some or other disease. It is very essential you attain this self-realization. In its radiance, you will achieve complete peacefulness. Not only this, in this light you will come across the absolute truth. You can know it on your fingertips.

Because of Sahaja Yoga thousands of people have become healthy. Many diseases have vanished. Diseases like cancer have become alright. There is no need to give any money for this, no need to go to any doctor. You can cure this with your own energy. For this, you don't have to go to any other person, you don't have to do anything. And, when it is so easy to achieve, why shouldn't you do so? If you have any kind of dilemma, for example, Your Children are not good in studies, after the awakening of Kundalini, I have seen that Children start getting the first rank. Because the energy inside our brain increases Several folds.

A human being actually becomes very Virtuous and religious, in actual. Not in fake.

Not like, go to the temple in the morning and in the evening fight with everyone. In real he becomes religious. And this religion is one and only in the whole world. And this religion is of love, affection, and compassion. Until today we have never made use of the power of love, that is why all these problems have come up. When we awaken this power of love within us, we start understanding our Splendour and within us, thousands of energies are transmitted. For example, you can awaken others Kundalini also. You can cure other's diseases also. And you can work for the betterment of others. And give them peacefulness.

You don't have to learn anything much in this. Within a month you become your own master. And you start knowing what you have to do, and how you have to bring everything into practice. At that time no one will come to tell you to do this or to do that.

I have seen in foreign countries, people have stopped taking drugs overnight. Today they were given self-realization, and the next day they got rid of drugs. Because in that light you can see what is destructible for you and what is a booster for you. You get rid of the thing which can destroy you because you are capable of doing so. Many people want to get rid of it but they can't do so. But when this energy awakens inside you, you get rid of the destructible thing.

The third thing is, is your attention becomes completely focused. Its instability comes to an end. You sit in complete peacefulness. And peacefully, as a witness, you watch the drama of the whole world. As if some play is going on. And, as you see the play you can understand the goodness and vices present in that. Whatever personal problems you have, you can easily solve that also because you have come out of those problems.

Thus, there are several advantages of this because you become a great personality of a very high caliber. And this transformation is essential. Because of this transformation, all kinds of problems get solved. Many people in the world have financial problems. Many are distressed because of the financial problem.

People with good financial status also are distressed, and those with poor financial status also are distressed. The reason behind this is, the source of the economic system within us is the place of Lakshmi, which has its own arrangement. That Chakra of Lakshmi when gets awakened, gets purified and gets completely nourished by the Kundalini, then you get the blessings of Lakshmi also. This kind of different functions, take place in different Chakras, and in every Chakra you are given a complete personality. After seeing this, you should understand what a holy opportunity is this for you. And there is so much of importance in this, that you should not deprive yourself of receiving your self-realization.

The first thing is to achieve this. And after achieving this, the benefit you get will be innumerable. Where ever your attention goes, it will be implemented there. It is very surprising that people do not believe it. They do not trust their own self, that they can do all this. If you have even a little confidence in yourself then this work can happen absolutely. The greatest thing is that you do not feel tired of anything. Your age stops at that point. And whatever amount of work you do, you don't feel the burden of the work. You feel very surprised how blissfully you receive all kinds of blessings. All these things are to be experienced. But for this, specific type of people are required. In Marathi, it is known as "pahije jathi che". They should have a caliber. That doesn't mean he should be a brahmin, a Muslim or Hindu or a non-brahmin. Only those who have this caliber from within, the understanding

and the strength, can handle this and can get deeper into this.

But I have seen that even very ordinary people also go deeper into Sahaja Yoga. In villages also Sahaja Yoga has spread well. Everywhere it has spread. It is anyway there in India, but more than that you can see that Sahaja yoga has spread well in Russia, Austria, and everywhere else. Similarly, you also should achieve this.

For this, you don't have to pay any money, because it is a living process. By evolution, You have become a human being and now from a human being, you have to evolve to the form of a spirit. This is the truth that you are not this body, mind, ego, emotion, or this title, but you are a pure spirit. You have to get into that form of a spirit.

And the second truth is, this all-pervading Power of God's energy is keen for us, that our Kundalini awakens and we unite with that energy of love. There is a lot to say, but there is not so much time. But I request you that whoever attains the awakening today, they should think that they have germinated, and if you want this to grow into a big tree, you will have to give this some time and look at yourself. After that, you see, to what height you grow. Some time, you should take out for yourself also. And, for that there are many centres. You can go there. You don't have to pay any money there also. No money at all. After going there, you can see how you can achieve the energy, which is within you.

Here, there is no difference in any cast, any country or colour. You are a human being and within every human being, this energy is present. All of you achieve this. My infinite blessings to you all.

Now all of you sit peacefully. And all of you be confident that that all of you are going to be awakened today, this moment. Meaning, don't find fault with yourself. Some people start thinking that "how can the awakening happen within me, I have committed this sin, and that sin". And others also keep telling you that you have done bad deeds in your Previous births, and so you have to pay money for that. They keep saying this kind of nonsense. Whoever is saying such things, is the real sinner. At this moment, if you are in front of me, and you are not at all a sinner. So, please think that, whatever defects you had, is past tense, don't think about it now. Right now you peacefully think that "I am not at all guilty".

If you think otherwise this Chakra (vishuddhi) will catch. When you think that you are guilty, this Chakra catches, which results in many diseases, which are called in English as spondylitis, angina, and several kinds of other diseases occur because of this one Chakra.

Whatever has happened is past, why are you still thinking about it? Now is the time to correct all your mistakes. So kindly forgive yourself. And secondly you forgive everyone, completely. Just think about them also is a mistake. Because that will give you headaches. Now you think, whether you forgive or you don't forgive, what do you do? You don't do anything. What do you do, nothing. But when you don't forgive, you trouble yourself and cheat yourself for those who troubled you. So wholeheartedly you forgive everybody and you need not even think about them.

You all are living in a very sacred country. So, keeping in mind, the sanctity of this Mother Earth, and protecting its honor, all of you keep your hands towards me. All of you, little above like this. Both hands like this. Because, these five fingers, 6th, and 7th, and this 5, 6 and 7, are indicative of our Chakras. And, in medical terms, these are supposed to be the nerve endings of the sympathetic nervous system. So, you keep your hands like this. After keeping your hands like this, if you want you can remove your spectacles, it is not compulsory. Keep your right hand like this and bend your head. And check, from your brahmrandra, which we call as fontanelle bone, which was a soft bone in our infancy, keep your left hand above that, and check, with your head bent, from within you any cool or hot breeze like Vibrations are coming or not? Adi Shankaracharya described this as "salilam, salilam". "The cool breeze". I hope you all have removed your shoes. And whoever is sitting on the chair keep your feet apart. Rest everything is fine. Now see if it is coming. The flow of vibrations, from your own head is coming or not? Don't doubt. Cold or hot. If you are getting hot breeze then it means that you have not forgiven yourself or forgiven others.

So kindly forgive everyone. Some people may get above the head and some may get closer to the head. Don't touch your head keep above.

Now you keep your left hand towards me. And with your right hand check again main, from your fontanelle bone, cold or hot Breeze is coming or not? I feel, many of you are thinking that you are guilty. That is why hot air is coming. Kindly stop thinking that.

Now one more last time, keep your right hand towards me. Everyone, do that. With your head bent check with your left hand again if the cool breeze is coming out of your crown. Many people talk unnecessarily that kundalini awakening does this and that. Nothing like that happens.

You feel restful. All the problems are solved. All the diseases are cured. Mental peace is acquired. Many powers are awakened within. Those who talk unnecessarily about Kundalini, they do that because they do not know how to awaken it. haan! Now now you all rise both your hand above your head and look up and ask ok a question. 3 times ask one question. " mother! Is this all-pervading power? Is this Bramha chaitanya? Call me mother or Shri Mataji. Ask in your mind three times. Now bring your hands down. Keep your both hands towards me like this and look at me without thinking. Look at me and don't think. If someone is getting the cool breeze from the lower part of the hand, they can do like this and bring the cool breeze on top of the palm. Do it 2-3 times and it will shift up. Look at me. Beyond the thoughts, meaning don't think. You can do that. Like this, you go beyond the mind and the thoughtless state has established within you. It has happened so quickly. This is because of the effect of Kalyug, (blossom time). Here, everything happens quickly.

Now you can see that none of the trees are moving, flowers are not moving, but still you are getting the cool breeze. But, whatever we get easily, we do not understand the importance of that thing. So, now you have germinated, you will have to grow into a huge tree. This is your duty towards yourself. And, when you grow, you also can correct thousands of people. You can uplift the poor condition of this place. And you can bring changes here. This becomes your responsibility.

My infinite blessings to you all. Infinite blessings.

1996-0503, Evening Program before Sahasrara Puja and Short Talk on Integration

View [online](#).

3 May 1996

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Talk on Evening Program before Sahasrara Puja, Cabella Ligure, May 3rd, 1996

It has been such a great pleasure and glorification of Sahaja Yoga today, I remember the day when it started, on the 5th May 1970. And today I see all of you so much engulfed in the Divine love and Divine power.

The whole thing shows one very great, fundamental thing, of Sahasrara: that people from so many countries integrated together.

Integrated. It was Sahaj, spontaneous, but every way and there was no confusion, there's no quarrelling, no fighting, nothing. Such an integration, spontaneous, whether it is on the stage or stage of life.

Now, as we are all global personalities, we are all integrated and those who were acting were enjoying as well as the ones who were looking at them were also enjoying in the same manner.

It was such a good also integration between the one who was acting, or the all those who were there, and all those who were watching – I couldn't understand whether the people who are seeing them are also acting, or also those who are acting are also seeing.

It was a beautiful blending I must say, and I congratulate all the leaders of all these five countries, who have contributed so well to this deep sense of integration.

Not that is the integration within that is important – of course that's very important for a personality, but for our work, for our global emancipation we need integration of all the nations, and understanding of all the nations, because these barriers are created by human beings, not by God Almighty.

So we have transcended those barriers, and the way we are all sitting together in a complete integrated mood is – you don't know what your Mother feels, I, I just can't believe that in such a short time this we have achieved, in My lifetime I can see all these things happening.

So it was such a beautiful Sahaja, spontaneous, creation of the Spirit of this integration, and I congratulate all the leaders for this, and we all should thank them, for giving us this beautiful integrated, Sahaj-spontaneous illustration of Sahaj character.

Thank you very much.

May God bless you all.

1996-0505, Sahasrara Puja: You must feel responsible but be humble

View [online](#).

5 May 1996

You Must Feel Responsible But Be Humble

Sahasrara Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Sahasrara puja, "You must feel responsible but be humble," Cabella Ligure (Italy), 5th May, 1996

Today we are celebrating the opening of the Sahasrara on this day.

I must say it was a great happening that took place for all the humanity. It was such an achievement which I never realised before. Now I can see that, without Self-realisation, it would have been impossible to talk to people.

When this happened I thought that, how will I talk to people about it, because no one would understand me, and it would be a big mistake on my part to say something about Sahasrara because, even about Sahasrara, nowhere in the scriptures some things was described. It was absolutely an ambiguous description, I would say, where people could not have even thought that there is a realm beyond Sahasrara. And one has to enter into that realm where is the reality. That time, what I saw around me, I felt, is all darkness. And unless and until there are many lights, people will never realise how important it is to have lights.

It is a human error, also, all the time, that if somebody achieves something, then they put that person onto a shelf. For example, "Christ - all right, He was Christ - we are not Christ. Mohammed Sahib, He was Mohammed Sahib - we are not Mohammed Sahib. Rama was Rama, Krishna was Krishna. We are not that. How can you expect human beings to behave like them?" So, absolutely they are separated, the Divine personalities away, very much away, from [the] human personality.

It was just an adoration, I can say, faith. But when they said, "We tried to follow them," they could not. They could not follow them, because I think human movement is on parallel lines with the Divine and these lines do not meet, unless and until you give them Self-realisation.

Human level is moving on another plane and it has to come up to a higher plane to understand that, what they know is not reality.

I wouldn't say what is needed for that, because in my own experience, all kinds of people came to Sahaj Yoga. There are people described to be very bad, cruel other ones who were very licentious, this, that, then other ones who were cheats and they said, "Mother they are horrible people!" But I have seen that every human being is as if made of the same character as far as the Spirit is concerned. Outside they may be different to look at, their way of talking may be different, their styles may be different, their fondness for things may be different, but inside they are all very beautiful. And this I found out, one after another.

You don't know how much it was giving me joy; not only joy, but also encouragement, support and patience. And then, now, you see, how Sahaj Yoga has grown. The greatest thing has now happened is — which I realise, I am very happy about it — that Sahaj Yogis feel very responsible about Sahaj Yoga. And they feel that they have to spread this enlightenment everywhere. It's their innate desire now to spread Sahaj Yoga.

Firstly it was that they should become Spirits. Before that, also there were some people who didn't actually seek the Spirit, but they also became Sahaj Yogis.

And I am surprised, with some of you, that I never expected that they would go so far. And suddenly you hear that, "Such and such a person has gone there, has done this, has done this."

So, when you came into the realm of reality, I don't know which principle you accepted first — that's your understanding — but one thing you realised [is] that you are definitely connected with the Divine. Some people had tremendous experiences, some had a mild experience. But most of them, I saw, started believing in themselves, understanding themselves, and having confidence about themselves.

Because there are so many myths about God, religion, gurus that, when they saw the light of the Spirit, which gave them sense of reality, [it was] as if they steadied their minds, they steadied themselves. All this happened, I must say, in a very short time. I didn't say that it took me long, or I had to go through lots of various experiences, because to me, all these experiences are nothing. If a ship is seaworthy, it can face all kinds of high tides and all kinds of sharks and everything without any difficulty, because it is seaworthy. So I didn't feel that way. But only I felt that, from human level to this spiritual level, to this Divine level, when you are coming, then some of that still lingers on, some of that is still there. It has to be cleansed, it has to be brightened, we should say, or absolutely enlightened.

But what was the great thing about Sahaj Yoga [was] that you yourself did all that. It's nice to say, "Mother, You did this, You did that," — maybe enlightenment part of it. But say now there are lights here, and these lights, unless and until they are attended to, looked after, and given oil of love, how can they go on burning?

This is something, what I must say, that you people somehow or other realised how important it was to become good Sahaj Yogis. Maybe introspection; I don't say. Maybe somebody else talked about it. Maybe it's your own understanding. Whatever it was, all of you tried to be good Sahaj Yogis.

Of course, there are people who are sometimes very angry with me, like, "Why don't You cure my sister, or why don't you cure my father, if you are God?" This, that is there. But makes no difference to me, because they are so frustrated, so upset, so they are talking like that. If you see one or two persons here and there, you see here thousands, such beautiful people. It's complete emancipation of this Earth, of this globe, [which] I am sure will take place, if you people all take up the responsibility.

The responsibility has certain problems, which we should know. When you feel responsible, you must know that you are not in charge — [that's] one thing.

Secondly, you also must know, that there are so many other forces, so many angels and ganas are with you. You are not alone. So to think that you are doing anything will make you, maybe, egoistical. At that time, what you have to do, is best, is to say, "All right, I am not doing anything. It's the Divine that is working it out."

Not that the Divine wants any credit from you, but by saying that, this balloon of ego will not come up, and you'll become humble. And this humility will definitely improve this great tree of spirituality within you. Definitely it will make you a very evolved personality: no doubt about it. But first of all, we have to say, "I am not doing anything." It's very important to understand, when you have spiritual authority to do things.

It is not a testing ground, I can tell you this much. Many people think that Mother is testing us. I am not testing you, you are testing yourself. I am not saying, "Don't do this!" or, "Don't do that!" You are testing yourself, and now must know that, you are in the beautiful garden of reality, where very few have entered. And there in that garden, when you enter, what you see is: everything is full of beauty, every person has something sweet about himself, because all other Sahaj Yogis are also having the same kind of experiences of this reality, which cannot be described in words, but you start feeling it: that oneness, that nearness, that friendship, without any expectation. You start feeling, "Oh, it's a Sahaj Yogi!"

A kind of a completely integrated organism as you become. You become an organisation I should say, which is a living organisation. In that you do not feel you are something separate [from] any Sahaj Yogi, whether he is highly placed or he is not doing much in life.

This integration, this oneness, this feeling of identification with others makes you so large, so big, so great, so powerful. You are not alone, and you say, "I am not doing anything."

So you become so humble that you forget all these false ideas about class consciousness or religion consciousness or I don't know, all sorts of consciousness people have. I don't know much about these consciousnesses that human beings suffer from! But I have seen how it happens. And when that humility becomes your character, not that you are humble because there's something to be done. You are humble. When people are doing some sort of business, they'll be extremely humble and nice, but they'll be very unkind otherwise.

Here then, you become absolutely humble and there's no duality, in your personality, left. But that doesn't mean you become weak.

Humility is only possible for people who are strong, because they don't need any reactions, they don't need any protection. Their humility keeps them protected also, very much. So, you just start thinking, or feeling — thinking is a funny word — feeling, that you are a small dust particle. At the same time you feel you are the whole sky. It depends on where you are, what you are doing, what you are seeing, what you are witnessing.

Sometimes you feel that all these big, big johnnies are useless. You feel, "Nothing to worry about them! They're very small." And with some people you feel you are very small. Such a flexible temperament should develop in you. And that makes you subtler and subtler because you can penetrate into any thing, any subject, any personality, any understanding, any book, anything, any enterprise, in a very subtle manner. And you immediately see what is to be done, because you become so subtle. And then when you become very great, then you start thinking — or I should say feeling — what you can do to help so many people, to do this great job, to do that.

This, when [it] happens to you, they don't think that you are egoistical, nor you should think that you are very small. Only thing is now you are the Spirit and Spirit is very subtle. It's a very subtle light, but it can penetrate into anything, it can expand into anything. It can remain anywhere or it can disappear anywhere. This subtle personality that you are, which is your Spirit, you even don't use it, but it uses you all the time. Without your knowledge it uses you.

So the second thing should be that you should not determine what you are going to do. "What I have to do?" "If I have decided, I must do like this." Whatever you have decided is all right, but if it does not materialise, there's nothing to worry, there's nothing to be upset, there's nothing to be overly nervous about it. I'll give you an example: One day I was going to America, and of course, you know as it is, as all the Sahaj Yogis are, they get quite worried, "Now, Mother has to go to America!" means everybody is upset. They are looking at the time, "Now time is this, time is that!" I was just smiling! I said, "I have to go to America, why are you worried?" And suddenly one of the Sahaj Yogi's child fell down and broke her hand and she couldn't move her fingers. So, I was just coming out, and as soon as he brought the child, I said, "All right, I'm not going just now to the airport." And they were very upset, "How's She's not going to the airport?" As if all the heavens are going to fall down or what? But I said, "Now, let me see the child." I treated the child. The child was all right. "All right, I said, let's now go to the airport."

And they were saying, "Mother, the plane must have left." "It's all right, doesn't matter, let's go to the airport." We went to the airport and this plane that was going to take me was just there because there was something wrong with the plane and there was another plane going to Washington, and I wanted actually to go to Washington, instead of New York. So, I was in the plane nicely going to Washington!

But, one must know that you are not doing it. Everything is arranged and planned and beautifully kept for you. You decide something, all right: if your decision is all right, if you have to do that, it will work out. If it doesn't work out, it should not have been worked out. Now this is the difference between a person who is a realised-soul and who is not a realised-soul. A realised-soul person is not bothered what he wants, what he likes, what he's fond of, he's not. Whatever he gets is all right.

Now, I can see you are living under this roof which is so horrible (laughing) and there's no proper arrangements here, nothing. I don't know how you are living here, I mean, I just don't know what to do. And we are trying to get a land and this landowner is such a greedy fellow, but I don't mind the greed part, but still he's not yet giving us the land. It's all right, now what to do? But you all enjoy it, you don't mind. Otherwise normally people would say, "Oh no, I want this kind of a room, and I want this kind of a house, and this and that." You can live under any circumstances because you don't worry about your physical comfort any more. What you think of [is] your own spiritual comfort.

I have seen people, Sahaj Yogis, so beautiful, even children: if there is a film going on, something funny comes in, immediately they all close their eyes, "We don't want to see this!" Nobody has to tell them because inside they have built in that subtle personality which cannot stand nonsense. They may not say something, they may not be harsh, but just they shun and go away from such places, automatically.

So, to describe the new personality is this way: that in the nature we see, very clearly. In the nature what we see is: a tree grows, now it has to expand, but it cannot, so it does not. If it can, it will. And also it tries to bring all the leaves exposed to the sunlight, somehow. Now, I don't think the trees have that much intelligence to organise it. But there is something that organises them so beautifully. Now, it's not only one tree — thousands and thousands and thousands and thousands. The One who does all that, is the One with whom you are in contact. The trees are not. They are just playing into the hands of nature. But they cannot manipulate, manoeuvre, understand this Divine power; they cannot. Animals cannot. Even human beings cannot. But you can, because you have crossed the limit of this human bondage and now you are just like great citizens of the Great Realm of Divinity.

So, this Divine Force helps you, works out everything. And also It takes you, It guides you, It manages you. So, what you have to do is to keep yourself open for the guidance. At the same time you must act, because the guidance will also come from within, by which you will know, "This is what I have to do."

Now supposing even then, you feel that this was not achieved by you and you feel that, "Still I don't know why I couldn't get what I wanted." Try to understand that, that is what is the best for us. But it never means that you should give up, you should not desire. I have seen Sahaj Yogis' desires are much more powerful than mine. The reason is, I am desireless. I have no desires as such. When I try to see, fathom out, if I have any desires, I see I have no desires of any kind. Or I do not earnestly want anything. That, you can say it's a very frivolous temperament. But it's all very different with you people. You people are very differently made, because you have achieved something. I have not achieved anything. I am what I am. Because you've achieved something, you know how you were and what you are now. Because of your achievement, I think it is a boon that whatever you desire works out. Because you have worked so hard, it's a boon to you, it's a special blessing for you, whatever you desire. So, so many times I have told you, "Now don't desire anything which is not proper!" because whatever you will desire, that works out and that will be effective.

Now try to realise that you are no more ordinary human beings. You have crossed the bondage and now you are not even in the Sahasrara, you are beyond it. Sahasrara is the limbic area and this limbic area is closed like a lotus and when you get your Kundalini entering into it, then this lotus opens like this. And that's what is written in the Bible, that, "I'll appear before you like tongues of flames." It's the Divine saying [that]. So these petals are nothing but nerves which are enlightened, just like these, and they look like flames. But these flames are not with any heat. They call it in Sanskrit tapahina, no heat there: extremely cooling, soothing, beautifully burning.

So when this Sahasrara lotus opens, then the Kundalini pierces through your fontanel and you get your Realisation. This is what has happened to you. Now, only thing is to keep this lotus open. And there where we fail, sometimes, [is] because still there are some lingering human failings within us. Firstly, it is, as it is, covered with the ego and the conditioning, or we can say superego — two balloons. These two balloons, again and again, try to close the Sahasrara. So you have to be on the guard, that, "What is closing my Sahasrara?"

The first is ego: which, how to attack? Because you want to attack your ego, you'll have to attack through ego only, that's the only vehicle. So, we have this state of nirvichara, of thoughtless awareness, where we have to go. But the simple thing to do is, very practical: Try to understand why you are being egoistical. With whom are you angry? Why are you angry? What makes you think to dominate someone or to control someone or to check someone? Why? The mind will not answer. The simple thing, if you can do, [is] that, whatever things that upsets you or makes you feel very great, try to understand that compared to you, nothing is greater. Compared to your love, nothing is greater. Compared to your compassion, nothing is greater because in this there is the light of the Divine flowing.

[If] you hate someone, you get angry with someone, just know that you have to love that person. Now, how will you love that person? There's no way to have any measurement of that. But love itself will suggest how satisfied you are feeling, how happy you are feeling. I'll give an example: The other day I received a letter from someone challenging me very much, from Poland – that her mother is sick with something, cancer or something, and challenging me all the time. "If You are God, You must cure my mother. If You are God, do this, do that, do that!" Very amusing. I said, "All right!" I put my attention to this lady, perhaps the mother is better. But, instead of getting angry, I said, "She's so frustrated, she's so upset, she's so worried. Even if she says, 'If You are God...' and she's challenging me it's all right, makes no difference. Whether she calls me God or not God, makes no difference. Whatever I am, I am. So, instead of getting angry, I felt tremendous compassion for her. She's a human being and her mother is so sick and if that's the only source of her life, then I can understand why she is so upset.

So, if you just try, which you can do very easily, very easily, it's not difficult, because you are realised-souls. I'm talking to saints. If you just put your attention on a person with love, then what happens [is] you get understanding, understanding of that person. You realise, as if identified with that person. Then you realise, "If I was in her place, as a human being, what I would have felt? This desperation, this anger? If I was that, if I was the same type of person, with the same kind of problems, then what would I do?" That solves the problem. So the identification part: you have such powers, I told you can penetrate. The identification with another is very important. And you can do it. Because you are realised-souls, you can do it. Just place yourself in the same position as the other person is and then you'll realise that you have powers of love. And identification is the only way I think one can understand love. This ego will immediately be sucked in as soon as you put your loving attention on that person.

In your lifetime you'll get so many experiences like that, that you will be amazed at yourself, "How can I do all these things?" Because you are a realised-soul.

Also, as I said, when you are identified with another person, you put that person in charge of Divinity: just a feeling of oneness. Sometimes, also, we have very wrong ideas about ourselves and about others. In small, small things also, we have our own ideas about something: say, some sort of a living standard some people have, we like it. "I don't like it!" "I like it" and "I don't like it." Not a saint, saint never says that.

That time, when you say that, you are falsely identifying yourself with another person. For example, now supposing somebody has done such a beautiful flower arrangement, instead of appreciating and enjoying it, if you come and say, "I don't like this, this could have been better like this." I don't know why people say like that! But if you identify yourself with the man who has done it, or with the gentleman who has done it, you will enjoy it the way that person enjoyed doing it. Because you are just thinking about your self, self-opinionatedness, with which you think that, "This is not done so good, that could have been better, this could have been better!" Who are you to judge anyone?

This criticising nature comes from a terrible misunderstanding about oneself. What are we? Why should we judge anybody else? Are we paid for it? So why waste energy on judging others?

We should see what is good in others. Because in the realm of reality, it's all good, everything fine, everything first class. But if you are trying to see what's wrong with others, then you are not in reality. You can watch, you can witness, but you do not get upset with it or you do not even say something that would upset others.

You are watching it — it's all beautiful. I mean, just the joy of the person who put it, all these beautiful things, of all the persons, is just bubbling through that. But unless and until you are identified with those who have done this, you might say, "This should have been better, that should have been." You can be in the same position.

Supposing you do something, another one will come and say, "Oh, you should have done it this way, that way!" Wasting our energy for nothing at all! Our energy is spiritual energy.

Then again you become like the sky, I told you, the greatness. You are too great to bother about these things: wasting our energy on very, very trivial things and useless things and just making yourself small.

But if this spiritual energy is used — because you can use it, you are the ones only who can manipulate it. Not the trees, not the flowers — then what you will do is to create oceans of joys.

So then we come to Sahaj: what has Sahaj given you is all right, but what have you given to Sahaj Yoga? "What have I given to Sahaj Yoga?" Have I created oceans of joys for others? What kindness I have shown, what compassion I have shown, what love I have expressed?

All right, whatever Sahaj Yoga has given, we have taken it for granted. Once they come to Sahaj Yoga, they think it is a contract, already signed, and if this thing doesn't work out, then, "What is it?" they say, "We had a contract with God and we have not been awarded fully for whatever we have paid, whatever we have done!"

But what have you done in this realm of reality? Have you enjoyed the reality? Have you felt the joy of this real love of Divine? Are you dissolved into that, or you are still standing on the shores watching? You can create — you are quite capable of creating — tremendous joy, tremendous happiness and peace.

See the world today, in what condition it is: it's complete turmoil, confusion, all kinds of corrupt and destructive things going on. So ugly this world has become. Can you beautify it? You can, because you can transform people. But if you are not yourself a beautiful Sahaj Yogi, how can you?

So, it is our attention on ourselves when we work out, that we have to bring others into this realm of reality. This is one side, ourselves, where we have to understand our subtleties. The another side is that we are still identified with things which we should not have been identified. We can just find out.

Identified with ideas, identified with some sort of a consciousness. All these things make you really, to be very frank, they befool you. All the fools, you see, who are conditioned are really...I don't know what to say about them, because they are like a train which has no driver. God knows when it is going to collide!

Because such people who are identified, I know...now you must have seen also, those who go to church, get ready nicely, go to church, sit down there, sing hymns, come home and again quarrel and fight. But if they see a church, they'll bow. But nothing goes inside, out of that church.

Or there are, who are like, you see you must have seen, the Jews, you see, Wailing Wall they have got, before that they go, do all kinds of things and what happens to them? Nothing!

Same with the Muslims, they are so conditioned. I mean, you cannot describe their conditionings, so stupid they are. And these conditionings go on making a fool out of us. I have known so many people like that. Once in my own life, I was with some relation of mine. This gentleman used to get up at four o'clock and would start singing some sort of a Ramraksha.

The whole house is sleeping, children are sleeping, he's shouting at the top of his voice. I said, "What is the matter? Even Rama

might be sleeping at this time!" But he would shout. And his bathing was another thing: everybody knew he's having a bath, because he used to sing another shlokas or something, go on. But it happened that I was in the next room and I heard something like, banging, banging, banging. I said, "What's the matter?" I thought, "He's suffering from epilepsy. Or what?" So I rushed to other people and told them, "This gentleman is suffering from epilepsy!" He says, "No, he doesn't suffer!" I said, "Then why this sound comes?" "No, no! He is rubbing that chandan, sandalwood." And with such a big thud every time, he was putting that stone on the ground that I thought he had epilepsy. He said, "Whatever you may tell him he will never listen! He does that every day." What is this? This we understand as stupidity. When we see others, when we see human beings. But even realised-souls, you are in the realm of reality, you do accept sometimes unreal things, because of age-old conditionings: your forefathers like this, his father was like this, and your forefather's forefathers were like this, so that's still coming. They call it genes. But in Sahaj Yoga these genes also change.

So this kind of a conditioning which is lingering on still, to your bodies, to your minds, to your emotions, has to be seen and cleaned out, because that kills the joy. That kills the full experience of reality. If you want to have a full experience of the beauty of reality then you should shed out all these things which are really befooling you morning till evening.

People take advantage of such people, very much. As I have told you [about] entrepreneurs: they'll start with one fashion, everybody goes like that. But we are not brainless people. Not [only] that we have brains, but also enlightened brains. We do not take to things which are just in the fashion or which are something — we don't. What we do, we are of our own fashion. This is not ego, this is identification with your own Spirit. You won't take to anything stupid and nonsensical, if you have the wisdom of your Spirit in you.

So, in the realm of reality, we have all the seven chakras, absolutely enlightened, integrated and nourished. At that position what we see is ourselves, as I said, as nothing limited. It's absolutely unlimited.

Even when we say, we penetrate, we do. When we say, we expand, we do. When we contract, we do. It's absolutely a flexible personality and a personality that creates peace, joy, harmony.

With the Sahasrar opening, I am sure the whole world would be integrated, one day, and we'll understand these problems that are facing us because of stupidity.

This integration I am sure will take place. And when that takes place, we'll see the life of the Divine will be absolutely outshining all these darkneses or destructive forces. This is going to happen. If so many Sahasraras could be opened out, then why not the Sahasrara of this world also is opened out to truth and reality? It will.

So today, on such an important day for us, in the history of spirituality, I think this is a very important day. For us is to realise that we are enlightened, we are the light of joy, light of compassion, light of love, like the silent flames of the Sahasrara, in different colours, beautifully dancing.

Then we'll know what the enjoyment of reality is.

So may God bless you.

(puja begins.

Shri Ganesha mantra 3 times. Bhajans: "Ganesha sthuti". "Jai Ganesh".)

Yogi: "All the leaders". (Leaders go on stage)

Yogi: So, with the permission of Shri Mataji, we are going to recite together the 108 Thank You's to our Divine Mother which have been composed for this occasion of Sahasrara puja. And we are going to perform it the way that the mantra is read, and after the

mantra we all say together, "Thank You, Shri Mataji, again and again."

1) Thank You for descending from Your heavenly abode, Mata-dwipa, to bring light into the darkness of Kali Yuga.

All: Thank You, Shri Mataji, again and again.

2) Thank You for delivering Sahaj Yoga to a confused and self-destructive humanity.

All: Thank You, Shri Mataji, again and again.

3) Thank You for revealing the meaning of creation and evolution to us.

All: Thank You, Shri Mataji, again and again.

4) Thank You for revealing the actual existence of God to us.

All: Thank You, Shri Mataji, again and again.

5) Thank You for giving divine meaning to human existence.

All: Thank You, Shri Mataji, again and again.

6) Thank You for revealing the reflection of the Vishwa Rupa within the human body to us.

All: Thank You, Shri Mataji, again and again.

7) Thank You for revealing the Primordial Principles of creation to us.

All: Thank You, Shri Mataji, again and again.

8) Thank You for revealing the reality of human nature to us.

All: Thank You, Shri Mataji, again and again.

9) Thank You for revealing the meaning of true religion to us.

All: Thank You, Shri Mataji, again and again.

10) Thank You for teaching the Divine Knowledge of Sahaj Yoga to us.

All: Thank You, Shri Mataji, again and again.

11) Thank You for fulfilling the promise of Jesus Christ.

All: Thank You, Shri Mataji, again and again.

12) Thank You for lifting the veil of illusion for us.

All: Thank You, Shri Mataji, again and again.

13) Thank you for revealing the true meaning of good and evil to us.

All: Thank You, Shri Mataji, again and again.

14) Thank you for awakening Mother Kundalini in us.

All: Thank You, Shri Mataji, again and again.

15) Thank you for opening the dimension of collective consciousness to us.

All: Thank You, Shri Mataji, again and again.

16) Thank you for giving us Self-realisation.

All: Thank You, Shri Mataji, again and again.

17) Thank You for establishing vibratory awareness on our central nervous system.

All: Thank You, Shri Mataji, again and again.

18) Thank You for nourishing us with the all-pervading Power of God Almighty.

All: Thank You, Shri Mataji, again and again.

19) Thank You for revealing the meaning of the Last Judgment to us.

All: Thank You, Shri Mataji, again and again.

20) Thank You for resurrecting the Tree of Life from its slumber of joyful anticipation.

All: Thank You, Shri Mataji, again and again.

21) Thank You for crowning the work of all avatars and prophets.

All: Thank You, Shri Mataji, again and again.

22) Thank You for fulfilling the dreams of all saints and seekers.

All: Thank You, Shri Mataji, again and again.

23) Thank You for giving true meaning to the work of all those who have sacrificed their lives for the emancipation of mankind.

All: Thank You, Shri Mataji, again and again.

24) Thank You for reestablishing hope, belief and confidence in our hearts.

All: Thank You, Shri Mataji, again and again.

25) Thank You for lifting the human self-determination beyond the concepts of race, caste system and religion.

All: Thank You, Shri Mataji, again and again.

26) Thank You for giving divine meaning to the idea of freedom, equality and brotherhood.

All: Thank You, Shri Mataji, again and again.

27) Thank You for uniting mankind at the Feet of one God, one experience and one truth.

All: Thank You, Shri Mataji, again and again.

28) Thank You for inviting mankind into the realms of the Absolute.

All: Thank you, Shri Mataji, again and again.

29) Thank You for liberating us from the illusion of a dualistic world.

All: Thank You, Shri Mataji, again and again.

30) Thank You for liberating us from ignorance, confusion and solitude.

All: Thank You, Shri Mataji, again and again.

31) Thank You for exposing the demonic forces of the materialistic world.

All: Thank You, Shri Mataji, again and again.

32) Thank You for exposing the inefficiency of linear thinking.

All: Thank You, Shri Mataji, again and again.

33) Thank You for exposing the cruelty and danger of patriarchal politics.

All: Thank you, Shri Mataji, again and again.

34) Thank You for destroying enslaving personal and social patterns and conditionings.

All: Thank You, Shri Mataji, again and again.

35) Thank You for liberating humanity from the suffocating chains of the Catholic Church.

All: Thank You, Shri Mataji, again and again.

36) Thank You for liberating humanity from the abuse of religious authority by the Islamic governments.

All: Thank You, Shri Mataji, again and again.

37) Thank You for revealing the falsehood of fake gurus and all religious institutions to us.

All: Thank you, Shri Mataji, again and again.

38) Thank You for liberating humanity from blind faith and superficial religious conditionings.

All: Thank You, Shri Mataji, again and again.

39) Thank You for exposing the limitations and shortcomings of a scientific approach to reality.

All: Thank You, Shri Mataji, again and again.

40) Thank You for exposing the illusions of the Western value system.

All: Thank You, Shri Mataji, again and again.

41) Thank You for introducing us to a relationship with the Divine.

All: Thank You, Shri Mataji, again and again.

42) Thank You for finding us worthy.

All: Thank You, Shri Mataji, again and again.

43) Thank You for letting us participate in the salvation of mankind.

All: Thank You, Shri Mataji, again and again.

44) Thank You for giving us the joy of introducing a yearning seeker to Your redeeming Motherly Love.

All: Thank You, Shri Mataji, again and again.

45) Thank You for inviting all of us to the Court of the Goddess.

All: Thank You, Shri Mataji, again and again.

46) Thank You for establishing the Kingdom of God on Earth.

All: Thank You, Shri Mataji, again and again.

47) Thank You for accepting our offers and prayers.

All: Thank You, Shri Mataji, again and again.

48) Thank You for showering Your blessings endlessly on us.

All: Thank You, Shri Mataji, again and again.

49) Thank You for opening the gateway to Heaven within us.

All: Thank You, Shri Mataji, again and again.

50) Thank You for bestowing the gift of yoga onto us.

All: Thank You, Shri Mataji, again and again.

51) Thank You for making us.

All: Thank You, Shri Mataji, again and again.

52) Thank You for baptising us.

All: Thank You, Shri Mataji, again and again.

53) Thank You for healing us.

All: Thank You, Shri Mataji, again and again.

54) Thank You for purifying us.

All: Thank You, Shri Mataji, again and again.

55) Thank You for cleansing us.

All: Thank You, Shri Mataji, again and again.

56) Thank You for transforming us.

All: Thank You, Shri Mataji, again and again.

57) Thank You for enlightening us.

All: Thank You, Shri Mataji, again and again.

58) Thank You for nourishing us.

All: Thank You, Shri Mataji, again and again.

59) Thank You for elating us.

All: Thank You, Shri Mataji, again and again.

60) Thank You for being with us.

All: Thank You, Shri Mataji, again and again.

61) Thank You for loving us.

All: Thank You, Shri Mataji, again and again.

62) Thank You for forgiving us.

All: Thank You, Shri Mataji, again and again.

63) Thank You for helping us.

All: Thank You, Shri Mataji, again and again.

64) Thank You for protecting us.

All: Thank You, Shri Mataji, again and again.

65) Thank You for encouraging us.

All: Thank You, Shri Mataji, again and again.

66) Thank You for guiding us.

All: Thank You, Shri Mataji, again and again.

67) Thank You for comforting us.

All: Thank You, Shri Mataji, again and again.

68) Thank You for counseling us.

All: Thank You, Shri Mataji, again and again.

69) Thank You for correcting us.

All: Thank You, Shri Mataji, again and again.

70) Thank You for never abandoning us.

All: Thank You, Shri Mataji, again and again.

71) Thank You for saving us.

All: Thank You, Shri Mataji, again and again.

72) Thank You for gathering us.

All: Thank You, Shri Mataji, again and again.

73) Thank You for teaching us.

All: Thank You, Shri Mataji, again and again.

74) Thank You for opening our hearts.

All: Thank You, Shri Mataji, again and again.

75) Thank You for caring for us.

All: Thank You, Shri Mataji, again and again.

76) Thank You for accommodating us.

All: Thank You, Shri Mataji, again and again.

77) Thank You for trusting us.

All: Thank You, Shri Mataji, again and again.

78) Thank You for counting on us.

All: Thank You, Shri Mataji, again and again.

79) Thank You for waiting for us.

All: Thank You, Shri Mataji, again and again.

80) Thank You for taking us into Your Divine Body.

All: Thank You, Shri Mataji, again and again.

81) Thank You for giving us collectivity.

All: Thank You, Shri Mataji, again and again.

82) Thank You for giving us friendship.

All: Thank You, Shri Mataji, again and again.

83) Thank You for giving us families.

All: Thank You, Shri Mataji, again and again.

84) Thank You for giving us positions in life.

All: Thank You, Shri Mataji, again and again.

85) Thank You for giving us wealth.

All: Thank You, Shri Mataji, again and again.

86) Thank You for giving us spiritual authority.

All: Thank You, Shri Mataji, again and again.

87) Thank You for giving us self-esteem.

All: Thank You, Shri Mataji, again and again.

88) Thank You for giving us discrimination.

All: Thank You, Shri Mataji, again and again.

89) Thank You for giving us wisdom.

All: Thank You, Shri Mataji, again and again.

90) Thank You for giving us success.

All: Thank You, Shri Mataji, again and again.

91) Thank You for giving us meditation.

All: Thank You, Shri Mataji, again and again.

92) Thank You for giving us inner peace.

All: Thank You, Shri Mataji, again and again.

93) Thank You for giving us inner joy.

All: Thank You, Shri Mataji, again and again.

94) Thank You for giving us enlightened attention.

All: Thank You, Shri Mataji, again and again.

95) Thank You for giving us detachment.

All: Thank You, Shri Mataji, again and again.

96) Thank You for equipping us with Divine Weapons.

All: Thank You, Shri Mataji, again and again.

97) Thank You for submitting us to the benevolent attention of the Deities and all Celestial Beings.

All: Thank You, Shri Mataji, again and again.

98) Thank You for giving us concern for others.

All: Thank You, Shri Mataji, again and again.

99) Thank You for giving us the power to help others.

All: Thank You, Shri Mataji, again and again.

100) Thank You for giving us the satisfaction of spreading the Vishwa Nirmala Dharma.

All: Thank You, Shri Mataji, again and again.

101) Thank You for Your continuous attention.

All: Thank You, Shri Mataji, again and again.

102) Thank You for being the mirror.

All: Thank You, Shri Mataji, again and again.

103) Thank You for being ever present.

All: Thank You, Shri Mataji, again and again.

104) Thank You for being gentle.

All: Thank You, Shri Mataji, again and again.

105) Thank You for being wonderful.

All: Thank You, Shri Mataji, again and again.

106) Thank You for being in our heart.

All: Thank You, Shri Mataji, again and again.

107) Thank You for being our Guru.

All: Thank You, Shri Mataji, again and again.

108) Thank You for being our Mother.

All: Thank You, Shri Mataji, again and again.

Thank You forever and ever and ever.

(Decoration of the Devi)

Yogi: It should be one lady from the participating countries. One lady from Israel, one lady from Austria, one lady from Slovenia, one lady from Hungaria, one from Czekei, one from Slovakia and one from Germany.

It should be one lady from Slovakei, one lady from Czech, one lady from Slovenia, one lady from Israel, one lady from Germany

and Austria.

Yogi: One more lady. Vicky from Israel, Vicky from Israel.

[Ladies perform Devi puja on stage. Bhajans: "Jago Savera". "Vishwa Vandita".

Â Then Aarti. Three Mahamantras.]

Yogis: Bolo Shri Adi Shakti Mataji Shri Nirmala Devi ki! Jai!

[End of video]

1996-0510, The Vision, Immaculata

View [online](#).

10 May 1996

(Location Unknown)

"There is a big inner revolution that is coming up.

We must understand we are delicately made beautiful flowers of God.

We are human beings.

And the time has come for us to become now the fruits.

This is the blossom time."

"I think next century we'll have beautiful people all around us, no trouble of wars, very peaceful we'll be all sitting in the kingdom of God."

The Vision

Since the beginning of time, human beings have been searching for answers.

Who am I?

Why am I here?

What is the purpose of existence?

Many great incarnations and prophets have tried to shed light on the human dilemma and urge us towards spiritual awakening.

Like different flowers on one tree of life, they spoke the same truth but were bathed in different fragrances.

Buddha saw enlightenment as the answer to our suffering: a thousand petal lotus emanating from the crown of the head.

Mohammad also spoke of the "Ruh" a cool breath flowing out of the top of the head and the hands. "At the time of resurrection, your hands [and your feet] will speak" he explained.

And Krishna in his playful mirth depicted the need for Yoga or union with the Divine. He spoke of the collective nature of man and the need for each of us to dissolve into the ocean of bliss.

Christ also explained that salvation will come only through a second birth. Forgiveness and compassion will clear the path towards this awakening, which will be felt as tongues of cool flames crowning the head in a divine halo. Heralding the New Age of enlightenment, he promised us a Comforter, the Holy Spirit, an incarnation who would lead us from darkness to the dawning of a new era.

The Age of the Mother has arrived.

Out of recognition for her great work, Shri Mataji Nirmala Devi has been held around the world as the Great Mother.

Since 1970, her mastery over the primordial energy, known as Kundalini, has drawn seekers to her public programs by the thousands. They come to experience the awakening of this energy, which is felt as a cool breeze emanating from the top of the head. As our spiritual mother, this force brings about or a profound state of inner peace, as we are spiritually reborn. Through this connection to the Divine, we go beyond the mind and into the state of thoughtless awareness which heals and soothes our inner psyche.

Lao Tse described the Kundalini in a most beautiful way: "There is a thing inherent and natural, which existed before Heaven and Earth. Motionless and fathomless, it stands alone and never changes. It pervades everywhere and never becomes exhausted. I do not know its name, if I am forced to give it a name, I call it Tao. And I name it as supreme."

Shri Mataji was born to a Christian family at Chindawara, a town at the very centre of India. She arrived at midday on 21 of March 1923, on the Spring equinox at a time when the planets were aligned in a most extraordinary way. Heralding this auspicious event was her mother's dream to see a tiger. In the jungle, the wild animal appeared before her in all its splendour. She was overcome with joy and knew at that moment that there was something very special about her child.

Born with the knowledge that she had a divine gift, Shri Mataji felt the need to share her understanding of God with humanity from her childhood. Her parents knew why she was on the earth and her father, who was a very learned man, helped her to understand about human beings.

As a child, she was called Nirmala which means pure and she spent a very happy childhood endearing herself to all around her. She befriended all the animals and birds, sometimes even frightening the maids when she brought snakes into the house to caress. At other times, she could be found alone in a remote corner of the house, her face beaming with inner joy, lost in meditation.

Even at an early age, she was searching for a way to share this joy with those around her. She loved everything that was genuine and natural, walking each day to school in her bare feet in order to feel the earth. Her father, laughingly, would tell the new driver: "It is easy to recognize my daughter; she is the girl who carries her shoes in her hands."

During vacations and holidays, Nirmala accompanied her family to Gandhi's Ashram. He enjoyed her immensely, affectionately calling her Nepali because of her beautiful features.

Shri Mataji later explained her relationship with the Mahatma: "Now, Gandhiji was very strict. The way he used to make everyone get up at four in the morning: 'Have your bath, come to puja.' But his quality was that what he said, he practised. There was no hypocrisy about it. Also, he used to get into a temper with people who had misbehaved, and I used to put some cool water on him." Because I was a little girl, he would really understand that and he used to say: 'How is it that you keep so peaceful about such things?' And I said: 'That's the solution, reaction is not the way you can really work it out. Forgiving itself solves the problem.' "

Seeing the wisdom of this child, Gandhi treated Nirmala with great respect. He recognized her divine nature and sought her advice about spiritual matters.

When the fight for India's independence from Britain began, Nirmala and her family were at the heart of the struggle. Renouncing their wealth her parents, Prasad and Cornelia Rao, who were direct descendants of the royal Shalivahana dynasty, helped to organize protests in Nagpur. As a result, they were frequently put in prison from 1928 until freedom was won in 1947. They made it a family rule that no one was to shed tears upon their departure for jail, teaching the children to share in joy and grief alike. After all, their incarceration was a step towards freedom for their Mother India and there was no need to be sad.

Growing up in the independence movement Shri Mataji took an active role as a youth leader, spearheading the students' struggle

in Lahore while attending medical school. To this day she is an outspoken advocate for political freedom declaring that people cannot grow spiritually until they are free politically.

"I had such a good childhood with my parents, they taught us how to be sacrificing. My father was in jail for years, my mother went to jail five times. And from huge big houses, we were living in huts, but we used to enjoy everything. The feeling that whatever our parents are doing is for our country's freedom was so elevating, so elevating, that we never even thought of little comforts that children ask for. We could sleep anywhere, eat anything, live everywhere and that has given me the lesson that if you have complete purity about your dedication and purity about what you have to do, you can achieve it. And as Gandhi Ji had said, we have to have first freedom. I saw the Union Jack coming down and I saw the tricolour going up. That was the moment - it's beyond me - even now I remember those days." [03/12/1994]

Following the success of the freedom movement, her father played a key role in helping to write the new constitution and to set a new government into motion. Now that Mother India was beginning to stand on her own, Shri Mataji felt free to marry. In 1947, she married Mr C.P. Shrivastava, a prominent member of the Indian Civil Service. They were blessed with two daughters, Kalpana and Sadhana, and success in his political career. He was appointed Personal Secretary to one the most famous and beloved Prime Ministers in Indian history Lal Bahadur Shastri.

Following Shastri's tragic death, Mr Shrivastava began his United Nations career culminating in sixteen years as Secretary-General of the United Nations International Maritime Organization and a knighthood by the Queen of England. During this period Shri Mataji waited patiently for the right time to begin spreading her divine message.

After raising her children to adulthood and seeing them happily married Shri Mataji had fulfilled her responsibilities as a mother and a householder and was prepared to embark upon her true life's work: the emancipation of humanity. Having been invited to the ashram of a prominent local guru in 1970 she was shocked to see him looting people in the name of spirituality. Suddenly aware that the seekers everywhere were in danger from this future trend, Shri Mataji searched deep within herself for a solution. She spent the entire night on the seashore contemplating and in the early hours of the morning, disgust with the falsehood she had witnessed and compassion for her children everywhere forced her to act.

She meditated upon the Sahasrara - the energy centre on the crown of the head - and prayed that all the seekers of truth would eventually receive their enlightenment and bring about the dawning of Collective Consciousness in humanity.

She describes this historic event:

"As soon as Sahasrara was opened, the whole atmosphere was filled with tremendous Chaitanya. And there was tremendous light in the sky and the whole thing came on the earth as if a torrential rain or a waterfall, with such a tremendous force as if I was unaware and got stupefied. The happening was so unexpected and so tremendous that I was stunned and I became completely silent at its grandeur. I saw the Primordial Kundalini rising like a big furnace and the furnace was very silent but burning appearance it had; as if you heat up some metal and it has many colours, in the same way, the Kundalini showed up like a huge furnace which is like a tunnel where you see these plants you have for coal-burning to create electricity. And it stretched like a telescope one after another it came out – tchu, tchu, tchu - like that. And the Deities came and sat on their seats, on their golden seats, and then they lifted the whole of the head like a big dome and opened it, and then this torrential rain completely drenched me and I started seeing all that and got lost into the joy. It was like an artist seeing its own creation fulfilled. I felt the joy of great fulfilment." [France, 05/05/1982]

After emerging from this beautiful experience, Shri Mataji looked around and saw the blindness of human beings and she became absolutely silent. She desired that everyone should attain their Self-realization in order that their eyes could be opened. Her vision for humanity had come into focus and was beginning to unfold.

Following this, Shri Mataji began teaching a small group of seekers how to meditate. She stood behind each individual and raised the Kundalini by placing her hand on the various energy centres along the spine. This was a natural process which

awakened their residual power of pure desire. She awakened this power called Kundalini which lay dormant in the sacrum bone at the base of the spine coiled in the three and half coils. When awakened, it rose up the spinal cord connecting and enlightening the energy centres, as it pierced the fontanel bone area at the top of the head they were connected with the Divine.

Although she was working with only a handful of people she was searching for a universal method which would allow her to give this experience to large groups of people. She soon developed the technique for en-mass Self-realization.

Taking into account all the different combinations and permutations of a human personality, the method was startlingly simple. The seeker would express his or her desire by holding the left hand towards Shri Mataji. Verbal affirmations helped the mothering energy to rise and the experience could be verified by feeling the Kundalini in the hands and above the head. As more and more people expressed their desire to have this awakening, she began an en-mass Self-realization movement.

Sahaja Yoga was born.

"Yoga" or "union" had become effortless. No more standing on your head, no need for expensive mantras. Now, it was easier to get your enlightenment in the heart of London than it was in the Himalayas. Visits to the psychiatrist's couch were no longer necessary. Shri Mataji was not concerned with the quantity of people but with the quality of the seekers. She never took any money for giving or developing Self-realization and started Sahaja Yoga with her own resources. To this day, she insists that you cannot pay for your spiritual ascent.

"And the people were so money-oriented that they would not listen to me because I said you cannot pay for your evolution, you cannot pay for your Realization. While those people who said: "You have to pay", they were very happy. And they wouldn't believe me. I was so disappointed with the way they were looking at spirituality. How much did we pay to Christ? How much did we pay to Mother Earth for these flowers? That money orientation was so great that one of the reasons for our plight is that we supported all kinds of wrong, false people."

She was very anxious to save the American seekers from false gurus, who had descended upon that country and were leading people to their destruction. In 1972, she sold her gold bangles and with that money set sail for America. In hall after hall, she warned of the dangers of following the false teachers who made many claims but in reality were damaging the Kundalinis and energy centres of their disciples. However, this message fell on deaf ears. The seekers of America were too naive and enthralled to listen. She was in great anguish at the plight of America and on board the ship to India, her heart was pining to save her children. She addressed them in this poem:

To my flower children

You are angry with life

Like small children

Whose mother is lost in darkness

You sulk expressing despair

At the fruitless end of your journey

You wear ugliness to discover beauty

You name everything false in the name of truth

You drain out emotions to fill the cup of love

My sweet children, my darling

How can you get peace by waging war

With yourself with your being with joy itself

Enough for your efforts of renunciation

The artificial mask of consolation

Now rest in the petals of the lotus flower

In the lap of your gracious mother

I will adorn your life with beautiful blossoms

And fill your moments with joyful fragrance

I will anoint your head with divine love

For I cannot bear your torture anymore

Let me engulf you in the ocean of joy

So you lose your being in the greater one

Who is smiling in your calyx of Self

Secretly hidden to tease you all the while

Be aware and you will find him

Vibrating your every fibre with blissful joy

Covering the whole universe with light.

Shri Mataji's efforts to reach the western seekers intensified in 1974. Her husband was elected Secretary-General of the United Nations International Maritime Organization and they moved to England. Europe became her home and Sahaja Yoga centres sprang up across the continent. Finding that this worked well for individuals, she began to emphasize the need for collective awareness. The experience became stronger when shared with others. She likened this to the analogy of one candle enlightening another and another until there were so many candles standing together that the room was filled with light. The added dimension of feeling the connection to others was intrinsic to this new state of consciousness. And those practising Sahaja Yoga found that they were part of something greater than themselves: the transformation of mankind.

Shri Mataji explained the door of Sahaja Yoga is open to everyone and every human being can achieve Collective Consciousness. The only problem is that the freedom of choice of the individual has to be respected because he has ultimately to enter the area of total freedom. Thus, there may be many who may not sincerely seek their salvation but if later on, they see the multitude of Realized souls enjoying the bliss of Collective Consciousness, they may also desire to get into their higher

evolutionary process. This is how all evolutionary processes have worked in nature. The guiding and controlling force that acts is the Spirit. This is the Collective Being within us which manifests in our attention and makes us collectively conscious.

Shri Mataji was foremost a mother and her obligation was to see her dream for global transformation realized. Travelling tirelessly year-round, day in and day out, she has given second birth to all who desired it.

Since 1970, she has given enlightenment en-mass in over sixty-five countries around the world from Russia to Australia. In 1995, at a program held in Bombay, Shri Mataji raised the Kundalinis of over one hundred thousand people at the same time. People overflowed from the hall and sat in the streets - unable to hear the lecture they simply held out their hands and felt the joy. Programs of similar magnitude have become common throughout Russia and Eastern Europe. Shri Mataji's name has become a household word for many Russian families and programs must be held in football stadiums to accommodate all those who ardently desire their spiritual fulfilment. They recognize that she is the Great Mother who has come to comfort them.

"Because these are special times, as blossom times, and so many of you who were seekers before, seeking truth all over, going to Himalayas, standing on your heads, fasting, doing all kinds of renunciations and everything, now have taken birth and are normal people, householders. This was all promised that such thing will happen. Only with such people, Sahaja Yoga will work out. So the whole thing is, I would say, a plan which has worked out. You all took your birth at this special moment. Even if you see the position of stars and all that, you can see clearly how everything has clicked together. It's all a divine plan." [20/03/1993]

"So a person who is - has a Sahaj culture - is not only spontaneous but is inspired, is an inspired personality. A person who is of that kind, an inspired visionary, then other people get impressed by such a person that: "See this, there's a man who's inspired, who talks in an inspired way, in a way that is something very different from others. Something new he says, new that is nourishing." [26/10/1985]

"In the world of this nonsense that we are living, we have to be something like the lotuses, who cannot be tarnished who cannot be affected by all the ills that are going on. This is what is the test, is the "pariksha" [examination], that at this time, at this difficult time, we can blossom and create fragrance and get so many others to this beautiful atmosphere." [08/05/1994]

"With your good wishes, with your prayers, this world will be so beautiful, so enchanting, that in the history, people will describe that the world itself became a lotus full of fragrance of divinity. You are the petals, you are the corona, you are the colour, you are the beauty, you are the pollen of that beautiful lotus, which is my vision of this world." [21/03/1993]

In the history of spirituality, there has never been a personage who has more clearly defined the purpose of human existence than Shri Mataji Nirmala Devi. Her vision of mankind as an interwoven tapestry of many colours, cultures and continents, all joined in what she describes as 'collective consciousness' is unique, in that it establishes the thread which runs through all of human awareness. Shri Mataji sees us not as individuals, stalking the earth in isolation, but as instruments of the Divine, which, when awakened through Self-realization, begin to fulfil their purpose and emit love and compassion into the world. Peace must first be established in the individual, she says, and then will manifest itself over the earth. When this occurs, human beings will know themselves to be part and parcel of each other and carry the light of the Spirit in their eyes. This light will comfort and soothe others and bring about the emergence of the culture of the Spirit on earth. We will come to look upon this world in which we live as a living and breathing entity which both sustains and enriches us and cease to exploit and destroy its bounty. All things will reach a balance because we will have realized the innate balance within ourselves through our connection to the Spirit.

The complete transformation of both the inner and outer expressions of humanity is just within our grasp. We need only look within our own being to find the roots of all eternity. As each of us does this, we lay the foundations for the coming age and the great awakening which will forever alter our future course. This is the vision of Shri Mataji Nirmala Devi, a living saint for modern times.

Dedicated to Shri Mataji Nirmala Devi.

1996-0609, Adi Shakti Puja: The compassion has to become active

View [online](#).

9 June 1996

The Compassion Has To Become Active

Adi Shakti Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) - Reviewed

Adi Shakti Puja. Cabella Ligure (Italy), 9 June 1996.

Today, we are going to worship the Adi Shakti and the reflection of Adi Shakti within you, is the Kundalini. We can say this is the worship of the Adi Shakti and Adi Kundalini, if you understand that all this, whatever is created on this Universe and in many Universes, is the work of the Adi Shakti. Now many people believe that there is one God - it's true, there's one God - God Almighty. But He has His own powers which he can embody into someone and can get His own manifestation expressed.

So, first of all He did, was to create the power of Adi Shakti. When it was created, then there was a sound, the sound that we call as AUM - logos or anything you call it - by the primordial sound and these three Powers came out of that sound, is A, U and M - AUM. The Adi Shakti is the one who embodies the desire of God Almighty. The desire of God Almighty comes out of His compassion and for His own expression, for His own manifestation, for His own reflection. I would say that He must be tired of loneliness so He must have thought of creating a partner who will manifest His desires. Thus, the power of God Almighty separated from Him and formed an embodiment of His compassion, His desire to create. They say in Sanskrit - they use a word Chitvilas - is the enjoyment of the Adi Shakti. 'Chit' is, as you know, is 'Chitta', is attention. The attention has its own joy and to manifest that joy of her attention, She created all the universes, She created this Mother Earth, She created all this nature, She created all the animals, She created all the human beings and She created all the Sahaja Yogis. This is how the whole creation has worked out.

At this juncture, one may ask that "Why did She not straight forward create human beings?" That was the idea of God Almighty, just to create human beings without telling them anything - something - better animals than the rest of the animals. But Adi Shakti, being the Mother, She had Her own way of expression that She thought, She must create the mirrors for God Almighty to see His face, to see His image, to see His character and that's how this long range of evolution took place. This evolution had to work out this way because they had to know from where they come. We must know that we come from nature. Even nature should know it comes from the Mother Earth, and Mother Earth herself has her own Kundalini - and she too is not just a dead earth, but she knows, she thinks, she understands and she regulates.

You can see in the nature how every tree has got its own limitations, how every fruit is produced in a particular tree - how it happens? what works out this kind of regulation? If this Mother Earth was moving with a higher speed than what it is today, we would not have been born even. If it would have been less speed, it would not have worked out. See the whole plan that was made - it is a beautiful plan that the Mother Earth has to move around the sun in such a manner that different seasons are created, that's why the power - the Paramchaitanya - which is the power of the Adi Shakti is also called as Ritambhara PrAgnya. This is the power that does all the living work, all the organization, all the creation.

In our human ego, we start thinking that we do something, we can create. We cannot, we cannot even create a dust of particle, leave alone anything else, whatever is created out of that we may combine, we can put together and create something. But if you see that this whole thing is nothing but beyond any power - we cannot create anything. But what do we create is our myths, I should say. For example, something is made of gold, still it is gold. Now, something is made of wood, whatever it is made - is wood, the principle is the same into everything.

So whatever may be your birth, whatever may be the country you are born, whatever may be your culture - you are human beings, basically you all are the same - you laugh the same, you smile the same, also you cry the same way. I haven't seen anybody

crying with his hands and tears falling out of his fingers - do they? [Laughter]

And, that is how one has to realize that we are all bound by some common principle of life - and the common principle of life, that has bound us by the Adi Shakti, is that we all have Kundalini within us - all the human beings have Kundalini within us. It is not - it is in the animals also but it's not so developed, it's not yet, what you call - is a full form of Kundalini that can be awakened. But in the human form only, it has evolved as a connection, as the one that is the Divine Force within us, which is the reflection of the Adi Kundalini, which is so easily awakened in this Kali Yuga. This is the common principle we all have, so we have to respect all the people, all the human beings, whatever nation they come from, whatever country they belong, whatever colour they have - because they all have their Kundalini.

Then there are people, as you people are, who are awakened people, who are enlightened people, who have got your realization. So, when you understand that this is the enjoyment of the attention of the Adi Ma, of the Primordial Mother, it's just the play and an enjoyment. Then, when you have achieved your full growth in spirituality - What should happen to you? What should we feel? How do we then exist? This is the question many a times you have asked. Now, when you ask questions itself it shows that you are not there, because once you are there you don't ask questions. Secondly, what happens to you is that you become just the existence, just the existence, and that existence that you become, then you start reflecting the character of Divinity.

This Divine character is expressed not only nowadays, also much before, in every religion we have had people who had this Divine character very well developed. For example, even we can say, the people who lived 3,000 - 4,000 years back. In Colombia, I found that in their statues they had Kundalini and a Kumba also. Commonly, whatever we have found out they had a Kundalini being expressed - three and a half coils. This Kundalini we have within ourselves is now proved to you, you know that there is this power within us. Also you have come to know what happens when we deviate from the middle path of our ascent. Here also, the same Kundalini, which is the expression of the Primordial Mother, tells you on your fingertips what's going wrong with you, where are you lacking, what is your problem.

So now, when we are enlightened people, we have become saints, and we are above all others, what should we do is to understand fully well, not only mentally, but from your heart, that now you have got these Divine vibrations. And these Divine vibrations can tell you where are you, what are you, where is the problem. Also, it will tell you, wherever you go, like that: I talked to some people who went to Jerusalem and they said "Mother, the whole place was just vibrating with spiritual vibrations".

They went to Chindawarra, somebody, and he said "I will find out Mother's place - what is there, after all it is not difficult, through vibrations I will find out. So, he said "as soon as I touched the platform I started jumping, I said, "Now what to do, where to- from here only there are vibrations, how will I reach Mother's place?". So then he sat down and started wondering, "now how will I find out where did Mother take Her birth?". He was sitting down and then he saw the star, which is the Venus, he followed the Venus star and then he went and asked and that's how he found the place.

So, the whole plan, the whole thing is not done haphazard in any way. If you see a tree, every tree has leaves and every leaf is given chance to have the sun's rays. In the nature if you see, it's so harmonious, so beautiful. We are the ones which spoil the nature, because we don't understand that we have come from nature, and we have to respect it. I've already told you many times about how human beings were formed by different chemicals, who came also - carbon came from the Mother Earth. All this leads us to understand that we have a very big responsibility. The whole work has taken thousands and thousands and thousands of years, and now you all have reached a state where you have become yourself, you know yourself. This is a very big, I think you should say, a very big jump in the evolutionary process.

The evolutionary process started a long, long time back. So, I think it is very important for you to worship the Adi Shakti and the Adi Kundalini. It's absolutely without understanding, absolutely you cannot understand how you have become a saint. When you will know within yourself, you have got all these centres and these centres have to be awakened through the awakening of the Kundalini, and that the Kundalini expresses herself through your fingertips - unless and until you fully identify with this knowledge, there's always a possibility that you will deviate from the path of your perfection. Many people who come to Sahaja Yoga, I have seen, they meet some Sahaja Yogis who are half way and because they are mental, they start arguing How is it this is this way? How is it that this is this way? How is it he's a Sahaja Yogi and he behaves like that? There are so many ways of

people relating to the power of the Divine.

I have told you in the beginning that God felt lonely and that's why he created this Adi Shakti and through Her the whole universe was created. But also true, that as you are seeking also the Divine is seeking you. Also that your seeking is absolutely awarded if you understand the simple thing about Divine: That it is the one that has given you intelligence. It is the one that has given you wisdom. It is the one which has given you whatever you have - as you were singing, that, "Whatever we have is given by You". If that is the case, that all that you have is given by your Kundalini, by this Mother power of your Kundalini, then it's very important to understand what is the need of keeping Her happy and Her satisfaction.

You must try to see what makes Her happy. As I said, there's a relationship between the Realized souls and the Divine. The Divine is happy when you are happy. Or we can say, when the Divine makes you happy and you are happy, then the Divine is happy. It's such a relationship and it's so close, it's so close, we can say as the sun has sun's rays, or the moon has it's own moonlight. It is so close, it's so in-grained, so much built-in and that should give you full control over yourself and over your development. They describe it in various ways, that you must surrender.

Now, one surrenders, of course with fear, if somebody comes with a sword and says alright, "you surrender", you may . But, as soon as that person will disappear, he will take out another sword and cut his throat. That surrender has no meaning. That surrender is a surrender which is just forced onto you. All such surrenders have been creating problems because it has a reaction. But your surrender to Divine is extremely joy giving. Like a salt which dissolves into the sea automatically, into the water, automatically. That soluble nature is really joy giving. If you can just feel that, within yourself, that, you are one with the Divine, you are dissolved in the ocean of the Divine. And then, what takes your form is nothing but extreme love, compassion and as a result, extreme joy.

Many people tell me that, "Mother it is very difficult to forgive someone, but I think it's very horrible not to forgive someone. There's a great joy in forgiving. A very great joy in forgiving. And as soon as you forgive, the Divine takes over and Divine will look after you. Nobody can disturb you, but first you must surrender to the Divine, that is what is forgiveness. Just don't bother yourself as to punish somebody or to do something against somebody, the Divine takes over from you and does whatever is needed. And in such a beautiful manner, that it is worth seeing how it works.

Adi Shakti's power, this Divine, is described in every religion. Say, in Islam, called Rhu. In the bible it's called as all pervading power. It is called as "Alakh- that is not, which cannot be seen- Niranjana" [Alakh Niranjana, "sightless" and 'spotfree'], the one which is beyond any attachments, sort of thing. All these words are used for this Divine power.

People have heard about it, people have sung about it, but unfortunately very few people felt it. And when they felt it they didn't know how to give it to others, how to make others feel it. So whatever they talked became sort of a story, or something nonsensical. Nobody could believe that they have felt anything like that, or could imagine that there is such a power really existing. Now, luckily it has become quite a universal fact for all of you that you know there is this power. You are sure about this power, because you can feel it, within yourself, and when you feel it, you feel very joyous. You can make out whether somebody is telling you the truth or not because you can see on the vibrations, on this, I should say, the power of Adi Shakti, she tells you the truth.

If somebody has done some harm to you, for example, now you may say, that "Mother, if you forgive that person, then it's not the truth, because he has definitely harmed, and if I forgive that means that I accept that he has not harmed". This kind of argument is possible. Now you will see, you will be surprised, that you forgive that person because the truth is, whether you forgive or you don't forgive, you don't do anything - that's the truth.

So, out of compassion, if you forgive someone, compassion becomes the truth. It's the compassion that tells you the truth. So, all the absolute truth that you know is through the compassion of the Divine Power. Maybe, sometimes people say "we saw the vibrations Mother, and we felt this way and still it happened", it makes no difference, whatever has happened, has happened, doesn't matter. You have felt the vibrations, and you asked the vibrations, and you acted upon the vibrations, that's all. Whether it turned out to be that way or not, is different. Because, it had to be the other way round. Some drama is going on, it's the Chitvilas,

is the enjoyment of the Chitta of the Divine.

So, it's a play going on, if you can see that play, then you don't get disturbed, it's a play. How it works, how it is organized, is not your headache, you just have to see the play of the Divine, how it works out. We have seen now, all of you, which you call as miracles have happened. "Mother this miracle has happened, that miracle has happened and I know it's all the miracle of the Divine. Despite that, our faith in the Divine is not so much enlightened faith. When you have the enlightened faith, you don't worry about things which are very important in life. It works out, well and good, if it doesn't work out, well and good. It should not be assumed, that once you are a realized soul that the whole world can fall at your feet - not necessarily. It's a play, it's a beautiful enjoyment of the attention of the Adi Shakti.

So, if you can become the witness, if you can really become the witness of the whole thing, then what happens, you grow spiritually much closer, I should say, you get dissolved into the Divine Power. That resolution has to take place, that's why today's Puja is very important for you, because if it was not Adi Shakti, who had taken an incarnation, this work could not have been done - this could not have been done. Because it had to be something that would encompass all the angularities of this human life, all the aspects of this human life. It had to be such an incarnation that could absolutely see human beings as a whole, not only his physical self, mental self, emotional self or his particular ideologies or his particular domination - no. As a whole, as a human being, and a human being, as I told you, is - all inside - all of them are just the same. Some are more sensitive and seeking - genuinely, some are not seeking - genuinely, and some are not seeking at all. But the seeking also is given to you by Adi Shakti.

Now it happens, that in the evolutionary process, one fish came out of the Mother. Out of that sea which was like a Mother to the sea (fish), it came out. And then, about 10 or 12 fishes came out. Then after some time, shoals of fishes came out. In the same manner your evolution has worked out. As it is, we think we have quite a big number, and we have crossed the number what we call, [inaudible] James or what Saint John has said - we have already crossed it, it doesn't matter. It doesn't matter. You see, it seems that it is a very fertile area, a very fertile time - this Kali Yuga, where there are so many people who are taking to Divinity. I mean it's the right time to do this.

Yesterday, when I saw your play, I have seen all that myself, and I used to wonder what is going to happen to these people. How are they going to take to Sahaja Yoga. They have, they have taken, they have taken to spirituality. See all these diverse things that you see in modern times, should not disturb you much, because that has to be that way. It's a drama, it's a play, and in that drama you should know that it will work out in such a beautiful manner, that after some time you will find nothing but the Divine dissolving all the useless things that we have, like our conditioning and our ego. We will have so many people in Sahaja Yoga, by the time 2,000 years, we will have many many Sahaja Yogis all over the world. Once we have lots of people, many would jump into it. That's human nature also. You see, they won't take to it till we have lots of people, and once we have a multitude, they'll jump into it.

So, some people are always worried, "Mother, what about others, we are now in the heavens, we are enjoying life, what about others? It will all work out, it will all work out, but your attention should be "How I can dissolve others into this ocean of joy, of this compassion?". Now, you will be surprised that it is your own compassion only, which is going to give you strength. This compassion within you, when you will see people are getting completely drowned, completely destroyed - your compassion itself will make you powerful. And you will do everything that is needed, you will give up all nonsensical activities and you will really dedicate yourself to emancipate other people. And amazingly as you will do this, your own level of spirituality will rise. As you see, I would say that when you dissolve, say some salt in the water, the water rises. In the same way, the more people, when they will come to Sahaja Yoga, the Divine Power will manifest much more - it is manifesting already. But the more people there will be, there will be much more manifestation, because it will be like so many channels that will be working it out.

So, at this juncture, when we are all- know that there is Divine Power, you all have got your Realization and that you are all now saintly people, then we should see to people who were like you. Like we had Sufis, then we had Nathpanthis, we had Gnostics - all kinds of people in every religion - What did they do? They went all out to awaken other people to the fact that there is Divine Power. They could not give Realization, as such, they couldn't give proof of that, but they worked it out, they talked about it, they sang about it - that's what we have to understand, that nothing should deter your compassion to be expressed. When you know

the people are getting drowned, they are in a terrible mess, this is a kind of a huge, I should say, onslaught of the evil on human beings. And if you have that compassion within you, you will go all out to save them. That is what is the work of this Chitvilas, of this enjoyment of your attention.

Your attention itself will enjoy when you will start bringing more people into the Power of Divinity. Without Divinity there's no saving for human beings. That, everybody admits, everybody says so. But they have no idea, as to what is Divinity, what is the way to achieve it. While you all have this, you have power to awaken Kundalini. You know all about chakras, you know all the defects of the chakras, you can find out from the vibrations the truth about everything. The more you use this power, the better it will be.

So, you have to go to areas where so far you have not gone. For we haven't got many people from the black race, I think from Africa. So, I think I'm going next year to Africa to work it out. Also, we have so many other areas where I find we have to work it out. That if this compassion is within you, then it will compel you also to do work that will bring solace to people who are not even seeking.

I'm already busy with forming some NGO's you see, which will really create very beautiful institutions for people who have nothing, they are starving, they are under trouble, they are under great ordeals. Only you can do it because, coming to Sahaja Yoga, you have dropped out your greed, you have dropped out your lust, it is finished, now you are so free and so independent. With this, the compassion, cannot take any other form because many people, I've seen that they start this kind of work and then they start becoming leaders or they start becoming rich people or plundering others. This you will not do. You are the- really as Christ has said, salt, salt which is completely dissolved in the Divinity and this salt is going to dissolve many others. Once we start spreading out like that - I'm not saying we should be like missionaries or something, converting people into Sahaja Yoga by force - no. We have to look after what they are lacking first of all.

Actually, there are very few people in this world who are honest, who don't have greed. I've known people who never had any greed but as soon as they got some powers they started showing such tremendous greed that surprisingly, when you know that person, who has never done such a thing, and suddenly you find he has become so greedy, you can't believe it. But not Sahaja Yogis. Sahaja Yogis won't do that. They'll enjoy their compassion, not anything else - not their lust, not their greed and also the so-called deviations like taking to drugs, and drinking and other non-sensical things. Because they know what do they enjoy, where lies the enjoyment. Once you know where lies the enjoyment, you will try to have more of it, and more of it, it's so easy now for you to do it.

I would say as the men are working it out, women should work it out. Because women have more sense of compassion. More sense of compassion and forgiveness - normal women, I'm not saying about abnormal - you know, I'm saying about normal women. It should be, because they are mothers, they have children, they have known what is love for the children is. A mother doesn't expect anything, she just wants her child to be alright and happy and she enjoys her child, that's all. If you are a woman, in-built within you is this compassion. See, I've seen young girls, they too, if they find a little baby they'll all run after that, they would like to take the little baby, they have dolls and they look after the dolls, just like their own children. So, for women it should be much easier to show compassion and to express and to manifest - it should be. And as you are all married also, your husbands will feel so much strengthened by your own nature of Divinity.

What do you sacrifice? Some say I sacrifice this for God, I sacrifice that for God, what is there to sacrifice for God? What does God need? He doesn't need anything, what is there to sacrifice? Only you have sacrificed your brains - that's all I can say, no wisdom is there - nothing to sacrifice. And if something has to be done, it has to be done. I've seen also some ladies coming to me, "Mother, we have to cook, then we have to look after the children and the household, and this and that". What 's that? Otherwise, what will you do? The whole day what will you do? Like the bats which hang themselves the whole day - are you going to hang yourself - you have to do something. While doing it, it is just nothing great you know. And then to sacrifice, I don't know what are you going to sacrifice? Actually, what you are sacrificing is your joy, is your happiness. If you achieve that state of enjoying your own Self, then you will be never tired, you will never grudge, you will always say "Mother we are enjoying everything".

This is a very important point that we should realize, that if somebody is a woman or a man, they have the same thing which we call as Kundalini. But a woman, as it is as you know, is mostly left sided. She has more power of compassion. In the same way the man has more power of action. So, the compassion has to become active. In this combination, everything will work out in a very beautiful manner, but if that balance is not there, it is going to be difficult. I've seen most of the marriages we have had, have been successful. But some of them have not been. Because, I think, that some of the women have been men and some of the men have been women. And I'm really sometimes very unhappy, I get pain to see that unnecessarily they are creating problems. They are both Sahaja Yogis - ah, if they were not Sahaja Yogis, I can understand. If a Sahaja Yogi is married to a non-Sahaja Yogi, I can understand - but both are Sahaja Yogis.

Now here you should understand the relationship of the God Almighty and Adi Shakti. It's complete unison, complete understanding. God Almighty is the spectator, he's watching the work of the Adi Shakti. She is compassion, of course, she doesn't say that something should be destroyed or something should be killed, alright, she's compassion. But he's the one who takes charge if somebody tries to do something against the Adi Shakti, it is he who takes charge and changes the whole scene, in such a manner that you don't understand how it has happened, how it has worked out.

What you have to do is to enjoy the play. In the same manner, the Sahaja Yogis should have a unison, should have understanding, enjoyment among yourselves. If a Sahaja Yogi cannot enjoy, who is going to enjoy life? I can't understand, the one who has his Kundalini awakened only, who has felt the all-pervading power of love, who knows what is the truth, who is standing on the complete oneness with the Divine. How can such a person, anyway, have any kind of problem? It is to realize that you are sitting in the realm of God Almighty. You have entered into His Kingdom and you are under the attention - compassion of Adi Shakti. But it is like this, if you make a beggar, who has been begging all his life, sit on a throne, he still begs sitting on this throne. So, that is sometimes is the situation with Sahaja Yogis.

I receive some funny letters sometimes. Then I start wondering if this fellow is still in the limbo state, is not yet a Sahaja Yogi nor a human being, in between somewhere, hanging [Shri Mataji laughs]. So, at least, that state should be overcome, by all of you, because it has a very bad impression, also for other people and for your own life. For your own life, it is very important that you should grow fully into the understanding of the powers that you have got and the love that your Mother has. When you say you must surrender yourself to Mother, means what, what do you have to surrender? Just think of it - what you are surrendering is what is perverting you, whatever is destructing you, whatever that misleads you, whatever is your ego and your conditioning. That's all you are surrendering, just to purify yourself, to enjoy yourself, and to know God Almighty. If you don't know your Self, how will you know God also? It's impossible.

So, to know your Self, you have to evolve. I know there are some very great Sahaja Yogis, some Sahaja Yoginis also, many are there, but still I would say that there are so many other areas where all these very greatly evolved Sahaja Yogis have to enter into, and work out. You can do it.

You see, I was surprised that in this place, when I came first in Rome, we had advertised and there was not even a single person in the hall. So, I said, "Baba, what is going to happen in this country?" Now we have so many Sahaja Yogis. Unbelievable! But, as it is growing sideways, it should also grow upwards. As it is growing in quantity, it should also grow in quality. And as you grow in quality, more and more people will come. Because I know, all the time, you are so collective that you, all the time, you, feel that, "Mother, you see, my uncle is still not a Sahaja Yogi. See Mother, my brother is not yet a Sahaja Yogi".

I know that feeling you have that, "My father, still he is not a Sahaja Yogi". So, forget about them, but those who are seeking, approach them. They are your real relations. Then afterwards, when all these people will join, your father, mother, brothers, sisters, children, all of them will jump in. They are that type, they will wait and wait and wait. They are not seekers. But those who are seekers, you should seek them, you should find out where are they. My attention is, of course, is with you and every time you think of me, I'll be at your service fully. Whatever you want, I will be there to help you, whichever way is possible. Anything you find very difficult, is not, because you take it upon yourself. But if you leave it to this All-pervading Power of Divine love, to this power of Adi Shakti, Paramchaitanya, nothing is difficult, nothing is so bad that you cannot manage it.

I don't know, if I have to talk about this Adi Shakti, it will take at least 10 hours minimum. So, I think I better stop now and we should keep something for the next Adi Shakti Puja. Somebody asked me "Is it necessary to have this puja?". I think, if there is any puja that you should do, it is this one, is Adi Shakti. It is very important that this puja must be performed, because that is how you grow. This reflection improves and you grow more and more within yourself, through the power of Adi Shakti or through the power of Kundalini. As you know that Adi Shakti has her own Kundalini, which is the Adi Kundalini, and the reflection of that, within you, is the Kundalini. So, you have to worship. And it's the best way to please your own Kundalini, your own Mother, who has given you this birth.

May God bless you.

H.H. Shri Mataji Nirmala Devi

1996-0618, Public Program

View [online](#).

18 June 1996

Public Program

Teatro Verdi, Genoa (Italy)

Talk Language: English | Transcript (English) – Draft

Public Program. Teatro Verdi, Genoa (Italy), 18 June 1996.

(Shri Mataji is greeted by an authority from Genoa, and receives books about Christopher Columbus as a present).

I bow to all the seekers of Truth and Peace. When we talk of peace, we must know by talking we cannot create peace. At a human level, with this human awareness, we have so many complications. We have to evolve little more to achieve our selfhood. Every religion has talked about self-knowledge. If we do not know ourselves, how can we know anything else? For this, as you have been already told, there is a Power in the triangular bone, which is known as Sacrum. That means that Greeks knew that it was a sacred bone. In India we knew about it thousands of years back, no doubt. But it was kept a secret, and was given by one person to one person. Till the 12th century, nobody even talked about it to general public. Then in the 16th century there were many saints who talked about it. Even Mohammed Sahib has said that you have to know yourself if you want to know God.

But self-knowledge is something which is not imaginary, it is not mental. We live in a mental world, and I must tell you very humbly that this so-called mind is a myth. It has been created by us through our conditionings and our ego. But beyond this mind is the realm of reality. Unless and until you reach that state of reality, we cannot find peace within ourselves. If there is no peace within, what's the use of talking about peace? But it's a very simple thing to understand, that human awareness is not the perfect, absolute truth. Because somebody says: "This is the truth," another says: "This is the truth," another says: "That is the truth." Is not absolute! And so all the quarrels and fights start on this point. But when you know the absolute truth, then all of you will feel, will know the same.

Now as you see I'm sitting before you, there is no difference of opinion. In the same way, if you see the truth, then there will be no difference of opinion. You have been already told about the power which resides in the triangular bone, which is your individual Mother. She knows everything about you, she knows what have you been doing, what wrong things you have done. She also knows what are your aspirations for [the] future. Is like a tape recorder of your being. When it rises, pierces through these centres, ultimately from the last centre, it becomes one with the all-pervading power of Divine Love.

So there's....the truth about yourself is this, that you are not this body, this mind, these emotions, this ego, but you are the pure Spirit. And the another truth is, that there is a all-pervading power of Divine Love which does all the living work. Now this Divine Power has been described in most of the scriptures. It can be called by many names, but we see all these flowers, we take them for granted, it's a miracle. We never even think, what a miracle it is. So many living things are going on in this world, we never even think about them, we take it for granted. Who does this? That is done by this all-pervading power. So now, after this human state, one has to evolve to a higher state of spirituality, of becoming the Spirit. This has to be, otherwise this world will collapse. Human life will collapse.

These centres that are within you, when they go into jeopardy, then get you get diseases. All physical, mental, and emotional, even spiritual problems are coming from these centres within us. So when this Kundalini rises, she nourishes all these centres, she integrates them, not only that, but she enlightens them. Then she becomes one with this, connected with this all-pervading power, and you become a powerful person of Divine Love. Now how the peace is established, is like this that we are all the time thinking about future or about the past. We cannot be in the present. So one thought rises and falls, another thought rises and falls, and we are jumping on the cusp of these thoughts all the time. But when this Kundalini rises, what she does is first of all she sucks in those thoughts and also makes them (here Mother seems to refer to the ego and superego balloons) elongated so

a space is created. And you reach a state which we call as thoughtless awareness. You are aware, you're absolutely aware but there's no thought. If you want to think you can, but you become master of your thoughts. Thus, peace is established within you. For example, if you are standing in the ocean and there are waves, you are afraid of them. But supposing you get into a boat then you can watch these waves and enjoy them. But in case you learn how to swim, you can jump and bring out many people from the ocean of fear. Same thing happens when you evolve, you become first thoughtlessly aware, and then you become doubtlessly aware. As a result of this awakening, your Spirit comes into your attention. That means it enlightens your attention. You develop tremendous compassion, but this compassion can act. You may feel very sorry for a person who's sick, but if you have got your self-realisation, you can cure that person. As I told you, this is the last breakthrough of your evolution.

Of course you can't pay for it, because it's a living process. When you put a seed in the Mother Earth, it sprouts. How much do we pay to the Mother Earth? Is your right to have this realisation, is your birthright. All arrangements are made within you. You must actually forgive yourself, completely, also not to think: "I've done this wrong, that wrong." Also you have to forgive everyone else. Because whether you forgive or don't forgive, logically you don't do anything. You become like a saint, I should say. But you don't give up your family, you don't give up your house or anything! The transformation comes within. It is the actualisation of baptism, when you say you are born again. It's not giving (?) certificate that you are born again, but it's actual happening to you. It is the actualisation of becoming. Is not just talk. And which is so simple.

I have been to Genoa before twice, but couldn't do much. I don't know why but today, after I think two, three years, you people have become so aware! I'm so much enamoured to see all of you here, to receive your self-realisation. As I told you, it's just like a seed planted in the Mother Earth.: grows by itself, spontaneously, Sahaj. It will take hardly ten minutes for you to get your self-realisation. Those who do not want, of course I cannot force on you. But be confident that all of you are going to get it. Don't in any way feel guilty. By feeling guilty you spoil the centre on the left hand side here (Shri Mataji touches Her left shoulder), and as a result you might get spondylitis, you might get angina, or you may get very lethargic or else (?). So whatever you have done wrong, is done, finished! This idea is very self-destructive to say that: "I'm guilty, I've done this wrong, I've done that wrong." You have to have respect for yourself, because you are a human being on the threshold of your last breakthrough.

So may God bless you all, and let us see how you are going to get your realisation.

Of course I'll wait for about 15 seconds, if somebody wants to leave can leave the hall, but everybody has to get it. So first we, you have to forgive everyone. Is not difficult, you just have to say: "I forgive everyone," that's all. The second thing is that you have to forgive yourself. I would request you to take out your shoes if possible, will be very helpful – it's this Mother Earth is the one, she sucks in all the problems we have within us of a gross nature. Need not take out your socks. I would request you (...) to be seated, is better to be seated, that's all. Now you have to put both your hands like this towards Me. As you know these five, six, and seven (Shri Mataji indicates the five fingers and the other two points on the hand corresponding to the chakras) are seven centres represented. On the left side, means the left sympathetic nervous system centres, and right side with the right sympathetic.

So what will happen to you, is that you will feel the cool breeze on your fingertips first, and then it will start moving upward. Also you'll feel the cool breeze coming out your of fontanel bone area which was soft bone in your childhood. You'll feel thoughtless and peaceful. Then only you have to learn how to use them (your hands). In the Bible it is called as the cool breeze of the Holy Ghost. When this happens, you'll feel very much better, peaceful, happier, you might even get cured. But this is a collective happening. So, you must know that after getting this, you should try to know all about it by coming to our centres.

Of course you don't have to pay anything for this subtle knowledge. Only thing you have to give little time for the cleansing process sometimes. This will ensure your peace, it will ensure your physical fitness, it will ensure your happiness in the family, but it will ensure you joy. Joy is singular, is not like happiness and unhappiness, is an experience.

Shri Mataji speaks aside: "They already got it" (meaning the self-realisation).

Now, you have to close your eyes for a while, you can take out your spectacles if you like. Now please don't doubt yourself,

please don't doubt. And don't think about what wrong you have done in the past. You have to be in the present.

Now. Close your eyes please, and now, please put your right hand on top of the fontanel bone area. You can bend your head, it will help you more. Now just see if there's a cool or a hot breeze like (?) vibrations coming out of our fontanel bone area. Some of you can get it very close to your head, and some of you little further, but don't put your hand on top of your head.

Now. Put your right hand towards Me, bend your head and see with the left hand, if there is a cool or a hot breeze coming out of your fontanel bone area. Please, bend your heads. Please, bend your heads. Now, if it is hot, that means you have not forgiven yourself or forgiven others, so please do that now.

Now. Please have the left hand towards Me again once for all, and again see, bend your heads, and see if there's a cool or hot breeze coming out of your fontanel bone area. Please don't doubt, please don't doubt. Put your both the hands towards Me, and don't think. Just don't think. Now raise both your hands towards the sky like this, and push back your head, and ask a simple question three times. The question is – you can call Me Mother or Shri Mataji – Mother, is this the cool breeze of the Holy Ghost? The another question you can ask: Mother, is this the all-pervading power of Divine Love? Three times.

Now please take down your hands. All those who are feeling cool or hot breeze on their fingertips, or on their palm, or out of the fontanel bone area, please raise both your hands. The whole of Genoa!

May God bless you all.

I live very close to Genoa, you are all welcome to come and see Me. If you have any problems, you can write to Me. Now just enjoy, that's all I have to say. (Then Guido explains that Shri Mataji has said that She feels a lot of vibrations arriving on the stage, and that everybody has their mind in silence.) Is a great discovery that so many real seekers are living in Genoa. Now you have grown, you have become a self-realised personality, but the seed has to grow into a tree. For which you have to give very little time to yourself.

(...) This is from a village in India they have picked up a song. You can clap, will help you, clap songs (...?) (The bhajan group start singing Mahamaya Mahakali).

1996-0628, Myths are unreal

View [online](#).

28 June 1996

Myths Are Unreal

Public Program

Royal Albert Hall, London (England)

Talk Language: English | Transcript (English) – Draft

Public Program. Royal Albert Hall, London (UK), 28 June 1996.

I bow to all the seekers of truth. It has to be understood that truth what we know through our mental capacity is not the truth, because mind itself is a myth. We have created it. As we have created computers. we have created our myth also through our conditioning and through our ego. Beyond it is the reality. So if you have to know the absolute truth something has to happen. We have to evolve into a higher realm of existence of consciousness. You have been already told about the subtle system that you have. You all have it. You are the owner of it and you have every right to achieve that state of consciousness which in the Zen system call it "Satori".

In every system they have something they call it some name, like the Islam calls it "Wali", some called it "Sufi".

In the realm of reality, when we are not, we have problems, because we fight for unreal things, you think of unreal thing as real and accept. For example, when they English lost the match. I mean one party has to win, either this or that. But they were so much identified with it, which was falsehood. They were not playing, there were not players that they were English, alright. But there was no war going on.

See the myth about it is this, that we get identified with things which are themselves not real. And all these problems that we see of anger, which is violence after all, or the attachments we have, identifications we have, then the lust and greed and all kinds of problems that we see in every country is due to our imperfection. It is due to our ignorance about reality while reality is beautiful. And we have to enter into that realm that is what is seeking for.

The other day I was reading a book of a boy, who was an athlete and who went through the Zen system of training and it was so hard and hazardous that I thought very few would accept such a situation, very few. Might have been in those days, there were seekers of that quality that they worked it out. But now there is system available for you. The knowledge that they gave you about the subtle system we have is a fact, but if it is a fact or not you should first verify don't just believe me or believe what he has said. You should verify if it there within us this subtle system of our ascent. I knew about this since my childhood, but I did not know how to explain to people because I found people have no idea about it even in India.

Traditionally, in India we had three types of seekers. One was through Vedas. Even the first stanza of Veda says that, "If you do not know yourself by reading or by chanting these mantras it is useless".

Then the second seeking, second style of seeking was that of bhakti, is you to sing the name of God, or you can pray to God. Even great people like Jnanadeva [Dnyaneshwar] did not know want to do. So they also said it is better to do bhakti, bhakti of God because the time had not come perhaps to give Self-realization or may be the people were not prepared to get it.

But in the centre, we had another great movement which is called as 'Nath', 'Nath Panthis'. They say it came from Shiva. But whatever it is, it came from Adinath and these people and got diverted into many types. But those who remained in the middle, one of them was we should say was called Gahini Nath and his disciple was Nivrutti Nath, the elder brother Jnanadeva. It is amazing if you read anything about them they know all about chakras, they know all about these all three channels. Everything they knew thousands of years back. Then somehow or other they didn't tell people. They kept the knowledge to themselves. I can't say why they did it but they did.

Ultimately, Gyanadeva took permission of his Guru Nivruti Nath and said that, "Let me tell you, at least let me tell others, you allow me because people should know what works it out". So, he wrote about Kundalini. But if you read these ancient books, you will be amazed that the whole thing was described in those books how you get your Realization and how then you have those centers which are to be enlightened, what problems come in. But the method they employed for achieving it was really hazardous. I don't know why they had to do it but they did it. They were all unmarried people and very strict with themselves and they had to lead a life very secluded from the society. This was really a very difficult time of ascent they had.

When I read about them, I really feel very extremely sad that all these great people who were seeking had to go through such horrible strenuous turmoil for days together and then some of them got Realisation.

But you are lucky people I should say to be born at this time. This is a special time, very special time, which is described in all the books, all the scriptures as the last judgment. Now, if you start deciding about it through your mental capacity you cannot achieve anything, because you have only two agencies: one is your conditioning, another is your ego. So one has to rely on the natural gifts that we have, is that of this Kundalini and she is your individual mother; she does not want to torture you, she does not want in any way to give you any pains, whatsoever.

Also, there are some books written that Kundalini means it is a something horrible and it can kill you, it will do all these things. All these years, now I have been working on it, I have never seen anybody getting into trouble. But if you are in trouble you get out of it. So, all these myths were created for Kundalini also later on so that people should not take to reality. But all this knowledge was somehow lost, though Gyanadeva had mentioned in his book that in the sixth chapter he said that one should seek through the awakening of Kundalini.

But people said no, this is no good, we are not going to have it; because when those people who organized the religion, become in charge of the religion - actually you cannot organize, you cannot organize religion - and once they start organizing it you see they put their own norms on people who are seeking. So they said no this is something is not allowed because they could not raise the Kundalini may be.

But in the sixteenth century in India, suddenly so many Realized souls were born, saints were born. Perhaps they might have been Nath Panthis who had died before may be, they have taken the birth, so many of them. And they started understanding each other because they were one with reality. Everybody was feeling the same thing about each other.

There are many examples of that. First of all, I would say, Namadeva in Maharashtra. He was a tailor and he went to see one pitcher - who make pitchers you see, potter you can call it - and, when he went and saw this fellow standing and trampling over the clay, he just stood up and the sentence he said is so remarkable. He said, "I came here to see the formless - that is the vibrations or Chaitanya they call it - but I see it in you in person. It is in person I see it". This kind of appreciation is only possible between people who are Realised souls because they understand each other. Those who don't understand you see have different, different ideas, different, different things.

Now they say that we must have peace. How can you have peace? One is going to the right direction, another is going to the left direction, another is going in middle some where hanging.

Everybody think they are right. Whatever they are doing is right. But what is the outcome of it. Nobody is peaceful within. They are fighting for things which has no meaning at all in life. They are many people who are fighting in the name of God, I mean this is the worse someone can do stupid thing. How can you kill each other in the name of God, how can you? But this happening is accepted and not only but it is regarded as religion.

Like this whole world is full of violent people. You should say minimum disturbed people: families are disturbed, children are disturbed, the whole mother earth is shaking and everybody is disturbed.

By saying that you should have peace you cannot have. By talking about you cannot have. Because I have seen some people who got peace awards, there is no peace within. Only by transformation of human beings, by evolving them, taking them into this realm of peaceful existence of reality you can bring peace. Everybody wants peace but even if you want you should genuinely ask for it. If you are going to decide it mentally you cannot. Mentally everybody differs, everybody has opinion for everything.

Like they will say, now they have come here. I mean the modern mind is like this. It always tries to run away from the truth,

always. If you, I will give simple example, if I tell somebody to please telephone to such and such gentlemen, immediately the other person will say, "He may not be there. He might have gone to his office." Today is Sunday how can he go to his office. "All right, then he might be..." I said, "Why don't you telephone first, why do you react? First telephone, finds if the person is there or not."

But that is not possible because the mind is all the time wobbling, giving answers and reacting. Whatever you do, there is reaction. It can also say now why so many flowers, I never asked them but they did put it also. I don't know whom to be blamed, who is the victim. But they might say so. They can have objection to everything.

But one thing is that, why don't you understand that you are not at peace, at peace with yourself? Unless and until you are yourself at peace, you cannot find faults with others. You cannot judge others.

Why are you not at peace with yourself? This is a thing one should understand. Because you are not integrated. Your mind, which is - I have told you what it is - says something. Then your heart says something and then your liver says something. There is no integration in your understanding of any problem. Once you are completely integrated, then you feel the peace. But the best thing that happens I have seen with Kundalini awakening is this: that we are all the time thinking, thinking, thinking, and thinking so much. Some people really have told me that, "You cut our throat, but stop this thinking". Specially in modern times, we think much more for everything. We think, "Without thinking, we will be lost". And in this ocean of thinking, we are so frightened with the waves, as if you are in the ocean and there are waves around you and you are very much frightened of them. But supposing by any chance you get into a boat. Then you can watch these waves which were frightening you and enjoy them; but supposing you become an expert swimmer, you can jump down and save many. In the same way it happens. When Kundalini rises, these waves that we have of a thought which rises and falls, rises and falls, and we are all the time jumping on the cusp of the thoughts, either in the past or in the future. We cannot be in the present. So, when she rises, she elongates those thoughts and there is a space in between that is the present. And in the present, we don't think but we are aware, much more aware than we were ever. We are in the centre; we are in the centre and there it is our peace. So, we have to rise up to that point.

Now - as he has told you about all these centres - when the Kundalini passes through them she nourishes all of them. These centres are responsible for our physical mental, emotional, also our spiritual being. So she nourishes them, integrates them and ultimately pierces through our fontanel bone area and connects us to this All-pervading Power of divine love.

All the scriptures have described about this thing. they call it by different names, as I have told you that they call it "Ruh", they call it "cool breeze of the Holy Ghost", they call it as the 'All-pervading Power of divine love', all kinds of names like 'Param Chaitnya' as 'Nirakar'. They call it 'Alakh niranjan'. All kinds of names they have given to this All-pervading Power because you can see it, you can see it and you can feel it after Realisation. You can feel it, it exists. For the first time, you feel it.

You see these flowers you take them for granted how beautiful they are. But it is a miracle, just think it, how beautifully this mother earth has created for you all these. That means she is living organism. She understands what to produce out of what to do.? Who does all this? What is this energy? This is the energy of divine Love. When I say "Love", I mean compassion, it is the compassion. It is a thing we don't understand that how can compassion be the truth. But on a little lower level we can understand it. If you love somebody then you know everything about that person. Take it that way. Compassion is real intelligence. Which gives you the, I mean, enlightened compassion, the complete idea of the totality, it does not talk of one here and one there but of the totality it has. Through its intelligence it understands what is benevolent for the global peace, what is benevolent for an individual problem. It understands everything, because it hasn't got any angularities. It is so pure. And this purity, which is compassion, which is pure intelligence.

And once you enter into that realm you don't have to read anything. You become just very knowledgeable, yourself very knowledgeable. So many powers you have within yourself, of which you are not at all aware they all start manifesting. I have known people, ordinary artist coming to Sahaja Yoga become now world-famous artist. Ordinary people who could not even come up on the stage have become great orators. All these qualities which make you so special just start prospering and also manifesting itself.

But that's not, that's like you see mother giving chocolate for children, that is not the main thing. The main thing is that you reach a point that you feel you don't have to achieve any thing. You have achieved everything. All that hankering after achievement and all that is finished. Then you enjoy everything. Your existence you enjoy. You enjoy each and everything that you see. This

enjoyment cannot be described. But it is to be experienced and to be felt.

I must say, in England, I worked the most because somehow my husband is posted here and lot of time and the country which I had worked very hard is England, no doubt. And I had an advantage of this English language which I could speak also. But I have seen that, once English take to something, they will take it seriously. But to take them to something is difficult, because too much of mental activity. We have to go humbly beyond this. Because they will say, I don't like this, I did not like this I don't want this. That is not the thing. Who are you? Do you know who you are? I want this, I believe, our politicians will always say I believe, now who are you? Do you know who you are? Mohammad Sahib has said, "Unless and until you know yourself you cannot know God Almighty. So why talk of God? First know yourself. That's why Buddha never talked of God. He said better not talk of God First, know yourself, because, you haven't got yet, the capacity to understand God.

First of all, you must know yourself. And to know yourself is quite easy now days. I am amazed the way it worked in so many nations, the way people have taken to Sahaja Yoga and the way it is spreading, I am amazed; this is the special time and a special blessing where you are born when it was to happen. But, still it's a judgment; again I will say it's a judgment. Nobody can force you. You have to judge yourself whether you want it or not. There cannot be any forcing. But you see, these countries also, European countries, I have some ideas, they think it is a cult. I mean, I cannot understand how can there be a cult when where there are no weapons used, there is no money taken, there is nothing as such peace such joy, such friendship among so many nations its established. If it is cult all right, does not matter. I wish there were some more like that!

This mind all the time criticizing, finding fault, this and that. But what have you got so far? As a Mother, I will say you have to be selfish. Just know that you have to know yourself and that is what will give you everything that you want.

Actually, the wants also change. It is very surprising how after Sahaja Yoga people change. Of course, there are one or two here and there who are not so good. But they will be, they will be, they have certain hankering, something hanging in their minds, I think. But most of them come up so fast. I am really amazed, how these things are happening in the western countries.

India, of course, no problem, because they have the heritage, they have the knowledge they know everything, they know what they have to get. But here, in England, I was really amazed, how it has worked out. So seekers are born everywhere, I see now this seeking is so deep and so much maddening for people.

Of course, many people have made money out of it. That's where I can't understand. They have made marketing thing, you cannot market, you see, this is your evolutionary process. How much money do we go give to mother earth for giving us these flowers?

It is natural process of evolution, which has to take place in simple words it is "Sahaja". Sahaja means spontaneous. It's born with you. It is a great chance of becoming sahaja yogis. "Yoga" means the union with the Divine. You get powers, it is not just to say I am twice born have some sort of sign board; but you become. Is the becoming is the point. You really become and in that becoming you get powers, you can raise the Kundalini of others you can cure people. I mean so many things happen.

The greatest thing happens is that such a person become extremely peaceful, wise and enjoyable. As Namadeva enjoyed, Gora Kumbhar they enjoyed each other.

Then Namdeva went to Punjab where Guru Nanaka: he saw another realized soul, immediately he recognized, and he said "It is so nice you come to Punjab, now you better learn Punjabi language and write beautiful poetry as you done it in Marathi language." So, there is such a big book written in Punjabi language by this great poet.

You too had great poets here, there is Lewis, then we have William Blake. William Blake was unknown to us in India. They never, they thought he'd be a mad man or what I don't know. After coming to London only I could discuss something about him such a great man, such a great poet.

But they had to write it in this poetry, because if they were saying something, they would have been murdered or killed, I don't know what would have happened. So they wrote it in poetry when people couldn't understand much. They have [not clear] way for us. They have created this path. For them the greatest thing is that it is working out because they are all together.

First, so many came, trying this, and else you see build the path. Now, it iss complete, not only that, but also the temple is ready

for you to enter in. The whole work of this great people has helped us. They were never against each other, Never. When they talk different religions I can't understand specially, when Moses, Abraham, were described by Christ. How come the Jews fighting Christians, I can't understand? Not only but also Mohammed sahib described about Christ, his mother, much more with greater respect than in the Bible. So how can this people fight among themselves?

It is to be seen clearly in their books only, they find the books so authentic it is in the book written down that they followed all these great people. So there cannot be any devising thing that is a religion. Religion cannot divide.

Actually, religion is within ourselves. And when you get your Realization you suddenly become very righteous, suddenly. I have seen in this England only, people taking drugs and all that overnight gave up, overnight. It is remarkable how in the light of the spirit they saw what is wrong with them, what is destructive and they just gave it up. Such beautiful people have come up. You won't believe that these were the people who lost all hopes about themselves and how now they have become such beautiful beings, I am very proud of them.

This lecture of mine should not upset you in any way. If I have said something that makes you feel little nervous or anything, you should not worry. Because your Kundalini is all the time there and innocence cannot be destroyed. Of course, some clouds come over it but there is the deity of innocence sitting within you and it holds everything works out without any problem.

Only thing you have to desire for it and asked for it. As I said it cannot be forced. I respect your freedom, and in your freedom, you need to receive your Self-realisation. It cannot be forced, it cannot be argued, nothing of the kind; because it is natural process as I said, is a natural process, and for the natural process how can you argue it.

So, I would request you, first of all, that those who do not want to have Self Realization should leave the hall. Because it will take hardly 10 minutes, hardly 10 minutes. But those who don't want should leave the hall, would be nice, very amicably, I will be thankful.

[Pause for some minute]

One thing I have to tell you that there are mainly two problems with human beings where Kundalini stops: one of them when you feel guilty. When somebody tells you, you are sinner or something like that, such an idea crops into your head, and you think you are sinner and they are afraid. Many people have told me, "We are afraid of you." I said "Why?" Because you have sinned... that's why I am here, why you should be afraid.

So, first thing is that I love you all and you all should love yourself. Because you all are human beings and at the epitome of the evolution. So please give up the idea of feeling guilty. Alright, you have done something wrong, accept it. That is finished now that is past and I am talking about present. That is finished. As far as this moment is concerned, it is doesn't exist. So, don't think of what you have done wrong or what you have been worried about and all the time thinking.

Also our modern life is so much, full of norms that even a little thing you do like, even if you put the spoon on this side to that side, you feel guilty, "Oh I did like that". If you were really guilty, you would have been in jail not here. You should have very pleasant attitude towards yourself and not to feel guilty. That is what I am requesting you again and again don't feel guilty.

Then the second thing is why I say so. Because this center [left Vishuddhi] here left side catches. It goes into very big jeopardy, into very big problem and this center can give you spondylitis to minimum, or angina or all your organs become very lethargic. So why carry this guilt with you? So, give up the guilt.

The second simple thing is that please forgive everyone, in general. Don't think about them. If you don't forgive then you go on thinking, "Oh my goodness he troubled me" like this and the person who has troubled you is quite happy while you are just troubling yourself. By that, you catch on the Agnya which is in the center of this optic chiasm like this. And it is so close and so constricted, that if you want forgive it want open and how will the Kundalini pass through? So, just forgive all of them and don't think about to whom you have to forgive. Just say in general, I forgive everyone.

Many people say it is difficult, it's a myth. You forgive or you don't forgive what do you do, do nothing. But when you don't forgive then the all problems start. So, better forgive everyone. Without even thinking that you have to forgive this person or that person.

It is headache even to think about them so better not.

This center is very important, especially for Christians. You know that how forgiveness was [not clear] that Christ has manifested and requested all of you to forgive.

The third thing I have to request is that have full faith in yourself that you are all going to get your Self-realisation. Please have this faith in yourself. If you have that faith it will work out. In no way condemn yourself or say that how could I get it.

In Genoa it happened, it was not such a big hall but quite a big hall and everybody got realisation. And for at least half of they were stunt they couldn't believe that they were feeling the cool breeze of Holy Ghost, they just could not believe it, for a half a minute. Then they looked very happy and joyous and started smiling and clapping.

So,, it is going to happen to you all. I promise, but have just faith in yourself. You all can get it.

Another thing I have to request is if you can take out your shoes, this mother earth helps us a lot.

1996-0707, What is the purpose and meaning of yoga?

View [online](#).

7 July 1996

What Is The Purpose And Meaning Of Yoga?

Public Program

National Palace of Culture, Sofia (Bulgaria)

Talk Language: English | Transcript (English) – Draft

17.13 onwards

I (Shri Mataji) bow to all the seekers of truth. At the very outset we have to know that truth is what it is. We cannot change it, we cannot transform it, we cannot describe it. It is the experience of the truth. I am very much thankful to this association of yoga which has invited me very kindly to talk on sahaja yoga. And in a place so far away from India that there is an association I was really quiet surprised. Now we have to understand that why do we do yoga. What is the purpose of yoga and what is the meaning of the yoga. The meaning of the yoga is that you have to unite with the all pervading power of the divine love. In sanskrit it is called as brahmachaitanya, in the quran it is called as Rooh/ruh. Also in the bible it is described as the cool breeze of the holy ghost. And what has to happen to us is our evolutionary breakthrough, the last breakthrough. All kinds of yoga we started in India according to different times. First of all we had three types of seeking. One created vedas. But the first stanza of vedas says that by reading all this if you do not get self knowledge, it is useless. People have been seeking the truth so they took to another , which we call as the bhakti marga.

Now this bhakti marga was nothing but like saying praise of Gods, praying to God and devotion and dedication to God almighty. So this two, you can say the paths started, but there was another path in India which was the central path of seeking; and that was done by very few people and they were called as naths , nath panthi. Their searching was very deep, started with hatha yoga to begin with. Ha and tha meaning surya nadi meaning sun channel and the moon (tha) channel; balancing between the two. Then also what happened that it was really very difficult to follow the path, one side the sun another side the moon. So they started following the sun by which all importance was given to body. You must look after your body, you must build up your body, you must see able to stand on one leg for hours together like that.....stand on your heads and they also went to Himalayas and all that.

Buddhism also had two beautiful flowering one was called as Zen system and another one in China, Lao Tse has written is Tao. When they took to the sun side the development started I think in a very imbalanced manner. If you go to right side too much then what happens you become extremely hot tempered. You can become very aggressive. You can develop powers of sort of destroying others and be very powerful warriors and all that. But it has a reaction. Because such become became emotionally dried out. like we can say like Germans are supposed to be very high up in IQ, its in the intelligence coefficient. I couldn't understand what happened to their intelligence, how could they kill children, how could they do all this horrible things. So I started telling them there has to be a compassionate intelligence. Then only the balance can come. So in the hatha yoga the path that was compassion was finished. Just body building becoming very strong people, but for what?. That can take you to the extreme , your conscious mind can become extremely active and then you get paralysed. Now in America a new disease that has started called a ?? disease. They become like reptiles, they cant walk they cant stand up but thinking is alright, brain is alright; and they have to be carried like some big fish on the body. So now, you see we have many types of yogasanas ?? with this is that another was people thought that they have to do certain things which they have read about like bandhas and all that they do in Raja yoga. They said it is for kundalini, but you see it was artificial type of Raja yoga. For eg. If you don't start your car, and start moving the wheels, will the car move ? you have to first start (engine) the car. So when the kundalini as you have seen is awakened then these chakras themselves tries to sustain it, go into complete closure; that is known as bandhan. But just putting some sort of exercise and closing the chakras, whats the use, the kundalini is not moving, what are you holding. Then, I was surprised by one organization in America when I went there, some doctors had gone from India they had cut there this little thread under the tongue and there tongue was wagging just like dog's tongue you see; could not go inside. They couldn't speak.

This was yoganandas self realisation association. So I asked them what have you done. They said we are doing raja (actually kriya as per other lectures) yoga and there is a thing that has to happen called khechhari, so you take the tongue and push it back here, so we have to cut it. But for what? They said for stopping the kundalini. But kundalini is not there. Of course kundalini rises automatically, spontaneously. All this thing happened within us within our body.

Just as you start any car, all machinery starts working. There are so many such yogas about which I have heard and know how people have been hurt with it. I have met many people who have suffered a lot because of misleading ideas. The time had to come for you to get self realisation to awaken the kundalini, that time is now. Before this there was no time that people could get mass evolution. Normally also in the evolutionary process, one fish came out and started crawling, then about few came out and then ?? of fishes came out. Seeking today is the maximum, it was never so before. But it gets diverted and deviated. The happening of yoga is a living process. Is a living process of evolution. Like this mother earth you put one seed, it sprouts by itself, its a miracle. Who does that ? Who creates this flowers? Is this paramachaitany this all pervading power of divine love. So this separation of two things, one side is this physical growth and physical working out and on the other side the emotional working out through bhakti could not balance human beings. I say that if it is your evolutionary process, if its a living process, how can you pay for it? How much do you pay to this mother earth ? It is built in the earth that she can sprout a seed and also in the seed it is built in that it sprouts. So firstly you cannot pay for any yoga. You can pay for the hall, you can pay for electricity. But can't pay for a evolutionary process which is spontaneously within you works out your last breakthrough. And if you are sincerely seeking it works in no time. Even the nath panthis who were quiet depth in it and travelled to so many countries, like Macchindranath, Gorakhnath; they too could not raise the kundalini of the masses. Actually the tradition was that one guru have only one disciple. And it was hazardous we have to go through so much of disciplining and all kinds of fasting and all kinds of things that people got fed up with it. Recently I have read a very interesting book by an American called as "Peaceful Warrior", is a story of a athlete and the person who took to this zen system of ascent. And he has to, really if you read that book you get such a fright because this poor fellow this young fellow had to go for years together for various things and do all kinds of horrible things; ultimately he receives his realisation. This is he says that I reached my "Satori" state.

So that we call as the self realisation. So all these things though were there let only one single soul into realisation. Now today's sahaja yoga is different. It is the compassion of the God itself wants that you all should get your realisation. He must have been now very much overwhelmed by the way people are asking his blessings that people get realisation in no time. Is the other way round, first you built the top of the house and then the house. First you raise the kundalini and enlightened the brain. Now suppose it is all darkness here, I cant see, I have a snake in my hand and I am very obstinate. And if you tell me throw away, I wouldn't, I wouldn't because I am obstinate. But if there is slight little light somewhere, immediately I will throw it away. So by the awakening of the kundalini what happens people see what is destructive, see themselves, no body has to tell. Now is I tell you ?? this all the ten commandments, all you will run away.

But once you get this light then you become your own master. You yourself will become your guide and you give up everything that is destructive. Not only that, but you know everything about yourself, you get the self knowledge, you know what centres are catching, where is your problem. For eg. some sahaja yogi will come and will say "mother please remove my Agnya, very bad, troubling me". Actually it means "I (seeker) am very egoistical, there is ego in my head, please take it out". But normally people will never see that. When you start feeling your own problems you try to solve them. Also you know how to solve them. You yourself become knowledgable. Then you will be amazed how you transform completely. With sahaja yoga so many diseases, I am told we had a doctor's conference here with you last time and so many diseases are cured automatically. You dont have to do any diagnosis, on your finger tips you know what chakras are catching. Now if you know how to correct this chakras you can correct yourself, you can correct others also. Also on finger tips you know whats wrong with another person. You dont see what clothes, what nationality but you just see the chakras and you can cure another person also. You can raise the kundalini of others. All this blessings are there because of this modern times. In our sanskrit language we call it Kaliyuga, modern times, Ghore Kaliyuga. Ghore Kaliyuga means the worst time for human beings. But also promise that at this time only those people who are seeking the truth in the himalayas, or in the jungles the forest, will become householders and they will get their realisation. These are the special times, I call them the blossom time. Because there are so many flowers, like lotuses the brains are. Only this lotus has to open. This is the last judgement. Now if you want to go to something wrong, to something stupid, you can. Also you need not have blind faith in me, not necessary. But if you experience, this all pervading power on your finger tips as

cool breeze, then don't doubt yourself. Because you are born at the special times. All this centres that you have seen here are responsible for our physical, mental, emotional being; and also our spiritual being. These centres, if they are in jeopardy; then you can have physical problem, you can have mental problem, you can have emotional problem, you can have spiritual problem. So now we have seen this kundalini awakening, so many physical problems are cured, mental patients have been cured. So many people who were lost in spiritual seeking are cured. And they are also powerful; powerful in love and compassion. (speaking to sahaja yogis). So if you have any problem on human level, the same problem takes its own course in the collective. Now if I say sahaja yoga can cure cancer, all doctors may come with their short guns and ?? But it can. Why not give it a chance. But the modern mind is very complicated. Actually the mind we have is the myth. 48.00

It is created by our conditioning or by our ego. Now, if you have to go to reality you go beyond the mind. That means you have to become thoughtlessly aware. One thought rises and falls, another thought rises and falls, these thoughts are coming to us from the past or the future and we are jumping on the cusp of the thought; but we cannot be in the present. When kundalini rises she elongates this thought and the space is created ?? the space for the present. Thus you get rid of your stress and headaches all your disturbing problems, then you feel absolutely peaceful. It's important that individuals become peaceful so the whole world will become peaceful. At that stage you become one with the whole. And who is the other to fight. Any divisive methods all fail before such a person. Today they are fighting in the name of God and religion; can you imagine ?. Actually Moses, Abraham was absolutely respected Christ. And Mohammad Sahab respected Christ and his mother much more than in the bible. So this is step by step how the religious idea has moved. Now how can they fight among themselves and kill each other. It is absolutely stupid. But once you become your master, you understand that all these religions in essence are the same. Actually it becomes the fact with you because once you get these vibrations in your hand of the divine, you can ask any question and the answer comes like a computer. You ask any question. Those who don't believe in God, let them ask question "is there God?"; immediately cool breeze will start. Was Christ the son of God ?; it is not mental, it is not discussion, it is not argument; it is just a reality. So this compassion, this love is divine, is the giver of truth. The compassion and the truth are the same. Supposing you love somebody you know everything about that person. So there is no difference between the two. But this truth is full of compassion. Only through this real yoga, real spiritual yoga you can feel that within yourself. You can feel it, all of you. There is no problem on that. But people who are still obstinate will have to go on till snake bites them.

It is very simple, it has to be because it is so vital today. It's not talking, it's not any kind of argument, any kind of exercise; it is effortless. Because you are so fortunate, you are born in this time and that's the only criteria. You are not obliged to me, it's your right to have it; and to get it and to become powerful. So many things will happen which, you will be amazed at yourself. The whole atmosphere will change. I know of very great artists who came to sahaja yoga and now known all over the world. Musicians, artists, we can say doctors; all of them have become so expert because they know the truth. And your mind, is no more, you are clear with the reality. Now supposing there is somebody who comes from the jail from India and wears a dress like a sadhu, how will you know if he is a gangster or a sadhu. Just put your hands towards him, immediately it will start burning your fingers. You can know about diseases, you can know about person, you can also know about situations. It helps socially, it helps politically and it helps in every manner. I don't know in this short lecture how much I can tell. Best is to get your experience and as I promised him that I will send somebody who can give you a kind of courses. But you don't have to pay for it. So if you are ready, I will tell you there are two conditions; the first one is that you should not feel guilty at all. If you have ? Wrong you have done that is in the past. But if you carry it on this (left shoulder/vishuddhi) catches very badly and you develop troubles like angina, like spondylitis, also lethargic. Now, so you have to forgive yourself. Secondly you have to forgive everyone. Now you might say it's difficult to forgive. But whether you forgive or don't forgive you don't do anything; what do you do? It is just a myth. So why carry on with the myth and torture yourself. I would say don't think of them whom you have to forgive. It's a headache. Just say in your heart that "other we forgive everyone ". Alright. Another thing I have to request you to is you have to take out your shoes because it helps a lot for mother earth to suck in our problems. You have to be comfortable. You don't have to go to Himalayas. Only thing you must forgive yourself and forgive others, that's all. You need not stretch too much, stretch too much, but sit comfortably, straight. It will hardly take ten minutes I assure you. In the beginning it used to take for me one hour. Now I think 27 years I am doing this job. Now it is become very fast, now people are more aware. Alright. So what you have to do is put your both the hands towards me like this. Please put your left hand towards me like this, and right hand, bend your head, and see for yourself if there is a cool or hot breeze like vibrations are coming out of your fontanelle bone area. Fontanelle bone area is the soft bone which was there in your childhood and keep your hand away from it and please bend your head. Now see if there is cool or hot breeze is coming out of your own head. Now please put your right hand towards me and put down your head again

see for yourself if there is a cool or hot breeze like vibrations are coming from your fontanel bone area. It is hot because you have not forgiven yourself or not forgiven others. So now please do it. Sometimes it comes close to the head, sometimes it comes away from it. But don't put your hand on top of your head. First thing have faith in yourself, don't doubt. Now once again with your left hand towards me and right hand on top of your head and please bend your head now. Now raise both your hands like this (towards sky) and see upwards. Here you have to ask any one of the three questions, any one of them three times. You can call me Mother or you can call me Mataji; "Mother is this the cool breeze of the holy ghost"; "Mother is this the all pervading power of the divine love"; "Mother is this the paramachaitanya". Ask any one of these questions. One of them three times in your heart. Now take down your hands please. Put both the hands towards me like this. Higher. Now watch me without thinking. You can do it. Without thinking. Don't think. All those who have felt cool breeze or hot breeze out of the fontanelle bone area or on their finger tips or on the palm please raise both your hands. This is Bulgaria. May God bless you. All of you have felt. Because you are truthful seekers. Just give some time for yourself for your growth.

1996-0709, Mind is created by our conditionings and our ego

View [online](#).

9 July 1996

Mind Is Created By Our Conditionings And Our Ego

Public Program

Bucharest, Polyvalent Hall (Romania)

Talk Language: English | Transcript (English) – Draft

Arrival at the venue for the Public Program

Two lady reporters interview Shri Mataji. Sahaja Yogi translates what the first reporter asks:

Reporter: At Your birth it was something happened in the ward or in Your family or in the town You were born?

Shri Mataji: I have so many things, so many. I have so many things that happened.

Reporter: One example.

Shri Mataji: You see, many people had said they saw signs. Also My mother, she saw in her dreams that a Lady in White is coming to save the world. My mother was a very intelligent woman. She was Masters of Mathematics and she was also very, very righteous person.

Reporter: If You can tell them about some visionary experience You had, something to be useful for the mankind for our path to the truth.

Shri Mataji: When I know everything, what is there to vision? When I know everything there's no question of vision.

Reporter: ...some dream, some personal experience from Your childhood, from Your adolescence, from maturity You had - if it's possible to unveil some visionary experience You had.

Shri Mataji: I was never a visionary as such I must say, but I knew My job, I knew My mission from childhood. I was quite aware, Myself.

Second Reporter: ...about this country, about Romania...

Shri Mataji: It's a very beautiful country, and of such musicians that in India we call them gandharvas, means celestial musicians.

Second Reporter: And the woman, professional...

Shri Mataji: Oh, they are very good, very nice. But you must know that women have powers. You must know your powers. You should stabilize your minds and understand what you have. They can do a lot. Now see I will be seventy-four and I am traveling so much. You all can become very powerful.

Translator: The lady says You are one of the happiest human beings coming on this planet.

Shri Mataji: And also I want to make you all happy, very happy.

Translator: Thank you, Shri Mataji.

Shri Mataji: May God bless you.

[The party moves to the hall]

Shri Mataji: It's nice wind there.

Sahaja Yogi: Yes Shri Mataji. A Divine Cool Breeze.

Shri Mataji: They are good ladies, I must say. It's always an idea that one should get a vision and accept certain missions in life.

Sahaja Yogi: We got some miracle photos this morning Shri Mataji. This morning at the railway station. You see the lights around You.

Shri Mataji: All Love.

Sahaja Yogi: ...but this is the most beautiful. There are some others, but not so spectacular like this. She would like You to sign the photograph, Shri Mataji.

Shri Mataji: Normally I never sign because I'm not an actress. That's My name, but also I have another name.

Reporter: Thank you so much.

Transcription of Shri Mataji's talk starts here:

I bow to all the seekers of truth. At the very outset, I've always said that truth is what it is. Without knowing the absolute truth, there cannot be peace on this earth, there cannot be satisfaction, there cannot be happiness and there cannot be joy. We do not know the absolute truth. Whatever we know, we know through our mind. And mind is a myth created by us. This myth is created by our conditionings and our ego. And once this mind is built just like we have a computer, made by ourselves, we start depending on it. But mind can never give you reality. One has to go beyond the mind. Unless and until you go beyond the mind, you can not know the truth. Now what is the truth? The truth is that you are not this body, this mind, these emotions, this ego but you are the pure Spirit.

Another truth is, as you see here beautiful flowers created by Mother Earth, we take them for granted. But it's a miracle. We do not even think that it's a miracle. Who does all this miraculous living things, living works? So I have to tell you there is a all-pervading Power of Divine Love. And this Divine Love does all the living work. We have also evolved to this human stage by this Divine Love. We have never felt the power of this Divine Love. It's an energy, very subtle that works out all this living work we are talking about. Now we have to understand that all the chaos of the world, all the problems of the world and of individual human beings come to us through our ignorance, ignorance of reality.

They have been telling you about the chakras, about the centers that we have. These are responsible for our physical, mental, emotional and spiritual being. When they are in jeopardy, then we get all these problems. But we have a power within us which is in the triangular bone, which is called as sacrum. Now this bone, sacrum bone, is called sacrum, sacred - means the Greeks knew about this. And they worshiped also the Mother Goddess of Athena. But all their mythology is finished, as your mythology is also finished. So, there were people who were very much conscious and aware that there is a power, a Mother Power of compassion and love. This power has brought us to this level of our human existence. But we get lost because we have a freedom to choose right or wrong. And we take to right and wrong with this mind of ours which is a very unstable guide.

For example, I saw in your markets here, also in other countries in the Eastern bloc, so many things selling from America and

England and all junk. And you such nice people are wasting your money, precious money into this junk. One thing I must tell you, Indians are that way very wise. There's a kind of a stability. You won't find one shop in India where any one of these imported things are sold. It's thanks to Mahatma Gandhi that the idea of imported things to be boycotted came from him. So, it has helped us a lot because we don't waste our money on things which are not selling in other countries because of recession.

This stability has to come. First of all our securities are to be built, that we are human beings who have wisdom. But how do we get this wisdom? What is the way to get this wisdom within us? So, when this Kundalini rises, She nourishes all these centers. That's how She solves our physical, mental, emotional and spiritual problems. See, these are all Romanian singers and singing Sanskrit songs and Hindi, Marathi songs so well, that nobody can believe they are Romanians. With the awakening of the Kundalini, now they have developed a special type of creativity and sensitivity and also the wisdom that we have to be stable people. When this Kundalini enters into our brain, it enlightens it. Brain is a reality. And then we start seeing the different parts of our brain enlightened and we understand what is reality.

Also when this Kundalini pierces through your fontanel bone area, you get the actualization of your baptism. When you get that actualization you start feeling on your finger tips the Cool Breeze of the Holy Ghost, which is - what I say the Divine Love. You get absolutely relaxed and peaceful. How? Your thought rise and fall, another thought rises and fall and they are coming from the past or the future. But you cannot be in the present. So, we are jumping on the cusp of these thoughts all the time. But when this Kundalini rises, She elongates the thoughts and the space is created, which is the present. At that stage you become thoughtlessly aware. There are no thoughts, but you are fully aware.

The other day we had a conference with the Hatha Yoga people and told them that in Hatha Yoga there are eight parts, ashtangas, eight parts. Only a wee bit part of one of them is exercise. And this exercise is also, is to be done according to the need of the person, or it can complicate your body. It can trouble you. So, the real achievement of Hatha Yoga is also thoughtless awareness. What Patanjali has said? He has said that there should be thoughtless awareness and then there should be doubtless awareness. In those days, one had to work very hard to achieve it. Among thousands of people, one person used to achieve. Also same thing about Tao or about Zen system. One has to go through a great practices years after years to reach the satori stage, they called it [inaudible].

Now this has been absolutely reduced to ten minutes exercise. Like we first build now the dome of the temple and then the temple. Like we raise the Kundalini by which you get the light, light of your Spirit. Maybe little, but you do get. In that light you see yourself. As I always give you the example of a snake in My hand. There is darkness and I am very egoistical and I can't see what is in My hand. Till the snake bites Me, I don't believe it is a snake. Anybody tells Me, I won't listen. But as soon as little light comes in, I throw away that snake. In the same way, you throw away whatever is destructive in you.

I never say, "Don't do this and don't do that." I do not say about the Ten Commandments. These are not the days for Ten Commandments. But let them have their own light. In their own light they can see what's wrong with them. They become their own masters, they become their own gurus and let them grow in reality.

That is what Sahaja Yoga is, today's Sahaja Yoga. "Saha" is "with", "ja" is "born with you," is the right to become a self-realized personality. In these special times, I call it a blossom time, which is definitely, believe Me, is the Last Judgment. If you want to go to hell, you can go to hell and if you want to go to Heaven, you can go to Heaven also. It is your choice and in this choice, you are free to decide what you want. Somebody asked Me, a newspaper lady once, "what is the proof that it is the Judgment time?" I said that "you can see from..." You must have seen the photographs, miraculous photographs. There were never cameras before. So, Mohammad Sahib said, "Don't make My picture." And Christ's pictures are, sometimes He looks like a Catholic Roman or He looks sometimes like somebody from France or somebody from England, depending on the artist.

But now, these cameras are doing wonderful work, I should say. They are producing such miraculous photographs, that I am amazed, but to prove that this is the Last Judgment, so be careful. So, what you have to achieve is self-knowledge, to begin with. So you know which of your centers are catching, where are you in trouble.

Supposing somebody comes and tells Me, "Mother, please improve my Agnya." That means he is saying that "Mother, I'm egoistical. Please, correct my ego." Normally we would never say like that.

So, we talk the language of chakras and centers. These give us full idea as to what is our physical state, what is your mental state, what is your emotional state and what is your spiritual state. All right. So, now after knowing what's wrong with you, if you know how to correct it, then there's no problem.

The second thing that happens to you, that you know about others also. Because this human awareness develops a new awareness of collective consciousness. So you can feel on your finger tips what's wrong with others also. If you can cure yourself, you can cure others also.

And that is how Sahaja Yoga is spreading like wild fire, like the seeds, you see, which just float in the air and go on spreading. Because the time is such. It's very important time, I think, that this is happening because the Divine, Itself, is anxious. It is helping so much that never it has happened before. According to Indian philosophy, there is what we call - this is Kali Yuga, ghor Kali Yuga, worst time. When people go into illusions, into bhranti - illusions. And at this time only they will take to seeking, seeking of the truth. And this Kali Yuga is now getting into another thing called Krita Yuga, where all these vibrations, or we can say the Paramchaitanya is acting. People can't believe in it.

First of all, we have no faith in ourselves. We think, "How we can get it?" We have been conditioned by saying that we are sinners, we are good-for-nothing people. But that's not true. Nobody is a sinner. It's just a myth again in the head. It works so fast now, so people were amazed that for this Kundalini awakening, people took births after births and "Mother, how is it working so fast?"

I said, "Nobody went to moon before this and now how we are going to moon?"

The time has matured, matured human beings. Whether you are educated, uneducated, whatever you are, as long as you are a human being you have a right to get your Self Realization. But of course we can't give Realization to arrogant people or the people who have already some ideas about Realization. One thing we must understand, that if we have to change the world, we have to change human beings. People think by giving lectures, having conferences and this and that, peace will come. It will never come. A global transformation has to come for peace, for wisdom and for joy. And that's what happening.

There is so much to be said on Sahaja Yoga. Only thing you have to know that you have many powers. First is the power of great compassion. And this compassion acts and it works. It's not just talk or it's not lip service but actually it acts. You have to just mature into that. This can happen to you today, to all of you. There are so many already, so many Sahaja Yogis here.

But after that you must grow, just like a seed that is planted and has to grow into a tree. Must pay little time, only time, not money, for your growth. You must respect yourself. Otherwise it's like a seed which is sprouted and finished. Then you will know what is your identity, what is your glory, what is your greatness. This truth is the Divine Love. If you love somebody, you know everything about that person. In the same way, truth is Divine Love. And you become a very mature, wise person.

I am so much happy to come to Romania. In Sanskrit "ramana" means to enjoy. You have to now just know your Self and enjoy your Self. As I said in this short speech, I cannot say everything about Sahaja Yoga. Only thing is that you should ask for it. I cannot force on you, because I respect your freedom. If you want to have, you can have it. And if you don't want to have, nobody can force you. So anybody who doesn't have it should leave the hall, though it will hardly take ten minutes more for you to receive your Realization. This is your own, you don't have to pay for it, neither you are obliged to anyone. You'll be amazed how your problems will be solved by the help of this Divine Love.

Now I have to tell you that there are two conditions, very simple ones. First of all is not to believe that you are guilty, you have done something wrong. Whatever wrong you have done is in the past, is finished. You are here in the present. If you feel guilty, then this center here on the left side catches. And then you develop angina or maybe the spondylitis or maybe lethargic organs.

But why to have all these headaches. Because to feel guilty is also a mental activity. If you were guilty you would not have been here, you would have been in jail. So firstly forgive yourself. Just forgive yourself. Have a very pleasant attitude towards yourself.

Now, second is to forgive everybody. Now the center here is like this, very constricted, like this. And to open this you have to forgive. You don't have to think about the people whom you are to forgive because if you think about them, it will give you headache. In general you should say in your heart that "Mother, I forgive everyone." These are only two very simple logical conditions.

Now, I request you to take out your shoes if possible. In England, first time when I asked them to take out their shoes, most of them walked out. So much attached to their shoes they were. But Romanians are much wiser.

I told you it will take hardly ten minutes, hardly, really because you are so aware, you are so beautiful. But have faith in yourself; that's very important. Now, I would request you all to put your both the hands towards Me. You can put down your fans and put both the hands towards Me. Just like this. Now, you have to bend your head and put the left hand towards us and put the right hand on the top of the fontanel bone area which was a soft bone in your childhood. Please bend your heads.

Now, see for yourself if there is a cool or a hot breeze, like vibrations, are coming out of this fontanel bone area. This is a soft bone in your childhood. Sometimes you get it very close to the head, sometimes away, but don't put your hand on top of your head.

Now, please put your right hand towards Me like this and bend your head, and see with your left hand. If it is hot that means you have not forgiven yourself or not forgiven others. So, please now forgive yourself or others. Once again. Please put your left hand towards Me and put your right hand on top of your head. And now see for yourself. Again, sometimes you get it far away. So, see it clearly and have faith that is coming from your head. Bend your heads. They didn't bend.

Now, please put both your hands towards the sky, like this, and push back your head. Here you have to ask one of these questions three times in your heart. You can call Me "Mother" or "Shri Mataji," Now say in your heart three times one of these questions. The first one is - push back your head and first one: "Mother is this the Cool Breeze of the Holy Ghost?" Now second question is: "Mother, is this the all-pervading Power of Divine Love?" And the third question is: "Mother, is this the Paramachaitanya or Ruh?" Ask anyone of these questions, three times.

And now put down your hands and watch Me without thinking. Don't think. Just don't think. You can do it. All those who have felt Cool Breeze on the fingertips or on their palms or out of their fontanel bone area please raise both your hands. My. The whole, all of them. My goodness!

I bow to you, all Saints now. Your powerful, saintly path has started, life of saintliness which is very enjoyable. Just enjoy yourself.

May God bless you all.

They will now sing one song and you all should clap so that your hands will be more empowered.

1996-0710, Talk and Treatment at Vienna Airport and Departure

View [online](#).

10 July 1996

Talk to Sahaja Yogis

NH Vienna Airport Conference Center, Vienna (Austria)

Talk Language: English | Transcript (English) – Draft

Talk at Vienna Airport. Austria, 10 July 1996.

In Bucharest, there were equal number like you people are here, and I didn't know how to take out My attention away from them, it was so much touching to see people so much full of love. It's a very powerful centre we have I think, Bucharest is, because we have some very great musicians there, as you are here. Also, they have, they told Me twenty-one doctors who are practicing Sahaja Yoga. So many scientists, very open-minded people, very open-minded. And it has spread so fast, there were 6,000 people in the stadium, we could not have it in a hall, so stadium, and everyone got Realization. I was telling them the General of the military hospitals, he came to see Me personally, he got his Realization first, then he came to see Me. So humble he was, all the time he was worried how Sahaja Yoga will spread - "What are you going to do?" "How long will it take?" I mean such, sweet, sweet things he asked Me. I was amazed. This man was meeting Me only yesterday, he came to the program, got his Realization, today he is very anxious to do so much for Sahaja Yoga. So, I said, "Why don't you come to Italy?" He said "All right, "If you call me I'll come. I'll come to Pune wherever You will say, to Bombay anyway".

Is very surprising, also in Bulgaria, where we went to Sofia, the people who came - I mean, the Bulgarian Government is too lazy yet to say that we are registered, so we have to go through some association. So this time yoga association called them and they believe in Hatha Yoga, and I mean, I told them all about Hatha Yoga - what happens with Hatha Yoga and how it works out and this and that. And we are doing the same but it's very quick - that's all, because it's modern times. So they came to see Me later on, and I tell you I was so surprised, they were very well read people they'd read so much about yoga, they had been to India - this thing, that thing, but immediately they realized that Sahaja Yoga is the solution, for all the seekings, for all the problems of the world. It's very surprising how these countries, which are still not so developed - monetarily I would say, are so much in Sahaja Yoga, and are so active. I was telling just now, that I think this democratic countries the money has gone into our head, and with money there is corruption, there is violence, there is mafia all kinds of things. With all that, still if these countries would not have been democratic I could not have entered there - just see. Because they became democratic I could go in there; we could talk of Sahaja Yoga otherwise it was impossible, to talk about Sahaja Yoga, God (unclear) or about anything.

So there is a big advantage that democracy started, but the situation of democracy is not all right and the people are not worried about, not at all worried about political side - they said let them fight, let them do what they like. And the people are so nice - so, so nice. Little, little presents they gave Me, even in the shop. It's different type of people, and then they were telling Me about their ancient times whatever they have discovered is. And they said that before Christianity came in, people used to worship the Mother Goddess, and then they showed Me paintings where a Mother Goddess is there and She's blessing some horsemen, some soldiers. They said it is 3,000 to 5,000 before Christ. That means they were very, very close to reality. Even I was surprised in Colombia and Bolivia; there are some statues that have come out of the Mother Earth and there's Kundalini. Even the ornaments they brought as a copy ornaments, they have Kundalini.

So I think human beings were aware of Kundalini when they were very simple people, and they knew about Divinity, no doubt about it. And they did not need it; they did not do Sahaja Yoga, or anything, just because they were there. But this so-called democracy, for such a long - is not good thing; I've reached that - because if it is too long, people become extremely money-oriented. Money becomes so important that goes into their heads and that money, money, money; it's no end to it. In My own opinion is, money is for what - not to make a slave out of you, no, but to make a master out of you, and this is where I find, people have missed - are still running after having more money, having more money - not satisfied. But with Sahaja Yoga one can achieve that state of satisfaction. That now is sufficient, we don't want anything, what do we want? Is more than sufficient.

And today only I read in newspaper that Americans are just mad buying things. I'm also mad buying things for you, I tell you. All the time, everywhere I go, try to buy some presents - something, all the time buying things. But only things that are artistic, things which are made by hand, because now the European fashion is such a funny thing that they want everything simple, they don't like anything ornate, nothing classical. They are the ones who started everything classical, now they want everything to be simple. I can't understand, God has given us a nose which is protruding, and ears protruding and are we to cut them out? So much so they don't think what will happen to the artist. Artists are creative and they want to put their exuberance into their art, and we don't want to see why they are like that, and we don't feel that - wear very simple dresses. You see, by this wearing a simple dress one doesn't become simple inside - not at all.

When I was in London there was one fellow, from the hippie group came to see Me - all his hair was like that you see, and he was just scratching, perhaps maybe there may be lice because I couldn't understand wearing funny dress. So I said, "What is this, it's like primitive everything?" He said "I want to be primitive, I am primitive" I said "You cannot be, because your brain is not primitive, you are modern inside. Outside if you try all these tricks, by that you cannot become primitive - this is just your satisfaction, but why do you want to become primitive?" "Because they were better people". "Then become a better people". So this trend of madness, that we want to be extremely simple, is not necessary.

In Sahaja Yoga, we don't believe in sanyasa at all, no, not at all. You better get married, have children, go through it, and live like normal people. By the way when I was talking, giving a lecture, I said you don't have to stand on your head, you don't have to stand on one leg, nothing of the kind. Then Ruth told Me that the gentleman who has invited Me has got his photographs where he is standing on his head, and standing on his leg, standing on one hand. I said, "My God; you should have told Me it was so embarrassing". He's the one who invited Me; I'm just saying without understanding that this gentleman is sitting there. But he was quite convinced, he said, "Mother just put Your Hand on my head" I said "All right - all right-sided". The main thing, this Hatha Yoga, I told him, there's no talk of compassion. So only physically you will improve, only physically, what else, at the most he had a chest like this you see and all that, but what's the use. "Are you satisfied, are you happy?" "No".

So the simple thing one has to really understand, to be simple is to be satisfied. And to see things with an eye of appreciation of what people have created. In the modern thinking, see I don't know what sort of abstract nonsense they produce, is abstract. Now many people are realizing it, that one line they'll put like this and another like this, it's abstract, finished. I mean you are not abstract, first the artist has to become abstract, means subtler, that is only possible if he becomes Sahaj. Sahaj in the real sense, then he can play with colors beautifully to please others. But this is a very big problem of modern life today.

Then also I found out because of such bombardment, upon the modern mind, they have become absolutely unstable, there's no stability. Mr. Armani comes out with one dress say, so everybody will buy that dress. He's now in goal thank-you; I mean thank the government there. He's in goal and six others of his type. So he takes out a dress, all the women will be dressing up like this otherwise they think they are not in. Then they will have another one gentleman coming, giving another show so all the men will be dressing up like that. This is nothing but we are playing into the hands of these entrepreneurs; because we have no stable mind, no wisdom. See once you have established what you require, what is the dress you require, what is the style you require, finished. Then you must grow inside and not outside. But this instability has grown so much now, that if you go to somebody's house you see, suddenly you will find two legs of the pant falling on to you from somewhere, the whole house is filled with clothes, with the jewelry, with this, that, and everything nonsensical.

So this modern mind has become extremely polluted; that we have no stability, no wisdom, and we are playing into these things like fashions, this that. It won't work out in India I can tell you this much. This mini sari came, mini sari, up to the knee or maybe ...You see this fashion is to expose the knees; is very dangerous, because you can get both the nabhis, and I am suffering because of them. They open their knees in this cold weather or hot weather, either you catch the right nabhi, or the left nabhi, and what is there in the knees to expose, I can't understand. So they expose the knees and then it is regarded as a very big fashion that they expose the knees, you see. Then tomorrow they'll bring out something else, and that's what they do.

So for Sahaja Yogis it is important that they must decide now, that's all finished, no more. I can understand a dress in which you have got some handwork done, some embroidery, some lace, all right - for men also. Something that is some artistic thing. Now the attention is absolutely blasted by all these superficial things, and to add to My pain was, that in all these countries, Eastern Block and Russia, which are very poor countries, imagine, one pound is equal to 5,000 lei, 5,000 lei. And they get their highest pay is about 100 dollars per month. So all the junk of America, which is not selling there, because there's recession, all the junk of England, all the junk from maybe from Austria also I don't know, is all going there and - of course selling at a cheaper price, but they are wasting all their money on those things. Indians won't, I told you, this mini sari came, it came for a short time, for a week, near Bombay and then people said, you get lost, we can't do it. Once a sari is established traditionally, for Indians, finished. Kurta pajama for men is finished, at the most they can have something shervani and all that, but then there are no every day fashions you see, of this kind coming up and who is paid for all this are these horrible entrepreneurs who are charging us for their tailoring.

So the first thing in democracy, people must have satisfaction. If you don't have satisfaction, it's not going to work out. The blessing of Sahaja Yoga is on you people, Sahaja Yogis, though we belong to the same type of country, that you have children; you have children. Normally now they are saying that the white colored people are not producing children, everywhere in Germany anywhere. So at least Sahaja Yogis are producing children, what a satisfaction. That we all have children, and sweet beautiful children, beautiful as they are, what a satisfaction it is. That we have such beautiful children that, you see this race would have been finished. In America they say is minus, Germany is minus, everywhere it is minus, only Sahaja Yogis are producing children. Sometimes in America they produced in one year eleven children - because one lady had three, two ladies had two each. So she said, "Mother what are You doing?" I said "I want to have some saints in that country, you know, otherwise it's going to dogs, so better to have some, and very sweet children. Three children imagine, and they were feeling rather embarrassed, I said, "Is very good, it's very good that you are having so many children". What we need is now, children, and that's such a satisfaction, to Me it's the greatest satisfaction to see you with your children and, their sweet ways and methods and the way they play around, they talk, so satisfying.

So we have to seek satisfaction, this way, in our relationships. Like, you see, for My coming, you were so anxious. I mean, people don't understand, what's there an old woman of seventy-three years, all these people are mad or what. Why do they want to meet? But there is a kind of a thing that is very much a satisfaction within us. For Me and for you. Very satisfying, now what is that that is satisfying us, you cannot analyze it, you cannot explain it, you cannot, but there is a kind of a satisfaction we are enjoying.

So let us see, where do we feel satisfied? For all of us who are democratic people, there's one thing that all this nonsense plays on our weaknesses and exciting our dissatisfaction. So our society which is Sahaja Yogis, we have to be careful. As I told you, you should be more satisfied to see something artistic, to see something poetic. This is the only way you can counterbalance the another side is. Now why our Prime Minister in India, is shamefully going to goal. Can you imagine this man? I gave him Realization; he came to see Me three times, but once he became the Prime Minister, he wouldn't allow Me to meet him even. He was on the other line, and he met this fellow Chandra Swami, and this guru of ours, this Mr. Chandra Swami, took advantage of greed, and so the greed. Greed is like this, I just don't know billions and billions, what are they going to do?

There's no satisfaction - and now in the goal I don't know what they are going to do. What a shameful thing all over the world to see the Prime Minister of India going to goal. But this greed is everywhere. Somewhere they are caught up, somewhere they are not caught up. But it's a very stupid thing to have greed. Because there is no satisfaction, so you fall into greed. But what are you going to do with all that, still I don't understand. So for us, what is My satisfactions, we should have ashrams, we should have so many Sahaja Yogis staying there, we should have small little children doing Sahaja Yoga - all that is so satisfying, there's no greed about it.

The good news is that Shudy Camp is about to be sold. It's only for a small amount, about 420,000 or so but, out of which 300,000 belongs to this Mr. C.P. Srivastava, but he said "now what are we going to do with this money? You better take it - and you had one great desire to have some land near the river Ganges at the foothill of Himalayas, so buy that, it is very good". So as

soon as this is sold out, we can buy that land, it's a very beautiful land along the river Ganges. It won't be, I don't know, the climate will be the same as you have here, but no snowing - without snowing. But summer time it will be little hot and I think you will like that. It's a land about 80 acres of land and I want to build there houses, small little houses for you, about two bedroom houses. Let's see what happens, and you all can own it if you want.

But something I think Sahaja Yogis have to be aware, that so much money is needed for every kind of thing. Today for the first time I'm telling you, that lot of money has been spent and needs to be spent. Now when we go to Daglio we don't find out from where do we get the money for Daglio. Now there's one big hanger, which we are going to put, near the river and the land we are buying, from where is the money going to come? It's not simple, it's quite expensive. But for Me it works, see now, Shudy Camp is selling. For Me everything works out. So I think for Sahaja Yogis, satisfaction is also extremely blissful because everything will work out.

Paramchaitanya is actually very busy now and also I think all the ganas are really playing lots of tricks, lots of tricks. I showed them Photograph, one of ... and we had many miracle Photograph. But this time I was addressing the people, in Bucharest and they have shown one big white colored vase with flowers - it was never there, but first time it appears on the right-hand side of Mine, another left-hand side. What are they up to? I think they were trying to adjust perhaps that. But they said they don't have anything like that. So they are trying to help us. Now what does that show, shows that, what are you worried about? This satisfaction works out everything, but that is the thing one has to achieve, is satisfaction, I am satisfied. I am absolutely satisfied.

There was one girl who was a journalist who had come. First, she was asking Me questions when I was going just now when I was in the car. She was standing there and she was going on and on. Then she said, "I may come tomorrow", I said "please come". By that she had received her Realization everything and when I was coming she talked to Me. She got her Realization and with this she was like a little baby, you know. And the way she was talking everything changed. She had asked Me a question, that you seem to be the happiest person, I said "Yes, and I can make you also happy". She said, "I am also very happy". She was sitting downstairs, and I said, "How long have you been sitting - why didn't you come up?". She said, "You told yesterday that you have to be in present - so I am in present. I'm not bothered". First she asked Me question, "Do you see visions?", I said "No, because I know everything, what is there to see? I'm in the present". So she gave Me back that "I was sitting here in the present nicely enjoying every moment of the present".

That is what it is. Future doesn't exist for us. But every moment of our present is filled with great joy, because of satisfaction. But it's not mental; satisfaction is not mental, it's a state I think, where you are just satisfied. I don't know what hankering people have. Like some people are fond of food, let us take it like this. They like tasty food, they want to talk about tasty food, and the food should be good and all that. If you have read Lal Bahadur Shastri's book that My husband has written, he said that Gandhiji said, "You should not have any sense of taste, aswad, you must develop aswad". "How to develop aswad, it is very difficult? I'm so fond of good food you see" - and also he came from a society I mean, from I should say a caste, which is - My husband is also same, all the time they talk about food, what they are going to have, what they'll have, this, that. So one day he told his friend, "I've solved my problem" he said "how?" "I've put water in the food and I ate". But those people, who are particular about swaha, they are such a headache I tell you. In Sahaja Yoga, I now see that they do not complain so much. They are all right, quite happy, because we have in a general way, some food cooked for you and you are quite happy with it you don't complain about it. But that is one of the early hankering of human beings, is food. Try to see if you feel satisfied about food, that doesn't mean you starve, never, never, I never mean that, shouldn't starve. But you must feel, just satisfied. Now how will you do it, it is the point? If people say that Mother no, no, how to get rid of it, You tell us, I mean, it's not just like some operation that you can do it.

So main thing is the nabhi, nabhi gives you all kinds of hankerings. Nabhi, like you want to have good food, consume swaha, want to consume, consume, consume, but after that, nabhi has another quality known as swadha, is to sustain. Sustain it. Into very subtle way, if you try to understand. We have eaten this; we have eaten that, we have eaten this and all that. Now, what is to be sustained out of that? The food is finished now, it's no more, nothing, it's finished, gone. Then what do you sustain?. Nothing. Only hankering - Oh, there I went, had a very nice dinner, there I went and this. So the past. The swadha is the present. So how do you sustain it, is a very subtle thing one has to understand. When did you enjoy the most? When all the Sahaja Yogis were eating

the food together, in collectivity - that experience of collectivity of eating together. That's what we enjoyed the most, together the collectivity.

So you have become even subtler than that and more than that is when you give it to somebody else to eat. To your children, to your friends, in giving something to them. That has even a more subtler satisfaction. Like I was surprised in Bulgaria I went, they said, "Mother we want one thing if You allow us". I said, "What is it?" "We make a very good of salad in this country"; I said, "really? all right, then what?". "We want to make salad", I said "All right, come along, what do you need for salads?". They said, "except," she said, "except for one thing, you can get everything but we have to have a kind of a special cheese". "And where do you get that?", "Only here". "And how much is needed?". "26 kilos, at least; for Guru Puja". "My goodness, I said, how will you carry?". "We'll manage. Mother, please just allow". And when I said, "Allowed", they were so happy about it, as if they themselves have eaten it or I don't know what was it like; they were so happy, clapping hands. "Mother has allowed us to take that cheese, I mean just think, such a sweet experience.

I said, "We will never do like that, you see, we cook whatever is possible here only, otherwise every country will start bringing anything". "No, no Mother, this is the first time, You just allow us". But very satisfying, very satisfying. They said, "Oh no we are coming by bus, we'll preserve it well and we will bring it, it's a special type, belongs only to this place". So when you feed somebody, you get their satisfaction. It's very subtler inside you see, and when you see that you give food, to people who need food, is even greater satisfaction. Then you forget about your hankerings and a new collectivity grows, you see, starts growing. But this feeling, this satisfaction acts because it is compassion. It is compassion, and this compassion acts. Say, for example, if you desire today, if you really collectively desire or feel that people from Ethiopia are starving, this will act, they'll get the food all right. This is the maha collectivity I would say, into which you have to jump.

Like I was going now, they were telling Me about Bucharest that there has been no rain at all and they are agriculturist and people are suffering. It was very hot in the train, I tell you really, we were all getting boiled up, but I said "It's all right". Then suddenly I remembered that I can make it cool also, why not try the trick and as soon as I gave a bandhan, immediately you'll be surprised, temperature came down, immediately. So by the time we reached the station, they said the temperature has come down, it was 40 degrees, today it has come down about 38 or something. I said, "Only that much?", "Yes". Then I just thought of the rain, and can you imagine, it started becoming cooler, cooler, cooler, by the time I came to the program, it was all full of clouds, and as soon as the program finished and I got up, it started raining. Raining, raining, raining, and it became so cold that I had to wear a sweater. Can you imagine, from 38 it came to 18 degrees temperature, just compassion, just compassion, that it's agricultural country, they are already poor there's no rain, just compassion. And I didn't even say that there should be rain, but just that feeling, which became so subtle.

So I started with satisfaction and then I went on to compassion. Without satisfaction, you cannot have compassion. You have to be satisfied souls, then your compassion will act. But people are mostly worried about them, in the beginning. "What is it?" "Mother, I'm very depressed", another used to say, "Mother, I am like this", or one would say "Mother, I have too much ego" another would say "Mother, my family is like this, my father is like this, mother like this, this, this". Now you are changed, you have grown up, very much. But now try, to see that you don't want anything anymore, now let's give, we have had enough of it. That's very important to understand. Give to others, to your friends - it's very touching you know, very touching.

Like yesterday when I was there, the Sahaja Yogis had been to India, to study music you see, and when I sat down they started Binati Suniye, in such a beautiful manner, that just tears came into My eyes, just to make Me happy you see, I don't know. Just they started that song. You see this is something is that, when you think that, we have to make others happy. All this whatever we have enjoyed, had enough now, no more.

Now let us make others happy, this will work. If we want to change the whole world, I mean that's My idea is, it's the global transformation of human beings. It's not possible by My going everywhere you see, but possible by your strong desire to change the whole atmosphere into a beautiful atmosphere. You can do it. You all can do it. Now you are so powerful. Your desire was that I should come here. All right so the whole airplane, everything they worked out for Me, I had to come here. I can't help it also, it's your desire and then it's so satisfying, such a mutual feeling, you know. As when you reach, say, the Ocean of your

compassion. And you see, as if you are touching the hearts of people and the ripples come back to you.

[Aside:] It's all right, let it be, I am quite happy with her. Let her be there, she's quite happy. [Conversation with the child:] What's the matter? Ah, ah. All right. [Inaudible] Let her come to Me.

So in small, small things there is joy, which we cannot see because we are very gross but once we start becoming subtler and subtler then we get joy out of this.

I am just expressing my joy today when I'm meeting you all, I hope you also enjoy everything that you have,

Thank you.

Hello, hello, what's your name?

Am I going to listen to some good music now? [Laughter]

I must tell you that was a girl who plays piano so well so well. And Mozart [unclear] so well. I thought I should marry her to somebody here, so that you can get her there. Tremendous!

[Applause]

1996-0714, She is Your individual Mother

View [online](#).

14 July 1996

She Is Your Individual Mother

Public Program

Teatr Komedia, Warsaw (Poland)

Talk Language: English | Transcript (English) – Draft

Public Program, Teatr Komedia 14.07.1996

I bow to all the seekers of truth. At the very outset, you have to know that truth is what it is. You cannot change it. You cannot transform it.

The only thing is you have to experience it. Unfortunately at this human awareness, you cannot know the truth. You have to evolve into a higher state of awareness to know the truth. Without knowing the truth, if you follow something then it's a very wrong thing. Christ has said: -"you have to be born again".

That is not a false certificate that I'm born again but in the Sanskrit language, we call a Realised soul, a gnostic person, a vijaha, meaning "born again", "born twice". In the same way, they call a bird, that is supposed to be born twice because of its an egg and then it becomes a bird. [Shri Mataji repeats again for the translator] Now, So as human beings we are still at the stage where we do not know the absolute truth. Whatever someone tells us we believe in it. We start following it, accepting it. But you should not also accept whatever I'm saying. Till whatever I say is proved, you should not accept it.

So what is the truth? The truth is that we are not this body, this mind, this ego, this conditionings but you are the pure spirit. But it's happening, it is not just a lecture or a statement, but it is happening. It is the actualization of baptism. The second truth is that we are told but we don't know is that there is an All-pervading Power of Divine Love. Power of compassion which is very intelligent, alert, active. It has been told to us in all the scriptures. But we have never felt it before. This power does all the living work.

You see all these beautiful flowers, we take them for granted. It's a miracle. It is a miracle that the Mother Earth has produced different types of flowers, different shapes, colours and fragrance. Who does this work? This is done by this All-pervading Power. It is the power of God Almighty. Power of desire. We talk about the Father and about the mo.. about the Son God, and the Holy Ghost but what about the Mother? This Holy Ghost is the Mother. And She is reflected within you I described to you as Kundalini.

Three thousand years back or maybe more, people believed that there is Mother Goddess. But later on, they forgot about it. So this power is the Mother which is reflected within you as this Kundalini. You all have in your triangular bone, it's called as Sacrum. This triangular bone is called Sacrum because the Greeks knew it's a sacred bone. This is the reflection of the Holy Ghost within you, of primordial Mother within us. She is Your individual Mother. She knows everything about You. She knows your past and She knows your aspirations. And She is just waiting for this happening that you get your real second birth. When this Kundalini rises She passes through these six centres which are responsible for our physical, mental, emotional and spiritual being. All of our problems come from these centres when they are in jeopardy.

When this Kundalini rises She nourishes all these centres, integrates them and fills it with this Divine Compassion because it is connected with this All-pervading Divine Power. Now, look at this instrument, if it is not connected to the mains, it won't work. In the same way, if you are not connected to that Divine Power which has created us, made us human beings, we will have no meaning, we will have no identity.

So you have to understand that this happening should take place within us if we want to have the resurrection. And this

resurrection is possible only during this time. It is a special time and I call it as the Last Judgement. If you want to go to hell, you can go. But if you want to have your resurrection you have every right to have it. In every scripture it is described, even in Koran it is called Qiyaman. And even Muhammad Sahib has said, "Unless and until you know yourself you cannot know God". Christ has said again and again, "Know thyself, know thyself." But cruel people killed him in three and half years time when he was telling them the truth. But now the time has come for you all, to get your resurrection, to get your self-knowledge. This has to happen, otherwise, we cannot achieve any security, stability of peace and enjoyment. I'm talking about global peace.

People are killing each other in the name of religion, in the name of God, what sort of religions are these?

There is nothing wrong with the religion but those who are in charge of religion, there is something criminal about them. Because they are money-oriented and power-oriented but they are not Spirit oriented. One has to understand that whatever is written we don't follow that. Christ believed in absolute, absolute morality. Absolute. And he said that, "Thou shall not have adulterous eyes". I travel all over the Christian nations and I haven't seen many people who are like that. Either they have greed or they have lust. They do not have pure eyes. They haven't got pure eyes. They may be priests, they may be anything but they don't have the purity of Christ.

But when the Kundalini rises, She purifies you. She purifies you absolutely, by which you become righteous. You become so powerful in your compassion. You really become like a saint. Nobody has to certify you, you know that you have become a saint.

Today when we see what is happening in the world, the way our young people are getting lured by false ideas, we have to be careful. Most of them are really seeking the truth, but they are misled by false gurus or false leaders. This, hmm and false leaders also. So these are all there to make money. They want money. They don't want the blessings of God.

So now you have to achieve this resurrection and you have to feel this All-pervading Power. As a result, you absolutely change and evolve into a new personality. I always give an example of a person who is blind or he may be standing in the darkness and he is really obstinate holding a snake in their hand. And also you may tell that person he will have the snake in the hand, because he is obstinate. But if there is a little light, immediately he will throw away that snake. In the same way, all our destructive habits just drop. I have seen this blossoming beautifully happening in 65 nations, it's same.

Poland I'm happy to see has now so many Sahaja Yogis, so many people are so beautiful. I actually was not coming here they had not put me on to this stop. They didn't give me the name of Poland to be visited. But I decided to come. I said, "There are beautiful people in Poland also".

Now, we have to know what happens to us when we get Self-realization. Firstly, our physical being improves. We believe that Christ cured people, but in Sahaja Yoga, you all can get cured, can get cured of all the diseases. Can also cure others. These powers are within you. Then your attention becomes enlightened and just by putting attention you will know what's wrong with another person. If you can correct your centres you can correct the centres of others.

Thirdly, it happens that you become an absolutely peaceful personality. Your thoughts start from past or future, right and forth, right and forth. You live in the past and you live in the future but not in the present. When the Kundalini rises she elongates. And you have no thoughts, you are thoughtlessly aware. You become extremely peaceful. And you become the witness and see everything that is around. It is like this when you are standing in the water then you are afraid of the waves but if you jump in a boat, you can enjoy the waves and you are not worried, you are not worried at all. But, if you know how to swim, you can swim to save the people. And save other people, and this is the second state where you become absolutely secure about yourself and self-confident

This is known as the state where you have no doubts about yourself and about the power, that is the Divine Love. Once this happens you start spreading the seed of truth all over. We have to change this world. By this happening, you transcend all barriers of ignorance and you become knowledgeable about yourself and knowledgeable about others. You become a living [cut in the video] This is all, it is very easy now because it's a special time and I call it the blossom time has come. Many people have

to get it. In so many countries it's working out in a very big way, also, I'm sure in Poland it will work out.

It will take hardly ten minutes, hardly. Because the force has.., it is love. But I must tell you that I cannot force it on you. If you don't want to have it, then I cannot force it. So those who don't want to have it should leave the hall. It will not harm you, it will not give you any, any horrible experience but you will get your Self-realisation. But you have to know that there are two simple conditions that you have to fulfil.

One is that you are not to feel guilty. Those who tell you you are sinners are the greatest sinners. They have no business to say that. So please you have to, first of all, know that at this moment you have to forgive yourself fully. If you have done any mistakes in the past it's finished now. If you were guilty you would have been in jail. I'm here to say you should be very pleasantly placed towards yourself.

In the same way, the second condition is that you have to forgive everyone. They say it is very difficult to forgive, but whether you forgive or don't forgive you don't do anything, it's a myth. But if you don't forgive then you play into wrong hands. At this moment you must know this centre here, on the optic chiasma is constructed like this absolutely, and if you do not forgive it won't open. And at this very important moment of your life, you will miss the opportunity because the Kundalini won't rise. You will be amazed, how many things you get as blessings! So, please, forgive everyone from your heart. You don't have to think about them precisely [unsure]. What you have to do is to just to say in your heart, "Mother, I forgive everyone".

Now, those who want to go should leave. One should not disturb when we are about to get Realisation.

You keep your attention here, not to where he goes.

The third thing I have to just request you, is to take off your shoes.

Not now. You can write it later on. Let people have the Realization. That is the way we work. What is important is to get your Realisation. I can answer all your questions another time.

[Some lady is speaking aloud and Sahaja Yogis try to answer to her.]

Shri Mataji: Hello now, listen, lady, I tell you one thing. You are responsible, absolutely, you are responsible. This lady, this girl came to - hello! Listen! You tell her. Keep quiet, keep quiet, don't disturb everyone. You are not a mother, you are a bad mother. You are not a good mother. You forced that girl, who was an adult girl to go to some priest.

All right, ask her to get out.

I must tell you now, sit down, sit down, sit down.

All right, let her talk that, it is she who killed her daughter. I tell you, really. Because this girl has written a letter, before she committing suicide, which we gave to the police in the Polish language. She is responsible.

You see, this lady, forced this girl to go to some priest who was such a bad man, a very bad man. Now, This girl runs away, she came to Rome and [indistinct] anyone.

[Conversation between the lady and the Sahaja Yogis]

Ah. You just tell her to get out. All of you should [unclear]. Please take her out. Nonsense, absolute nonsense. You see it was a police case, and [indistinct]. And she wrote a letter condemning her mother.

[Conversation between the lady and the Sahaja Yogis]

She is possessed. I tell you.

Because she forced her daughter to go to go to the priest who was a bad man. [Inaudible]

[The lady is shouting].

Let her go.

It's all right. It's all right, it's all right. You should not get upset, I'll remove the boot. Better to tell them what has happened. Please don't be disturbed.

She is a bad mother, very bad. Poor child, you know, she was forced to go to some priest who was a bad man. So, she came running to Rome and stayed in the ashram there, and she had no money, nothing. And then what happened, that one day, this lady again telephoned to her and she got a fright. And then she committed suicide. And she wrote a letter, which, in the Polish language, which we gave to the police. And the police took the body and told us that they will tell this lady about this letter. If she was in Rome these days, if she was in Rome she would have been alive. Because she was trying to send her to some priest who was a bad man. This is not to be the mother, this is not the way to be the mother. She was an adult girl, and she never told us that her mother was doing like this to her.

Many people come to our ashrams, stay there, live there. They have no money, among all of them this one person who is asserted as a criminal. The police verified that there was a phone call from the mother and the girl has also written a letter and they sent a copy of the letter to this lady but still [indistinct]. There are thousands who have been saved and one person like this who does a criminal act and puts the blame on us.

But if she goes to Rome she will be arrested. And you know in Rome the police sided with us because that was the truth. And also I think they have done something with the priest, I'm not very sure but they were saying. This is not, please, how can it be a priest and a bad person and this mother is so blind that she sent her daughter to this man. And forced her then, poor thing she committed suicide.

And the police were also very much surprised that how could a mother do that. There are others who are very identified with wrong ideas and try to push their children into wrong hands and one, one might, the children know the truth, it is surprising and even when they are grown up, the mothers trying to control and put them into wrong things. There are very few but there are such mothers, I know, it is a shame, in the name of the mother to do like this. And now she has come to challenge Me.

There, we have thousands, nobody can say like this, even the girl if she had survived, she would have told her out, she had nowhere to go. There is no understanding between the parents and the children. They don't understand their children and the children don't understand their parents. But no mother would send like this to a bad man like that, force the daughter [indistinct]. Whatever possible we have done for her, and the police said that you don't interfere and something else [indistinct]

So now, come back to normal. You all will receive your Self-realisation. If somebody disturbs you, forget it. A mother has to love her children and to understand, otherwise who will understand the children it's only the relationship of the mother that one can explain some things the mother is a gift of God and she should not be cruel. If I [indistinct] I would have met her but she didn't want to listen to anyone and if she did come to Rome but she was afraid to get arrested. So sometimes it happens, doesn't matter now but I feel sorry for that girl, very nice sweet girl.

All right, so doesn't matter, what we have to do is to put your hands like this. These five, six, seven centres are shown here on the left-hand side is for your emotional being and the right-hand side is for your action.

Lets put both your hands towards me like this. Now put the left hand like this and push down your head and see if there is a cool or hot breeze like vibrations.[indistinct]

Please bend your heads. Bend them as much as possible.

Some people get it nearer the head and some away but don't put your hand on the top of the head. Now, please put your right hand towards me, again put down your head and see.. [indistinct]
if there is cool or hot...

Please bend your head. Once more, please put left hand towards me, ...[indistinct] see for yourself if it's hot or cool. It is hot because you have not forgiven yourself or others. Now forgive.

Now, raise both of your hands and push backwards and ask one of these questions three times You can call me Mother, or Shri Mataji. Three times any question.

The first question is, "Mother is this the Cool Breeze of the Holy Ghost?" The second question is, "Mother is this the Divine Power of Love?" And the third question is, "Is this the Paramchaitanya? Or Ruah?" Ask these questions, one of them, three times.

They've got it. Now, put your hands like this, have faith in yourself. Watch me without, watch me ...without thinking. Without thinking.

All those who have felt the cool or hot breeze on their fingertips, or on their palms or out of their fontanel bone area please raise both hands. Very good. Everyone. ..practically everyone.

May God bless you

Despite the disturbance, you all have got it, you are real seekers. Maybe some of you are not there, maybe something [indistinct]. For the first time, you have felt this cool breeze.

This is the one I was talking about but you should know now what you can do now with what you have achieved you will feel very relaxed but you have to grow, that's very important [indistinct] (and on top of that)you don't have to pay. It's as simple as that
May God bless You all

And let us sing one song and you clap so you also get the vibrations and just enjoy.

Sahaja Yogi: Shri Mataji has promised that next year she will come again

1996-0714, Talk to Sahaja Yogis: Religion has to come from within

View [online](#).

14 July 1996

Talk to Sahaja Yogis

Hotel Sofitel Victoria Warszawa, Warsaw (Poland)

Talk Language: English | Transcript (English) – Draft

Talk to Sahaja Yogis, 1996-07-14, Hotel Sofitel Victoria Warszawa, Warsaw, Poland

May God bless you. Please, be seated.

Just allow it to be there [unsure; about the mike]

So, now.

I was so happy to see all of you there. I never expected so many of you there, really.

I never knew Sahaja Yoga has grown so much. It is such a pleasure to see you all there in such a pretty [Inaudible].

Now we have to know that we have to grow in Sahaja Yoga. For that, we must meditate.

You see, some people say, "This is wrong with me, that is wrong with me". Everything will disappear if you really meditate. That is the most important thing; we don't understand sometimes. If you meditate and your problems are not solved, you can tell Me. But it should be done very regularly. It should be done very regularly. Need not have a fixed time, whenever you want, but every day. Then you will see your growth. How you go into spirituality in such a deep way. Very much, you need in this country.

Yesterday, I saw some people suffering very much because they went for a Catholic church. And they're just trembling before Me like this gesture. I don't know what they do to you. I don't understand what they do to you. But I think this religion is based on fear. And that makes you feel so guilty. And when you feel guilty, all problems start in a being. Christ never said these things, that they are doing. This is their own ideas. How can He put fear into you?

Islamic religion is even worst. Nobody can say, "No", that they don't want to be Islamic.

They are just killed. They are just killed. They are punished very heavily. Their hands are cut. They are put in the Mother Earth and finished. Their necks are cut. I mean, it's absolutely inhuman, absolutely! So, all this can only end if they also know what is reality. They don't know the reality. They are blind. So, you feel really a kind of a great sympathy for them, but what can you do?

Here the Christians believe, if they don't follow Christianity, they'll go to Hell. All Hells, the Muslims are really frightened.

Another is Buddhism, where you have to give lots of money and the penances and this and that. This is not religion. Religion has to come from within. And in Sahaja Yoga, you become religious. You become righteous. They don't like us because we are so moral. Because we are so good. What can you do? So, it's all right, don't worry about any opposition. But I was telling him that you should go and tell the party which is in power nowadays, the one which is against this Catholic church, that we are with you. Communism did one thing good.

[Applause]

Shri Mataji: Yes.

Communism has done one thing good, that it finished off all the religions, first of all.

[Applause]

But this Catholic church will not leave your necks, I tell you. So, I 'm working it out, but somehow, you'll be very careful. You have to tell all the Catholics what they are up to. That the Last Judgement has come. And everything about Catholicism, as you know, is horrible. That is how you should understand it. You are here for such a great event and somehow you have now entered into the Kingdom of God. Don't have any fear, no guilt and compassion. You have to forgive everyone, that's all.

I'm sorry I couldn't come yesterday and I won't now be able to spend much time with you. But it's the first time I'm talking to Sahaja Yogis, so can you please survive at that? [Laughter] Because your leader was so anxious that I must talk to you.

Sahaja Yogini: Thank you.

Shri Mataji: Now you have to go for this work and I will be there. And I hope today we will get more people, many more.

All right?

Sahaja Yogis: Yes.

Speaker: Jai Shri Mataji.

Shri Mataji: [unclear] I'll get it.

[To the photographer] You could ask one miraculous photograph.

Speaker: Mother you didn't bring those two photographs that you showed me upstairs?

Sahaja Yogini: I'll send it.

Speaker: Please bring, I'll show them.

Speaker [to shri Mataji]: I say- Shri Mataji we would like to see, all of us, those photographs you just showed us upstairs. So, they will wait for the photographs, I'll try and show them.

Shri Mataji: Which ones?

Speaker: The miraculous photographs that I saw.

Shri Mataji: [Laughter] All right. I'll send it to her. You can show them.

Speaker: Yes.

Shri Mataji: Now, we have so many of them. So many! In the sky also. This is the sign of Last Judgement.

All right.

May God bless you all.

Sahaja Yogi: Shri Mataji, our collectivity has a small souvenir, that's some Polish nature, this is type of the Polish nature. There are pictures of our Mother Land, different. We have a very, very nice country side, very nice nature in Poland. Yes.

Shri Mataji: They are all so blissful [unsure]

Sahaja Yogi: Yes.

Some landscape.

Shri Mataji: Oh! All these are there?

Sahaja Yogi: Yes, they are here.

Shri Mataji: Still?

Sahaja Yogi: Yes, they are [unclear].

Shri Mataji: Oh! Woah! What a photograph! Who has done the photographs?

Sahaja Yogi: Oh, that's company.

Shri Mataji: You employed a photographer.

Sahaja Yogi: Yes.

Sahaja Yogi: It looks like a picture.

Shri Mataji: Hm?

Sahaja Yogi: It looks like a picture but this is a photograph.

Shri Mataji: And what is there?

Sahaja Yogi: It is a piece of land.

Shri Mataji: Beautiful.

Sahaja Yogi: This is grass.

You see, this is forest, nearby. Nearby forest, very deep forest.

Shri Mataji: Autumn.

Sahaja Yogi: Autumn, yes.

Shri Mataji: Oh, you have all been there?

Sahaja Yogi: Yes.

Shri Mataji: I've never seen one like this.

Sahaja Yogi: But this is done by spiders.

Shri Mataji: Spider but do you have-

Sahaja Yogi: Water, this is water, You know, it's probably in the morning or in the evening.

Shri Mataji: Ah. Morning time.

Sahaja Yogi: Morning time, yes.

This is winter already.

Shri Mataji: This is in the north?

Sahaja Yogi: No, it's in the whole country.

What I want to say is this is in our winter time. So, it's already snowing.

Shri Mataji: No time has blamed you. Winter is the best. Yours has [unclear].

It's for Me, this book?

Sahaja Yogi: Yes Mother.

Shri Mataji: [Unclear]

Sahaja Yogi: Yes.

Shri Mataji: [Unclear].

All right. Thank you very much.

Sahaja Yogi: Jai Shri Mataji.

Shri Mataji: Let's go.

Child: It's all right? Do you like chocolate?]

Shri Mataji: What is this?

Alganesh: Chocolate?

Child: Chocolate.

Shri Mataji: Chocolate. All right. Very kind of you. Thank you.

We have to go now.

[Question inaudible]

Shri Mataji: You'd better cut it down.

Sahaja Yogi: Ok Shri Mataji.

Shri Mataji: That's very important. So, when it will come back again, poor child has to suffer because she can't eat this, she can't eat that.

Sahaja Yogi: Ok Shri Mataji

Shri Mataji: With that is all right. It's normal there.

1996-0715, Evening Program, Eve of Shri Mahalakshmi Puja

View [online](#).

15 July 1996

Evening Program

Moscow (Russia)

Talk Language: English | Transcript (English) – Draft

1996-07-15 Evening Program, Moscow, Russia

Shri Mataji: Of Kundalini awakening like this ...You are very talented ...

It is a real talent you people have I never knew ...And she is telling me -You never use to dance and you were never on the stage before. And you have done so well. Nobody could believe it...We have a nice film now, We can show it around the whole world. I don't know who envisage the whole thing, who saw the whole vision and Who organised it so well...

Even the Hindi version was so, absolutely accurately done...

I have no words to thank you but the whole thing has gone to my heart. It is really great that you people are coming up in such beautiful things to express about the Kundalini. Russians are special but in the whole world, it's very difficult to talk about the higher life. And they will never believe but you people have not only accepted but have assimilated and have grown into such beautiful higher life of Sahaja Yoga...

The whole world accepts for India I should say ... People from Russia and also Belarus, Ukraine and Tatarstan (Tartarstan we know a little bit of it because Changez Khan came from there to India).People from all over have come here. (Russia, Ukraine,& Belarus) All of them have come here and it's so nice to see the unity & how you all have been really enjoying it and expressing it. It's a really, the heavens as they describe is here! No one can expect in these modern times, such a great thing to happen. I am very very proud of you all. And may God give you more strength, patience and peace to grow more. Every piece was so beautifully done and such a small girl who acted as the Kundalini knew everything by heart. I was surprised. It is all so different from what you see in this world...And such a solace, such a joy...May God Bless You.

These girls have to dance still. They all are ready here...If you allow them to dance, I am going to sit down till they finish. Only one or three, four I saw...

[Performance continues ...]

1996-0716, Shri Mahalakshmi Puja: We have to live like one family

View [online](#).

16 July 1996

We Have To Live Like One Family

Mahalakshmi Puja

Moscow (Russia)

Talk Language: English | Transcript (English) – VERIFIED

Shri Mahalakshmi Puja. Moscow (Russia), 16 July 1996.

Tonight, we are going to worship the Lakshmi Principle within us. Lakshmi is the Goddess of wealth, prosperity and also of health. Actually your country is already blessed, because you have so many things here. Firstly, this country has got such a lot of petrol and if discoveries are made there's much more. Then secondly, you have got beautiful timber. Then thirdly you've got lot of steel, very lot of steel, very good steel. Also you have diamonds. So many things you have, apart from that you have so much of art [heart?]. Also gold you have. So all these things are in abundance in this country. Only thing is you don't yet have somebody who will manage to get to you people. I'm sure it will work out. But in Sahaja Yoga, we have to know that this Principle of Lakshmi gives us a great sense of satisfaction. If you don't have satisfaction then any amount of Lakshmi cannot help you. One becomes very greedy. You have something but you want to have more and more and more; and for that one adopts all kinds of methods and measures. Thus you also have, a very bad Mafia system here, who are very greedy.

For Sahaja Yogis, one has to realise that he does not have to achieve anything he's already achieved. First people try to seek food, in the Nabhi Chakra then they eat that is Swaha then it is being retained in the body. Now supposing somebody becomes very greedy of food, he gets sick, he has problems. But he goes to the second stage where he sustains it and called as Swadha, because he eats thinking that it is, as a human being, his duty to eat, that's all. Not for taste, not for greed, not for showing off. In a very simple manner he eats. Like in the west I have seen people are very particular about where you put the spoon and where you put that. They spend thousands to buy those cutleries.

Now the thing that is the worst for the Lakshmi Principle is drinking. It is alcohol. They say in India, that a bottle comes from one side and the Lakshmi runs away from another door. So Sahaja Yogis don't need to drink. They give up drinking, and thus Lakshmi Principle can be established much more easily. Now why should we have Lakshmi? We should have Lakshmi because in the symbol of Lakshmi you can see the reason. First of all the Lakshmi has got two beautiful pink coloured lotuses in Her hand. That symbolises that a person who has money should have a very comfortable house, which is very inviting pink colour is for love and invitation. Now the beetle comes to the lotus and it has got all kinds of thorns on its body. The beetle comes to the lotus to collect some honey but it has got thorns on its body but the lotus accepts. It invites, you see the lotus is very happy to have this beetle in it. Now the beetle is seeking the honey and it gets tired and sleeps inside the lotus so the lotus gives a beautiful corona the bed for it to sleep and all the fragrance of the lotus, for that beetle, till the morning. Then when the beetle has rested well, he gets his honey and then he flies out. We can state poetically that the beetle is respected by the lotus because it is seeking the honey. Even if it has got thorns, doesn't matter.

Thus you people who have been seeking the truth, have received it on your Sahasrara, which is just like a lotus. Whatever you have done, whatever was the past is not important, you get your dignity because you are seeking the truth. Also when people get saturated with Lakshmi, as in the West I have seen, they take to seeking they get fed up, because material things is not Lakshmi, because it doesn't give any satisfaction. So the other thing that Lakshmi has in Her hand what happens that She puts one hand like this this hand suggests that a person who has money has to give and share not to take it for oneself. If they do not share, then they cannot enjoy the Principle of Lakshmi when giving to others is so joyful. Another hand is like this this hand of the Goddess, suggests that those who are under your care, your relations, your friends, all those people, must be given complete protection by you. Anything happens in your family, anything happens to your relations or to your friends, you must stand by that person.

Some people try to help their relations by say many politicians do that way by cheating. But by cheating, what you are doing is you are spoiling the life of that relation, you are not really helping. So he'll be losing his name, his dignity, everything specially his moral character. So with the Lakshmi, you must have your morality intact. In a country, like now, say America and all such people, there are horrible films coming and people are taking to the science, we call it, alakshmi. A person who has Lakshmi should dress up in a decent manner women and men. I find on the street women walking with very short clothes. With that, what will happen your Nabhi chakra will be caught, and you will have problems with money.

So the wealth that you have should be seen in your temperament, in your nature, in your behavior, in your living. Moreover the person who has Lakshmi has to be a very humble man. For example, Shri Lakshmi is standing on a lotus. Lotus is the lightest flower you could think because it floats over the water. So Her temperament should be not of a very serious type but of a very mirthful... and She doesn't show off because it's such a simple thing, like a lotus, to stand on that.

So for people who have money, or who have wealth should not try to show off by very big cars and this and that. That of course does not mean that you should become sanyasis. On the contrary, you should be very well dignified personalities. But there should be detachment. As you saw Raja Janaka, He was a king and still He was so detached, that all the Saints used to go and touch the feet of Raja Janaka. So there was this fellow called Nachiketa, he asked his master "Why do you touch His feet? He is a king". So the master said "All right you go and meet Him now". So what he saw was that Janaka had all the luxuries of life. He was living in the palace and in the procession there were thousands and thousands of people who were throwing pearls on him. So Nachiketa thought he should get one pearl at least.

Next day, he went to Raja Janaka and asked Him, "Give me Self-realisation." So Raja Janaka said, "I can give you all My kingdom but not Self-realisation, very difficult, because you are possessed by the idea of money, such a person cannot get Realisation." He said, "All right, I will live here till I get Realisation. Next day Raja Janaka took him for a bath in the river and He was enjoying the bath. And people came and told Him that there is a fire in His palace. But Raja Janaka was meditating, He didn't bother. Then they said that the people who are in the palace have run away. Then he says that, somebody said that now the fire is coming here. Still Raja Janaka was meditating. But Nachiketa ran out because his clothes were outside, so ran out to save his.... And still Raja Janaka was not bothered. So when He came out He told him, "Nachiketa, this is all Mahamaya." This is how you are tested, if you are money-oriented you cannot get Self-realisation. She's the one who is testing. All the greedy people, all the people, for money's sake, do all kinds of thing, as you have here, Mafias, will be all punished. In any case they are not happy people, satisfied people, they are all the time worried. So first thing you must have is satisfaction. This is a very important thing in modern times to understand. Because is said also in the economics, that wants are not satiable in general. You want today a carpet all right, have it. You work very hard, save money to buy a carpet, then you have the carpet, you want to have a house you never enjoy the carpet, for which you have worked so hard. Then you have a house, so when you get the house, you want to have a car then from car, you want, I think, helicopter, maybe an aeroplane. This is how it goes on and you work so hard and have no satisfaction. Because of this, in these modern times, people are extremely restless. There is no peace in your heart but if you have this Lakshmi Principle in you, you will feel extremely satisfied with everything that is materialistic. If you have, well and good, if you don't have, well and good.

But after that, this Mahalakshmi Principle is awakened within you, that you start seeking. And then that is also, later on as you have seen, is granted, because you get your Self-realisation. So nothing to copy these horrible materialistic people, but we have to be satisfied with what we have and we should express our love by giving something, whatever it is, to the needy person. I have seen Myself, I find it very difficult to buy anything for Myself. If it is expensive, I think I should not buy it. So once I went to a shop, I wanted to buy a particular sari, but I thought it was too expensive I didn't buy it. But one Sahaja Yogi was with Me he went and bought it and gave it to Me on My birthday and I just started crying, you know, it's too much.

We have stories like this in our Ramayana also, where Shri Rama ate the sour ber. We call it ber. I don't know you too call it ber? (Yogi: Yeah.) Ah! There is a story like that. She told Shri Ram that, she was an old woman from a down-trodden society that "I have eaten every, I have touched every ber with my teeth, you see, and I have found out that none of them are sour." In India,

nobody eats anything which is touched by mouth, on any food, is regarded utishta, is something wrong. But Shri Rama immediately took, He said, "Oh, how sweet of you to have done this tasting for Me." But His brother was very angry, he didn't like it, Lakshmana. Shri Rama ate, He said, "I have never eaten such beautiful berries." So His wife Sita said, "Give Me also, little bit, I am your half thing you should give me." So when Shri Rama gave Her, She ate and She said, "Oh my goodness what a beautiful fruit this one is." So Lakshmana said, "Why not give Me?" He asked His sister-in-law, "Give me also", She said "No, because you were so angry." But She gave it to Lakshmana, and Lakshmana said, "I have never eaten such beautiful fruits." What was in that berry was nothing but giving sense of this old lady. She didn't have anything to give she was a poor lady so she did all this just to give to Shri Rama.

So the sharing of your things is an extremely joy-giving thing. The other day we had brought some presents, I mean nothing so great, but you all so enjoyed it, and I too enjoyed it. That is how we all have to live, that is how all of us have to live together sharing things. Don't think about yourself, think of others. Think what others like. In India, the Gruha Lakshmis are that way very good. They know what you like to eat. So if you go to their house, immediately they will ask, "Please come for dinner." And they will make what I would like and I would love to eat. They'll go out of the way to make that. But not only for Me, for anyone. It's such a joy-giving thing to cook for others. So the principle of Lakshmi is only enjoyed when you share it with others. My father was a great Realised soul, and he never used to close the doors or windows in the night. And one day a thief came and took away the gramophone that he had. So he felt very sad that he has taken away the gramophone now, what about records he can't buy how will he play? So My mother joked that, better give it in the newspaper that, "to the thief who has taken away our gramophone, please come and take away the records also."

This is a sign of Lakshmi Principle. The one who is satisfied and is happiest when he can give something. If you give with one hand you'll get from ten hands. So we have to learn to share, as it is you are giving the highest thing to others that is Self-realisation. What more can you give? You must have seen when you give Self-realisation, how happy you feel. The greatest happiness and the greatest joy is in giving Realisations to others. I have seen people, their faces change and people who give Realisation, their faces also get full of light. We are a new society, we are people of new age, where we have got our satisfaction in higher things. There are many Sahaja Yogis who have been working, giving Realisation, but there are many who do not. Unless and until you share your joy with others, you will not be happy. I heard the other day, one lady told Me that her father, mother are against Sahaja Yoga. I said, "What is your relationship?" She said, "I don't talk to them, I don't like them, the way they are against Sahaja Yoga". I told her, "You change your attitude, take some flowers for them, some present for them, talk to them in a very sweet manner. Because you have become such a dry person, that's why they don't like Sahaja Yoga." And it worked, it worked, the parents are now in Sahaja Yoga.

So the attitude of a Sahaja Yogi towards a non-Sahaja Yogi should be of helping, of supporting, of sharing. But I must warn you there are some Sahaja Yogis who will try to have their own party. They are very power-oriented. They will have an exclusive party. It is a dangerous sign it's a cancer. Everything should be collective. Anybody who does that kind of thing, you should know is a possessed person, and you will be harmed if you follow such a person. We are all collective, we have to know everything among each other and we have to live like one family, not only in Russia but all over the world. Once you develop that kind of a love for everyone, then you will be surprised you have become a great personality. That means a drop becomes the ocean. I can go on saying about Lakshmi Principle for hours together. There are nine Lakshmis, but next time I'll tell you. One of them is Gruha Lakshmi, is the housewife, and another is the Raja Lakshmi, which is the power of a king or of a person who is administrator or who is a bureaucrat. But I would request you to understand that you have got the greatest treasure that very few people have got in this world. Nourish it with your love. Nourish it with your compassion and peaceful existence. If there is any problem, anything suddenly, you must become peaceful within. Then immediately you'll find solution will come before you. This is the subtle of Lakshmi Principle. I hope all of you will develop it and enjoy it. Before I come next year, I will see that you all have, each person, has given Realisation at least to hundred people. You got powers, you've got powers, you have knowledge, don't waste it, we have to save the world.

So, May God Bless you all.

1996-0717, Go beyond your mind to know the reality

View [online](#).

17 July 1996

Go Beyond Your Mind To Know The Reality

Public Program

Moscow (Russia)

Talk Language: English | Transcript (English) – Draft

Public Program in Moscow (Russia), 15 July 1996.

I bow to all the seekers of truth.

I have to say that truth is what it is and it cannot be changed. It cannot be described. Unfortunately at this human awareness you cannot know the absolute truth. If you had known the absolute truth there would have been no problem of quarrelling, fighting, arguing. Because absolute truth is singular and I'm sitting before you. You all know I'm here, so you are not going to argue on that point. But when we argue we cannot see. We do not know who is sitting next to us. If there is some sort of a sound everybody will start running, helter-skelter, hurting each other. Maybe they might start fighting. But your eyes are open. When you are alert you know where you are.

So what is the truth? The truth is that you are not this body, this mind, this ego, these emotions, but you are the pure spirit. That's why all of them have said that you have to take your second birth. That means this birth is not the complete thing. In Sanskrit also we call a realized soul, a saint as Dwijaha, means born twice. Also bird is called as dwijaha, means born twice. And the bird is like a small egg. Till it grows and is broken by the mother it is not a bird, it doesn't exist as a bird. And when it is matured then it comes out of the egg, but there are still some things sticking to him out of the blood and the egg and other things. Then it starts flying; the mother teaches him how to fly. Then the bird becomes free, strong enough to go around the whole sky.

In the same way, it happens with human evolution. At the human stage we are just like an egg. One side is the ego, another side is the conditioning. This is how our mind is made by us. It is a myth, mind itself is a myth. And we can make computers; we also can make our own mind. So one has to go beyond this mind to know the reality, to know the absolute truth. This is the evolutionary state one has to achieve. That's the last breakthrough of our evolutionary process that has to happen to most of us. What surprised Me, the way the Russians have taken to Sahaja Yoga, also people in Ukraine, also Romania, Bulgaria, Poland and Hungary, but maximum by Russians.

After all people ask Me, "How, why Russians?" Of course Indians knew about it, they have been told about it. So they were expecting it. But Russians didn't know. They had forgotten it. They are such a clean slate. I don't know how it worked with Russians so easily. And we have now so many Russians who have achieved the state of Self-Realization. As you know how it is done; you have been already told about it. Yesterday I also saw a very beautiful tableau drama where they showed all the different chakras of the Kundalini. That showed that they have understood about themselves. They know. They have a complete self-knowledge. It is not the knowledge of the book, but it is the knowledge which is absolutely a part and parcel of you. And now I find this; people who have achieved it are their own masters. They know what is wrong, what is right. They know what is destructive for them.

I always say, this is the special time of Last Judgement. People asked Me, "How do you say it is the Last Judgement? What is the sign?" The signs are; I don't know if you have ever seen miraculous photographs of Sahaja Yoga that there were never such photographs, there were never cameras, and now we can see these beautiful vibrations of Divine Love. Christ has said that you have to be born again. But it is not like some artificial certificate you should have, saying "We are born again." If you are born again then you have many powers. Firstly you are filled with compassion and this compassion acts. It works. It is the compassionate intelligence power all over.

This is the second proof, because you can feel it as cool breeze on your finger tips. Before this you have never felt this power, all pervading power of Divine Love which all scriptures have described. But now, now you can feel it, because it is a special time and you are special people. So thousands and thousands can get Self-Realization. You see these chakras are responsible of our physical, mental, emotional and spiritual being. All problems whether it is physical, even financial, all come from these chakras being influenced. But somehow with the raising of the Kundalini these chakras are corrected, nourished and integrated. Then you also get connected to this all pervading power of Divine Love. We go into another realm of existence. Because this human awareness becomes Collective Awareness. You start feeling others.

Today I went to see a very high personality and they told Me, "Just discuss economics with him, or politics." which I don't know. Within one minute time I knew that he has vibrations. And just after two three minutes I started telling him about it and he was so much interested. And he wanted to talk to Me for hours. I had to come away and he had also his work. So very surprisingly that in Russia we find a complete cross-section of the society; people are extremely sensitive to spirituality. It is most unexpected. But people in America are not. They take to stupid things. They asked Me, "How much money you take?" I said, "How much do you pay to your Mother Earth?" So they said, "We can't believe anything where we don't pay anything." I said, "All right this is not a business." For God doesn't understand money. He doesn't have banks. He judges [INAUDIBLE].

But they don't have like that. But I would like to warn you not to take to American ways and American clothes. I have seen so many shops here, maybe they are second-hand. It's all the junk they can't sell in their own country, because of recession. And why should you waste your precious money for this kind of a junk? Many ladies are also taking to the fashions. They get their knees open. It is very bad, very injurious. Their both the chakras of Nabhi will be hurt. They can become lame or they can get arthritis or they can get anything. Sixty-five percent people of America within ten years time are supposed to become schizophrenic or mad. With your wisdom you should judge. When you are transformed I think they might also get transformed out of competition.

I'm very happy to come to Russia because people who have taken to Sahaja Yoga have reached a very great height. They are not only thoughtlessly aware, it's the first state, but they are doubtlessly aware. Yesterday I saw so many of them as leaders of different cities, different villages. It's like one seed gets transplanted into another city, another place. It will cure you of your sickness. First time when I came, there were so many people suffering from so many diseases, especially the children. And it seems they are all cured, I don't see them now, by their own power, by this power of Kundalini, which is your individual mother; is waiting in the sacrum bone and knows all about your past and all about your aspirations, your future.

So She knows your problem. She is your individual Mother and She is anxious to give you your second birth. Once it happens automatically you start seeing things very clearly in the light of the spirit, because light gets enlightened, spirit gets enlightened. And you start seeing yourself clearly, understanding what you have. Then you know how to cure yourself, improve yourself. Once you become perfect then you know how to cure others and make others all right. Up to Siberia we have people. It is such a blessing of your country. I must say that it was just waiting for this. I hope those who have come for the first time will get their Realization. But if you are arrogant, if you are critical, then it doesn't work out. You have to be humble. You don't have to pay for it now or never. And that's what is so simple.

This can happen to you just within ten minutes time. Your attention itself becomes active and it can inform about others. If you can cure yourself you can cure others. But the best thing is, inside you become absolutely peaceful and joyous. Actually you jump into the ocean of joy. All these destructive things which are destroying the young people in the West just is given up without any difficulties. So I bless you all and I know that you all can get your Realization tonight. But, for that, first of all you should not feel guilty. If you will feel guilty, then you get this hurt, this chakra caught up. One may get angina, spondylitis or maybe lethargic organs. Whatever you have done wrong is finished for the past. I'm talking about the present. Also you have to forgive others. As you forgive yourself, you forgive others. Those who say that, "We cannot forgive. It is difficult." they should know it is a myth. Whether you forgive or don't forgive, you don't do anything. On the contrary if you don't forgive then you torture yourself.

So you can call Me Mother or Shri Mataji. You can say, "Mother I forgive everyone." You need not even think of the people whom you have to forgive, because it is a headache. But just say, "I forgive everyone in general." These are the two simple conditions that you forgive yourself and you forgive others. Now you have to do one thing is to take out your shoes. Already taken out? Surprising, all have taken it out already. First time in England I said take out your shoes half of them walked out. So you should be pleasantly placed towards yourself.

[SELF-REALIZATION PART STARTS]

Please put both your hands towards Me like this. Now put your left hand towards Me, higher, and put down your head and put your right hand on top of your fontanel bone area, which was a soft bone in your childhood. Please bend your head. You may move your hand up and down, because some times you can get it away from the head also. But please don't put your right hand on top of the head. Now see if there is a cool or a hot breeze like vibrations are coming onto your hand. Or through your fontanel bone area, which was a soft bone in your childhood. Now please put your right hand towards Me and with the left hand you just see if there is a cool or a hot breeze like. Vibrations are coming of your fontanel bone area or on your finger tips, or on your palm. Once more. Please put down your head. See with the right hand if there is a cool breeze like, hot breeze like vibrations coming out of your fontanel bone area. Now if it is hot that means you have not forgiven yourself or others. So please forgive yourself and others just by saying "Mother, I forgive Myself and others." Now please put both the hands towards the sky and push back your head and ask one of these questions. One question three times. You can call Me Shri Mataji or Mother. "Mother is this the cool breeze of the Holy Ghost?" Second question, "Mother is this the All Pervading Power of Divine Love?" Third question, "Mother is it the Ruh, Paramchaitanya?" Ask anyone of these questions. They have got it. Now bring it down it's cooled down completely. So much cool is coming. Now please put your hands like this and don't think. Just don't think. Watch Me, don't think. All those who are feeling cool or hot breeze out of their fontanel bone area, or out of their finger tips, or on their palms, please raise both your hands. The whole of Moscow, the whole of Russia, may God bless you all.

But it is a collective happening not an individual happening. So you have to go to our centers, which are very good and we have very good Sahaja Yogis. And you must grow. And get more and more Sahaja Yogis so that your country is blessed. May God bless you all.

1996-0718, Talk on Marriage: The Basis of Society is a Family - You Have to Respect Your Women Very Much

View [online](#).

18 July 1996

The Basis Of Society Is A Family - You Have To Respect Your Women Very Much

Talk to Sahaja Yogis

Moscow (Russia)

Talk Language: English | Transcript (English) – Draft

Today we have come here to attend a wedding of our brothers and sisters - Sahaja Yogis.

It's important to understand that marriage is a very important thing in Sahaja Yoga because the basis of society is a family. And our society should have very good families. That's why we are paying so much attention to these weddings, that they should make good family.

But sometimes people are very conditioned and they don't understand what is a Sahaja wedding. They try to find faults with the partners, and within two or three months they are again out of Sahaja Yoga. In the sense that they want to have their second chance, third chance, fourth chance, then I think that My attention I am just wasting for nothing at all for such people. If they don't like our first choice they should have their own. Why to bother us? They should not give us any more trouble.

Very surprising things I have seen about the marriages that have been going on. One of them is they're alright for two or three months, and suddenly god knows what bhoot catches them, one of them, that they just give up on a small excuse here and there. They don't understand that how important is for them to have a good married life. They can go up to three months, four months - then I don't know what happens to them - and they even harm the women by making them pregnant and still they don't understand how sinful it was. In their own country they do like that they'd be punished, not only punished but they would have to pay a lot.

But they take advantage of Sahaja Yoga, marry someone and then try to be funny. Such people are really ... I can't understand. So in the beginning only when we are selected you had better say no. I could say it from the photograph itself what each girls, which boys will say no. I said you try and test me. Exactly the same girls and boys have said no. Thank god at least they have said, but once they have said no they should not trouble us anymore. They can select their own. We are not going to have five, six chances, seven chances. Then even up till now if you do not approve of it is better to give up, than to continue with the nonsense of (being a) hypocrite.

It's not fun, it's not some sort of a - just a game. It's a serious thing. If you haven't got that maturity, that seriousness, you should not agree to marriage. For any reason. Then after marriage you find supposedly a few things here and there, you have to continue. Otherwise you are just like other people who go on divorcing three times, four times. Especially for Russian men I must tell you I have had very bad reports about them, that they ill-treat their wives as it is, very much, and they treat them just like slaves. And I am ashamed to say that so many Russian girls are coming to India and to Turkey to live like prostitutes. And I asked them why are you doing it? Some of them said we are not married we don't want to marry because they don't treat us right. And secondly some of them have said we are married but our husbands ill treat us so we are not going to be with them.

It's such a large scale. In Turkey thousands of them are coming. Thousands. They come here and marry people. Actually it's no marriage. But they say that we are going to marry. It's an Islamic country and the men can say ??? - and the marriage is on. And they marry, so called, these women here. But they are prostitutes by nature. Because of this 'marriage' so many ladies have to desert their husband. And then they have big problems; they don't know what to do with their children, how to live. So they are taking to fundamentalism, not to prostitution, but to fundamentalism. So how dangerous it is, the men must understand. I am surprised only I used to think that Islamic people only dominate but I am surprised that there are many people even in the

western countries and eastern block - Russians especially - treat their wives just like servants and slaves. When I heard their stories I was ashamed. And I felt surprised. I used to think that Russians are specially over sensitive to Spirituality. But how could they ill-treat their wives; she's a part and parcel of their life. This is something Russians must take note of: you cannot be unkind to your wife, make her do all the work and dominate because you are the earning member.

The woman who is working in the house looking after children is doing much more important work than men do. For men it is not so difficult. But for women it's very difficult to run the house, to look after the children, to look after the husband, to manage the whole society. And you must know that in countries where women are not respected, the Gods do not reside. And in those countries where women are tortured and troubled - what will happen - their society will break. Completely. And one day they will sit on top of the heads of all the men, as it has happened in America. Once upon a time, Abraham Lincoln's time, men were very dominated. As the result today if you go there you will see them (just like) cabbages. Better than these American men. The way they are treating their men left and right because the law is in their support. They marry seven times, become rich, and man marries once, he becomes poor.

So we have to be not only understanding, that in love only you can have joy. If you really love each other you'll do nice things for each other. Think of nice days and nice moments that you have spent and you will be spending, that is the greatest treasure for all of you.

So I have to request all the people, especially here we have people from eastern block and also Islamic people, that you have to respect your women very much. This is very important.

Now we are having some marriages here, not many. We have at least 90 marriages in India, out of which one or two fail. Because sometimes the men are like this or the women are like that. But still I must say compared to many other marriages in the world, we are much better off.

I must tell you that before starting Sahaja Yoga in Russia, most of the men and women I met in Russia were divorced. Most. I don't remember even one who was not divorced. Now I am meeting very sensible people as far as marriages are concerned. Otherwise it was horrible. And one person would have one wife, then second wife then third wife and he would not even remember who is this one - is it a wife or a sister or a daughter.

So there is no fun in fighting on small things. It's a serious thing as I told you, very important. Because it makes your society; it creates new value system of Sahaja Yoga. It creates a value system of love, affection, compassion. And it is so great to love others, it is very great to love your wife or your husband. It's a very sweet feeling. But they are so enthusiastic about their weddings, and then I don't know what happens to them.

So today again at this moment I have to tell you please rethink. If you want to marry, please marry. Otherwise don't marry. Again and again I want to tell you - that if you don't like a person, just don't come for your wedding. I mean I will be very happy with that. But then of course you will have to find your husband or

wife. We are not going to bother our heads over you. You know that I am so busy. The marriages that were fixed here, the whole night I was sitting till 6 o'clock in the morning. Six o'clock.

Despite that there are some great ladies who have said we don't want to marry. What should we say? They came all the way here just to get married, to find some nice boys and girls. I work and work and work the whole night. And then what do you find? They just say 'We don't like that,' Not (only) that, also they say 'we don't feel like it.' Then why, why did you apply! All those who have applied have to pay for their marriages whether they like it or not. This is what we have decided this time. Because we have spent so much effort. So whether you have appreciated or not, whether you have agreed or not please pay for your marriages. That is a compulsion. So next time nobody will say that we don't feel like getting married here. It's not a joke.

I'm sorry I'm a little hard because I have seen some cases which just doesn't justify it; doesn't show it's Sahaja. So Sahaja

wedding is a very/for a very great work. It's not a sacrifice. But you need really wise and mature people to have a Sahaja marriage.

So please understand if you don't feel like marrying even now just say no and don't play with it. It's dangerous. You see there are so many blessings of Sahaja Yoga but certain things are dangerous, so be careful. Because you cannot hurt any Sahaja Yogi for anything whatsoever. So if you don't want to marry you are welcome.

Again and again I am telling you that it's a very very beautiful moment when you are getting married. It's a very beautiful time. You cannot fathom the joy at that time. And if at that time you have missed the point, then I can't help it. Later on also try to improve your understanding. It's not a mental thing to get married, it's not an emotional thing to get married. In Sahaja Yoga it is Spiritual. And so please try to understand you have to respect each other, because you are Sahaja Yogis.

And others should be respected who will show you what are the seven conditions you have to go through. Another thing I have seen the elders of the family are to be told that this marriage is taking place. We have seen surprisingly, the parents aren't Sahaja Yogis, but they don't treat the daughter in law or the son in law well. It's very surprising. It's other way round; used to be that the newly married couple didn't treat the parents well. But nowadays I find it is very common to see that the parents-in-laws do not treat right. Everything seems to be upside down these days.

So I will say that you must look after your in-laws, you must pay respects to them, you have to be kind to them. In the same way that the in-laws must look after the newly married couple, make them happy, and enjoy their happiness and joy. So marriage is a source of joy not only for the couple, but for all of us. All of us are so excited about it and so very happy.

But you see today you are excited and tomorrow you find you are fallen on the street. I can't understand, like a drama. It's reality, it's real life where you have to see what marriage means. Good for your children, good for progeny, good for our society of Sahaja Yoga.

One thing, a wife should not talk too much. I think some of the problems come because they talk too much. Then by talking if they have no subject then they start discussing their husband, their in laws, this thing, that thing.

If she keeps quiet it could be much better. I say for women because in this country here on the eastern block, and especially western – the women talk, men don't. And in India women don't talk at all, very little. If they talk means there is something wrong with them. They're not talkative. They keep quiet. Because a woman is like this mother earth who doesn't say anything, just gives and gives and looks after and suffers. Why? The man is like the sun - he shines, he comes and goes, some sort of whimsical things. But the sun and the earth both are permanent companions and they must nourish each other, and they manage our lives. Without both of them we could not have existed. In the same way a woman is the mother earth and man is the sun.

So our duty is to see that to create a complete balance we have to keep to our own life. Like a woman has to be a woman and man has to be man. It is very important that we should be proud of what you are. And we should be happy of what you/we are. We should not try to be something else than what we are. It's absurd, a sign of stupidity.

So the more you are what you are - like a woman is a woman and a man is a man - the better is the relationship. There's no harm in keeping quiet as the mother earth does. She bears up everything, she gives everything because she knows her personality and she knows what will give her joy, what will give her happiness.

So from many angles we have to understand that marriage is a very pivotal thing for Sahaja Yoga. So many girls don't want to marry because they are afraid; they've had bad experiences of their fathers or uncles or someone. And so many men also don't want to marry. But forget the past. The past is not important. This is the present in which you have to marry without any worry. I am there to look after you. If you have any problem write to me. But just don't run away. Just don't do things without informing us. It is absurd. It's not a mad house. It is Sahaja Yoga.

So let's us all enjoy this wedding forever, not for a short time.
Thank you very much.

1996-0718, Money Power and Land

View [online](#).

18 July 1996

Money Power And Land

Public Program

St. Petersburg (Russia)

Talk Language: English | Transcript (English) – Draft Public Program, Money Power and Land, Russia, St. Petersburg, 18-07-1996

I bow to all the seekers of truth. At the very outset we have to know that truth is what it is. You cannot change it, you cannot transform it, you cannot describe it. I'm very happy that so many of you have come here to know about the truth. I really apologise for the very small hall; it means you have to [unclear/ fix yourself somehow.] Next time, I'm sure we'll organise in a better way.

So the truth is not known to us, but unconsciously we are seeking the truth. We want to solve the problem through our mind, but this mind is a myth. It's created by ourselves – through our conditioning and our ego – so one has to go beyond to know the truth. Whatever I am telling you, you are not to believe in, but to experience it. The truth is you are not this mind, this body, these emotions, this ego, these conditionings but you are the pure Spirit. In all the scriptures it is described that, you should know yourself; you must have self-knowledge. People are seeking money, who are of low level of spirituality, then there are people who are seeking power – in the politics or something – and there are people who want to get hold of some lands and fighting for it. All these things are not going to give you the self-knowledge. Without getting the self-knowledge, you can never be satisfied; whatever you might get, money, power or land. Even to enjoy whatever you have, you have to have self-knowledge.

All the scriptures have described about it. Luckily I am very happy that you people didn't do much of religiousness, because these so-called religions have just harmed human beings by creating disunity and dishonesty, because most of the religions are money-oriented or power-oriented, but they are not spirit-oriented. So we take to science, but science is amoral. It doesn't give you the morality that is needed; by forcing people you cannot bring in morality – by saying: don't do this, don't do that.

In the yoga awareness, people are still not steady. They easily get dominated by their six enemies: lust, greed, anger, jealousies, possessiveness and also attractions. So, all these enemies are there to drag man's attention to really low level. One has to rise above that. Buddha said that: 'As long as we will have desires, we will suffer.' But main thing is you have to have knowledge about yourself. Even Mohammed has said that you must know yourself if you want to know God.

I know that the St. Petersburg has been a city of independence; it always took a very independent view of the whole thing. For that, you must have a proper introspection. Now it's so easy to get to your Spirit; in the light of the Spirit, you can know about yourself. We have, in our triangular bone, a subtle power called as Kundalini. I should tell you that I have heard that two great saints came from India, even to Russia. Also the elder son of Shri Rama – [unclear/ actually they were twin brothers,] his name was Luv – he came here, and that's why you all were called as Slavs. And the younger brother was Kush, who went to China and was called as Kushana. So that means that, people in Russia have been always longing for a higher life. They did not seek this mundane, materialistic life. The people who were evolved, people who were of a higher level in Russia, have been great masters of music, masters of literature and masters of art. It was such a great [unclear.]

So now, we have to have self-knowledge is the first truth. The second truth is there an all-pervading Power of divine love that does all the living work. All these beautiful flowers you see here: it's a miracle, but we take it for granted. Who does this miracle? There is an all-pervading Power of divine love which does all these living things, even running our heart. This divine Power is reflected within us in the triangular bone as Kundalini. This bone is known as sacrum that means the Greeks knew that it's a sacred bone. So when this power rises, She passes through six centres; She nourishes them, She enlightens them and integrates them and thus you become one with the all-pervading Power because it crosses the fontanel bone area, giving you that realisation of the baptism. This is actual baptism, not just someone putting hand and saying: 'You are baptised.' So when it

happens, you get so many of your powers manifesting.

First of all, if you are an artist, you become a tremendously dynamic and creative artist. If you are a musician, you become a world-famous musician. If you are an architect, you produce very beautiful buildings and beautiful architecture and designs: that is only when Shri Ganesha [unclear/is at] the first centre. Then, in the higher centres than that, you understand what is satisfaction: you enjoy the satisfaction. At the same time, your attention becomes very concentrated, and enlightened. This attention can work out thousands of things, of which you are not even aware. So you improve financially, physically, also politically, socially: in the family way also you improve. Then when it enlightens the higher chakra of Heart, you become a compassionate personality. Your interest in useless things drops out and you become compassionate; you become absolutely peaceful and this compassion works: acts. It's not just: 'I have compassion, I have...' – not like that, it really works and acts. In the same way, your peaceful personality emits peace: emits, and creates peace.

Then, higher than that is the chakra of the Vishuddhi, by which you become a universal being. By the Agnya Chakra, between the two... on the optic chiasma – is the optic nerves, where they cross – you become absolutely thoughtlessly aware. You are aware, but you are absolutely thoughtless. Thoughtless because you become one with the present; and in the present resides the reality, because past is finished and future doesn't exist.

And then you go even higher, and pierce this last centre of Sahasrara, as they call it, with a thousand petals. When it is enlightened, then all kind of very subtle knowledge of spirituality dawns upon you. Now, very subtle poems are written, books are written and all these great works of literature have come from people who used... whose Sahasrara was opened out. All great politicians, all great composers, all great writers; all of them had this capacity because their Sahasrara opened. You become collectively conscious at this point. [points to Vishuddhi] You feel your centres [unclear] you feel the centres of others. These centres are responsible for your physical, mental, emotional and spiritual being.

All right, now this special capacity you develop that, you can cure your chakras, by which you correct all your problems. Secondly, what happens is that, you know how to correct and you can now feel the chakras of others and correct their chakras also. So you become extremely powerful. But when you cross this limit and it's permanently connected with the divine Power, then you develop a new dimension of doubtless awareness. Then you have no doubts about yourself; you know you are a realised soul; you know you have self-knowledge. All interest in money and all nonsense drops out and you become a super-human being. Your attention becomes powerful and your desire becomes even more powerful. Like this instrument, [microphone] if it is not connected to the mains has no meaning; we too have no meaning if we are not connected to the mains.

Then we get our identity; we are not that any more deluded. We don't try to copy anyone. Like I see here now, I was kind of amazed that, because your money is convertible, people are spending all their precious money on the junk that is coming from America. America is ruining the whole world by their bad films and immorality has filled the whole world because of them. Also they are going to bring that immorality to you. I have seen girls walking about with very funny dresses. This is all... absolutely was never done by Russians; they are always properly dressed. Only these few years I have seen this kind of nonsense that, they are taking to Western dresses which will give them diseases. But one has to really understand, in a deeper way that, why should we copy anyone? Your country has such art, such culture, so why should you take to this stupid culture of other countries.

Indians are very wise [unclear] They will not take to this kind of culture, much. Moreover, we cannot get anything imported, even this much, in our country: not even this much. Not even one shop. This is all thanks to Mahatma Gandhi, who said: 'Never import anything, but export everything.' That is why India is going to be so strong in finances.

But one has to be patriotic. Once you get your Self-Realisation, then you will know how great is your country and you will not pick up anything from the West. We take to decency, to morality and above all, to the divine qualities and values. It is very important because, in our country also, these Westerners have done very wrong ideas and people are cheating us. They are all getting exposed.

So, one has to understand that, we have to be self-respecting. Even when they get Self-Realisation, still they go on in a dilly-dally

way. If you have to grow, then you have to become a serious Sahaja Yogi otherwise, one day will come when you will be completely exposed and you will know how horrible it is to live in this hell.

Now this is a special time – I call it a blossom time – but is a special time when you have to decide, because it is the day of judgement: the Last Day of Judgement. Whether you want to go to heaven or to hell, you have choice; no one can force you. You have to decide and you have to find out what is really benevolent for you: for you, for your family, for your nation, for the whole world. This is the last breakthrough of your evolution; it is the natural process of evolution, which is a living process for which you cannot pay. You can pay for this hall, but not for Self-Realisation. So, it works out very quickly these days I have seen, but you must respect yourself and respect your Self-Realisation, and you have to grow. You have to grow by meditating. Also by collective meditation. It is very important, because if you say: 'I was meditating at home,' makes no difference. You have to humble down and come to the collective meditation.

I was told there were many meditating centres in Leningrad, but now there are only two; I don't know why all this has happened. So you must all organise proper meditation centres for yourselves. Of course, for meditation also you don't have to pay. Formerly it used to be one individual used to do the meditation, only one used to get realisation, today there are thousands. It is a collective happening. So you have to be collective. I'm sure this great place, which was a place of such ancient importance, will take a [unclear] in Sahaja Yoga also.

Last, but not the least, you must jump in the ocean of joy. Joy is singular; it is not unhappiness and happiness, but it is pure joy, which is the greatest achievement of human awareness. I wish you all luck and I am sure today, you are all going to get your Self-Realisation. [applause]

One thing that, those who don't want, have to leave the hall. As you know, many people are also cured by Sahaj Yoga, and not only, but you achieve your health so well in Sahaj Yoga, so I would request you, those who don't want to have should leave the hall, because I cannot force on you – this great thing known as self-knowledge.

I'm sorry – these people sitting in the middle can come down here, and be seated. I'm sorry for that, to be seated on the ground. Are they comfortable? [realises they are Sahaja Yogis and laughs. Speaks aside and asks for help to take off Her cardigan as it is too hot.]

There are two conditions, which are very simple. One is that you should believe in yourself; you should have full faith in yourself. You should not feel guilty at all. Whatever wrong you have done in the past is finished, we are talking of present. So please, don't feel guilty. If you feel guilty, the centre on the left hand catches, [points to Vishuddhi] and you can develop very bad spondylitis or maybe angina, or may even be lethargic organs. So this is your own power which is going to work it out, which is going to give you the glory, so don't try to feel guilty because that will spoil your chances of realisation. So you have to forgive yourself: completely.

Then, you have to forgive everyone else. You might say it's very difficult, but whether you forgive or you don't forgive, logically you don't do anything. But when you don't forgive, you torture yourself, so what's the use of torturing yourself? Moreover, the centre – the Agnya Centre – in the optic chiasma is like this, constricted absolutely, and if you don't forgive it won't open, and how can the Kundalini pass through. So just say: 'Mother, I forgive everyone,' then it will open out like this. Another request is to take out your shoes if possible. Please take out your shoes. [aside: Some have taken out, I think]

All right, please put both the hands towards Me like this. Now please put down your head. Put the left hand higher, like this, and with the right hand, you see if there's a cool or a hot breeze-like vibrations coming out of your fontanel bone area. Bend your head and see. If it is hot, means you have not forgiven yourself or others, so now please forgive. Please forgive everyone and forgive yourself, just by saying: 'Mother, I forgive myself and I forgive others.'

Now you put the right hand towards Me and bend your head and see with the left hand if there's a cool or a hot breeze-like vibrations are coming out of your fontanel bone area. Some people get it closer, some away from it, but don't put your hand on

top of your head. Have faith that this is coming out of your head. Don't doubt yourself.

All right. Now put the left hand towards Me and raise it and see – again bend your head – with the right hand, if a cool or a hot breeze is coming out of your head. Bend your head please, bend your head. Now raise your, both the hands, towards the sky like this. Push back your head. Ask any one of these three questions, three times. You can call Me Mother or Shri Mataji: 'Mother, is this the cool breeze of the Holy Ghost?' This is the first question. Second one: 'Mother, is this the all-pervading Power of divine love?' Third one is: 'Mother, is this the Paramchaitanya, the Ruh?' Ask any one of these three questions, three times.

Now, bring down your hands please. Raise your hands and watch Me without thinking. [aside: All have got it.] Now, all those who have got cool breeze or hot breeze on their fingertips, or on the palm or out of their fontanel bone area, raise your both the hands. [all raise] That is really the great country, and the great city of St Petersburg. All of you have got it. [applause][inaudible in English, may be heard in Russian translation]

Thank you very much.

[speaks aside to ask musicians to play Maha Maya so that audience can clap along. Musicians request to sing Qawali instead. Shri Mataji says: All right.]

1996-0719, Arrival and Welcome Talk

View [online](#).

19 July 1996

Arrival

Kurumoch International Airport, Samara (Russia)

Talk Language: English | Transcript (English) – Draft Talk to Yogis: Arrival and Welcome, Love has no Bounds, 19 July 1996

[Yogis sing bhajans to welcome Shri Mataji and a Yogini introduces in Russian]

Sahaja Yogini: Jai Shri Mataji.

Shri Mataji: Are you all right? Thank you, thank you.

[Sahaja Yogini continues speaking in Russian, which Dr. Bogdan translates for Shri Mataji]

Dr. Bogdan: This is the filming lady. [translation] O great Mother of ours, all Sahaja Yogis in the city of Togliatti [inaudible] with love and thankfulness to meet You on our lands. Every one of Your comings here is a great blessing for us. Your energy and vibrations gives us so much power and energy. We are extremely thankful to You, Shri Mataji. Every one of Your comings here is a great blessing for us. May You do this for long and long and long, Shri Mataji. [last sentence not translated by Bogdan] Jai Shri Mataji! [Yogis: Jai Shri Mataji!]

Shri Mataji: Thank you very much, thank you. [Yogis sing 'Swagata Agata Swagatam']

Sahaja Yogini [translated by Dr. Bogdan]: This is a welcome, Shri Mataji with greatest love. [several sentences are inaudible in the translation from Russian]

Dr. Bogdan: This is for the camera, Shri Mataji.

Shri Mataji: I am very much [unclear] by your love, to come all the way from Togliatti just to greet Me here, with little, little sweet children whom I love very much. I know it's raining, still you are all here; love has no bounds. It's so enchanting. That's how a poetry is created [unclear/in that atmosphere.] So far away is Togliatti and still you people – I don't know how – you have managed to come all this way. The expression of love is so deep; I don't know what I have done for you.

Sahaja Yogini [translated by Dr. Bogdan]: You are our great Mother.

Shri Mataji: Yes, that's true, I'm... I must say, in Russia, the mother has a special place. But this love, and this feeling is very difficult to explain and it's like the whole ocean of compassion, and just your hearts [unclear] ripple of your feelings coming back. Love is so important here; more important than anything else. Only with this love, we can enjoy the bliss of the Divine. I am so happy to see you and... [Yogis: Jai Shri Mataji.] I am so full of [inaudible/tears] and the sky is crying for Me.

You have been so sweet and so nice. I was telling him [Dr. Bogdan] that there is a plane from Samara to Delhi every day – so many places I have never seen. That means it has come for you only, so you all can come to Delhi, [Yogis laugh] and I can come directly from Delhi to Togliatti. [Yogis: Jai Shri Mataji.]

May God bless you all. I hope for you to have all the best of life. The greatest is peace, compassion and joy.

[Shri Mataji and Yogis start walking, Yogis sing again. Conversation inaudible]

Dr. Bogdan: He will come Shri Mataji, he will come to the log cabins where You stay.

[Sahaja Yogini speaks in Russian, as a description for the video she has been recording]

Dr. Bogdan: This is in Russian, so we will translate it, Shri Mataji. [Sahaja Yogini speaks again in Russian, no audible translation]

Shri Mataji: Thank you. Be careful. May God bless you. [more untranslated Russian]

Dr. Bogdan: He will come here, Shri Mataji. Apparently.

Shri Mataji: Oh, I see.

Dr. Bogdan: Apparently he will come here. [inaudible]

Shri Mataji: Ah, now you have a [unclear/baby] I'm told. Thank you very much. Thank you for your love. I bless you from My heart.

[Sahaja Yogini asks a question, for the video recording, which Dr. Bogdan translates]: Shri Mataji, do You want to [unclear/say anything to] Togliatti?

Shri Mataji: [unclear] Really, there are no words that can describe. I don't know really how to say something because I never expected that, so many people in the whole world would take to Sahaja Yoga; to accept it in My lifetime. [unclear] when I see your beautiful faces and your enlightened souls, I think there is something special about you. That you should really be so much free in love; it shows a really large heart. I don't know how to explain, because you are living in these modern times and most of you are working in the car business and despite that, you are very, I should say, very spiritual. I am very lucky to have met you all. You are so spiritual.

Like Christ and all these people, they did their level best but they couldn't make [unclear/people like this.] None of them. While you people are born at this time, a very special time, and have chosen to be in the Kingdom of God. Must be because of your life, previous lives, this life has been very pure. I just [unclear/ tighten My...] [Shri Mataji laughs]

Also I am thankful to Sasha for bringing Sahaja Yoga to Togliatti to be saved and [unclear]

Dr. Bogdan [translating for Sahaja Yogini]: Mother, we are still not perfect, but with every one of Your arrivals here, we try and we try to ascend, higher and higher.

Shri Mataji: You are My [inaudible]

Sahaja Yogi [translating for Yogini]: You are our Mother, You are our Great Mother, Shri Mataji. We are loving You from all our hearts. Our hearts are full with love, Shri Mataji.

Shri Mataji: I can feel it, even the later [unclear]

All right, thank you very much, thank you again and again. I hope there is some conveyance to go back...

1996-0719, Evening Program

View [online](#).

19 July 1996

Evening Program

Tolyatti (Russia)

Talk Language: English | Transcript (English) – Draft

1996-07-19 Evening Program, Tolyatti, Russia

Thank you very much ...I am very happy to be with you all again ...And you have gathered here in such a big group, so many of you!

Tolyatti has been a very great success of Sahaja yoga because so many centres have been established here. 26 meditation centres have been established inside and outside also 26. This is because of your genuine interest and genuine feeling for Sahaja yoga ...Because You have felt that. It's very important to change the world, to get peace & joy. Some other places, meditation centres are been going down in number. I just don't understand why it is happening ...It should not happen. Because once you discover the bliss of the divine then people go on distributing this joy to others. That shows that you people are very sensitive to spirituality...& you are not materialistic especially blessed people I must say...I have discovered that here is the direct flight from here to Delhi by your aeroplanes and I think you can come to Delhi.

You are all welcome very much ...and Indians are also grown like you...And they will be very happy to meet you all. Thank you very much!

1996-0720, Meeting with the Mayor of Togliatti Jilkin S.F.

View [online](#).

20 July 1996

Visit

Tolyatti (Russia)

Talk Language: English | Transcript (English) – Draft

Togliatti TV: Все сахаджа-йоги очень довольны, что первый мэр в России, первый мэр города, желает встретиться со Шри Матаджи. Это говорит о большой духовности нашего города и мэра города, и все сахаджа-йоги очень благодарны вам за это.

Mayor (Jilkin): Спасибо за оценку моей духовности, а вот что вы сказали о духовности города - это на самом деле так. Наш город отличается от всех не потому, что я приехал лично выразить мое почтение Шри Матаджи, а потому что на самом деле неслыханное количество людей в нашем городе, которые взяли это учение как свое. Причем учение, я вот его не называю религией в моем понимании, - это на самом деле учеба, учение как можно жить людям на нашей земле, и этим учением заражены десятки тысяч людей в нашем городе, и я хочу выразить свое почтение по этому поводу Шри Матаджи, Ее подвижничеству, Ее удивительной энергии. Я думаю, что Она из тех, кто может назвать себя гражданином мира - тот человек, который озабочен глобальными проблемами, и не только озабочен, Она их решает. В меру сил своих у Нее это очень успешно получается.

Togliatti TV: Шри Матаджи очень любит наш город. Вчера вот Она опять говорила о большой любви, и мы Ей выражали свою любовь. Она вот даже прослезилась от такой вот большой любви. И от того, что мы Ее так любим и Она нас, все проблемы будут решаться гораздо быстрее и лучше.

Mayor (Jilkin): Да если вот на самом деле такая аура есть, а я думаю, что она есть, вот именно аура - любовь человеческая людей между собой.

Togliatti TV: Потому что любовь на Земле - это всё. От любви идет всё хорошее.

Mayor (Jilkin): Это тот самый случай, когда слова (вы помните?), слова "Любовь спасет мир" имеют реальное воплощение. Вот то, о чем когда-то говорили классики, совершенно удивительно.

Togliatti TV: Спасибо вам, что вы пришли.

Man: [] Такие процессы вот - они потихонечку, потихонечку идут.

Mayor (Jilkin): Наш город стал деловым центром, финансовым центром, и вот последние два года, поскольку я мэр, я имею возможность ощущать эти процессы как-то больше. Идет процесс какого-то культурного восстановления, духовного. Так активно это не было лет 5 - 10 назад. И в этом смысле, конечно, власти не могут какие-то заслуги себе по этому поводу присвоить. Люди становятся другими, совершенно удивительно; я от этого просто рад безмерно.

Man: Вам, наверное, работать легче.

Mayor (Jilkin): Да, безусловно. Я радуюсь.

Togliatti TV: Я, между прочим, хотела к вам прийти на прием по вопросу о городе. Я очень люблю цветы, и когда мы приехали в город Тольятти, тогда было очень много цветов. Сейчас всё исчезло. Я хотела прийти к вам с предложением через ТОС [Итак, во-первых, ТОС - это деятельность граждан. Во-вторых, это состояние

самоорганизации, готовности к самоуправлению, умение жителей, наличие условий для самоуправления. В-третьих, это институт, то есть наличие дееспособной системы органов самоуправления и средств управления: органы плюс жители, способные к самоуправлению. В-четвертых, это и форма участия населения в решении вопросов местного значения.] сделать наш город цветником. Чтобы он отличался от всех других городов именно цветами. Архитектурная застройка у нас особая такая. И я около дома своего на Тополинной сделала такой цветник - все сейчас ходят и любуются.

Mayor (Jilkin): Спасибо вам. Сделаем. Сделаем обязательно.

Togliatti TV: Это совсем просто.

Mayor (Jilkin): Совсем другое качество жизни будет сразу.

Togliatti TV: Конечно.

Shri Mataji: Very kind of you to have come here all the way.

Vasiliev: Большое спасибо, что вы проделали такой путь.

Shri Mataji: So beautiful. These are from this place?

Vasiliev: Эти розы из этого места?

Mayor (Jilkin): I do not know.

Shri Mataji: So kind of you to have sent this paper but I have not been able to translate and to know what is written.

Vasiliev: Было так любезно с вашей стороны прислать эту газету, но, к сожалению, у Меня не было возможности прочитать ее.

Shri Mataji: Somebody will have to translate it for Me.

Vasiliev: Поэтому кто-то должен будет перевести ее. Это очень любезно.

Mayor (Jilkin): Это о письме?

Mayor (Jilkin): Я хочу поблагодарить Вас за то, что, несмотря на Вашу занятость, на Вашу такую большую работу, Вы снова и снова приезжаете в наш город.

T: I would like to thank You Shri Mataji that busy as You are You find time to come again and again to Togliatti.

Shri Mataji: I enjoy it.

Vasiliev: "Я наслаждаюсь этим", - говорит Шри Матаджи.

Mayor (Jilkin): Совершенно удивительно, что учение, которое Вы несёте людям, даёт в нашем городе такие всходы.

T: It is amazing that Your teachings bear such fruit in Togliatti.

Mayor (Jilkin): Я могу судить об этом по тольяттинцам. Им везёт, когда они следуют Вашему учению. У них меняются глаза.

T: I can judge by the citizens of Togliatti, when they follow Sahaja Yoga they change very much Shri Mataji.

Shri Mataji: That is something really true.

Vasiliev: Это действительно так. Это — Истина.

Shri Mataji: You see what we need now is to change human beings

Vasiliev: Что нам нужно сейчас — изменить людей.

Shri Mataji: You see the problems come from human beings.

Vasiliev: Проблемы исходят от них.

Shri Mataji: And it is a special time for the new breakthrough in the evolution. Very special.

Vasiliev: Сейчас особенное время для прорыва в эволюции, очень особенное время.

Shri Mataji: What we call the last judgement.

Vasiliev: То, что называется Последним Судом.

Shri Mataji: But in other religions like islam they call it Quiama - the resurrection time.

Vasiliev: В других религиях, таких как исламе, это время называется Кияма - Время воскрешения.

Shri Mataji: Same in the indian scriptures - it is written it is the time that people will ascend.

Vasiliev: В индийских писаниях о нём говорится, что люди будут входить в новую область осознания.

Shri Mataji: Because if you have to have peace and if you have to have the bliss of the Divine we have to get into that realm.

Vasiliev: У вас должен быть мир, должно быть блаженство Божественности. Тогда вы войдете в эту область.

Shri Mataji: Which was promised as a Kingdom of God.

Vasiliev: Которое было обещано как Царствие Божье.

Jilkin: Я думаю, нам повезёт, и люди смогут войти вот в это состояние души, что Вы называете Царством Божьим. Только мне кажется, это произойдёт с помощью других людей, сами они не смогут.

Vasiliev: We will be happy to get into that state but possibly it will be by the help of other people not individually by ourselves.

Shri Mataji: Which other people?

Shri Mataji: Каких других людей Вы имеете в виду?

Jilkin: Люди должны помочь людям.

Vasiliev: People have to help other people.

Shri Mataji: Yes.

Shri Mataji: Именно так.

Shri Mataji: One person gets realisation then he goes to another town where he gives realisation to someone. Like that it grows just like natural growth.

Vasiliev: Один человек получает Реализацию, идёт в другие места, в другие города, даёт Реализацию там, и так получается этот рост.

Shri Mataji: But you are people who are at the helm of affairs if they appreciate it works even better.

Vasiliev: Но если такие люди, как вы, находящиеся у руля правления, смогут правильно оценить важность этого учения, то рост будет идти значительно быстрее.

Jilkin: С Вашей помощью, Шри Матаджи.

Vasiliev: With Your help Shri Mataji.

Shri Mataji: I do not know why but always so many cities I have visited so many of them. The mayors are the first to appreciate my work. I do not know what is so special about mayorship?

Vasiliev: Я не знаю почему, но всегда, когда Я приезжаю в новые города, именно мэры этих городов в большей степени оценивают Меня. Не знаю, что такого особенного в отношении мэров.

Shri Mataji: Any city I visit it is the Mayor of that city who sees the point.

Vasiliev: В любом городе, который Я посещаю, именно мэры хорошо понимают, в чём состоит вопрос, в чём суть Моего учения.

Jilkin: Я думаю, что это исходит из того, что мэр отвечает за всё, что происходит в городе.

Vasiliev: I believe it is because the Mayor is in charge of what is happening in his city.

Shri Mataji: I think he is in contact with the society with the people very closely.

Vasiliev: Я думаю, говорит Шри Матаджи, что это из-за того, что он в очень близком контакте с людьми.

Jilkin: Мы знаем, что проблемы, которые есть, решают только люди. И мэр понимает, что культура и духовность людей в городе, где он работает, - это самый главный ресурс для любых добрых дел.

Vasiliev: And he understands the culture and spirituality of these people is the main thing to solve all the problems.

Jilkin: И я в этом смысле тоже не исключение, как и другие мэры, наверное, с которыми Вы встречались. И я хочу выразить Вам своё восхищение по этому поводу.

Vasiliev: So I am not the exception from all these other Mayors Shri Mataji and I would like to say that I very much admire you, Shri Mataji.

Jilkin: Это не комплимент, Шри Матаджи.

Vasiliev: This is not a compliment Shri Mataji.

Jilkin: Я просто могу себе представить, сколько трудов и сколько сил нужно потратить на то, что Вы делаете.

Vasiliev: I just can not imagine what hard work You are doing Shri Mataji. How very hard You are working to make all this possible.

Jilkin: И по этому поводу моё восхищение.

Vasiliev: And this is what I admire.

Shri Mataji: Thank you very much. I am not working on the table as you have to work very hard.

Vasiliev: Спасибо Вам. Мне не так много приходится работать за столом или выполнять какую-то письменную работу, как, может быть, порой приходится Вам её делать.

Shri Mataji: This is a work of compassion.

Vasiliev: Это больше работа на уровне сострадания.

Shri Mataji: Compassion that acts.

Vasiliev: Сострадание, которое действует.

Shri Mataji: I do not have to do anything I just watch.

Vasiliev: На самом деле, Мне не нужно ничего делать, Мне нужно только наблюдать за всем.

Jilkin: Может быть, сегодня это так, когда Вы ездите по всему миру и наблюдаете, как развивается Ваше учение Сахаджа Йоги. Но ведь к этому нужно было прийти.

Мне сказали, что сегодня будет акция принятия новых людей в это учение.

И каждый раз их всё больше и больше.

Vasiliev: May be it is not Shri Mataji You travel the world and witnessing how Sahaja yoga develops but somehow You had to come to this state.

Jilkin: И мне сказали, что сегодня на стадионе будет проходить акция принятия новых людей в это учение.

Vasiliev: I was told that today in the stadium there will be an action of accepting new members into Sahaja Yoga.

Jilkin: И каждый раз всё больше и больше людей.

Vasiliev: And everytime it is more and more people.

Shri Mataji: Yes of course. Togliatti is a special place.

Vasiliev: Да, конечно. А Тольятти - очень особенное место.

Shri Mataji: So many members we have I do not know if there are more than in Moscow or not. But they are such a lot for this place.

Vasiliev: В этом городе так много сахаджа-йогов; возможно, даже больше, чем в Москве, но их здесь очень много.

Shri Mataji: A very surprising thing because people are working in a motor company and living with such people and you find them so spiritually strong.

Vasiliev: Это очень удивительно, многие жители города работают на заводе, но, как оказалось, они столь развиты духовно.

Jilkin: Как Вы думаете, почему это произошло?

Vasiliev: Why is this happening Shri Mataji? What is Your opinion?

Shri Mataji: I think the Volga river is meeting the sea or whatever it is - a very holy auspicious place.

Vasiliev: Возможно, это из-за того, что Волга впадает в море в этом месте, но на самом деле это очень-очень святое и благоприятное место для духовности.

Jilkin: Я связываю это с другим, Вы, конечно, можете меня поправить. В Тольятти за 40 лет количество жителей увеличилось с 11 тысяч до 700. Тольятти как город ещё только формируется. Поэтому у горожан изначально высокое стремление к духовности, к любви, к этому месту, в том числе к городу, к людям, которые живут с тобой рядом.

Vasiliev: You may correct me later if I am wrong. Because it is a very new town very new city. In fact 40 years ago there was only 11 000 citizens but now there are 700 000 people. So these people love this town this city very much Shri Mataji it may be from the love Shri Mataji.

Shri Mataji: In the whole of Russia I must say (of course in India they know what it is so we forget India) the highest number is in Russia. In the whole world 65 nations I am working now - Russia is the highest.

Vasiliev: Мы, конечно, знаем, что в Индии высокая духовность, высокая культура в этом плане, но сейчас Сахаджа Йога уже представлена в 65 странах, и среди всех русские занимают самое высокое место по отношению к духовности.

Jilkin: Я думаю, корни в духовности изначально у русского народа.

Vasiliev: I believe that basically the roots of russian people are in spirituality.

Shri Mataji: Yes. Very introspective by nature. They are very introspective. I have seen your writers and poets are all very introspective. And clean-hearted. Simple hearted. They do not take to false people.

Vasiliev: Да, они очень интроспективны, склонны к самоанализу. Я видела ваших писателей, поэтов. Они все были очень интроспективными и очень чистосердечными людьми. Людьми простого, но очень чистого сердца. Они не прибегали к каким-то людям, которые являются лживыми.

Shri Mataji: You see like in America they always take to false things.

Vasiliev: Представляете, в Америке часто обращаются к очень лживым людям, которые несут ложь.

Shri Mataji: All gurus who were there were all false people, made lots of money.

Vasiliev: Все гуру, которые уехали туда, были лживыми, и они берут много денег.

Shri Mataji: When I went there first time they asked Me how many rolls-royces I had.

Vasiliev: Когда Я приехала туда впервые, Меня спросили, как много “роллс-ройсов” у Меня есть.

Shri Mataji: I said I have none. I have only one car and that also belongs to my husband.

Vasiliev: Я сказала: “Ни одного. У Меня есть только одна машина, и даже она принадлежит Моему мужу”.

Shri Mataji: So they said You are not in the business. I said no there is no business.

Vasiliev: Тогда они ответили: “Тогда Вы не в бизнесе”. Шри Матаджи сказала: “Это не есть бизнес”.

Shri Mataji: So they were not interested in Me.

Vasiliev: И поэтому они не интересовались Мной.

Jilkin: Я думаю, тех людей можно пожалеть.

Vasiliev: I hope we have to pity these people.

Shri Mataji: Yeah. They are now sending all their junk here I am worried about that. All the junk that they can not sell there, sending here and using your money and bringing their horrible culture here.

Vasiliev: А также, Я думаю, они посылают сейчас сюда (так как у них переизбыток всех вещей) всевозможную рухлядь, которую они не могут там сбыть. И Я опасаюсь из-за этого.

Shri Mataji: And all the precious money of the russians are going into this.

Vasiliev: И все ваши драгоценные деньги, которые вы с таким трудом зарабатываете, идут на покупку этих бесполезных вещей.

Shri Mataji: But you will be amazed that in India they do not have even one shop where we can import anything. You can not buy anything imported.

Vasiliev: Но вы будете удивлены, что у нас в Индии нет ни одного магазина с импортными вещами. И вы не сможете купить ни одну импортную вещь в Индии.

Shri Mataji: Because Mahatma Ghandi started like that he said do not import anything!

Vasiliev: Потому что Махатма Ганди начал это движение. Он сказал, что не надо ничего импортировать.

Shri Mataji: He said you should be self-sufficient why should you import?

Vasiliev: Он говорил: “Вы должны быть самодостаточными. Зачем вам что-то импортировать?”

Shri Mataji: Also developing countries can import. That’s alright but not from these people who are in recession - can’t sell their things.

Vasiliev: Конечно же слаборазвитые страны могут что-то импортировать, но только не у тех стран, у которых сейчас идёт спад производства, которые любыми путями стараются сбыть некачественную продукцию.

Jilkin: Вы оказывается не только философ, но ещё и экономист. Удивительно. В этом смысле меня всё-таки больше интересует философия Вашего учения.

Vasiliev: You are not only the philosopher Shri Mataji but also the economist. It is really amazing. I am very interested in Your philosophy in that sense.

Shri Mataji: It deals with totality.

Vasiliev: Понимаете, это имеет отношение со всем общим, с целым.

Shri Mataji: That’s very important that we should understand also financial problems, family problems and other things which are concerning say our politics we should understand through Sahaja Yoga.

Vasiliev: Нам очень важно понимать все финансовые, семейные, политические проблемы общества через учение Сахаджа Йоги.

Jilkin: Я, как и многие россияне, пытаюсь узнать реальную историю нашей страны и пытаюсь понять, что же такое Россия.

Vasiliev: As a russian man I am very much interested in the history in the real history of our country Russia.

Shri Mataji: Great culture you had. You are very great really.

Vasiliev: У вас великая культура, и вы на самом деле великая страна.

Jilkin: Многие говорят, что на России некий крест, крест как образ. Россия всегда будет что-то преодолевать, россияне будут жить в страданиях.

Vasiliev: Some people say that Russia is somewhat doomed Shri Mataji. That Russia will always struggle and be in trouble.

Shri Mataji: Struggle about what?

Bogdan: Russia will always be in a sense doomed because it will be constantly committed to be struggling in state of hardship and struggle feel.

Shri Mataji: That is over now I hope so. Of course it will be over. You see the struggle is because they are spiritually in doubt inside and outside there is so materialistic world.

Vasiliev: Я надеюсь, что сейчас с этим будет всё покончено. Я уверена, что с этим будет всё покончено, так как внутри русские очень богаты духовно, а снаружи их окружают материальные вещи. Поэтому и происходит такого рода борьба.

Jilkin: Дай, Бог, как говорится.

Bogdan: God willing Shri Mataji.

Shri Mataji: Of course. I see that clearly that they are very cultured people, very innocent people and also very loving, full of love. And this will triumph very soon.

Vasiliev: Конечно, Я вижу, что это очень искренние люди, очень любящие и весьма духовные, и это очень скоро должно сработать.

Jilkin: Я тоже так думаю. Я полагаю, что никакого креста или какой-то судьбы чёрной у России нет.

Vasiliev: This is also my opinion Shri Mataji. I also believe there is no black cross over the Russia there is no doom.

Shri Mataji: No no no. Not at all.

Vasiliev: Нет-нет, вовсе нет!

Jilkin: Судьбу свою сами люди определяют.

Bogdan: The destiny will be realised by the people themselves Shri Mataji.

Jilkin: И в этом смысле духовность россиян, которую не убили за последние 100 лет, она всё равно возьмёт своё.

Vasiliev: And in that sense the basic spirituality of russian people will win.

Shri Mataji: It will dominate the whole world.

Vasiliev: Россия будет править над всем миром.

Shri Mataji: Because you know you are very rich people, you have everything in this country, everything.

Vasiliev: Вы очень богатые люди. У вас есть абсолютно всё в вашей стране.

Shri Mataji: Only it is properly organised and that's all.

Vasiliev: Вам только нужно всё организовать надлежащим образом. Это всё.

Shri Mataji: With spirituality you will get this knowledge.

Vasiliev: С духовностью вы получите знания, как это сделать.

Jilkin: Как организовать свою жизнь?

Shri Mataji: As I said first of all the people have to be changed.

Vasiliev: Прежде Я говорила, что людей надо изменить.

Shri Mataji: Like they asked me about mafia the other day. I said you just forgive all of them. They are all bandits just forgive them.

Vasiliev: Меня спрашивали о мафии, и Я сказала: "Они бандиты, но вы должны просто простить их".

Shri Mataji: In India we did that there were bandits and horrible people.

Vasiliev: В Индии мы так и сделали, там были бандиты, разбойники и прочие ужасные люди.

Shri Mataji: Because they had committed crimes they did not know how to come to the society. So they were doing all these things.

Vasiliev: Однажды совершив преступление, они уже не знали, как им попасть назад в общество, и продолжали это делать.

Shri Mataji: And they were suffering much more that go into jail. Much more.

Vasiliev: Они гораздо больше страдали в моральном плане, чем если бы их посадили в тюрьму.

Shri Mataji: But it was declared that you are forgiven will not punish you whatever has happened has happened. And it worked. One of them got elected to the Parliament.

Vasiliev: Но им было объявлено, что им всё будет прощено. И это сработало. Один из этих людей даже был избран в парламент.

Shri Mataji: We can use spirituality to correct many problems that we have.

Vasiliev: Посредством духовности мы можем решать много проблем, которые у нас есть.

Shri Mataji: Because that is very powerful force. And as I see russian are very genuine very good people.

Vasiliev: Потому что это очень могущественная сила. И, как Я вижу, русские очень искренние, очень хорошие люди.

Shri Mataji: It will definitely work out I am sure about it.

Vasiliev: Я уверена, у вас всё получится.

Shri Mataji: But in India people have great respect for Russia.

Vasiliev: В Индии люди очень уважают Россию.

Jilkin: Я думаю, что это взаимно.

Vasiliev: I believe it is mutual.

Jilkin: И в России многие знают и пытаются познать индийскую культуру. И они восхищаются ею.

Vasiliev: And in Russia people also try to know about India, about it's culture about its people.

Shri Mataji: About 3000 bc two saints came to this country Russia and [] Ukraine and all these developing countries (or we can call the 3d block that we have) they visited this place 3000 years before Christ. And in Ukraine museum you can find because they taught about Kundalini. Because there is kundalini made on the paintings, chakras are made everything.

Vasiliev: За три тысячи лет до пришествия Христа два брата пришли в эти места, что сейчас называют Россией, Украиной и странами третьего блока. В украинском Трипольском музее вы можете увидеть, что в то время украинцы знали о Кундалини, и они имели изображения Кундалини, чакр и всего, что относится к этому.

[Около 3000 лет назад два святых (натха) пришли в эти страны: Россию и Украину и страны 3 мира]

Shri Mataji: In our books it is described in old books it is described that they came down here and saw very beautiful people living here and very good description about it.

Vasiliev: И в наших старых книгах есть описание, что действительно они пошли в эти места и увидели там прекрасных людей.

Shri Mataji: So it all changed later on somehow and Greece also they visited.

Vasiliev: Затем каким-то образом произошли изменения, и они также посетили и Грецию.

Shri Mataji: So these two Saints must have brought this knowledge to Russia and to other countries but perhaps some or other it was lost I do not know how.

Vasiliev: И Я считаю, что эти два святых принесли эти знания и России, и другим странам, которые они посетили. Но впоследствии каким-то образом эти знания были утрачены.

Jilkin: И до сих пор в анналах индийской культуры это сохранилось?

Vasiliev: Till now it is in Indian scriptures?

Shri Mataji: Yes.

Vasiliev: Да, это есть в индийских писаниях.

Shri Mataji: Also they went to Birma where the women used to rule not the men.

Vasiliev: Также они были в Бирме, где обычно правили женщины, а не мужчины.

Shri Mataji: We had the saints of this kind they were doing this work - kundalini work but the used to give to very few people.

Vasiliev: У нас всегда были святые такого высокого ранга, которые поднимали Кундалини и давали Самореализацию, но они делали это только считанным единицам.

Shri Mataji: Also the early christians were called as gnostics and there were the people who became in charge of the religion they tortured them.

Vasiliev: У нас ранние христиане, которых называют гностиками, также обладали этими знаниями.

Shri Mataji: GN you too use this word GN. Gnostic. In sanskrit we call it a person who is gnani. GN stands for inner knowledge. In the Russian language you have and all these people have got this in their languages. GN they use even in italian languages.

Vasiliev: На санскрите это звучит "гньяни", то есть человек, обладающий знаниями.

Этот корень "ГН" используется и в вашем русском, и даже в итальянском, языке.

Jilkin: Совершенно удивительно!

Shri Mataji: Chechnya. Does it have GN in it?

Bogdan: It has CH.

Bogdan: Чечня имеет похожий корень.

Jilkin: В Чечне пока беда.

Bogdan: For the time being Chechnya is troubled Shri Mataji.

Shri Mataji: You see islamic religion has gone to extreme.

Vasiliev: Понимаете, исламская религия дошла еще до одной крайности.

Shri Mataji: They are troublesome no doubt.

Vasiliev: Они действительно несут беду.

Shri Mataji: But they should not be killed that is too much.

[Но их не надо убивать - это слишком.]

Shri Mataji: They told me that in a democratic country you can not have another country based on religion.

Vasiliev: Мне говорили, что в демократической стране нельзя иметь другую страну, основанную на религии.

Shri Mataji: One country out of all of them can not be based on religion.

Vasiliev: Одна страна из всех не может быть основана на религии.

Shri Mataji: So this demand was wrong.

Vasiliev: Их требование было неправильным.

Shri Mataji: But it has gone to another extreme.

Vasiliev: Но это дошло до крайности.

Shri Mataji: Nobody in democracy will accept such a thing.

[Никто в демократии не примет этого.]

Shri Mataji: The whole country can be based but one part can not.

[Вся страна может быть основана, но часть ее нет.]

Shri Mataji: It has to be circular.

[Она должна быть светской.]

Shri Mataji: But now someone is demanding like that but it is going too far to kill them.

[Но когда кто-то требует другого, убивать их - это слишком.]

Mayor: Тот самый случай, когда религия ослепляет людей в Исламе.

Translator (Vasiliev): I think that Chechnya is the case when religion is blinding people.

Mayor: Они не понимают, что делают. [they don't understand what they are doing]

Shri Mataji: That is correct [Это верно]

T: People don't understand what they are doing.

Shri Mataji: Religion is based on fear.

T: Да, Шри Матаджи говорит, их религия построена на страхе.

Shri Mataji: We have so many Muslims in Sahaja Yoga but they are not safe because they can be killed.

T: У нас есть так много сахаджа-йогов мусульман, но они никогда не говорят, что нужно убивать.

[correct translation: У нас много мусульман в сахаджа йоге, но они не в безопасности, поскольку их могут убить.]

Shri Mataji: But they too have Sufis.

T: У нас также имеются суфии.

[correct translation: Но у них также есть суфии.]

Shri Mataji: I went to Turkey, Tunisia - they have Sufis - they all came to Sahaja Yoga.

T: Я была в Турции, в Тунисе - там имеются большие общины суфиев, и они все пришли в Сахаджа Йогу.

Shri Mataji: Which is based on fear not on freedom.

T: Но в основном же, их религия построена на страхе, не на свободе.

Shri Mataji: This is the trouble with them. No but Mohammad Sahib never taught like that.

T: Это проблема связанная с ними. Но Мухаммед Сахиб, никогда не учил их этому.

Shri Mataji: Koran was not written by Mommatza (Mahomet).

T: Коран не был написан Магометом.

Shri Mataji: 40 years after his death it was written.

T: Он был написан через 40 лет после его смерти.

Shri Mataji: So how can it be authentic?

T: Поэтому, как можно приписывать Коран ему? (Дословно: Так как Коран, может быть подлинным, (нести

абсолютную истину)?)

Shri Mataji: Same about Bible. Christ never wrote it.

T: То же, и в отношении Библии. Христос никогда не писал Библию.

Shri Mataji: When you base the whole thing on one book there can be always problem of understanding others.

T: Поэтому, если вы строите все это здание, полностью, только на одной книге, то всегда будут проблемы непонимания (разных трактовок).

Shri Mataji: But that way if you see Christ described about Abraham and Moses in the Bible Christ did say and Mommatsa talked about Christ's Mother much more with greater respect for the Mother so how can they fight?

T: Понимаете, тот же Христос описывал и Авраама и Моисея, а Мухаммед Сахиб, соответственно, говорил о Христе и его Матери, куда с большим уважением к Матери, тогда как они могут противоречить друг другу?

Shri Mataji: They behaved in such a manner that they were after one another explaining.

T: И они вели себя таким образом, что каждый приходил за другим и объяснял свою часть чего-то. (Одного Целого)

Shri Mataji: But God knows how it goes into their head that they are separate.

T: Но бог знает, как так получилось в их головах, что все разъединились, все религии разобщены.

Shri Mataji: It is just created...differences are created.

T: Это все созданные разделения, их не было на самом деле.

Mayor: Может создали искусственно, для тех же людей, о которых Шри Матаджи говорила, которые собирались делать бизнес на этом.

T: Maybe they do the people who are making business Shri Mataji doing this

Shri Mataji: yes, exactly. it is money oriented power oriented but not spirit oriented.

T: Да точно, они были ориентированы на деньги, на власть, но не на духовность. (Дух)

Shri Mataji: That was in the name of God.

T: Но творили это во имя Бога.

Mayor: От имени Бога.

Shri Mataji: Horrible things are happening even among Christians, because I am born in the Christian religion and i am shocked the way things are happening in the name of God.

T: Ужасные вещи происходят, в том числе, и в христианской религии. Шри Матаджи Сама родилась в христианской семье, и Она шокирована, как подобные вещи происходят во имя Бога.

Shri Mataji: But that does not mean that religion is bad.

T: Но это не означает, что религия плоха сама по себе.

Shri Mataji: In our Sahaja Yoga religion is here (Shri Mataji points at the stomach)

T: В нашей Сахаджа Йоге - религия находится вот в этой области. (Шри Матаджи указывает на живот)

Shri Mataji: It is innate

T: Это внутренняя религия. (врожденная)

Shri Mataji: which is to be awakened.

T: Которая должна быть пробуждена.

Shri Mataji: Then you do not care for all this money and all those things.

T: Тогда вы перестаете беспокоиться о деньгах и подобных вещах.

Mayor: Я думаю, что в другом, на мой взгляд, Я не историк религии, на мой взгляд, учение Сахаджа Йоги, вот чем оно отличается от других религий?

T: I am not a historian Shri Mataji but in my opinion what is the difference of Sahaja Yoga and the other religion?

Shri Mataji: No...

T: He will, he will tell later.

Bogdan: what he is saying is that he is not such an expert in religious matters Shri Mataji but How does Sahaja Yoga differentiate from all the others and that he will explain.

Shri Mataji: We say we do not differentiate.

Mayor: Сахаджа Йога дает знание жизни, знание как жить...?

Bogdan: Sahaja Yoga gives the knowledge on how to actually live to just to live.

Shri Mataji: Really you become a real Christian a real Muslim a real Hindu a real everything in the real sense of the word.

T: Вы учитесь как жить, в истинном значении этого слова, и вы становитесь настоящим христианином, мусульманином

и т.д.

Shri Mataji: You transcend these ordinary barriers created by human beings but you know that everyone is the same.

T: Вы идете дальше всех этих искусственных барьеров, которые воздвигли, именно, сами люди, вы знаете, что все это одно и то же.

Shri Mataji: we worship Christ we worship Mommatsa we worship Moses we worship all of them.

T: Мы поклоняемся и Христу, и Магомету, и Моисею. Мы поклоняемся Им всем в Сахаджа Йоге.

Shri Mataji: Those who are to be worshipped must be worshipped.

T: Все, кому следует поклоняться, мы им всем поклоняемся.

Shri Mataji: Then what is the quarrel what is the fight?

Translator: Тогда из-за чего нам ссориться, из-за чего воевать?

Mayor: Всеобъемлющая любовь, да?

Bogdan: All-pervading love Shri Mataji he said yes all-pervading love.

Shri Mataji: That is the power we use it is intelligent compassion it is the power.

T: Это, именно, наша сила, разум и сострадание.

Shri Mataji: Now even scientists are coming round first they used to talk about IQ.

T: Даже сейчас, ученые изменяются полностью, изменяются. Раньше они говорили об IQ [айкью].

Shri Mataji: And accordingly Germans were having the highest IQ.

T: И согласно им, у немцев был самый высокий IQ [айкью].

Shri Mataji: But now they are coming round to EQ that is emotional coefficient.

T: Но сейчас, они уже меняют свою точку зрения, и они переходят на EQ [икью] эмоциональный коэффициент.

Shri Mataji: So they are also understanding that how can Germans who killed so many children could be highest people.

T: Сейчас, они приходят уже к выводу о том, что, как могут быть немцы самыми высокоразвитыми людьми, если они убили так много детей.

Shri Mataji: But now Germans have changed because we have Sahaja Yoga there.

T: Но теперь немцы изменяются, потому что у нас там есть Сахаджа Йога, также в Германии.

Shri Mataji: They are very beautiful people now.

T: Сейчас, они становятся прекрасными людьми, замечательными людьми.

Shri Mataji: Very much different now.

T: Совсем другие, отличные от того, чем они были.

Mayor: Вы сказали, что 65 стран ваше учение охватывает. Предполагается ли...?

Bogdan: You were saying Shri Mataji that over 65 countries are in Sahaja Yoga.

Shri Mataji: Not completely.

Mayor: Предположение, что другие народы войдут туда.

Bogdan: And its proposed Shri Mataji that more countries will come into Sahaja Yoga

Shri Mataji: Yes. We say 65 but there may be more I have not visited all these south african countries but also african countries but what we have found that Sahaja Yoga is already gone there.

T: Да, мы говорим так, что 65 стран, но Шри Матаджи говорит, что имеется очень большой резерв, поскольку Шри Матаджи не посещала ещё южно-африканские страны. [а также африканские страны в которых Сахаджа Йога уже появилась]

Shri Mataji: Except for France France though we have many Sahaja Yogis but the French government is not so kind to us.

T: За исключением, говорит Шри Матаджи, Франции. Хотя, и во Франции имеется очень много сахаджа-йогов. Но правительство не столь хорошо расположено к сахаджа-йогам.

Shri Mataji: The reason is that we believe in absolute morality.

T: Понимаете, причина состоит в том, что мы верим в абсолютную нравственность.

Shri Mataji: We don't take drinks we don't drink we don't smoke we don't have this woman business and all that so they don't like it, I think.

T: Понимаете, мы не нравимся им, потому что мы не курим, не пьем, не очень слишком бегаем за женщинами.

Shri Mataji: laughing... Especially Mister Mitterrand was not very happy with us.

T: Особенно, мистер Миттеран был не очень рад нам.

Shri Mataji: The new prime minister is blaming him for everything.

T: А теперь, новый премьер-министр винит его за всё.

Shri Mataji: But we have so many sahaja yogis in France, that I can't understand That the government may not like but the people are there.

T: Но у нас есть так много сахаджа-йогов. Шри Матаджи говорит: "Пусть даже мы правительству не нравимся, но люди должны иметь собственное мнение.

[Но у нас так много сахаджа – йогов во Франции. Не понятно, почему правительству так не нравится, но люди в йоге.]

Shri Mataji: beautiful very beautiful.

T: Замечательные, очень замечательные.

Shri Mataji: even when Americans they come to Sahaja Yoga they don't like that culture.

T: Даже, когда мы пришли в Америку. И даже когда американцы приходят в Сахаджа Йогу, то эта западная культура, перестаёт им нравиться.

Shri Mataji: That's a very big thing because they now fed up with their culture.

T: Это очень большое дело, потому что сейчас, они пресытились своей культурой, разочарованы.

Shri Mataji: So now I'm on very happy that now they are at least so fed up they are jumping to Sahaja Yoga.

T: Я очень довольна этим, потому что из-за этого пресыщения, они теперь повально идут в Сахаджа Йогу, особенно молодежь.

Shri Mataji: Very necessary.

T: И это очень необходимо, это очень нужно.

Shri Mataji: You are that way safer than them.

Bogdan: Относительно их, у вас есть лучшая ситуация, более безопасная.

Mayor: Да, я знаю о том, что в Америке сформировался свой стереотип, что должно быть: две машине, свой дом, кружка пива и жена.

Bogdan: See in America, Shri Mataji, they have their own stereotype, they should have two cars and glass of beer and a woman.

Shri Mataji: Wrong ideas.

T: Это всё неправильно.

Mayor: И действительно, люди начинают понимать, что деньги играют не слишком центральную роль в жизни человека.

Bogdan: And people are really starting to understand that money is not too pivotal power in human life.

Shri Mataji: It is not. It can never give you joy. All troubles only.

T: Да, действительно это так, деньги никогда не дадут вам радости; они только принесут вам беды и проблемы.

Shri Mataji: But one should not have greed.

T: Но не нужно быть жадными.

Shri Mataji: we never have problems of money even though we don't take any money but still we never had any problem.

T: У нас никогда не было никаких проблем с деньгами, хотя нам и нужны деньги, мы их принимаем, но проблем никогда не было.

[У нас никогда не было никаких проблем с деньгами, несмотря на то, что мы не берем какие-либо деньги, до сих пор мы никогда не имели никаких проблем.]

Shri Mataji: If you are satisfied your problems get solved.

T: Если вы удовлетворены изнутри, то ваши проблемы решаются.

Shri Mataji: so there is nothing to have greed for they will have one car then they will have 10 cars then what are they going to do?

T: Поэтому, если есть удовлетворение и нет жадности, им нет смысла вовлекаться в это; одна у них машина или 10 машин, не имеет значения.

Shri Mataji: It is a very superficial way they think they are going to impress people.

T: Это очень поверхностно. Они думают, что могут произвести впечатление на людей с помощью этого.

Shri Mataji: but inside they are becoming without any strength.

T: Но изнутри, они становятся совершенно обессиленными людьми; у них нет никаких сил.

Shri Mataji: They are hollow less their lives are hollow less.

T: Они изнутри опустошены, и жизни их становятся пустыми.

Shri Mataji: and nobody is going to be happy in that country.

T: И никто не будет счастлив в этой стране.

Shri Mataji: So much of competition.

T: Так много конкуренции и тому подобные вещи.

Shri Mataji: but there only there are people who are seeking the truth.

T: Но там есть люди, которые ищут истину.

Shri Mataji: Now most of the false gurus have been exposed.

T: И благодаря этому большинство лжеучителей будет разоблачено, разоблачаются.

Shri Mataji: and Sahaja Yoga is taking roots there now.

T: И сейчас Сахаджа Йога пускает там корни.

Shri Mataji: Doctor Bogdan he met Me in London and he got his realisation in London and he is a great patriot.

T: Доктор Богдан познакомился со Мною в Лондоне и там получил свою реализацию, и он большой патриот.

Shri Mataji: He brought Me to Russia.

T: Он привел меня в Россию.

Shri Mataji: and he works very hard here.

T: И он очень напряженно трудится здесь.

Shri Mataji: An Australian citizen.

T: Хотя, он гражданин Австралии.

Shri Mataji: And he goes for a short time there earns his living then comes back to work for Sahaja Yoga.

T: И он едет за короткое время там зарабатывает, на его жизнь, затем возвращается сюда к работе для Сахаджа йоги.

Bogdan: Зарабатываю свой хлеб и приезжаю сюда.

Shri Mataji: He has done so much good to your country in a way because without any expectations without any demands how much he has done to put Sahaja Yoga on such a pedestal.

T: И он сделал так много хорошего для вашей страны, не ожидая ничего в ответ, не требуя ничего, он так много сделал для развития Сахаджа Йоги, поставил ее на такой высоких пьедестал в вашей стране.

Shri Mataji: We have also system in Sahaja Yoga that one developed country has to look after another so the English are looking after Russia.

T: У нас имеется система поддержки в Сахаджа Йоге, что одни страны должны помогать и поддерживать другие, и таким образом Англия поддерживает Россию.

Shri Mataji: There are about 25 of them have come from England.

T: И сейчас, должно быть 25 англичан приехало в Россию.

Shri Mataji: And their leader is the professor of Cambridge university.

T: И их лидером является профессор Кембриджского университета.

Mayor: А кому тогда Россия должна будет помогать?

Bogdan: And who should Russia help afterwards Shri Mataji?

Shri Mataji: They are the best! Russia has to help everyone. They are so good you see. Those Russians who are married abroad have such a good name. Everyone says Mother send us more Russians! Because they are so good.

T: Русские столь хорошие, они такую дают хорошую репутацию, что когда русские женятся за границей, то люди тоже этим довольны, говорят: «присылайте нам больше русских».

[Русские очень хороши. Россия должна помочь каждому. Они настолько хороши, вы видите. Те россияне, которые женятся за рубежом, имеют такое доброе имя, что каждый говорит: «Мать отправь нам побольше русских, потому что они так хороши».]

Laughing (Смех)

Shri Mataji: one Russian girl from here was married with Alan Wherry who is a publisher.

T: Одна русская девушка отсюда вышла замуж за Алана Верри, который является издателем.

Shri Mataji: I'm very fond of her she is a very nice person.

T: Она очень хорошая девушка, мне она очень нравится.

Mayor: Русские женщины – это наше национальное достояние. Это не просто так.

T: Russian women is our national treasure.

Shri Mataji: I know they are very good.

T: Я знаю. Они очень хорошие.

Shri Mataji: In the western countries the women are very dominating.

T: В западных странах женщины очень властные, очень доминирующие. Очень.

Shri Mataji: The indian women are not, they are very wise.

T: Индийские женщины не таковы, они очень мудрые.

Shri Mataji: they know they have to manage the society.

T: Они знают, что должны как то руководить обществом.

Shri Mataji: They have a wider role.

T: У них более широкая миссия, более важная роль.

Shri Mataji: On the whole because it is such an old traditional country people are wise in the head.

T: Из-за того что Индия – это столь традиционная страна, то люди имеют мудрость в их головах, более широко смотрят на вещи.

Shri Mataji: But the politicians are not good.

T: Но политики не очень хорошие.

Mayor: Недостойные?

Shri Mataji: Horrible.

T: Ужасные.

Shri Mataji: Now half of them are in jail.

T: Половина из них сейчас в тюрьме.

Shri Mataji: We feel so ashamed about them.

T: И нам так стыдно из за этого.

Mayor: Ну бог с ними, с правителями, всё равно, всё решают люди, а не политики.

Bogdan: Let it be, Shri Mataji, political things may resolve in their own way.

Shri Mataji: They are getting resolved I must say especially in India.

Bogdan: Они решаются именно так, особенно в Индии... политические вопросы и проблемы.

Mayor: Могу ли я откланяться, поскольку не хотел бы утомить Шри Матаджи, у нее сегодня тяжелый рабочий день.

Bogdan: Time is running Shri Mataji and he would not like to take any more of it, you have had such a heavy day schedule.

Shri Mataji: I just want to say the last thing that he should come to Cabella at least if he can not come to India he is very welcome here or there I would be very happy if he comes as our guest and we look after him.

T: Шри Матаджи говорит, что было бы очень хорошо, если бы вы смогли приехать, если не в Индию, где вас очень охотно ждут и встретят, то хотя бы в Кабеллу, в Италию, также вам будет оказан самый радушный прием.

Mayor: Спасибо, спасибо за приглашение.

T: Thank you very much for the invitation.

Video interrupts.

T: You have not one grey hair Shri Mataji.

Shri Mataji: I'll be 74 so some hair I have no doubt.

Bogdan: Есть конечно. Есть, поскольку мне 74 года.

T: Да немножко есть.

Mayor: Мы задавались вопросом, откуда такая энергия, откуда она берется, откуда хватает сил на жизнь?

Bogdan: Shri Mataji where this tremendous amount of energy that you have come from?

Shri Mataji: within Myself.

T: Внутри.

Shri Mataji: It surrounds all over if you are in connection with this great energy it starts flowing through you and it surrounds the attention it is a very powerful sense because this energy that gives you the attention.

T: Эта энергия имеется в большом количестве вокруг. Если ваше внимание правильное, и вы соединены с этим неиссякаемым источником энергии, то ваше внимание становится просветленным, и вы также получаете много энергии.

Voice3: И в окружение Матери выдающееся Альганеша, родственница нашего великого Пушкина, потому что дед Ганнибал из того самого города, где родилась...

Bogdan: Alganesh is from the same family as Peter the Great because Hannibal, one of the first Peter's negro adopted sons, was from the same city as Al Ganesh.

Voice3: Ганнибал сын Петра Великого – крестник.

Bogdan: and the Hannibal was the god son of Peter the Great.

Mayor: Хорошо, спасибо что, Вы, меня приняли.

Bogdan: Thank you very much, Shri Mataji, that you have accepted to see me.

Mayor: Еще раз мое восхищение вашим подвижничеством.

Bogdan: My best wishes for the evolution of your movement.

Mayor: Я имею право говорить от всех тольяттинцев, я избранный мэр.

Bogdan: I have a right to talk in the name of all the Togliatii people I am their elected mayor.

Mayor: Мы, Вас, ждем у нас в городе, так часто, как, Вы, можете приехать.

Bogdan: We await you here again in Togliatti as often and as much as you wish to come Shri Mataji.

Mayor: Каждый раз будет самый радушный прием.

Bogdan: And every time you will get a heartfelt acceptance and meeting.

Shri Mataji: Oh very kind of you thank you very much thank you.

T: Спасибо большое.

Shri Mataji: But my invitation you must keep in your mind.

T: Но пожалуйста имейте ввиду мое приглашение.

Mayor: Спасибо, до свидания.

...

Voice4: Игорь Юрьевич, поделитесь впечатлениями о Шри Матаджи.

[Igor Yurievich, share your impression of Shri Mataji]

Mayor: Батюшки, да это сложно очень. (Смех) Вот только ощущения, больше ничего в этом смысле. Вот, большая волна любви, добра и ума, сразу в одном месте. И это просто подавляет. Вот какие мои впечатления. Сейчас поеду, отходить. (Смех)

[Oh it is not easy! Just feelings nothing else in that sense. Big wave of love, kindness and intelligence all in one place. That is my impression. Will go now and try to settle my feelings (laughter)]

Богдан дарит от имени Шри Матаджи подарок (видимо галстук).

Bogdan gives the Mayor a gift from Shri Mataji.

Mayor: До свидания.

[Goodbye]

1996-0720, To know the truth we have to be in connection with the source of truth

View [online](#).

20 July 1996

To Know The Truth We Have To Be In Connection With The Source Of Truth

Public Program

Tolyatti (Russia)

Talk Language: English | Transcript (English) - Reviewed

1996-0720 Public program Tolyatti Russia

[Full Speech: 6.57 to 41.17]

I bow to all the seekers of truth. To know the truth we have to be in connection with the source of truth. The source of truth within us is the spirit and this spirit exists like a witness. It watches what you are doing, what right you are doing, what wrong you are doing but it doesn't come into your attention. But when your kundalini rises then she connects you to this all pervading power and your spirit starts following into your attention. So this all-pervading power which is nothing but we can say the complete intelligence of compassion. For people understand that there cannot be intelligence with compassion. Normally a person who is compassionate is regarded as not so intelligent. But it's a myth with which we live. A person who is absolutely intelligent will know that you have to have compassion otherwise you cannot exist. But to get to this absolute intelligence you have to get your self-realization. Without that you cannot be absolutely intelligent. Those who are mentally intelligent are always one sided they have conditionings or they are full of ego because they work through their mind and mind is a myth created by us through our conditioning and through our ego. We try to do things according to our conditionings or according to our ego. Through this we create, we create a kind of a mythical thing is a myth there is no thing existing as mind and then we become the slave of this mind. Whatever our mind tells us we try to do that. We depend on our mind too much. Now if there are three four people of this type who are mental then a quarrel starts. Because they start arguing and fighting. Then if there are more, serious troubles can come in because everybody has a different view. They do not know the absolute. They do not know the absolute intelligence because they have (no yet) not yet reached that absolute state. So, first thing is to know the absolute truth that means you have to go beyond this mind. That can be done only when your kundalini rises. She takes your attention beyond the mind and then you become one with reality. Then you don't have to think. You know. You don't have to argue because everybody knows the same. Simple things that you can know the truth on your fingertips. This is being experimented and you all know that you can feel the truth on your fingertips. Like the cool breeze. Then you realize that this pure intelligence, this, pure truth is nothing but compassion. You change in a way that your attitude towards yourself and others changes completely. Firstly, you become a peaceful person. Your mind is all the time thinking. One thought rises, falls off, another thought rises falls off. And is coming from your past or future. Past is finished and future doesn't exist and you cannot stand in the present because you are jumping on the crust of these thoughts. Thus you are playing into the hand of your mind but when the kundalini rises she elongates these thoughts by which there is a space in between. That space is the one which we in Sanskrit call as Vilamba, is the pause. (Means the pause, pause when you stop) With this happening your attention stands in the present when there is no thought at all. Thus you reach the state of thoughtless awareness. This has been described already by Jung also. But in all the yogas they describe it as the ultimate aim to become thoughtlessly aware (to become thoughtlessly aware). As a result so many things happen. Because already the kundalini has risen and she has enlightened your chakras. So already you have got a source of power opened. You become healthy, you become wise, you become compassionate. But above all you get completely integrated. Normally at a human stage we say now should we do this or not, then another the mind will say no no don't do, then the heart will say do it. But beyond the mind you are absolutely one with reality and we don't have any questions. Everybody becomes so united and integrated that there is no quarrel no fight. Thus you realize that you have become one with the whole. That you have become a universal being. This state is a new dimension we call it as collective consciousness. We enjoy collectivity, we enjoy each other. We don't see the bad points of others. What we see is a good point and enjoy another person. Everything that you used to react with our mind, stops. Our minds doesn't react anymore and you feel extremely relaxed. In Sahaja yoga once you achieve that state of thoughtless awareness, you have to grow in to doubtless awareness. You need not know everything about chakras and deities, that's not necessary. See we have our eyes, what we know about our eyes but we see. We have our body, we

don't know much about it but we use it. In the same way what we have to do is to grow into doubtless awareness where you have no doubts about yourself or about the Divine. That time you are a saint. But not a saint who will be tortured. They are not tortured any saint now. Anybody tries that will have to pay for it. Anybody who or tries to take the advantage of Sahaja yoga will have to pay it very dearly. I know of a gentleman who was making money out of Sahaja yoga. And I was amazed that he suffered so much after that. (I) In my compassion I felt that I should tell but he wouldn't listen to me. All the time he denied no no no no like that and just imagine this man suffered, his family suffered. (I didn't) I didn't make them suffer because I am Mother but there are deities also. Specially Christ has said I will tolerate everything against me but I will not tolerate anything against the Holy Ghost. So, one should be very careful, so many ways people try to take advantage but Sahaja yoga is for taking the greatest advantage of Self-realization. Those who are Sahajayogis here must have known how much they have changed and how much they have achieved after coming to Sahaja yoga. In every way. And their face shows the glow of realization and the eyes also you know, have the light. They become very adjustable. They don't have any demands. Only they enjoy the company of others. Such innocence comes in because your innocent is never lost. There is some cloud due to some misbehavior but it all disappears. We need people now who will change this world. Those people who have got realization and who are established can change the whole world.

There are people coming from other countries to your country now you will have to go to help other countries to grow in Sahajayoga. And you will be very happy to meet them. A Sahaja Yogi is very happy to meet any other Sahaja yogi anywhere in the world. Such friendship, such love, is absolutely pure friendship, pure love. So, this purity just shines in your character, in your everyday life and also in your behaviour. So, one has to understand that this is the most important thing one has to get is the self-realization. The process has become now very fast. Formerly I used to take 3 hours, sometimes even 4 hours to give realisation. Now even sometimes 5 to 10 minutes are sufficient. Because there are so many Sahaja Yogis also here to help me. Their also love and their compassion and their desire that all the people should get self-realization works. Excess things are spreading very fast. Specially in Tolyatti I am surprised such a farfetched corner of Russia I don't know how I came here and I have seen it's grown so big. I was told it's a industrial town. But people are extremely loving and extremely open to spirituality. I don't know why in Tolyatti there is so much spirituality. It's something great that in the industrial town like this there should be so many who are seeking the truth. I am traveling all the time last 18 days I have been traveling from one country to another. And I am sure I will come next year again. May God bless you all.

Now for all the people it's very simple to get realization. First thing you must have full faith in yourself. If somebody has told you that you are a sinner then don't believe. At this moment you are not a sinner. And whatever has happened in the past is finished. No use remembering that whatever happens at that moment you should correct otherwise forget it. So, you should not feel guilty. If you feel guilty then this center catches very badly. And with this center you can get horrible diseases like spondylitis, you can get angina, you can get lethargic organs. So, what's the use of feeling guilty? Just to invite troubles. So, you should not feel guilty. You should not confess anything. The kundalini is your Mother she knows everything about it. She knows about your past and she knows about your aspirations. She is your own individual Mother. And everything that you are is all recorded in it. So, you should know that no use feeling anything that has happened in the past. I mean you must feel very pleasant about yourself. After all you are human beings and you have to know that you are the epitome of evolution. So, this last breakthrough is very easy also because the times are very good. I call them the blossom time but is the last judgement. If you want to ascend you can. You can enter into the kingdom of God or you can go to hell, is your choice is the last judgement. So not to feel guilty is the best way of keeping this center open. Now also we have a center here as the agnya chakra, is optic chiasma, is just like this, constricted like this. I would request you to forgive yourself as well as others. By forgiving others this center will open. Otherwise this will not open. And the kundalini cannot rise. And such an important thing as your self-realization, you won't achieve. So also, you have to forgive others. So many tell me that very difficult to forgive. But whether you forgive or don't forgive you don't do anything. But if you don't forgive then kundalini won't rise because this center won't open. And also, if you don't forgive you torture yourself for nothing at all. You have tortured already yourself all your life, why do want to torture now anymore. So, this are the two conditions that you forgive yourself and forgive others. As it is I know you have taken out your shoes and you are sitting. Those who are not they can take out should take out their shoes. What you have to do first is just to put both your hands towards me like this. And now bend your head. Put your left hand towards me and right hand on the top of your head where there (is) was a soft bone in your childhood. Now see if there is a cool or hot breeze like vibrations are coming out of your fontanel bone area. You can move your hand up and down, side ways, but don't put your hand on top of your head. Now please have your right hand towards me and put down your head. Put your left hand. You can feel again hot or cool breeze coming out of your fontanel bone area. Please don't doubt because there is breeze blowing. It is hot because still you have not forgiven yourself or you have not

forgiven others. Once more try with the left hand towards me, bend your head and with the right hand on the top of your fontanel bone area. Now raise your hands towards the sky and ask one of these questions three times. Push back your head. Any one of these questions three times. Mother, is this the cool breeze of the Holy Ghost? Or Mother, is this the all-pervading power of the divine love? Or Mother, is this the Parama Chaitanya? Or Rooh. Ask ask any one of these questions three times. Take down your hands please. They have got it also. Now put your hands like this. Now watch me without thinking. All those who have felt cool or hot breeze on their fingertips or on the palm or on the, their fontanel bone area raise your both the hands. I bow to you all again. You all have got the self-realization. You have to know about self-knowledge through this. And you have to rise into higher realms through your meditation. It is the greatest thing that can happen to you in your lifetime has happened. If you have any problem you should write to me and the letter will come to me. Somehow it will work out. May God bless you all. They will sing one song now for you and you have to clap.

1996-0721, Talk and Departure to Ukraine

View [online](#).

21 July 1996

Departure

Kurumoch International Airport, Samara (Russia)

Talk Language: English | Transcript (English) – Draft

Shri Mataji: I was telling to doctor that those who want to go for Ganapatipule can do it very easily from Samara.

Yuri Vasiliev: Я говорила Богдану, что те, кто хотел бы ехать в Ганапатипуле, могут это сделать через Самару.

Shri Mataji: Because they can do charter flights up to Delhi and we can arrange the train and then by bus.

Yuri Vasiliev: Здесь есть чартерные рейсы, прямо до Дели, дальше мы можем организовать встречу и продолжить путь на поезде, а дальше на автобусе.

Shri Mataji: Especially those who want to get married welcome!

Yuri Vasiliev: Особенно те, которые хотят жениться или выйти замуж, должны поехать.

Shri Mataji: It is not difficult from here, I think. I don't know how many hours it takes to go there.

Yuri Vasiliev: Это не очень сложно. Я не знаю, сколько будет миль до Дели и обратно.

Shri Mataji: And then you can again come back from Delhi.

Yuri Vasiliev: А потом вы можете опять вернуться назад из Дели.

Shri Mataji: It can be organized.

Yuri Vasiliev: Это все может быть организовано.

Shri Mataji: We have made it half of the half - the very minimum.

Bogdan: Мы сделали минимальную стоимость проживания в Ганапатипуле за счет западников, кажется £250 фунтов, все включено: транспорт, жилье, питание. Транспорт в Индии, а самолет другой (отдельно)

Shri Mataji: To Delhi and back.

Bogdan: Из Дели в Ганапатипуле на поезде, автобусом и обратно, транспорт включен в эти £250.

Shri Mataji: I hope that those who want to get married have already given their applications.

Yuri Vasiliev: Я надеюсь, что те, кто хотят жениться или выйти замуж, уже написали свои заявления.

Shri Mataji: So far it has been very successful to marry russian in Sahaja Yoga.

Yuri Vasiliev: До сих пор было очень успешным, если происходили браки между иностранцами и русскими.

Shri Mataji: There were no problems whatsoever.

Yuri Vasiliev: И никогда не было проблем.

Shri Mataji: So even if some lady has a child a man has a child makes no difference.

Yuri Vasiliev: Даже если у женщины или мужчины есть ребенок от первого брака, то это не имеет значения.

Shri Mataji: So many are divorced in this country.

Yuri Vasiliev: В этой стране много разводов.

Shri Mataji: This is very sad.

Yuri Vasiliev: Это очень печально.

Shri Mataji: But after Sahaja Yoga now we are going to make the rule that if they want to divorce they will not get anything as compensation.

Bogdan: В Сахаджа Йоге мы делаем правило: если кто хочет развестись, они не будут иметь никакой материальной компенсации.

Shri Mataji: I hope that all of you are happy to be here and will get married happily.

Yuri Vasiliev: Я надеюсь, что вы будете счастливы в новом браке.

Shri Mataji: May God bless you.

Yuri Vasiliev: Да благослови вас Бог!

Shri Mataji: As I told you before don't buy!

Yuri Vasiliev: Как говорила Шри Матаджи не нужно импортировать.

Bogdan: Не нужно покупать импортные вещи.

Shri Mataji: All your money is going to be wasted and will go to America.

Yuri Vasiliev: Все ваши деньги будут попусту потрачены и уйдут в Америку.

Shri Mataji: Also tell others about it.

Bogdan: Также и другим расскажите.

Shri Mataji: Thank you for coming all the way !

Yuri Vasiliev: Спасибо, что пришли проводить Меня, проделав такой большой путь.

Yuri Vasiliev: They are inviting You for all next year!

Shri Mataji: Of course I am coming back next year, definitely.

Yuri Vasiliev: Конечно, на следующий год Я приеду.

Yuri Vasiliev: They will be waiting for You Shri Mataji they are saying.

Voice: Богдан, она редактор газеты, хочет подарить Шри Матаджи газету.

Bogdan: Here is the Togliatti News Letter Shri Mataji. We have a national one equivalent of Divine Cool Breeze for Russia but this is the local Togliatti News Letter for local Sahaja Yogis things plus a translation of one of Your speeches. It's called Second Birth.

Bogdan: What problems should we put our attention on so that they could be fixed in Togliatti? Till the next year? What should their attention be on to resolve the problems of Togliatti?

Shri Mataji: Meditate.

Bogdan: Вы должны медитировать.

Shri Mataji: And you will find out whether you are on the left side or the right side.

Yuri Vasiliev: И вы найдете, на какой вы стороне: на левой или на правой.

Shri Mataji: There are different methods for meditation on right side and left side.

Yuri Vasiliev: Существуют различные методы медитации для левой стороны и для правой стороны. И это полностью решит все ваши проблемы.

Bogdan: She is asking about the general problems of Togliatti, I mean Mafia... this sort of thing

Shri Mataji: Give them bandhan !

Bogdan: Делайте бандан проблемам Тольятти!

Shri Mataji: They are already changing!

Yuri Vasiliev: Они уже изменились они уже меняются!

Shri Mataji: Thank you very much!

Bogdan: This is for You Shri Mataji.

Shri Mataji: Thank you very much!

Bogdan: Спасибо большое!

Shri Mataji: They should sing more songs about Sahaja system also about Me more songs not only Ganesha. Ganesha songs -

one is alright but not all the Ganesha then it becomes an idol worship. We are seeing a living God before you should sing to a living God as you would sing... according to ... you have to sing

Yuri Vasiliev: Вы должны петь больше песен о Шри Матаджи. Одной-двух песен о Ганеше будет достаточно, иначе вы будете поклоняться Шри Ганеше, как идолу. Когда перед вами Живой Бог. Вы должны поклоняться Живому Богу.

people: Jai Shri Mataji

Shri Mataji: Because you are wise people you understand.

Yuri Vasiliev: Потому что вы мудрые люди и вы должны это понимать.

Shri Mataji: Also Sahaja Yoga has one problem that they have to RECOGNIZE ME

Yuri Vasiliev: Также в Сахаджа Йоге существует одна проблема - что нужно признать Меня.

Shri Mataji: It is compulsory.

Yuri Vasiliev: Это необходимое условие.

Shri Mataji: Otherwise you can go down. You can not go deep.

Yuri Vasiliev: Иначе, Вы не сможете войти глубже.[вы можете упасть и не сможете углубиться в духовном росте]

Shri Mataji: This was not there with others so nobody recognised them and when they died they started worshipping them.

Yuri Vasiliev: Так было с другими Инкарнациями. Когда Они были, Их не признавали, и поэтому Они ушли и так вот все и закончилось. [Их не признавали при жизни, а после Их смерти люди начинали поклоняться Им.]

Shri Mataji: I was also told that professor Voronov has told you that you can put other icons there. It is wrong.

Yuri Vasiliev: Также Должна сказать вам, что профессору Воронову задавали вопрос: можно ли ставить иконы с фотографией Матери? Мать говорит: это неправильно.

Shri Mataji: They are just imaginary.

Yuri Vasiliev: Это все просто вымысел.

Shri Mataji: They show Christ like a Russian like a Polish like an Italian all kinds.

Yuri Vasiliev: Они изображают Христа иногда как русского, иногда как поляка, иногда как итальянца. Все это не соответствует.

Shri Mataji: And sometimes Maria also.

Yuri Vasiliev: А иногда и Марию также.

Shri Mataji: So what is the use?

Yuri Vasiliev: Поэтому какова польза?

Shri Mataji: Only camera has come now for Sahaja Yoga.

Yuri Vasiliev: Только камеры сейчас в Сахаджа Йоге могут показать. [Камеры появились только теперь специально для Сахаджа Йоги.]

Shri Mataji: And I hope you have seen miraculous photographs

Yuri Vasiliev: Я надеюсь, что вы видели все чудесные фотографии.[фотографии с чудесами]

Shri Mataji: Recently there were two of them I don't know if you have seen them.

Shri Mataji: Some of them have seen Shri Mataji yesterday on the stage.

Yuri Vasiliev: Я надеюсь, некоторые из вас очевидно видели чудесные фотографии. Аль Ганеша показывал.

Shri Mataji: These vibrations that you see is the actual sign that it is the last judgement

Yuri Vasiliev: Вибрации, которые вы видите воочию - это есть фактически признак того, что это есть последний Суд.

Shri Mataji: So we have to be careful.

Yuri Vasiliev: Поэтому вам нужно быть очень осторожными.

Shri Mataji: Thank you very much !

Yuri Vasiliev: Спасибо большое !

Shri Mataji: May God bless you all!

Yuri Vasiliev: Да благословит вас всех Бог!

1996-0721, Arrival, Welcome Meeting

View [online](#).

21 July 1996

Arrival

Boryspil International Airport, Boryspil (Ukraine)

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

You have so many now Sahaja Yogis, ah?

(The interpreter, "Yes, Shri Mataji. They are all Sahaja Yogis")

So many!

(The interpreter, "Yes, Shri Mataji".)

I'm amazed to see so many Sahaja Yogis in Ukraine. That shows how people are sensitive to spirituality, that they are taking to it so easily. They have been waiting I think, seeking all these years and suddenly now they have found the way. I see your love and your compassionment, your sweetness. I just don't know how to put it in words – what I feel.

Tonight for the Program I hope you'll be all there and I'll tell you how to be with yourself and how to be with everybody else. We have to bring peace to this world. And you people can do it. And the way it is spreading here it has to spread all over the world. There are some very nice girls married from here – from Kyiv. And they have a very-very good reports about them. Also about the men who were married. They say that they are very deep, very great Sahaja Yogis. Specially in America they are very much adored (Shri Mataji laughs). And they can't understand how Russians have been so great in spirituality. Spec(ially) about the Ukraine people also when I'll tell them they'll be amazed. They ask Me, "Why Russia and Ukraine, why?" I don't know what to answer. You'll have to tell Me the answer (Shri Mataji laughs).

I thank you to come all the way to this airport to welcome Me. My heart is filled with tremendous happiness. You can understand what a mother feels when she meets her children after such a long time. So I hope you all will come now to the Program and we have to expand Sahaja Yoga to give love, wisdom and joy to others. Thank you.

(Shri Mataji is talking in Hindi with two Indians who are living in Ukraine).

Say that you must take for a longer period in this country so that the problems of the Ukraine people will be solved. Please say it.

Indians are saying that, "You should stay here for a longer period." They are all requesting Me I should stay here for a longer period to solve the problem of the people. Indians report there are problems.

Conversation in Hindi:

Shri Mataji: Pointing out to ashish and other Yogi: ---ye log yeha padh rahe hai

(Pointing out to Ashish and other Yogi:)_ These are studying here?

Ashish: Haa Shri mataji , pichale saal apne ashirwad diya tha, apki kripa se management padh raha hoon
Yes Mother, last year you blessed me and by your grace I am studying management here

Shri Mataji: acha_____

Ok

Ashish: Last time apne realization diya tha, bada acha laga
Last time you gave me realization , I felt very good

Shri Mataji: kaha
Where?

Ashish: yehi Kyiv mai, pichle saal apne kaha tha song likhne toh maine isbar ek chotasa song likha hai apke liye
Here in Kyiv, last year you told me to write song so I wrote one small song this time for you

Yogi: Aur logonko hindi aur Russian bhi padha raha hai
And he is also teaching hindi and Russian to the people out here

Shri Mataji: Aur economice bhi padh rahe hon?
And he is also studying here economics?

Ashish: Haa shri maa Economics bhi padh raha hoon actually hamara institute hai voh England se connected hai
Yes Mother, I am also studying economics, actually our institute is connected to England

Yogi: Acha institute hai
Yes it is good institute

Shri Mataji: acha hai, aur apne desh mai mante hai ,aur kisi desh main nahi mante
Good, and it has we renowned in our country but not in other country.

Ashish: Maa hum chahte app yeha rahe thode din jaise Italy mai apne mafiya khatam kiya waise hi aap yeha bhi kijiya
Mother we want the you finished mafia in Italy same way you stay here and finish all mafia in Ukraine as well.

Maa Haa jaise mai taliyati mai jaa rahi hoon toh sare mafia aarahe hai muze milne
Yes , now I am going to Italy then all mafias are coming to meet me

Ashish: waise hi aap yeha raho toh sare mafiya apko yeha bhi milne ayenge to sab khatam ho jayenga
Likewise Mother you stay here then all mafia will come here also to meet you and this thing will finish here also

Maa hum apse yeha milne aye to policewale kehete hai dekhao apke sare documents nahi toh chalo hamare saath, toh maine
kaha maa se milne aye hai toh kaisa document

When we come to meet you here then policemen were asking all documents, we said what document we are just come to meet
our mother, then they said show all documents otherwise come with them.

Maa Haa aisi kuch cheez chal rahi hai yeha , ho jayenga sab thik
Yes I know such things are going on here but don't worry everything will be alright.

Shri Mataji: _Meditate karo aur mango maa hame aman shanti dedo, bahut jaruri hai
Please meditate and pray Mother please give us Aman & Shanti (peace), this is very necessary here.

Yogi: hum to mangte rahete hai
We always ask mother

Shri Mataji: Hindustani kitne hai yeha
How many Indians are here

Indians Bahut sare hai 2000 tak, burai yeha itani hai ki log bhatak rahe hai , ye aisi age mai aye hai ki yeha ki bahut sari burai and bahut galat cheezo mai involve ho rahe hai

Many Indians are here around 2000. Here the surrounding is so malicious and devilish that mislead people and this tanagers are involved in many falsehood and evil.

Ashish: age yehi 20-23 ke aspas hai sabki aur parents nahi hai aur freedom hai paisa hai toh buri cheezo mai fas rahe hai , They all between 20-23, they do not have their parents here, they have enough money in their pocket and full freedom, hence fall in wrong track.

Shri Mataji: unko sahaja mai uttaru toh sab thik honga
Bring them in sahaj then all will be alright.

Ashish: Utarte hai , aur bahutonko lekar aye hai sahaj mai apke ashirwad se
We brought many people in sahaj by your grace.

Shri Mataji: yeha ki abu hawa hi aisi hai
I know the surrounding and atmosphere is like this only here so can't help.

Yogi: haa maa yeha ka culture hi aisa hai
Yes mother, the culture is like this only here

Shri Mataji: america mai bhi aisa hi hota hai bachon ka
In America also it happened with the children.

Yogi: haa maa aap jyada time toh ukrain mai
Yes mother therefore please give more time to Ukraine.

Ashish: speaks in Russian language

Shri Mataji: he speaks good Russian
Kitni laugauge hai yeha ,
How many language here

Yogi: : maa 2 , ukrainina aur Russian, Jaise India ki hindi aur Marathi
Mother, there are 2 basic language Russian and Ukrainian , like in India, Hindi and Marathi

Ashish: ukrainin language mai 600 words hai jo ki sanskrit language se milte hai
In ukrainian language there are 600 words similar to Sanskrit language

Yogi: & Ashish: yeha ke log bahut ache hai , dekha nahi aap aye toh sab roo rahe the
People are very good here, you seen they were crying when you arrived

Shri Mataji: sahi ache log hai , gaharai hai, meri bhi to halat kharab huo roke
Yes they are good and deep and even I was crying...

1996-0721, In your country, people are extremely sensitive to spirituality

View [online](#).

21 July 1996

In Your Country, People Are Extremely Sensitive To Spirituality

Public Program

CSCA Stadium, Kyiv (Ukraine)

Talk Language: English | Transcript (English) – VERIFIED

Public Program, CSCA Stadium, Kyiv, Ukraine, July 21, 1996

I bow to all the seekers of Truth.

At the very outset we have to know that truth is what it is. We can not change it. We can not transform it. We have to experience it. Whatever I have told you, to most of you, it has been proved. And there are many new people I see here, they all are go into experience the Truth tonight. Because we do not know the Absolute Truth. That means we are still blind and that's why there are problems on humane level as well as on global level. We do everything to enjoy life. But whatever we do has no enjoyment but a kind of a lurking anxiety. So make yourself happy and joyous you have to know the Absolute Truth. Then you are not bothered.

We have six enemies at least. Humane beings have first the lust, the greed. Jealousies, ego, also false pride. And lastly of all is violence. When we try to use these enemies to harm others in return we are harmed. Also we harm others. We have to get rid of this humane flaw within us. But by telling people, "Don't do, don't do" it doesn't work out. There has to be an ascent, there has to be a global transformation when one goes beyond all these enemies. These enemies work through our mind. And mind is a myth. We have created our mind by reactions. We have our mind created by conditionings or by our ego. But there's nothing like mind which exists. We have become also slave of that mind. Now if you make, say, a watch you become slave of the watch. If you make the computer you become the slave of the computer. This is a humane tendency to make something and become the slave of that. So through the media of this so-called mind all these six enemies act on us. So we have to transcend this area of mind and go beyond. For that arrangements are made within us. You have been already told about the Kundalini and the centers that we have. These six centers or seven centers are responsible for our physical, mental, emotional and also spiritual being. And all our problems come through the jeopardies, when these centers go into jeopardy. So to correct them Kundalini has to rise. When She rises She corrects those centers by enlightening them. She integrates those centers. And ultimately She connects you to this All Pervading Power of Divine Love. Look at these flowers. From where do they come? It's such a miracle. But we take it for granted. These flowers are created by this Mother Earth through the same Power of Divine Love. This Power is very intelligent, at the same time full of compassion. This Power acts in every sphere of life wherever something living has to be done. And that living work is done within us also.

Once you get connected with this Divine Love your Spirit comes into your attention and your attention is enlightened. This enlightened attention acts because it gets the power of compassion that acts. When your chakras are put right you get your physical being all right then your diseases have been cured. Many mental cases have been cured. And many people who have gone into wrong path of spirituality also get corrected. I remember first time I came to Ukraine there were so many sick people out of Chernobyl problem. Even children were suffering. Then they were cured. And today I find they're in such happy conditions. It's so many people realized, with the Divine Power acting all other problems – political and other problems will be solved. These problems are nothing compare to the power of this All Pervading Power. So far we have been deceived in the name of God. Wrong people have taken the charge of religion. These religions are money-oriented or they are power-oriented. By that they make everyone suffer. If there is God, Who is Love, one should not do anything wrong. If I tell you, "Don't do this, don't do that" you will not listen to Me in these modern times. But you yourself got the light, light of the Spirit and you become your own guide, you correct yourself. I've told you before an example that supposing I'm an obstinate person and having a snake in My hand. And somebody tells Me I have a snake in My hand, I'm obstinate in darkness, I won't listen. But if there is little light I'll immediately leave it. In the same way it acts. We don't have to tell them. I have learned with great regret that there's a big drug problem here.

You'll be surprised to know that in England people gave up drugs overnight when they came to Sahaja Yoga. I was surprised in Togliatti the mafia people have now trying Sahaja Yoga (Shri Mataji laughs). Only by forgiving them they have come back to a very normal life. This should happen here also. Because everybody wants peace, joy. But they are lost, they don't know how to fight these enemies. But once they go beyond this mind then they give up all this. They realize where lies the joy.

Not only that you can be enlightened but you can enlighten others. Many people I have known who were not even artists have become great artists, have become musicians, have become very well to do. It is very surprising how your powers start acting. You can give Realization to others. You can change people. You can give peace and joy. All these powers are within you. Like this instrument if it is not connected to the mains it doesn't work. It has no identity. It has no meaning. In the same way unless and until we are connected to the mains we have no identity. But once you are connected this Divine Power starts flowing. Your life gets filled up with lots of miracles. In Sahaja Yoga miracle has lost its meaning. Saha means "with", ja means "born". That is this power of becoming one with the Divine is born with you. And you have a birthright to get it. Specially these are very important times. What we call as the Last Judgment. But I call it as the blossom time where many flowers are going to get their fruits. These are very special times when you are tortured, you are troubled, you are unhappy and have many illusions. At this time it works so fast. I'm amazed how it is spreading. It is something you must understand is a living process of your evolution. This is the last break-through of your evolution.

Specially in your country, I find people are extremely sensitive to spirituality. I don't know how so many have taken to Sahaja Yoga. Is very remarkable. All over the world, I am praising people from Ukraine and from Russia. Must be something of previous lives – I just can't explain. But in our books it written that two great saints called Machindarnath and Gorakhnath came to Ukraine and to Russia. And there they described that there are lots man of God living there. And they taught them about Kundalini because I can see on your terracottas of those times there is Kundalini everywhere and the chakras and all those drown on those terracotta pots. So I think you are especially blessed people. I'm very happy I could come to Ukraine and meet you and talk to you about so simple. If you have any problems you can always write to Me. But mostly what I receive the letters are about how they are enjoying life, how they are happy.

Last but not the least you jump into ocean of joy. All the wrong things we do to get some enjoyment. But then we don't have to do anything, we don't have to achieve anything, you are just in the ocean of joy. Joy is not like happiness or unhappiness, it's singular. That everything then starts giving you joy, everything you see gives you joy. If there is anything ridiculous you laugh. If there is anything cruel you get defective on that. And the even a cruel personality can become very nice and sweet. These are the science of saintliness. And you become saints and enjoy your saintliness. For that you don't have to give up your family, give up your household, go to Himalayas or stand on your head. It is just within you. And it acts. It will work. I am sure

things would be much easier for you.

May God bless you.

(Shri Mataji speaks aside.) Should we have some music little bit? Could have one song. Before no, no. Before no. Later on. First I let people to get Realization. I'll give one Realization then you sing one song.

Now those who do not want to have I can not force. You have to have your own judgment. But it's very easy, it won't trouble you, on the contrary, you'll feel very much elated. So those who want to go should go now but don't disturb later on. It will hardly take five to ten minutes.

First of all none of you should feel guilty for anything. You have not to confess anything to Me. Whatever wrong has been done it was in the past. You have to be in the present. And for that you should not be angry with yourself for anything that was done wrong in the past. But if you feel guilty then you catch on this center on the left hand side. With that you get diseases like angina, like spondylitis, like lethargic organs. And at this moment the Kundalini won't pass through.

Now there's another problem that you must forgive yourself; also in the same way forgive others. Many say that it's difficult to

forgive. But whether you forgive or you don't forgive you don't do anything. Actually by not forgiving you torture yourself. You just have to say in your heart, "Mother, I forgive everyone" and you'll feel much lighter. Also you should not think whom you have to forgive because it's a headache. So you forgive yourself and forgive others. And also if you can take out your shoes will be very helpful. Please take out your shoes.

This center is like this – very constricted. And if you don't forgive it won't open. And this is a very important time. If you don't forgive now you'll miss the chance of your evolution.

Now just put both your hands towards Me like this.

Now put down your head and put your right hand on top of your fontanel bone area which was the soft bone in your childhood. Now see for yourself if there's a cool or a hot breeze like vibrations coming out of your own fontanel bone area. Now don't doubt yourself. Some people get it closer, some people get it far away. But don't please put your hand on top of your head.

Now please put your right hand towards Me. And now again bend your head. And see with your left hand if there's a cool or a hot breeze coming out of your head. It is hot because you have not forgiven yourself or you have not forgiven others. Please bend your head. So now you forgive yourself and others.

Now please put your left hand towards Me. Again, once again, please put your head down and see with your right hand if there's a cool breeze coming out of your head. If it is still hot then please forgive yourself and others.

Now please put both your hands towards the sky like this. And push back your head. And ask one of these questions, one of these questions three times. You can call Me Mother or you can call Me Shri Mataji. Now please ask in your heart, "Mother, is this a cool breeze of the Holy Ghost?" Or, "Mother, is this the All Pervading Power of Divine Love?" Or, thirdly, "Mother, is this the Parama Chaitanya?" You can ask anyone of these one question three times.

Now bring down your hands. Put both the hands towards Me. Please bring down your hands. If you are getting cool breeze on your fingertips or on the palm or out of your fontanel bone area, please raise both your hands. (Shri Mataji laughs) Like flags. Flags of peace and joy. Tremendous, I tell.

May God bless you all.

This is the beginning but you have to meditate, that's very important. And grow into it. You don't have to pay for it. It's a living process. And you can not pay for any living process. Don't doubt yourself.

Thank you. May God bless you.

Now they can sing one song.

1996-0727, Evening Program, Eve of Guru Puja

View [online](#).

27 July 1996

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Evening Program, Eve of Guru Puja, 27th of July, 1996

[During the evening music programme]

Shri Mataji: Hallo. [Checking the microphone]

Me and My family all visited Rome and saw the school and the children.

It was really very sweet and very loving expression of their joy that we saw there.

And Mr. Shrivastava was very much impressed by that, and he has given 11 million Italian Liras for the “Association of Culturale Sahaja Yoga”.

[Applause]

Guido: I mean, one feels really speechless in an occasion like this. And I must say already Shri Mataji has been so generous. And just imagine, last month She has donated a brand new car, a Fiat called Brava, is a new model, fully equipped with air conditioning and all the gadgets. And already we didn't know what to say, I mean, such a generosity is, of course, always an example for all of us, and there is nothing we can do to compare it. And...

So, just from the bottom of our hearts, we can only say: Thank You, Shri Mataji. Thank you, Sir C.P. And what else? I'm running out of words!

[Applause]

[during part 1 of the program, after the children have performed]

Guido: As you may know, last night, down in the village, we had a play – a play in Italian, in Italian language – performed by Sahaja Yogis from Rome, which are not professional actors, but it seems they did quite well and the play had a big success and they have already been invited in different towns. So with the permission of Shri Mataji, we would like just to invite them on the stage to take Her blessings. The play was taken from a script of Kahlil Gibran, and it was Jesus, the Son of Man.

Shri Mataji: Hello. [checking microphone] Me and My family all visited Rome and saw the school and the children. It was really very sweet and very loving expression of their joy that we saw there. And Mr. Shrivastava was very much impressed by that, and he has given eleven million Italian Liras for the ‘Association of Culturale Sahaja Yoga’.

[Applause]

Guido: I mean, one feels really speechless in an occasion like this. And I must say, already Shri Mataji has been so generous. And just imagine, last month She has donated a brand new car, a Fiat called Brava, is a new model, fully equipped with air conditioning and all the gadgets. And already we didn't know what to say, I mean, such a generosity is, of course, always an

example for all of us, and there is nothing we can do to compare it. And...

So, just from the bottom of our hearts, we can only say: Thank You, Shri Mataji. Thank you, Sir C.P. And what else? I'm running out of words! [Applause]

[later during the music program]

Babamama: One Qawali, last, by the Nirmal Sangeet Sarita, but on one condition... All right, he'll give you a fast Qawali, but he'll begin with a slow tempo. It will pick up, but one condition. I wouldn't want to see anybody sitting, everybody must stand. If the booklet is here, this Qawali is in the booklet. It is speaking about the love of Shri Mataji – one minute, you must hear this, it is very important. I have said that, because of Her incapacity, or obstinacy, we are not able to receive the incessant love of Shri Mataji, which is ever-flowing. Even if She wants to stop, She cannot stop, because that is a force, or an energy, which She passes on to you. It is not... that love is not like the sun that gets hid in the clouds. That love is not like a river which can get bound by a [unclear] or a jam. That love is not like the shadow which leaves you in the dark. That love is not like the moon, which reduces or increases. It is incessant, permanent and ever-flowing. That is the love.

1996-0728, Guru Puja: Criteria To Introspect Yourself

View [online](#).

28 July 1996

Criteria To Introspect Yourself

Guru Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Today we have gathered here to do Guru puja. This system started long time back in India, I think even at the time of Patanjali, maybe even earlier, when there were great seekers. And their gurus were sitting in the jungles, where they used to get permission to go there and then they would get their realisation, very few of them, one or two. So we had many rishis and munis in the olden times in India. So this system of guru started. Also one of the reasons is that, that there is no organised religion in India. There's no popes, there are no priests, nothing like them. They have priests just for worshipping in the temples. But for giving realisation, for talking about higher life, they all had to go to very great realised souls. And it was absolutely the freedom of the guru, whom to accept whom not to accept. And everybody was tested thoroughly by the guru if they are capable of achieving Self-realisation or not. And this test was so hard, so difficult, and also to a point of cruelty, that very few could pass through that test.

It's not like Sahaja Yoga, everybody is a Sahaja Yogi, it's not like that. That, of course, made it a very narrow margin for people to achieve their realisation and these gurus never used to leave their own seats, they call it takiya (meaning: pillow). They would be there in their own place, all those who would like to go to him could come. If he allowed, then only they can meet him. You may go on for miles together, nothing, no obligations of the guru that he should meet you. Perhaps they didn't feel that love and compassion for the seekers. They didn't understand that the seekers are ardently seeking the truth and they should not suffer. That may be the reason they were not so much concerned. All the time they were testing their disciple. Even Ramdas, who was the guru of Shivaji, was testing even Shivaji for so many times, though he was a born realised.

So to get this Gurupada, to the position of a guru, after that they had to work very, very hard to achieve a state of a saint. But in Sahaja Yoga that is not the case, as you know. I just thought - if people get their realisation, they'll see for themselves what's wrong with them, they will introspect themselves and will try to correct themselves. It is true, for many, many people, but some of them still are lingering behind and are going on and on and on thinking that they are Sahaja Yogis, they have achieved a lot, they are something very special. So this delusion is all the time is creating this problem. This delusion makes them very narrow minded, selfish, self-centred, and people can't believe how can they be Sahaja Yogis.

So the first and foremost thing we have to know that this Sahaja Yoga has worked out because Paramchaitanya is transmitting compassion, It never did before, It never had that kind of an attitude which it is there because I am a Mother. And this compassion has worked it this way that: you all have got your realisation, you have achieved a state which we can call as a Self-realised souls. But still, because you got it so easily, cheaply, I think still we don't realise what we have got. Still we do not practice meditation, introspection and dedication. Some are very much there, but mostly we are just living in the idea that we have already achieved.

So, the first thing we should introspect: Are we concerned about ourselves? All the time do we think that we are suffering, we have this problem, that problem, or this should be done, that should be done. If the attention is on that, that all the time you are worried about yourself, then you cannot break, you cannot break through this shell of your being, which is under the domination of your mental selfishness or self-centredness. Even self-centredness is absolutely against your growth.

There are many people who come, I have seen, even to Cabella, I know they have to suffer a lot because they think it's a very open space where they have to live and they must make all arrangements to make themselves comfortable. Such people have to grow still much more. For a saint, any place has to be heavenly. You must have seen Me enjoying everything. I can live anywhere, I can sleep anywhere. I have no demands of any kind. But if you are worried about your body comforts or your body troubles then

still you are at a body level, which you have to transcend. Worried about how you look, how you dress up, what sort of things you have to wear: all this makes you yet not a good Sahaja Yogi. This is one style of Sahaja Yogis who still want very great comforts.

So, what you have to do, if you are used to comforts: try to go and sleep on the street. I will not do that, but you can do it. Or sleep on a tree, you may fall down doesn't matter (laughter). Do all kinds of things that are necessary to punish your body to understand that you are not bound with this comfort of the body. This is one of the greatest things one has to see, that you are not bound by your body. It's alright if you have comfort, well and good, if you don't have, well and good. For a Sahaja Yogi it is very important that he should be able to live like a saint. Not necessarily that you should become a sanyasi, but from inside your body should be such that you can dominate your body. How can you not sleep anywhere? Why can you not sleep anywhere?

Then also, that they want to have a very comfortable arrangements about bathrooms, this, that. All these ideas are there because you are very self-conscious but not superconsciousness, it's not there. You want to have everything first class, and anybody who tries to interfere with that kind of a thing, you don't like it. I can understand a person who is very old - he cannot manage things, he has to have a certain amount of body comfort, but even young people these days are extremely comfort-oriented. That is not for Sahaja Yoga. Of course I've seen people in the West are better off in this matter. Because when they go to India they told Me they like [Maharashtra] S.T. buses better than comfortable buses. So I said "Why?" "Because Mother, you can jump in the bus nicely with all the luggage," (due to lack of suspension and bumps in road) "Because the windows are open, you can breathe. Very natural, very good". And they wanted to go on bullock carts also. I mean they enjoy all that.

Actually if you see you'll notice, in the Western World mostly, people are taking to a more rustic life. They are enjoying more the rustic style of life than to this so-called comfortable, artificial life. Not so much Indians, I would say, also Malaysians. I think most of the people I have met in the Western countries are really great because they can sleep anywhere, they can eat anything. You ask them "How did you like the food?" "What did we eat, I don't know Mother?" That is the sign. That is the sign of a person who is not bothered as to what he is eating, what he's getting, what is his taste, "I like this, I like that," these words drop out.

It's not difficult, it's not difficult, you might think that I am asking you to something, hazardous thing, you see. It's not difficult at all, because if you have to impress the people around you, you have to be like a saint. And if you are a fussy person, if you are a fusspot, then you cannot impress others that you have got Self-realisation.

Many people tell Me "Mother, people had to do so much: to go to Himalayas, do this, do that, and then they got their realisation. How is it these people you have blessed?" Even some great saints asked Me that. "What right they had to get their realisation? Why did you give them realisation? What have they achieved?" I said "Only their desire. Their desire was very much there that they should get their Self-realisation and that's how they got it".

But now to go into only desire, is not sufficient. You have to depend on yourself, on the light of your Spirit you should see what's wrong with you. This is a very important thing. Ask questions to yourself. "Why do I want this? Why do I need this? What is the purpose?" Because as you have seen, all the rest of the world is mad, [we] call it mad, because they are running after stupid things, they are wanting things which has no meaning to spirituality.

So spirituality itself should be self-satisfying. If you are spiritually endowed, then you are self-satisfied. And this self-satisfaction within you will lead you to that Ocean of Joy about which I have been telling you and all the scriptures have described. For Sahaja Yogis, the word we use is nirananda. Nirananda means: A joyous state, where nothing is needed. Joy itself is joy. You are enjoying only joy. Nothing is needed to make you happy. You are happy because of joy that you have, in the nirananda state.

If you go and see how these saints lived, you will be amazed. How they managed their life, you'll be very much amazed. How many days they used to fast, without food. Never bothered! They never thought it was fasting. They just used to think, "We have no food, so no, don't eat." Of course, you don't have to go through [that], you have got your realisation. So now you have a power to achieve this mastery. Now, you have this power.

The another thing I have noticed about Sahaja Yogis, some of them have grudges about others. Sahaja Yoga is the blessings of

love, blessings of compassion. There is no place for any kind of hatred, or any kind of revenge, or anger among Sahaja Yogis. If you have that, you must conquer it. Is a good chance, if you find somebody who is very hot-tempered, who is a very angry type, go and make friends with that person. Just see if you can carry on with that person or not. If there's a fusspot, also make friends with such a fusspot, and see that you achieve that peace which will keep you above all kinds of hatred, all kinds of temper, which is a very bad thing.

But some Sahaja Yogis lose their temper very fast. I would say that they cannot be Sahaja Yogis, because if you have no control over your anger, then how are you powerful of compassion and love? But you don't even have to control it - just there. Once you have it, or that state, then you just watch and see. In the olden days, the saints, mostly, used to be very much angry type people. They couldn't bear the stupidity of the world and they used to be very, very angry type and they used to run away from people.

I know of a saint, Nityanandswami, who always lived on the tree, and anybody tried to come near him, he used to throw stones at. Couldn't bear the people who were all heated up and coming to him. But you don't need that, you have a way of achieving love and affection of the people who seem to be very, very troublesome and grudging type or maybe some people who are very aggressive. This is not a difficult task if you try a little bit the other way round. Mostly people, when they find somebody who is a very hot-tempered person, they run away from them. They don't want to have anything to do [with them]. Those who are not hot-tempered, those who are good nature, you can always be friendly, what is so great about it? What is so nice about it? What is so sweet about it? But how you speak to the person, how you talk to that person, how you manage that person: your love will definitely melt him down, because he's a Sahaja Yogi, I'm not saying for non-sahaja yogis. Sahaja Yogis as they are, you have to be extremely compassionate and affectionate and love.

Another thing which is extremely important for us to know, that we have got this realisation through Mother's love. Only My compassion has acted, only the power of Mother's compassion could have worked it out. Now, even if this love is flowing towards the stones, or towards the mountains or towards anything which is very solid, the ripples come back, they have to come back. In the same way, you people now, who have got realisation, have to know that compassion and love is the only power you have got, nothing else.

If you love yourself, if you care for yourself, you care for your family and care for your children - then you haven't achieved much. You're only worried about yourself, because that's your limited area where you move. But if you can break that and find out places where you have to express your love, you can. As they say, the water finds its own level. In the same way, this compassion has to flow to all the places, to all the ditches everywhere, and should find its own level. But if you are just satisfied with yourself and you are not bothered, you are just trying to believe that you are a great soul because, you are a Sahaja Yogi, then I must say, that you are sadly mistaken.

In this lifetime, you can achieve that state. In this lifetime, you can get to that state within yourself.

Now, the third thing that troubles Sahaja Yogis is that, "Mother we want God's realisation," that makes Me laugh. You see, it is already there, already there. Like once you get into the sea and you say "Mother, we want to go to the bottom of the sea," you can always go, just slip, and you will be there. In the same way, once you have developed a kind of a Self-realisation and have jumped into the ocean of this compassion, there's no need to achieve anything. The sense of achievement, "I should be that, I should be this," is all coming from your human haunting. That should be over. Now you are Godly people. So you should not think, "I should achieve this state, I should achieve that state," but just go on slipping, just giving up all the weights that you have in your heads and it will work out. This is what I have been saying to you that: you have to dissolve yourself into the compassion.

Also, there are still very people who want to be in the front. Specially Indians will all sit together in front, I've seen that way. They have no right, they have no right to sit in front. Nobody has right to sit in front or to seek a place. They should sit wherever they get seat to sit down with complete satisfaction. Whether you sit in front or at that corner, even in the darkness, you can get My vibrations, you can get everything. So to be prominent, to sit some place where you are prominent, is not necessary. What is it in a prominence, what do you get? To be lost into the crowds, to be lost into the Ocean of Love is the main thing. All these are mythical that, we should somehow or other get the front place. You see as Marathi apan manto (We say), "Samor chi zaaga

patkauli mi!" means "I have managed to get the front seat!" Front will be the back, and back will be the front.

It is very surprising how still people are trying to achieve something so nonsensical. So where is your mind, where is your attention, what are you thinking? If you are thoughtless you will be satisfied, you will be happy, you will not ask for anything, you'll not want anything. What is there to have? What is so important? All these ideas come from ignorance, I must tell you, from ignorance.

Once this 'Hare Rama Hare Krishna' fellow came to Me. And he said that "We have heard you are a great saint, this thing, that thing, and you have all the comforts of life - you have everything here, very nice, this thing, that. So, how are you a saint?" I said "How are you a saint?" [He said] "I have given up my family, I have given up my cars, I have given up my house, I have given up my children." I said "One more thing you have given up", he said "What?" I said "Your brains!!" (laughter and applause) So he said, "How do you say we have given up our brains?" I said, "Very simple, I've given up nothing, because I am holding nothing! What is there to give up when you are not holding anything? Now, I would say in this house, or on my body, anywhere, [if] you think you can find anything equal to the dust particle of Shri Krishna, you can take it. Should be equal though." Now they started looking here and there. I said "Then what have you given up? Just stones? What have you given? Why are you boasting about giving up that, and giving up this and giving up...?" They even shaved their head.

All these useless ideas, that "We have done this, we have done that." Anybody in Sahaja Yoga who thinks he is doing a lot of work for Sahaja Yoga, should give up completely! That's the sign of another ignorance. If you are part and parcel of the Ocean, everything is done by Ocean, you are doing nothing. To have such ideas about yourself shows how little you know about your Self. You are the Ocean. And if you are the Ocean how can you claim "I've touched this shore, I have touched that shore, I have touched this shore"? No more "I" is left. Once this I-ness drops out then only the Universal Being within you shines.

All these things are so clearly evident in our characters. Some people are very identified, say with their country, or maybe with their worshipping style, whatever it is. All these mis-identifications have to be given up. It is very difficult for people because they are so conditioned, and as long as you have conditioning you cannot rise above your mind, which is a myth, you cannot. Now, try to understand, what your conditionings are.

One of them, I would say, I have seen and I am so surprised, you go to the Western countries, all of them only sing songs of Shri Ganesha. They know all the songs of Shri Ganesha. Shri Ganesha's photographs, Shri Ganesha's everything, children also. And now I have seen that vibrations stop! Why should they stop? Why should Ganesha stop the vibrations? Why they are doing it, I realised, was because I said Shri Ganesha incarnated as Christ. Their identification is with Christ and Christianity, in a very subtle way. So all the vibrations stopped! Imagine with Shri Ganesha's music, we heard in one of the Eastern Block countries, and all the vibrations had stopped and they were singing all the songs of Shri Ganesha and not one song of Sahaja Yoga, leave alone about the Guru, not once. So, even there is a very subtle identification.

There was one fellow in Russia, supposed to be very intelligent, he said that "Alright, if we keep Mother's photograph and also the icons, we can get the same type of vibrations." You cannot, because icons are made by some artist's imaginary. These are not representing actually even Maria or Christ or anyone, they are all imaginary. If Italian ones make Christ, he is Italian style, if some French one makes it, he is thin like French, if you get somebody say from Holland, he will have a forehead like that. You see all of them they depict Christ as they want to. Then we have Maria the same way, Her expression, her photograph, everything, is all according to the imagination of the artist and to whatever country he belongs, that he will do.

And they are not free, you can see they are not free, because all these artists have a certain style. Now if it is Rembrandt, it's a style, if it is, say Leonardo, it's a style. Though they are born realised, still they have a style. Nobody is like this, that he'll make today like this, tomorrow like that: there's no freedom. They are bound by their own styles. Everybody has one style, and that is the style they follow. Because, what is the reason, the reason is, they must have done 3 or 4 types of styles, they must have done, surely, but people must have rejected, "This is no good, this is no good," so it is all the opinion of the people. So they must have taken to one style: alright this is the style.

So you can see Christ if he's Japanese, he'll have chinky eyes, if he's Chinese, he'll have no nose, if it's Indian, he'll be dark. So all kinds of Christs I have seen and I feel that, how can they emit vibrations? Tell me. While with my photograph, how can you compare? Also, cameras were to be developed at this time: do you notice that point? Cameras were developed at this time, not before that. This loudspeaker was not developed before this. Aeroplanes were not developed before. I have been travelling for 19 days, one day in the plane, second day in the public programme. They could not do all that. Nobody could do this. Neither Shri Krishna, nor anyone. They could not fly by aeroplane in those days. Now we say we have 65 countries, somebody says there's "No, 68 countries" or go on correcting. But is only possible because today, today: there are aeroplanes. They were never there [before].

So all these things are - even video, even the way you are seeing My image there, was that available before? No. So this is a very special time, where science has also supported seekers to find the Truth - science has supported. We have to be thankful to science: that part of science which has been so much supportive. Even [if] there was not a car, I could not have gone up to Milan even! Imagine going on a bullock cart, what would have happened to Me? So all these things are created today for you. You were also born in those times for the special reason. They could not give realisation because that time you were not there. Very few people of your calibre were there. But I wonder if you understand your calibre.

The way you are sometimes growing, shows that you don't understand your calibre. You don't know what you are, how much the whole atmosphere has worked out for you, the science has been worked out for you. Science is a gift of the nature. All this has been worked out for you to achieve the highest state in the shortest time. But for that, one has to be extremely introspecting. Instead of thinking of what you have to achieve: be introspective! This introspection will help you and you will really become real gurus. When you go to other villages, other places, other cities, people should know from your being itself that some great person has come. You don't have to tell, you don't have to certify, it's the simplicity of your temperament itself.

First time I went to Leningrad, nobody knew about Me. No advertisements, nothing, They just put some posters, some. And there were 2,000 people in the hall, 2,000 outside. In the hall they had to pay, alright. I was wondering what's the matter. And when I came out I gave them realisation but I said "You come tomorrow". So 2,000 from inside and 2,000 from outside and about 2,000 more came, and we were all sitting on the ground. I was amazed. I said "What made you come to my programme?" [They] said "Mother, it's so obvious, your photograph!" Such sensitivity of spirituality: "So obvious, from your photograph!" And they were scientists, they were doctors, they were all kinds of intelligent people. But they could feel the spirituality from the face. That kind of a sensitivity we should have. When you don't need any discretion, nothing, you know: this is this, this is this, this is this. Don't have to judge, don't have to think about it. You cannot say who will be best fitted for this: those who have come for the first time, those who have come later on or those who will be coming, younger or older, women, men or children. It is there.

In my lifetime if I see so many of you, so much transformed, looking so beautiful, so nice, creating such a good atmosphere. It's more than satisfaction for Me. And sometimes I think there is nothing to be done now anymore - finished. But then they invite Me here, and invite Me there, so I'm just doing. But to be very frank I am over satisfied.

Now, once you have planted the tree...it's like a mango tree. Once you have planted a mango tree and looked after it for 3 or 4 years, then it looks after itself. It gives fruits, it doesn't need any water, nothing, it just grows by itself. In the same way it should happen with you. You should grow by yourself. Of course, you will find people who are stupid, who are aggressive, who are not at all Sahaja Yogis and trying to be Sahaja Yogis. You'll find all kinds. So just see them, that's all.

In this Guru puja, you have to decide that what are the criteria. First a Guru has to be without desires, any desires whatsoever: nirichcha as they say. There is one false guru in India who said that "If I had the powers as Mother has, then I would have become the king of this world". So people said "Then why don't you become?" Why doesn't Mother become like that? Why doesn't She become the king?" So they said "Because She is nirichcha- means She has no desires. A person who has no desires will not become anything." So, I said go and tell him "If you have desires, you cannot have powers also." It's only because you have no desires, that's why all these powers are there.

So any desire that comes in your mind, you should say "Forget it, just forget it." When the desire is overpowering, you just divert your attention. Any kind of stupid desire can take charge and how do you become desireless is by getting to the thoughtless awareness. Any crisis comes in, you should be able to rise into that state of thoughtless awareness. Just be peaceful. Look at your desires with peace. You can tell the desire, "Oh, I'm very much satisfied, now don't come, I don't want." That's how you can become desireless. There is this compassion, and the compassion that becomes actually the power. [With] small, small things you can express your love, very small, small things. In very sweet ways, you can express your love.. Is very important.

The whole world needs today love and peace. And you have to give peace and love to everyone that is possible. Of course [with] Sahaja Yogis it is very easy, but even non Sahaja Yogis, you must treat them with respect and love, but you should not have a desire that you should get back anything from them.

It's alright, whatever done, is forgotten. You have known so many Sahaja Yogis who came to Sahaja Yoga have gained so much and have betrayed us - it doesn't matter, it's not important. Because they are going to be losers, not we. So, there's nothing to bother about these things.

Then another thing is: try to see that your mind doesn't react. Some people have a habit, or I think most of them have, to react. You tell them something and they'll put their own one tail with it, something. Never will they accept if somebody says something. If you are reacting, what will go into your heads? What will go into your heart? What will go into your attention?

So the reaction itself is a sign of not proper development within yourself. This attention which is trying to go into all the areas of your mind and your body and everywhere, is not there. It cannot enter, because as soon as it tries to enter, you shut it by reacting. You cannot see anything just for seeing sake, you must react. You say "This is not good, that's not good." If I say "It is 5 o'clock" you'll say "No! It is 5 past, 2 minutes, 3 seconds!" This comes with terrible conditioning which has to go away. Not to react. Why should you react? Then the argument starts, then fight starts, then wars come in. If you tell your mind, "Nothing doing, you are a myth and I am not going to react to anything!" 99.9% problems will be solved.

Then the last, but not the least is the ego. I can't understand a saint having a ego, just can't understand. It's so stupid to have ego. It's a kind of a domination, if slightest things are wrong, you get angry. If somebody says something, you get angry. That means your power of love and compassion is still not full. You can of course correct people when they have to be corrected but for that you should have this power within yourself. The person should know that you are correcting that person because you love that person, not for selfishness, not for any gain. But this ego is a very big problem and that comes up by, I should say, not only ignorance but stupid ideas about yourself. If you think you are something great, already, then what can you do? Ego makes you very arrogant, horrible. But if you are humble, really, not to just to have the humility of a businessman, but if you are humble from within yourself, from your heart, enjoying your humility, then this ego can run away.

You have to ask yourself "Now what are you angry for?" Again, I come back to the same point: introspection. Because you are not here just to carry on some jobs, but you are here to become saints. Then this ego should be made into a great instrument of love and joy. You can, it is not difficult. This one is what is ego is, reactions to things. You can react to things in a sweet way or you can react to things in a deadly way. Then the humour comes in. Also you speak as if there is fragrant flowers which are coming out. Then every action of yours, everything becomes very gentle and sweet. Have this ego that will be gentle, will be kind, will be sweet, will be forgiving, will be loving. Let's have this ego. Start with this kind of a ego - the other way round. You'll be surprised how you can really conquer the whole world.

On this day of Guru Puja, is, Guru is supposed to tell something to his disciples about correcting themselves. In my own sweet way I've said to you which you shouldn't mind. I don't mean to condemn you by any chance but to give you a proper sense of introspection, proper sense of introspection by which you all get your gurupada. My only, I shouldn't say desire, because I don't have desire. So my only vision is, that I should see all the Sahaja Yogis drenched in the power of love, enjoying each others love, enjoying each others relationship, and improving relationships. I know there are problematic people, I know they are problematic, but if you cannot solve the problem what's the use of your become masters?

So, I leave it to you to solve your own problems which you are facing, and introspection with love and compassion, not by condemning yourself. I am sure you can manage it.

May God bless you.

(Talk after the puja)

Now, you see, every puja I give presents to all the countries who are hosting: to all the ladies, all the men, the leaders [but] only in Guru puja, I'm sorry, I'm not supposed to give any presents to anyone. It's a thing when the guru, only, has to grab everything from you! (applause)

All this has to be given only on Guru puja: specially the saris, that have been given to me, are all only to be given on Guru puja. But I'm sorry I can't give anything to the leaders or to anyone on this day. I hope you people don't mind. (applause)

To be the guru and to be Mother is a very difficult thing because, if you see, the gurus have been very strict disciplinarians: they always try to discipline the disciples and [be] quite hard with them. But the mother can't be that hard. This is the trouble with the motherhood is! That may be one of the reasons that people take, sometimes, Sahaj Yoga for granted. But you should not, because you have got your Realisation now. Now you are realised-souls, you are masters, so you should look after your ascent. I don't have to tell you what [is] to be done because you have the light in your hand and you can do that very well.

I hope today's lecture, you liked very much and you don't mind if I have said something that might have upset you a little bit.

But it is a thing that one has to see because we all have to grow inside and outside and we have to spread Sahaj Yoga everywhere. So we should see — everyone, whether it's a woman or a man — we should see how many people we have given Realisation to. It's very important that you should start giving Realisation all over the world. In this fashion it will spread and I don't have to then travel so much as nowadays I am travelling still.

I think you all should take it up upon yourself that you will do, at least if not travelling, around your cities, around in your places of work, you can start talking about Sahaj Yoga openly.

All the blessings are there, all the powers are there, you can work it out very well. Anybody you find difficult you give bandhan and can manage things. You know it very well. You know everything about Sahaj Yoga so I don't have to tell you about it. Only thing [is you must] use it! Even if you have all the instruments and if you don't use it, it won't work out.

With all my love, with all my blessings I say goodbye now, to you, for the time being. Thank you. (applause)

1996-0830, Evening Program, Eve Of Shri Krishna Puja

View [online](#).

30 August 1996

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – Draft It's a very Appealing and Educating Film for the People Who are Not Yet Realised Souls, Evening Program, Cabella Ligure, Italy, 30 August 1996

[Premiere of The Vision – American documentary on the life of Shri Mataji. These are quotes of Shri Mataji speaking, used within the film]

'There's a big inner revolution that is coming up. We must understand, we are delicately made, beautiful flowers of God. We are human beings, and the time has come for us to become now the fruits. I think next century we'll have beautiful people all around us. No... no troubles of wars. Very peaceful, we'll be all sitting in the Kingdom of God. '

'I had such a good childhood with My parents; they taught us how to be sacrificing. My father was in jail for years, My mother went to jail five times, and from huge, big houses, we were living in huts. But we used to enjoy everything. The feeling that, whatever our parents are doing is for our country's freedom, was so elevating, so elevating that we never even thought of little comforts that children ask for. We could sleep anywhere, eat anything, live anywhere and that has given Me the lesson that, if you have a big purity about your dedication and purity about what you have to do, you can achieve it. And as Ghandiji has said, you have to have first freedom. I saw the Union Jack coming down and I saw the Tricolour going up. That was the moment, it's beyond Me. Even now, I remember those days.'

'As soon as Sahasrara was opened, the whole atmosphere was filled with tremendous Chaitanya and there was tremendous light in the sky. And the whole thing came on this earth as if a torrential rain, or a waterfall, with such a tremendous force, as if I was unaware and got stupefied. The happening was so unexpected and so tremendous that I was stunned and I became completely silent at its grandeur. I saw the Primordial Kundalini rising like a big furnace, and the furnace was very silent but burning appearance it had, as if you heat up some metal and it has many colours. In the same way, the Kundalini showed up like a huge furnace, which is like a tunnel where you see these plants you have for coal burning, to create electricity, and it stretched like a telescope one after another, it came out, shoot, shoot, shoot, like that. And the Deities came and sat on Their seats, on Their golden seats, and then They lifted the whole of the head, like a big dome, and opened it, and then this torrential rain completely drenched Me and I started seeing all that and got lost into the joy. It was like an artist seeing its own creation fulfilled; I felt the joy of great fulfilment.'

'And the people were so money-oriented that they would not listen to Me, because I said you cannot pay for your evolution: you cannot pay for your realisation. While those people who said: 'You have to pay,' they are very happy and they wouldn't believe Me. I was so disappointed with the way they are looking at spirituality. How much did we pay to Christ? How much did we pay to Mother Earth for these flowers? That money-orientation was so great that, one of the reasons for our plight is that we supported all kinds of wrong, false people.'

'Because these are special times, as blossom times, and so many of you who were seekers before – seeking truth all over, going to Himalayas, standing on your heads, fasting, doing all kinds of renunciations and everything – now have taken birth and are normal people, householders. This was all promised that such thing will happen. Only with such people, Sahaja Yoga will work out. So the whole thing is, I would say, a plan which has worked out. You all took your birth at this special moment. Even if you see the position of stars and all that, you can see clearly how everything has clicked together. It's all a divine plan.'

'So a person who is – has a sahaj culture – is not only spontaneous but is inspired, is an inspired personality. A person who is of that kind, an inspired visionary, then other people get impressed by such a person that: 'See this, there's a man who's inspired,

who talks in an inspired way, in a way that is something very different from others. Something new he says,' new that is nourishing.'

'In the world of this nonsense that we are living, we have to be something like the lotuses, who cannot be tarnished who cannot be affected by all the ills that are going on. This is what is the test, is the 'pariksha' [examination], that at this time, at this difficult time, we can blossom and create fragrance and get so many others to this beautiful atmosphere.'

'With your good wishes, with your prayers, this world will be so beautiful, so enchanting that, in the history, people will describe that the world itself became a lotus full of fragrance, of divinity. You are the petals, you are the corona, you are the colour, you are the beauty, you are the pollen of that beautiful lotus, which is My vision of this world.'

[After the film is shown, Shri Mataji speaks]

Shri Mataji: I, Myself am surprised how they gathered all these photographs and worked so hard to put it together. It's very beautifully made film, I must say, and also I'm happy that, in this film, the way you have had a guidance – I would say Divine guidance – that, not too much of vibrations and Divine miracles and all these things that have taken place, are to be included. Because if we have to approach the general public, it has to be such a film that people should not doubt anything.

It's a very appealing and educating film for the people who are not yet realised souls. I hope, as you say, if I get the Nobel prize, you are all preparing for that and suddenly all these things will go on the screen. Even from that angle, it's a very beautifully done film that will not create any controversies – that's the main point is. Secondly, the way you have shown Me at different points and at different levels, is very normal, very human. Nothing like a Goddess or My puja going on and all that sort of thing, because that would have been very difficult to show to people; it's not Sahaja Yogis who are going to watch it. So all this caution has been there maybe to [unclear] attention on you – I don't know how – but it's a very, very normal, simple film which shows the person as a human being, and that is very important these days. Because you see, there are so many false people and to claim: 'I have done this, I have done that,' I have never done that but, even if I claim anything before you, is all right because you know the miracles, you know everything. So I'm happy that has not been talked into, about the miracle, about this, that. After this, we can see, but just now this is a very good film to describe Me and to describe our work of Sahaja Yoga.

That is something very satisfying because I know people, when they see vibrations, you know, they say you can do it with computer. I said, 'I don't know how you can do it with computer,' and all that, and any miracle of any people getting cured. So many people are getting cured now, in our Vashi Hospital and, despite all that I don't want to tell people that, in such an open way that, 'We can cure people, we have miracles,' because as soon as you tell that, all the sick people of the world will come on our head and will just trouble us. So, the best thing is let them seek. If they are seeking, if they are really seeking, things will work out for them and it will be very helpful.

Moreover, this film has a very big aspect, which I really was surprised how you captured the idea is that, in Sahaja Yoga everybody expects, as if once they come to Sahaja Yoga, it's a matter of right to demand this and to demand that. You know, as soon as...'Oh, I've been doing Sahaja Yoga for three years, Mother, I haven't got a job.' Or somebody says: 'I don't have a child,' like that. And all the time, there is problem coming like that from various people who, all the time go on expecting: this should have happened, that should have happened, as if Sahaja Yoga should have taken a contract with them and that contract is not fulfilled.

So in this film, I am very happy you have not shown in any way any guarantee that, if you come you can be cured, you'll get your realisation: nothing. It's a very wise thing to do, because if you say: 'All right, I'll cure you,' then they'll go on saying: 'Oh, She never cured me.' So, you see, what I have felt about the general public is this that, they are all the time sitting there to find out some faults, something wrong. As you have seen, we started a school – I was against it to begin with – we started a school, and in that school, it's very surprising, we had so many children and such good work was done, everything was done. But because of that school, how much they have tortured us. In France – of course France, I don't know, now they are on the verge [laughs] of collapse, I think, the way they have been going about – but they... Even Belgium followed France, and they created so much

problem for us. This aspect, you have, somehow, subtly you have understood and you have not brought any point which is very controversial. I was worried that, if you show the school, again there would be another blasting in the newspapers: 'So they have a school and they are forced to take, children are taken away there,' and everything.

In the same Belgium, now there is a gang doing nonsense with the children: same Belgium. While in our school, they have said all kinds of things – these Belgian papers – so they'd better pay. But we need not tell them these things, you see. So in Sahaja Yoga, there are two aspects: one is general public aspect. Another is secret aspect: which are miracles, which are the chakras, which are the subtle things; we can even talk about subtle things, as you have told up to that point. But if you start telling there are Deities, immediately you are finished.

One side there are scientists, [unclear/the stupid,] and another side are the people who are following something nonsensical. So, it's a very good way of keeping it clean out of all that; not to criticise any stupid false guru or any aggressive religion or anything. Once it is just Mataji; just straightforward.

So, for general public, this is a very, very beautiful film and I am sure if I get this Nobel prize – if I do get, I mean I don't know, it's all desire, your desire. If I get it, this will be a very good thing because I know they'll start blasting Me with: Give me information, give me this, give that. So this is very nice film as a present to Me, and I'm very thankful to you for keeping it absolutely very human, simple, non-controversial. That was very important and all that is going to be accepted by people. But next time, we can show them miracles also and vibrations also, but for the first stage, this is a very good, very, very beautiful thing that you have shown. May God bless you, the Americans, for their efforts. [applause]

Dave Dunphy [leader of America at that time]: Shri Mataji, on behalf of all the Sahaja Yogis of America and all the Sahaja Yogis of the world, I'd like to present to You this copy of the film, and please consider it a work in progress, Shri Mataji – we very much want to add Your winning of the Nobel prize to this film, [Shri Mataji laughs] and let the world truly know what You are. Jai Shri Mataji. [applause]

Shri Mataji: Very powerful, very [unclear/wise]

Dave Dunphy: Shri Mataji, I'd like to call just a couple of individuals that really put their heart and soul into this film. Some are not here, but Mark Tickell, can you please come up? Mark edited and put together a great deal of this entire film. Mark's wife Wendy, who's unable to be with us here because she's in the latter stages of pregnancy, has written most of the script and has also scored all the music.

Shri Mataji: I mean really, English touch was needed. You see, he's from England and that touch was needed, because to keep the maryadas. Very beautiful.

Dave Dunphy: And I'd just like to thank all the other yogis, from all over the world that helped us so much in gathering all these materials; we couldn't possibly have done it without you. Jai Shri Mataji.

1996-0831, Evening Program, Eve of Shri Krishna Puja

View [online](#).

31 August 1996

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Shri Mataji: I love this special bhajan they are going to now play for you, it's written by a great saint, Tulasi Dasa. The description here is of a little Shri Rama, while walking, how He used to walk in a particular beautiful manner. And He would fall down, and again He would get up, and all that description of a child.

I don't think – I haven't seen any such poetry in the Western areas, describing a little child, how he walks, how he runs – you see, this is one of the very big things to understand.

I don't know about Italians, because they have lot of love for children; but the description is so beautiful of a little baby getting up, and He is an incarnation. And just like another child, how He walks and how He crawls.

Now, thumakata itself is a very lyrical word I should say, which is going well with the tabla also as such, we use that, or you can say it's rhythmic.

So the whole concept in India is that a child is something very Divine, and if it's an incarnation, the childhood of an incarnation has to be very great.

I haven't seen one poem – if you find anywhere – in the history of English, German, French and Italian where they have described a child's movement – I'll be very happy, because this is how you respect and enjoy a child.

Alright?

I'm sorry to say, but our country is full of this kind of love.

Thank you.

We have to be really very much grateful to these three great artists, you know them, all of them, you know Sangita whom I knew since she was a little girl, also Mr Ronu Mukherjee who has played before us. I asked Babamama what is his name, he said: "His name is Ronu".

I said: "How can that be, must be some other name also".

So it's alright – he said: "No, because he never cried, that's why he was called as Ronu". Just like Babamama, you know.

Now we have before us a very great genius, is this Sukhwinder Singh Namdhari.

Somehow these Namdhari people have a great attraction for Sahaja Yoga. I went to Thailand, there were so many Namdharis.

This is what we are doing, is Sikhism only. But it's the Namdharis who can see that this is the same about what Guru Nanaka has talked about.

They are the first people to enter into. Now of course we have many, and he's, he belongs to the same very sensitive sect, I think

they are very sensitive, this sect.

I think he must have been a great musician in last life, also all of them.

Otherwise you cannot achieve at this young age this kind of mastery.

And to do the accompaniment, the Sanghat, is a very difficult thing. I think is easy to play solo, but to go with the mood and everything of the musician, and to bring out the beauty without going into competition, but to slow down at a point, and heighten at a point, and all that little, little things, comes from a very large heart. And from a heart which is already a realized soul.

Otherwise it cannot work out. I have seen people fighting on the stage also sometimes.

As you know, her mother is a great musician herself, right.

And I hope I am going to meet her. I went to Banaras because she asked Me to go there.

And it's as if through these musician also our family of Sahaja Yoga is expanding so much. And the way they are realizing the oneness of our lives and oneness of our value system.

As if they are all getting absolutely lost into our own families of Sahaja yogis.

It's – I don't find any difference because they all have vibrations, they all play with vibrations, and nothing goes wrong.

I have seen it's just like as we say Sanchar hona, I felt there was Sanchar in them the way they started playing, the whole Shakti started moving in them.

And it was a remarkable thing I have seen, whether they are Muslims, Christians, Hindus, Sikhs or anything. It is this music transcends themselves.

This Nusrat Ali Khan Sahib was sitting on the stage. And he just looked at Me, I don't know what he knows about Me. And he said to Me : "Ma, come and sit next to Me here". I was amazed how he recognized Me. I was like any other audience sitting there, so, like, I was sitting on the ground. He just called Me, I was so surprised at this gentleman Nusrat Ali Khan.

So it transcends, you know. This music is Divine, it transcends all races, all religion, all nonsensical divisive ideas. No doubt about it. And that is what is Sahaja Yoga.

And so all these great talents are born today. There were two boys, little, sitting here, I must tell you, one of them plays very beautiful Murli and another plays tabla. Both of them very good and very difficult song they played. I was surprised how they have picked up, and they are picking up so fast.

So the talent among Sahaja yogis as I told you that this music of Saatajanam was, not only was written down by them in Hindi way, absolutely they didn't know Hindi – in Hindi. Also it was composed, it was put to tune and also to the dam. By them only.

Now so, how our music is spreading into their hearts! And this our music which is Indian music is really, is a Divine music.

Also they have very beautiful, very beautiful classical music, no doubt about them, and I also enjoy that very much.

But our music is a different type, because in this the rapport is established between the artist and the listeners.

And every time they can start creating, they have freedom to create.

And that's what I think the Sahaja yogis are just all the time like to hear only our Indian classical music, all the time. And they appreciate it very much. Whatever country they may come from, but you'll be amazed how they enjoy this music.

And this is to also say, one of the desires of My father that he said that our music is so Divine, it should reach the whole world.

And now, for your information, we have already started a very beautiful music academy in Nagpur, and we bought a very beautiful land there, and I would like all of you to visit that place sometimes, and see these young people within three months' time – they sing Malkauns just like any great musician, any raga.

I was surprised how these people – Rumania they sing Qawwalis so beautifully that everybody will be amazed, you know, there's some sort of a spark in them.

So not only it is spirituality, but the beauty of spirituality is expressed in so many ways.

I don't know how to thank you here, My children, I don't know how to thank you for giving this beautiful time to all of us, and we enjoyed ourselves very much. And I hope you'll make it easy to come to India also, especially for My birthday we always try to invite many people.

So I think already I am extending you invitations, and they'll be all very happy to have you there, all music pagals. I tell you, all of them are ek dum bilkul diwane hai.

So, this little thing that we have for you... Sangita? As your name is, you are. Whatever small, they could give... eh?

Sukhwinder! I don't know what to say about you.

You are... Majumdar! Ah! .

Sangita (musician): His full name is Ranendranath, Shri Mataji.

Shri Mataji: Ah?

Sangita: Ranendra... .

Shri Mataji: Ranendra!

Sangita: Ranendra.

Musician (Ronu Majumdar): Say my pet name, Ronu.

Shri Mataji: Ah.

Ronu: Full name is Ranendranath.

Shri Mataji: Baap re baap.

Ronu Majumdar: ... so big...

Shri Mataji : Rann ke Indra ho!.

1996-0901, Shri Krishna Puja: Sahaja Culture

View [online](#).

1 September 1996

Sahaja Culture

Krishna Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Today, we are going to worship Shri Krishna. See how cold it was about 3 o'clock. Now the reason is this, that Shri Krishna did little mischief with Indra. Indra, who is a God, or you can call semi-God, for looking after the rain. So, Indra got very angry. You see, all such semi-Gods are very sensitive people, at the smallest thing they get angry and irritated and they start using their powers to express their anger.

So, he started pouring rain on all the Gopas and Shri Krishna, who were looking after the cows. And the rain was so heavy that they thought that the whole land will be completely submerged. So, Indra was very happy to spoil the game of Shri Krishna. And he thought he was very successful. So, Shri Krishna lifted a mountain on his finger, and all these people who were getting drowned, went under that mountain. This is Shri Krishna's style.

My style is different. I told Indra that you can't misbehave with Me, you can't. So far, I'm not – I've not harmed you in any way and I'm not irritated you. Of course, it's going to be Shri Krishna's Puja, but that doesn't mean that you should try to show off your powers before Me. Sometimes, I wonder, these Devas – semi-Gods, they are Realized souls or not, because why do they get angry like this for small things. Whatever it is, he could be reconciled and now it's become warm, I must say.

With Sahaja Yoga, you can do many many things, but you must know what you can do. For that, Krishna is a very good example. He started Sahaj culture. Culture, I'm saying. He didn't give Realization to anyone, but he gave the idea of Sahaj culture. How?

Before him came Shri Rama, who was Maryada Purushottama, who was a man very particular about everything. I mean, like He threw out his wife because He was a king and a king cannot have a scandal, especially from His wife. So He threw Her out – it was not Kali Yuga, that's why. And His father ordered Him to go, not only His father so much as His stepmother, to go to, go in an exile into a forest. So He agreed, after all He was Maryada Purushottama. So whatever His father said, He agreed, whatever His mother said, He agreed, and went into the forest, stayed there fourteen years. This is the obedience to the father. There was no need, His father was not God. He was God. But in those days, it was important to make people not only respect the parents, but also to obey them, that was the time.

In His time, there were many munis, and many saints and many also Hatha Yogis. And these, even before Him, used to make people practice very strict type of discipline and if they did not practice the discipline, they had to do lot of penance. And so many people who tried also, never reached the goal, because of the strictness and complete discipline about following the path of spirituality.

Recently, I was reading a book called "Peaceful Warrior". There they have described an American seeking the truth, and the guru of that fellow really, really takes him to such a horrible severe task – that My granddaughter said, "I'm very angry with such a Guru", she couldn't bear it.

So, ultimately he finds that he is the existence. So that was the practice followed after Shri Rama. People would leave their wives, children, go to Himalayas and sit there and practice meditation. It was a very rigorously followed, we should say, a very moral society – so very moral. But it was out of fear, the whole morality came through fear, which is also repeated in other religions.

I would say that Islam, today, has taken that form, is the fear. They are not doing it out of freedom. Also Christians, same things,

and Hindus – I don't know – half-way this side, and half-way that side. Even among Sikhs there's terrible disciplining. So much so that as punishment you have to clean the shoes of all the people. I don't know if it is to beat yourself with shoes or another. But quite a lot of punishment is there.

Then came Shri Krishna and He saw the situation – that the way people are really now fasting. If you really go through the rituals of Hindu religion, out of one week, you will be fasting for six days at least. One day you might eat some sort of a food, then you'll have to visit all kinds of places. Now, recently they had to go, as you know, to Amarnath, and so many died there. So now they said "We have got Nirvana, we died while doing this, so we have got Nirvana". This kind of a very funny idea was existing. That we have a Nirvana now, we have achieved whatever we wanted and now we are dead", so many are dead, so those who were not dead were repenting why they were not dead – would have been much better, they would have got their Nirvana.

So, even in this Kali Yuga, these ideas are prevalent. Even in India, people have very severe types, especially in South I have seen, they do all kinds of nonsense for the atonement or maybe for something they are asking for.

All this nonsense was too much for Shri Krishna. He couldn't understand that they are going to destroy their lives with this kind of ritualistic gruelling, then what will be remained out of them for Sahaja Yoga. So he's the One who started Sahaj culture. He said: "Let just – let us enjoy, we must have enjoyment, 'Nirmal Ananda', pure joy". How do we have pure joy by?

He had this rakhi bandhan by which, apart from your wife, everybody is your sister or mother. I must say it's quite true about Indians. Not in the North so much because of Islamic influence, but in the South it is so. In Maharashtra it is so.

And then He started also this Holi, in which you should play with colours, maybe to get rid of the colour barriers we have, maybe. In America it's a very good idea to play with colours and put some black on the whites and some whites on the black and they can see for themselves how stupid it is to fight in the name of colour.

He used to play with children who were looking after cows, just like a very ordinary person. He never tried to show off His powers, never tried to stand out, never would dress up in a very special way, never. Just like an out ordinary cowherd. And His relationship with His mother, Yeshoda – She was not His mother – was also extremely beautiful. There are so many beautiful poems written about His childhood. That He is the One who is in charge of the whole universe – as a little boy, He used to put His finger into His mouth wondering. How can a Divine Virata do that? What is His thinking like a child?

All His actions of children. Yesterday's song, as you heard it, is this. All these little, little actions are described very well. Especially by another very great poet, Surdas, who was blind. His childhood is described in a very beautiful manner and the description of His relationship to His mother is very natural and very sweet. It was not like this, as in modern times, a carpet is spoiled, "Oh, the carpet you have spoiled, I'll hit you hard, this carpet you have spoiled". They have more interest in their things than in their own children. But according to our culture, if the child breaks anything, we have to say: "This very good you have broken, some badha has gone away". Never to scold a child for doing anything which you think is destructive – because then he'll definitely become destructive.

So to understand a child, I think you must read those poems, beautiful poems which are written about Shri Krishna. I don't know how their imagination reached that beautiful height of pure joy. So towards our children also, we have to be extremely sweet and nice and forgiving. But some children, of course, I meet are difficult, but they also can be corrected if you really apply Shri Krishna's methods to him.

Now when he went to college, or we can say into the school of a Sandipani Muni, the guru. The guru's wife was very kind. But the guru was strict. And his wife used to look after Him and when she gave Him something for food when they would go and bring some woods from the forest. It's very subtle, you know the whole thing is. He went there and His friend was carrying the food. His friend was carrying the food and Shri Krishna was busy cutting the wood, imagine? Shri Krishna was cutting the wood for the mother. I mean, for the mother he could do anything, he was God. So no work for the mother was menial or lower. But the other fellow, the friend of His, he was very hungry, so he ate all the food and nothing was left.

So, when he came down, he got very much worried. They went and told his guru that "I ate all the food, I didn't share it with Shri Krishna". Guru got very angry, very angry and he said: "Now, you will be cursed with permanent poverty". But the mother said "No, not permanent – till you meet Shri Krishna again". That's how she tried to give – we call 'upashaap', in that you give another curse which can neutralize partly.

The same friend, was Sudama, and he was very very poor. Now see the Sahaj ways of Shri Krishna, he always used to remember Sudama and he told His wife that "I really I don't know, he's cursed, I don't know what must be his condition, where he must be". Now the friendship – He was a king, such intimacy of feeling with a friend. He said: "I used to go with him, I used to collect the woods". I mean, imagine all these little, little things had such a big importance for Him. So, He was not only worried about the whole world, as He should have been, but also about Sudama – "When will I meet him? When will I see him again? Where must be his house? How he must be living?". All these very delicate feelings He had for His friend. Just like a Sahaja Yogi.

In the Sahaja style, we worry about the whole world and also individually we are worried. We come to know about one person who has fallen sick, who has a problem, something is serious. All the Sahaja Yogis think of him and are worried about him. They may have everything, but still they are worried, what is happening to such and such person. How many of us know each other's names – I mean we know everybody's name, practically. And how we care for them, how we respect them, how we love them and how we have pure relationships.

Today is also the day of Rakshabandhan, which is a very great thing that we should have pure relationships. I've seen in, say, Maharashtra, men won't go and talk to women much and women won't go and talk to men. And once, somebody remarked, "Then what are you women doing, talking to women only?". So, I said, "What are we to talk to you? You are talking about your office, we are talking about our houses and homes. What is there to talk to you?".

But the Western culture is different, they will force you. They'll make one man sit here and next to him should be a woman, somebody else's wife, then another man, then somebody else's wife. How can you have intimacy? This kind of idea, which is a-sahaj, has slipped into immorality. There's no need for men and women to sit like that, what is the need, I just don't understand. Compulsorily you have to sit. I have had a bad time, I tell you, with My husband's job, I never liked it.

What is there to talk to these men, after all? I don't know anything about banking, I don't know shares, I don't know stock exchange, what it is. Or I don't know profits, and this and that – that part is zero. Then, I don't know about office, I don't know many other things men talk about, so what is there to talk to them? So very difficult. And whenever I said something, I really dropped a brick.

Once in a party, they were offering drinks to everyone and this and that, so I said: "I'll have some soft drink". So the vali came and gave Me the soft drink. The vali was having a bow, and a white shirt, that's all absolutely a-sahaj methods. Black bow, white shirt, black coat, black pant, all just the same – whether it's an ambassador or a vali. You can't make it out who is who. So, I drank, you know, and when it was finished I gave it to an ambassador, a very well-known ambassador. To Me there was no difference at all, I mean, they were just the same, walking the same way, talking the same way. So a-sahaj the whole thing is.

See, they say they have so many Embassies, for what I don't know. And there what they have, always drinks, parties – shake hands, shake hands. Your hands will break, I tell you. Most a-sahaj method is to shake hands. Why not say Namaste? Is better. And you know Me, sometimes I used to get such heat. Like yesterday you have shown that the ice melted. Same thing used to happen to Me.

Mostly, they were very hot people and I didn't know what to do, I used to stand on one side, you know, just feeling shy. But this method of hand shaking is absolutely a-sahaj. And worse than that is French method, is to kiss: I mean, you like it or not – you are kissed. Or to hug somebody. First time I gave realization to one English gentleman, he just lifted Me up like that.

I said "All right, it's, it's a – it's just out of joy he has done it, it's all right". But there is no openness, there is no openness of heart. You go to a party, you have to be dressed up like this only. If you are not dressed up like that, then you are useless. If you go for a death also. Somebody died, a great friend, very nice man. So, I was told I have to wear black sari, black blouse, everything black. I said, "I have no sari, black without border, you know". So they said "You don't come". I said: "Very good idea". Because I don't know these a-sahaj methods.

You are not supposed to cry or weep there, no, you have to keep quiet. Then when you go there, the body is lying there, and after a prayer is said, you are supposed to drink champagne. I mean, imagine it, how can you? No feelings, for that body which is lying there dead. And everybody very happy, and if somebody looked unhappy, they would ask: "What's wrong, are you alright?". No consciousness that we have lost a friend here.

This is the a-sahaj style when it comes to grief. When it comes to joy it is a-sahaj, when it comes to grief it is a-sahaj. We have to be 'sahaj', in the sense that whatever we do, we do it spontaneously. Not with deliberations.

We have some very anglicized people in India also. And the lady of the house died and I went to see – and in India the body is taken down on the ground. So, they were discussing what to do, what time to start the funeral and all that. So one lady, who is a very well-known person in India, she said, "You should not do it before 12 o'clock". I said "Why"? She said, "Because I'll have to wear white". "That's true". "And I'll have to go to the bank to get my diamonds to match with the white sari". I said, "What does this mean?". Such filth of materialism.

It is going too far. We are going away from our feelings, from our emotions, which are genuine, which are there all the time, you don't have to think about them, they exist all the time. But you think: "Now, should I cry or not? Should I laugh or not?". It's so spontaneous. If you have joy, you are spontaneous. You express your joy spontaneously. Of course, not in an uncultured way, but in a very cultured way.

Now, what's the meaning of the Sahaj culture? It's culture, is something that is, you are groomed, you are brought up in a very natural manner, that you develop a culture. It's more like a child-like, simple innocent behaviour. It is Shri Krishna's introduction of idea of pure joy, 'Nirmal Ananda', which came as a great relief to Indian people because they were following Shri Ramachandra.

But then abandonment started. The problem is, if you make them strict, they become like starched clothes I think, that you can't wear them. Or if you allow them – "No, no, you must enjoy, you must enjoy, alright, you allow them, do what you like". If you allow them to do what you like, then they start doing all kinds of things.

I mean, in India, we had lots of horrible things, which I dare not even tell you – in the name of enjoyment. But Shri Krishna himself has been very much misrepresented by stupid people like Vidyapati. He was a great poet and he used Krishna and Radha as Romeo and Juliet. That's the greatest insult to the purity of their relationship. You must have seen many pictures like that, in Kangrashaili, in this shaili, in that shaili. Is all nonsense. They could not show the reality of the relationship, but some sort of a very vulgar expression. Because I think these poets and these artists at that time had some hidden suppressed feelings within themselves and they used Shri Krishna for that. All kind of romanticism is attached. Sometimes I feel that people have not understood Shri Krishna.

But there's a nice story about Him. That once, His wives – He had many wives, that is also another controversial point. He had many wives, because these were 16,000 powers of Shri Krishna, who had taken birth and were captured by one king and kept in the prison. So He had to release them, they were released. Now how are they to live with Shri Krishna, who was a young man? So He married all of them. That is the case of Mohammed Sahib also. He married all 16 of them, they were His powers. For a young man to keep 16,000 women like a harem, what people would have thought of Him. So, He married all of them.

And another point about His life is, that once these all these ladies – and He had also five wives. These five wives were the

causal of the five elements. So He had to go - once, these ladies wanted to go to see one great saint. And the river which was there was all completely flooded. So, they came to Shri Krishna and told Him that: "How are we to cross? Because, you see, it's overflowed". He said: "That's very easy to cross that river". That river is called as the virgin river, Narmada, now they are having big fights over it in India nowadays, a big politics. "So you go and tell her that: "Oh river, if Shri Krishna is a complete celibate personality, perfect brahmachari, if that is the truth, you go down". And river went down – and they crossed over.

Then they went and worshipped the saint and when they came back to the bank of the river it was again very much flooded. So they went to that saint and asked him: "Now, how are we to go back?". He said: "How did you come?". They said: "this is what Shri Krishna asked us to tell the river". "All right, you go and tell the river that this saint has not eaten any food whatsoever, nothing", while they saw him eating plates after plates. "If this is the truth, then you better recede". So, they went down and told the river, and the river went down. They were amazed that this man ate such a lot of things and this river has gone down thinking this is the truth.

That means – what has been their character? They are 'abhogis'. They are abhogis means, they do not get – indulge into, they eat, all right, but they don't care, they don't have that feeling of eating, and feeling of enjoying the food, and nothing of the kind, they are just eating.

And this gentleman with 17, I should say 16,005 wives, is called as Brahmachari, because they are not involved. They are in 'saha' state. With such a great immaculate personality like Shri Krishna, the way they have created this nonsense of romanticism.

For America, I think they have gone too far with the freedom they have. As people with Shri Krishna's blessings became free from all the rules, regulations and got abandoned. But America has gone much worse and not only that, but the films they are producing are very dangerous films and really damaging the whole world. They don't know what sin they are committing, for thousands and thousands of people in the world have taken to all kinds of very destructive ugly ideas.

Freud, all right, he is ousted – finished, he's done already a great harm. But what about these films? They are now very much impressing our Indian directors. I think all these directors are guiding Indians to hell. Whole thing is so absurd, is so dirty. For an Indian mind it is really inconceivable. Even, I have seen Americans can't bear it, it's gone that bad. Then other things have started with this freedom that we have.

Imagine, if Shri Krishna was here, he would never have put any oil in His head, he would have never combed His hair, You see, He must have His curls on. And He might have worn some modern dresses from America. Otherwise, you cannot exist. All the junk now has gone all over the world. Selling in Moscow, selling in all the developing countries. Only thing, when it was declared that they have AIDS – people used to buy even second-hand from the tourists – they threw away all that. They are carrying AIDS all over and drugs all over. It's a destructive force. It's a destructive force, which is very active in this Kali Yuga and so we have to have many Sahaja Yogis to fight this destructive force. And when they are destructive, they are not hypocritical, that's they think is a very great quality. But at least with hypocrisy you can save some people; but when it's just an open thing everybody starts doing that way.

So, when you think the time Shri Krishna lived and the beautiful time they had, of such clean life and how He killed all these demons, is something so beautiful, so energy-giving. But how many demons there are nowadays in this world – Is it one? Is it two? Is it ten? One is finished, another comes up like a mushroom, that is finished, third one comes up like a mushroom. And the most fertile land is America. So you all have to pay attention to this land of Shri Krishna.

Especially Shri Krishna should really start using his Sudarshan Chakra, will be a good idea. The time has come. That's why I gave you the conch. To declare the time has come to clean this America. That is the thing we have to do.

Today, when we worship Shri Krishna, you must awaken within you yourself, that consciousness, that now Shri Krishna is within all of you. And by your communication, because He is collective, by your speech, by your songs, by all that you use to communicate with others, should carry the message of peace, of love, of compassion, of truth and above all of Sahaja Yoga.

May God bless you.

[Puja begins]

Sahaja Yogi: Shri Ganesha's mantra.

[After 3 mantras of Shri Ganesha, Ganesha Atharva Sheersha is recited. Bhajan: Ganesha Sthuti.]

Sahaja Yogi: Hindi 49. (Bhajan: Namami Shri Ganaraja Dayala.)

Sahaja Yogi: Hindi 1.

(Bhajan: Jai Ganesha Deva.)

Sahaja Yogi: We are now going to have the hundred-and-eight names of Shri Krishna. We'll say the name first in Sanskrit and give the translation, and then we'll take it as a mantra, each name.

[Recitation of 108 Names of Shri Krishna begins.]

1- Shri Krishna. Shri Krishna: He is Shri Krishna. He sows and cultivates the field of spirituality.

Sahaja Yogis: Om Twameva Sakshat Shri Krishna namoh namaha.

2- Shridhar: He has the Shri Shakti.

Sahaja Yogis: Om Twameva Sakshat Shri Shridhar namoh namaha.

3-Venudhar: He plays the Divine flute.

Sahaja Yogis: Om Twameva Sakshat Shri Venudhar namoh namaha.

4-Shrman: He holds all wealth.

Sahaja Yogis: Om Twameva Sakshat Shri Shrman namoh namaha.

5 -Shri Nirmalagamy: He is accessible only through Shri Mataji.

Sahaja Yogis: Om Twameva Sakshat Shri Nirmalagamy namoh namaha.

6- Nirmala Pujak: He worships Shri Mataji.

Sahaja Yogis: Om Twameva Sakshat Shri Nirmala Pujak namoh namaha.

7- Nirmal Bhakta Priya: He loves the devotees of Shri Mataji.

Sahaja Yogis: Om Twameva Sakshat Shri Nirmal Bhakta Priya namoh namaha.

8-Nirmal Hriday: He has Lotus Feet of Shri Mataji in His heart.

Sahaja Yogis: Om Twameva Sakshat Shri Nirmal Hriday namoh namaha.

9- Shri Niradhar: He who needs no support.

Sahaja Yogis: Om Twameva Sakshat Shri Niradhar namoh namaha.

10-Shri Vishwadhar Janak: He is the Father of Christ.

Sahaja Yogis: Om Twameva Sakshat Shri Vishwadhar Janak namoh namaha.

11-Shri Vishnu: He is Shri Vishnu.

Sahaja Yogis: Om Twameva Sakshat Shri Vishnu namoh namaha.

12- Maha Vishnu Pujita: He who is worshipped by Christ.

Sahaja Yogis: Om Twameva Sakshat Shri Maha Vishnu Pujita namoh namaha.

13- Vishnumaya Sughoshita: He is announced by Shri Vishnumaya.

Sahaja Yogis: Om Twameva Sakshat Shri Vishnumaya Sughoshita namoh namaha.

14- Shri Vageshwar: He who is the Master of language.

Sahaja Yogis: Om Twameva Sakshat Shri Vageshwar namoh namaha.

15- Shri Vageshwari Bhrata: He who is the brother of Maha Saraswati.

Sahaja Yogis: Om Twameva Sakshat Shri Vageshwari Bhrata namoh namaha.

16- Shri Vishnumayanuja: He who is the brother of Shri Vishnumaya.

Sahaja Yogis: Om Twameva Sakshat Shri Vishnumayanuja namoh namaha.

17- Draupadi Bandhu : He who is the brother of Draupadi.

Sahaja Yogis: Om Twameva Sakshat Shri Draupadi Bandhu namoh namaha.

18- Shri Partha Sakha: He who is the friend to Arjuna.

Sahaja Yogis: Om Twameva Sakshat Shri Partha Sakha namoh namaha.

19- Shri Sanmitra: He who is a true friend.

Sahaja Yogis: Om Twameva Sakshat Shri Sanmitra namoh namaha.

20- Shri Vishwa Vyapi: He who permeates the universe.

Sahaja Yogis: Om Twameva Sakshat Shri Vishwa Vyapi namoh namaha.

21- Shri Vishwa Rakshi: He who guards the universe.

Sahaja Yogis: Om Twameva Sakshat Shri Vishwa Rakshi namoh namaha.

22- Shri Vishwa Sakshi: He who witnesses the cosmic play.

Sahaja Yogis: Om Twameva Sakshat Shri Vishwa Sakshi namoh namaha.

23- Shri Dwarakadhisha: He who rules over Dwaraka.

Sahaja Yogis: Om Twameva Sakshat Shri Dwarakadhisha namoh namaha.

24- Shri Vishuddhi Prantadhisha: He who rules over the country of Vishuddhi.

Sahaja Yogis: Om Twameva Sakshat Shri Vishuddhi Prantadhisha namoh namaha.

25- Jana Nayak: He who leads the people.

Sahaja Yogis: Om Twameva Sakshat Shri Jana Nayak namoh namaha.

26- Shri Vishuddhi Jana Palak: He who protects the people of the land of Vishuddhi.

Sahaja Yogis: Om Twameva Sakshat Shri Vishuddhi Jana Palak namoh namaha.

[Here the 27th name is missing of "Shri Amerikeshwara", the Lord of America - ed]

28- Shri Maha Nila: He who is blue.

Sahaja Yogis: Om Twameva Sakshat Shri Maha Nila namoh namaha.

29- Shri Pitambar Dhari: He who wears the pitambar, the yellow dhoti.

Sahaja Yogis: Om Twameva Sakshat Shri Pitambar Dhari namoh namaha.

30- Shri Sumukha: He who has a perfect face.

Sahaja Yogis: Om Twameva Sakshat Shri Sumukha namoh namaha.

Sahaja Yogi: Face, perfect face. Perfect face.

Shri Mataji (corrects the yogi): Sanmukha.

Sahaja Yogi: Ah.

Shri Mataji: Sanmukha, yes.

Sahaja Yogi: All right. Should we say? [Shri Mataji says something inaudible] Sanmukha?

Shri Mataji: Sanmukha is correct [unclear].

Sahaja Yogi: Sumukha?

Shri Mataji: Sanmukha.

Sahaja Yogi: Sanmukha? Shri Sanmukha.

Sahaja Yogis: Om Twameva Sakshat Shri Sanmukha namoh namaha.

31- Shri Suhasya: He whose laughter is beautiful.

Sahaja Yogis: Om Twameva Sakshat Shri Suhasya namoh namaha.

32- Shri Subhash: He who has perfect speech.

Sahaja Yogis: Om Twameva Sakshat Shri Subhash namoh namaha.

33- Shri Sulochan: He who has perfect eyes.

Sahaja Yogis: Om Twameva Sakshat Shri Sulochan namoh namaha.

34- Shri Sunasik: He who has a perfect nose.

Sahaja Yogis: Om Twameva Sakshat Shri Sunasik namoh namaha.

35- Shri Sudanta: He who has perfect teeth.

Sahaja Yogis: Om Twameva Sakshat Shri Sudanta namoh namaha.

36- Shri Suresh: He who has perfect hair.

Sahaja Yogis: Om Twameva Sakshat Shri Suresh namoh namaha.

[Here the 37th name is missing of "Shri Shikhandi", the One whose head is adorned with a peacock feather - ed]

38- Shri Sushrut: He who listens to all that is auspicious.

Sahaja Yogis: Om Twameva Sakshat Shri Sushrut namoh namaha.

39- Shri Sudarshan Dhari: He who uses the Sudarshan to protect the seekers.

Sahaja Yogis: Om Twameva Sakshat Shri Sudarshan Dhari namoh namaha.

40- Shri Maha Vira: He who is a great warrior.

Sahaja Yogis: Om Twameva Sakshat Shri Maha Vira namoh namaha.

41- Shri Shaurya Dayak: He who gives valour.

Sahaja Yogis: Om Twameva Sakshat Shri Shaurya Dayaka namoh namaha.

42- Shri Rana Pandit: He who is the Master of the art of warfare.

Sahaja Yogis: Om Twameva Sakshat Shri Rana Pandit namoh namaha.

43- Shri Rana Chod: He who runs away from the battlefield to win the war.

Sahaja Yogis: Om Twameva Sakshat Shri Rana Chod namoh namaha.

44- Shrinath: He is the Master of Paramachaitanya.

Sahaja Yogis: Om Twameva Sakshat Shri Shrinath namoh namaha.

45- Shri Yuktivan: He who knows all the tricks.

Sahaja Yogis: Om Twameva Sakshat Shri Yuktivan namoh namaha.

46- Shri Akbar: He who is the greatest person.

Sahaja Yogis: Om Twameva Sakshat Shri Akbar namoh namaha.

47- Shri Akhileshwara: He is the God of the whole universe.

Sahaja Yogis: Om Twameva Sakshat Shri Akhileshwara namoh namaha.

48- Shri Maha Virata: He who is the Being of which everything else is part and parcel.

Sahaja Yogis: Om Twameva Sakshat Shri Maha Virata namoh namaha.

49- Shri Yogeshwar: He is the God of all the yogis.

Sahaja Yogis: Om Twameva Sakshat Shri Yogeshwar namoh namaha.

50- Shri Yogi Vatsala: He who has fatherly love for the yogis.

Sahaja Yogis: Om Twameva Sakshat Shri Yogi Vatsala namoh namaha.

51- Shri Yogavarnitha: He who describes Yoga as the destination.

Sahaja Yogis: Om Twameva Sakshat Shri Yogavarnitha namoh namaha.

52- Shri Sahaja Sandesh Vahak: He – He is the One through Him we can communicate the message of Sahaja Yoga.

Sahaja Yogis: Om Twameva Sakshat Shri Sahaja Sandesh Vahak namoh namaha.

53- Shri Vishwa Dharma Dhawaja Dharak: He who upholds the flag of Vishwa Dharma.

Sahaja Yogis: Om Twameva Sakshat Shri Vishwa Dharma Dhawaja Dharak namoh namaha.

54- Shri Garudarudha: He who rides on Garuda.

Sahaja Yogis: Om Twameva Sakshat Shri Garudarudha namoh namaha.

55- Shri Gadadhar: He who holds the mace.

Sahaja Yogis: Om Twameva Sakshat Shri Gadadhar namoh namaha.

56- Shri Shankhadhar: He who holds the conch.

Sahaja Yogis: Om Twameva Sakshat Shri Shankhadhar namoh namaha.

56- Shri Padmadhar: He who holds the lotus.

Sahaja Yogis: Om Twameva Sakshat Shri Padmadhar namoh namaha.

58- Shri Liladhar: He who holds the key to the cosmic play.

Sahaja Yogis: Om Twameva Sakshat Shri Liladhar namoh namaha.

59- Shri Damodar: He who is very generous.

Sahaja Yogis: Om Twameva Sakshat Shri Damodar namoh namaha.

60- Shri Govardhan Dhari: He who lifted Govardhan mountain to protect the Gopas.

Sahaja Yogis: Om Twameva Sakshat Shri Govardhan Dhari namoh namaha.

61- Shri Yogakshema Vahaka: He who looks after the benevolence of the Yogis.

Sahaja Yogis: Om Twameva Sakshat Shri Yogakshema Vahaka namoh namaha.

62- Shri Satya Bhashi: He who has all the truth within Himself.

Sahaja Yogis: Om Twameva Sakshat Shri Satya Bhashi namoh namaha.

63- Shri Hita Pradayaka: He who bestows the benevolence.

Sahaja Yogis: Om Twameva Sakshat Shri Hita Pradayaka namoh namaha.

64- Shri Priya Bhashi: He whose speech is pleasing to the Spirit.

Sahaja Yogis: Om Twameva Sakshat Shri Priya Bhashi namoh namaha.

65- Shri Abhaya Pradayak: He who creates fearlessness.

Sahaja Yogis: Om Twameva Sakshat Shri Abhaya Pradayaka namoh namaha.

66- Shri Bhay Nashak: He who destroys all fears.

Sahaja Yogis: Om Twameva Sakshat Shri Bhay Nashak namoh namaha.

67- Shri Sadhak Rakshak: He who protects the seekers of truth.

Sahaja Yogis: Om Twameva Sakshat Shri Sadhak Rakshak namoh namaha.

68- Shri Bhakta Vatsal: He who loves His devotees.

Sahaja Yogis: Om Twameva Sakshat Shri Bhakta Vatsala namoh namaha.

69- Shri Shoka Hari: He who destroys grief.

Sahaja Yogis: Om Twameva Sakshat Shri Shoka Hari namoh namaha.

70- Shri Dukha Nashak: He who destroys sorrow.

Sahaja Yogis: Om Twameva Sakshat Shri Dukha Nashak namoh namaha.

71- Shri Rakshasa Hantri: The Killer of rakshasas.

Sahaja Yogis: Om Twameva Sakshat Shri Rakshasa Hantri namoh namaha.

72- Shri Kurukula Virodhak: He opposed the Kuru family which upheld adharma.

Sahaja Yogis: Om Twameva Sakshat Shri Kurukula Virodhak namoh namaha.

73- Shri Gokul Vasi: He resides in Gokula.

Sahaja Yogis: Om Twameva Sakshat Shri Gokul Vasi namoh namaha.

74- Shri Gopal: He who looks after the cows.

Sahaja Yogis: Om Twameva Sakshat Shri Gopal namoh namaha.

75- Shri Govinda: He who enjoys cows.

Sahaja Yogis: Om Twameva Sakshat Shri Govinda namoh namaha.

76- Shri Yadu Kul Shreshtha: He is the highest of the Yadavas.

Sahaja Yogis: Om Twameva Sakshat Shri Yadu Kul Shreshtha namoh namaha.

77- Shri Akul: He who is beyond family attachments.

Sahaja Yogis: Om Twameva Sakshat Shri Akul namoh namaha.

78- Shri Vansha Dwesha Nashak: He who is the destroyer of disparities according to caste, creed and race.

Sahaja Yogis: Om Twameva Sakshat Shri Vansha Dwesha Nashak namoh namaha.

79- Shri Atma Gyan Varnita: He who gives the knowledge – He who describes the knowledge of the Spirit.

Sahaja Yogis: Om Twameva Sakshat Shri Atma Gyan Varnita namoh namaha.

80- Shri Ananda Pradayak: He who describes how to destroy ignorance and non-knowledge.

[The correct name is “Agniyana pranashaka” – ed]

Sahaja Yogis: Om Twameva Sakshat Shri Ananda Pradayak namoh namaha.

81- Shri Nirakar: He who is beyond form. He is formless.

Sahaja Yogis: Om Twameva Sakshat Shri Nirakar namoh namaha.

82- Shri Anand Akar: He who is the joy personified.

Sahaja Yogis: Om Twameva Sakshat Shri Anand Akar namoh namaha.

83- Shri Ananda Pradayaka: He who is the joy of purity. (Correct translation is: “The one who gives joy to the yogis” - ed)

Sahaja Yogis: Om Twameva Sakshat Shri Ananda Pradayaka namoh namaha.

84- Shri Pavitrانand: This is actually “He is the joy of purity”.

Sahaja Yogis: Om Twameva Sakshat Shri Pavitranand namoh namaha.

85- Shri Pavitrya Rakshak: He who protects the chastity.

Sahaja Yogis: Om Twameva Sakshat Shri Pavitrya Rakshak namoh namaha.

86- Shri Gyananand: He who has all of the pure knowledge of joy.

Sahaja Yogis: Om Twameva Sakshat Shri Gyananand namoh namaha.

87- Shri Kalananda: He who gives the joy from the arts.

Sahaja Yogis: Om Twameva Sakshat Shri Kalananda namoh namaha.

88- Shri Gruhanand: He who gives the joy of the household.

Sahaja Yogis: Om Twameva Sakshat Shri Gruhanand namoh namaha.

89- Shri Dhananand: He who gives the joy from prosperity.

Sahaja Yogis: Om Twameva Sakshat Shri Dhanananda namoh namaha.

90- Shri Kubera: He who is the God of wealth and prosperity.

Sahaja Yogis: Om Twameva Sakshat Shri Kubera namoh namaha.

91- Shri Atmanand: He who gives the Spirit of God Almighty.

Sahaja Yogis: Om Twameva Sakshat Shri Atmanand namoh namaha.

92- Shri Samuhanand: He who gives the joy of the Sahaja collectivity.

Sahaja Yogis: Om Twameva Sakshat Shri Samuhanand namoh namaha.

93- Shri Sarvanand: He who has the joy of Sahaja collectivity.

Sahaja Yogis: Om Twameva Sakshat Shri Sarvanand namoh namaha.

94- Shri Vishuddhanand: He who gives pure joy.

Sahaja Yogis: Om Twameva Sakshat Shri Vishuddhanand namoh namaha.

95- Shri Sangitanand: He who gives the joy of music.

Sahaja Yogis: Om Twameva Sakshat Shri Sangitanand namoh namaha.

96- Shri Nrutyanand: He who gives the joy of collective dancing.

Sahaja Yogis: Om Twameva Sakshat Shri Nrutyanand namoh namaha.

97- Shri Shabdanand: He who gives the joy through words.

Sahaja Yogis: Om Twameva Sakshat Shri Shabdanand namoh namaha.

98- Shri Maunanand: He who gives the joy from silence.

Sahaja Yogis: Om Twameva Sakshat Shri Maunanand namoh namaha.

99- Shri Sahajanand: He who gives the joy through Sahaja culture.

Sahaja Yogis: Om Twameva Sakshat Shri Sahajanand namoh namaha.

100- Shri Paramanand: He who gives absolute joy.

Sahaja Yogis: Om Twameva Sakshat Shri Paramanand namoh namaha.

101- Shri Niranand: He is the source of absolute pure joy.

Sahaja Yogis: Om Twameva Sakshat Shri Niranand namoh namaha.

102- Shri Natya Priya: He who enjoys the play.

Sahaja Yogis: Om Twameva Sakshat Shri Natya Priya namoh namaha.

103- Shri Sangita Priya: He who enjoys the music.

Sahaja Yogis: Om Twameva Sakshat Shri Sangita Priya namoh namaha.

104- Shri Kshir Priya: He who enjoys the milk.

Sahaja Yogis: Om Twameva Sakshat Shri Kshir Priya namoh namaha.

[Recitation of the names in the video interrupts here. The final names are the following:

105- Shri Dadhi Priya: He who enjoys curds.

Sahaja Yogis: Om Twameva Sakshat Shri Dadhi Priya namoh namaha.

106- Shri Madhu Priya: He who enjoys honey.

Sahaja Yogis: Om Twameva Sakshat Shri Madhu Priya namoh namaha.

107- Shri Ghrut Priya: He who enjoys ghee.

Sahaja Yogis: Om Twameva Sakshat Shri Ghrut Priya namoh namaha.

108- Shri Matru Charanamruta Priya:

He who adores the amrut from the Holy Lotus Feet of Shri Mataji.

Sahaja Yogis: Om Twameva Sakshat Shri Matru Charanamruta Priya namoh namaha.]

Sahaja Yogi: Seven married ladies can please come up to do the puja to Shri Mataji? From the hosting countries, please. And also, if they haven't been before especially.

Sahaja Yogi: Marathi 36. (Bhajan: "Tujhya Pujani")

Hindi 73. (Bhajan: "Nirguna Nirmala Nishpapa Ma". Then "Vishwa Vandita")

[Then Aarti is performed and Mahamantras follow]

Shri Mataji: May God bless you all. May God bless you. May God bless you.

Sahaja Yogi: Let's all say one prayer before we begin the photographs. As we the sahaja yogis of the world desire and pray for the Nobel Peace Prize for Shri Mataji, let's say three times:

Sahaja Yogis: Shri Mataji, we, all the Sahaja Yogis of the world, desire and pray for You to receive the Nobel Peace Prize. (X3)

Jai Shri Mataji.

Bolo Jagan Mata Shri Nirmala Devi ki!

Sahaja Yogis: Jai!

Sahaja Yogi: Also, can we please keep the flashes to a minimum for the photographers.

1996-0914, Evening Program, Eve of Shri Ganesha Puja

View [online](#).

14 September 1996

Evening Program

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – NEEDED

[talk 2 transcript missing, is on AI]

Just now you have heard all these 4 artists. The first one is an Australian I only know his surname. I don't know his name What is his name ?

So his name is Nick and I have heard him before also. But this instrument that he plays, I have never heard anybody playing classical Indian Music with that I think it must be very difficult to play with that particular saxophone that you have seen ... But how he is playing Because Indian Music is all melodious. And it can not be played in parts. I was amazed at how he managed it ...And another thing which really enamoured me about him is this that my father had a great desire to spread Indian Classical Music all over the world. And he said that if you spread this kind of music then all kinds of music which are not music but are noises will vanish. And so people should know this classical music then they can play any other music they want. His ambition was like that and I am so happy that Baba Mama has started a beautiful academy, very beautiful land he has got in Nagpur. And from that academy, this gentleman Mr Nick has come up. And in such a short time, so remarkable, he is a genius, must be something very special that in such a short time to play a raga-like jog is very good Only great Musicians play that I have seen. I have heard Vilayat khan Sahib and also I have heard our ...his nephew as you know him very well. So all these difficult ragas, I think he will play Yaman or something like that but here he plays jog and so well ...like any other great musician. Now actually my eyes will fill with tears, I dont know what to say that I never knew this academy can produce such good artists and such good talent would be utilised. It's more creditable because he is not an Indian. And in such a short time he has picked up this difficult Music ...Its really absolutely impossible feat. And I have no words actually to describe by the joy that one of the desires my father had, is fulfilled. Now once we establish this academy, many people will go I am sure to it ...And will learn this. In that, of course, Guruji has helped a lot, Sandesh has helped a lot, Jain has helped, But still, I must say I must be creditable to the talent . I never knew Australians were that talented ...They are!

You will see their talent now.They are quite talented ...I think it is Shri Ganesha's blessings on them.They are so talented. But this play of Indian Music, it's not an easy thing. And is a markable, I dont know, maybe my father's blessings are working or I dont know what's happening to this academy that such a brilliant and such a beautiful melodious rendering of the jog raga you have heard.I am very grateful to him for really reproducing something, that is an impossible feat.The second person for whom a great love is as you know is our little Dhananjay...He is such a young boy and he is also I think is a born genius, something like that.These days lots of prodigies are born I think he is also a prodigy or something.He is so well I mean to play this raga, in such a beautiful manner and this is a western instrument again. To play on this western instrument he really... if you know 'rivali' if you have heard 'rivali', Many times it sounded lie rivali today and it is something remarkable again at this young age, I don't know what to say but all my blessing and I take the bad eye from them Nobody should do anything wrong to these boys.He couldn't come ...It's a big story ...He couldn't come ...They said that you pay no income tax ...At this young age who can pay income tax in India .Moreover, he is the son of a farmer ...In India farmers are not paying any income tax. So, the Italians thought that they are not paying income tax so how can they go ...They might start working here or I don't know what was the idea ...But thank god It came into my... just into my own inspiration ...I felt I better tell [UNCLEAR].....Vedo. And Vedo knows somebody there luckily. Now anybody who doesn't gets visa tell vedo for [UNCLEAR]..... Because they are very troublesome ...They are very funny nowadays. I mean they are coming for only 2-3 days, what is there to trouble them so much ...So he went down and he ..we know had told somebody there whom he knows and they gave him the visa ...So he came to the customs, and the custom said that why are you carrying this big instrument. He thought that he is coming here to sell it ...you see...He said I am going for the program of Shri Mataji in India He shows him the badge.The customs know me there very well. But surprisingly here inWhen

he came here, the airport authority again objected to his carrying this instrument ...Again he showed my badge and they said alright go! So I think now Sahaja Yoga is in the where it is acceptable At least in Italy it is now. And its a very great thing ...There is something about Italian I felt always, that they are very simple-hearted people, good people and also something like the Indians ...You see...Their ways are a different little bit ...but they can cheat as much as Indians can cheat ...But Indian cheating is different, And Italian cheating is another style ...But still, I say that they are very sensitive to spirituality & they all have a great love for me ...Matrey all the time they say and they ...I tell you ...I am very much surprised ...How they have accepted me ...This I cant accept from Germans, I can't accept them from English ...from France offcourse no question. So the authorities also here are spiritual and surprisingly when I was coming from Russia ...In Mosco airport, we met a very well known designer. They say the Gurus of designers ...and he just ask for his realisation. Then another lady came She is also very well known, and she also asked for realisation, then another gentleman who was some sort of a minister or something he also asked for his realisation Can you Imagine? In what country people can ask realisation like this? And now they are trying to contact us ... So we are very well placed here in Italy I think & I feel quite safe ...with these people because they have respect for mother, they have respect for children and that the Ganesha Puja should be here is a very very good thing because the respect for children is as much as in India ...May be more ...In this country, you don't find funny things happening. So tomorrow again we will have a nice session of puja But Sandesh is the one ... I would say ...for whom I must thank him because I think his hands must be paining now ... We have known him very well And every time he plays something new He is working so hard and he has achieved such excellence. Now about Avi, I don't know what to say because he is nothing but creativity personified. I don't know ...Baba Mama told me I don't know how he creates things How it comes to him and such creation of this raga is not so easy you know It doesn't have so much expansion. But the way he change every time a new sort of a composition But they don't have anybody like Wadly or anyone in front of them and the way he was really I tell you ...I don't know how to say but I am so lucky that even in this country I can hear & enjoy such nice music And that you all are enjoying such nice music. Thanks to these four young people. Now because this was Ganesha's Day, We are celebrating here ...I thought we should get some young people are not yet married. But I am told you Avi is getting married so next day he will not come for Ganesha Puja but can come for another Puja And Sandesh I don't know why he does not want to get married ...So it was not to be done by married people but Baba Mama sent somebody from there to show What they have achieved ...and the Sikh is marrying an Indian lady ...That was really remarkable ...So we all should give them a big big hand ...

Now I am sorry for the cold weather suddenly it has come with Russians I think ...In Russia, I was dressed up like an Eskimo all the time. And this is a very cold today But I think day time will be good tomorrow and also It might improve a little bit

There is one thing I have to explain because of Michael has asked some question that what is the tradition-Classical Music is the first or the other thing is. Actually, we have changed a little bit here ...Why ...Because they come out with very good friends and last time they showed us a very beautiful friend from America And all their programs were very good but needed darkness ...So they started their program after 10 o'clock or 10:30 because then we said alright ...The classical Music we can have even in the day time doesn't matter So we changed ...So today is another way round somebody came to see me & I was late also And it became dark very fast So I don't know what to do now You changed according to the need and here it is. I hope you people do not mind, the second shift. One thing about classical music is that it does settle you down & to me, it's nice to have something classical first, not all. But a little bit ...It helps, helps us to meditate and to come to the proper mood but today it was in this way and I hope you have enjoyed it very well ...so now the second shift is there ... It's going to be an interval for about 5-10 minutes and after that, we will start the second one ...and the hero is Alex who is going to do the job.

1996-0915, Shri Ganesha Puja: You Must Fight For Innocence

View [online](#).

15 September 1996

You Must Fight For Innocence

Ganesha Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Shri Ganesha Puja. Cabella Ligure (Italy), 15 September 1996.

Today we are going to worship Shri Ganesha. It's a very opportune time today, I feel, where the innocence, especially in the European and American countries, is under attack. There's no respect of the innocence, no value for the innocence. They don't understand how important it is for human life to have innocence being respected within themselves and also without.

The human life is different from that of animal life. Animals are controlled all the time, or we can say they are under a complete imprisonment, you can say, under the will of Lord Sadashiva. That's why He's called as Pashupati. But human beings have been given freedom to choose their ascent, to choose the right, to choose the truth. Only through innocence they can achieve that. Only the innocence is the source of joy. Without innocence, you cannot enjoy anything fully.

This innocence is today completely under challenge, and to finish the innocence, in a very subtle way, there are very negative, cruel, criminal type of people who are working it out. Their minds, if you say possessed, it doesn't look like that, because otherwise they are quite intelligent. They are also, in a way, creative of horrible things. So you can't say they are not intelligent, but from where do they get this knowledge of creating something so horrifying?

In this Kali Yuga, as in Sahaja Yoga, everybody can take birth. There's freedom. It was not before so much so that all kinds of evil people have taken birth on this earth. These evil people generate evil thoughts, and people catch them and start moving with it. Even a good person can get swayed by it. Even a saint can get swayed by it. So these forces of evil, the forces which are working out today, are coming basically from these horrible people.

Firstly, they might have come as false gurus, teaching something nonsensical, like Rajneesh. Then from some philosophers like Freud, who is still accepted in some countries as a great philosopher and still some psychologists worship him as god. This Freudian knowledge was accepted without even thinking why Freud did that. Freud was a Jew, and he found that many Christians tortured the Jews in America. This is another anti-Christ activity. And when they tortured the Jews, this fellow thought that, better to make them immoral, destroy their innocence. I don't know if he could understand to that point. And he started theories which were so shocking that normally any sensible person would never have accepted it. But so many people accepted in America to begin with.

In America, people take to anything very easily which is absurd, which is stupid. I don't know why. They have a special liking for such things. If Freud had come to India, they would have cut him into a hundred pieces, I tell you, and thrown in the Arabic Sea. They could not have born this idea, the way he had insulted the mother and her love for her child, the purity of her love. But Jews did not accept him, surprisingly. Jews did not accept. It's the Christians who accepted his ideas and started destroying, displeasing Shri Ganesh.

First of all, we have to understand we are born in very precarious, dangerous times. At the time of Christ, there were very few people who followed Him and they didn't understand much about Kundalini either. They had no knowledge. They had no knowledge that Christ was the incarnation of Shri Ganesha. But in the Christian countries only you find the insult of Christ, the insult of innocence openly done, sometimes legally accepted.

So when we are born under such horrible circumstances, we have to build up a great force ourselves of spirituality. When I came today, there was no breeze, no leaf was moving, but you were singing songs and tremendous breeze was coming from you all, and that made Me understand that this divine force has come into being. It is there. It's working. Not only that, but it's very powerful. Normally, breeze doesn't come to Me; it goes the other way around. But it was such a tremendous breeze that I had to hold somebody's hand. And not a leaf was moving. So this collective force that you have, you must remember you have to fight it, not to run away. Don't escape it. You have to fight it and you have to prove that innocence is to be respected.

Adi Shakti first made Shri Ganesh. It was the first Deity [that] was created. Why? Because She wanted to fill the whole atmosphere with chaitanya, with holiness, with auspiciousness. It is still there. It's still everywhere you can feel chaitanya is working, but it does not penetrate into the modern minds because the modern mind doesn't know what this innocence is. They have no idea at all about innocence. The way they are going on everywhere is really something [that] never happened on this earth.

So with the innocence comes moral life. Morality is the expression of innocence. Innocence shows a person that he's incapable of being immoral.

Once I had gone to visit a ship. I was coming out in the customs. When I was coming in the customs they said, "Did you get anything from the ship?" I said, "Yes, of course."

So they were shocked, you know. "What did you get?"

"Some cheese."

"And?"

"And we ate also, and we have some cheese with us."

"What else?"

"Some books."

"Books? You are not supposed to get any books from there." I said, "Why not?" He said, "You have to pay customs." I said, "All right, how much do we have to pay customs?"

"You didn't read any rule about it?"

I said, "No." I was innocent. I never read anything that you have to pay money for books also. He said, "No, no you are joking. Go." They thought this woman is so simple, She doesn't have – I was the wife of the chairman of the Shipping Corporation, going in a very big car, and they couldn't understand this woman is so simple that She's saying She has taken some cheese and She has taken some books.

All these laws and regulations people bind, they have also come from our idea of dharma. But the root of dharma is innocence. All laws are made to protect the innocent. Not to punish only the criminals but to protect the innocent person. So if somebody is proved to be innocent, your innocence protects you. I have seen many a times in My life, because I'm so simple, I should say, that I had no problem, never, of anything.

This is a kind of very powerful vibrations that come from an innocent person, like from small children. Small children, if you see their vibrations, hundreds of grown-up Sahaja Yogis may not have the vibrations of a little one, I can tell you this much. But once they start growing, then they become very intelligent – very grown up, matured – and as if they have lost their innocence. This is no growth according to Me. According to Me, this is the death of innocence.

To be cunning, to be clever, to be very intelligent, so-called, it is very self-deceptive. For that, there is one blessing also. All those who have committed such mistakes have to ask forgiveness from Sadashiva or from the Adi Shakti.

But Ganesha doesn't forgive. That is one thing wrong with Him: He doesn't forgive. If you have hurt Him, He'll hit you back. As a result now, we have diseases like AIDS, all other horrible diseases that you have, which are called as secret diseases. They are all because of the wrath of Shri Ganesh. Immoral life that people have been leading as if they have a permission from God Almighty to do what they like. People are so proud, such vanity, that they think whatever they do, after all: "What?" Nothing can happen to

them.

And with all these things happening in this world, people are still taking to immorality, very openly, boastfully. And I've seen that people who are elite – I have now been with the elite people – they crack such dirty jokes and they are so overly smart that you just can't bear their company. They are worse than the loafers on the street sometimes.

So this disease has spread, spread among older people more than among younger people, [than] among children. So I think the people are now jealous of the little children. Otherwise, why should they attack younger children? What do they get out of them? In this jealous attitude, they try to attack in a very dirty, funny manner. Then Shri Ganesh, He will never forgive these people—never, never, never. First of all, He'll expose them, and He will punish them for seven lives. Seven lives their families will be cursed, and seven lives they, themselves, will be cursed. That is His commandment.

But if His Mother says, "All right, forgive," or the Father says, "All right, forgive," He obeys. He obeys His Mother absolutely. Never questions. Never questions, never answers back. Whatever He's told, though He's in command of all the ganas, He's Ganadheesha, but before His Mother, He's just like a little baby. He doesn't challenge the Mother. Even if the Mother tries to test Him or tries to get puzzled, He never doubts Her. In Her maya He cannot fall. He cannot fall into Her Maya because He's so innocent. He's like churned-out butter, out of the buttermilk. So this butter can never get dissolved back. In the same way, this Child, which is pure innocence, never can be contaminated by the maya of the Mother.

Maya is the process by which you test people. You have to test them. See, these days people are so clever, so intelligent, that it is beyond even Adi Shakti, beyond any Shakti, the way they try to cheat you. So many have cheated Me, but they are back in their seats again. That's done not by Me, but by Shri Ganesha. He's just standing on all the sides. If you try to do anything like that, He'll hit you hard. I can't help it.

Now, this one came on this earth as our Lord Jesus Christ. Christ, I think, is more active than Shri Ganesha because Shri Ganesha is fat, He has a big belly, I think He takes time to hit you. But this Christ, I don't know how He has hit people. All over the world there are diseases, diseases, diseases. He has killed so many people. He's the one who used to ask for forgiveness for the people who killed Him. But He is so active, I have seen, that sometimes I tell people, "Don't talk ill of Me, it's very dangerous. Don't talk against Me."

In a very secret manner He exists, and the way He hits people is sometimes – it's dangerous. Even My eyes get filled up with tears. So I have to control both sides. One is Shri Ganesha, another side is Christ. There are two other people, Saint Michael and Gabriel. We call them in Sanskrit language as Bhairava and Hanumana, and they incarnated as Mahavira and Buddha.

And the Buddhists are really, I tell you, are another kind of perverts. It was said, Buddha said, that you should not get attached to anything. You shouldn't get attached to your money, to your wealth, to your family, to anything. [At] that time, the attachment was very great, must have been, and this attachment He wanted them to remove from the minds of the people. You cannot. By removing your clothes, by wearing those saffron clothes, by shaving your heads, by walking bare feet, by torturing your body, you cannot. That's all outside. That's not real detachment. That's not Buddha at all. Neither Christ, nor Mahavira. What they said is that you should get detached from within.

To get detached from within is very different than to get detached from outside. It's not how much you starve that you become Christ, or whether you move like Mahavira that you become like Him, or [that if] you get saffron clothes like Buddha, you become Buddha. So what a misconception they have of whatever was taught to people. That was the time when it was the days of tapasya, of penance. And that's why they said to do penance . . . best is to get rid of all these things so you will develop deeper into your being.

Even in the Christian religion they started these nuns and these – what [do] you call them – the fathers and the mothers and the nuns, and all kinds of things. This is another artificial thing they started. By doing this, do you think you can become innocent? I have known nuns who are so horrible that you can't even look at them, they emit nothing but heat. And those priests, now you

have heard about them, the way they are attacking the innocence of people.

Buddhists are the worst, I should say, because they say, "Renounce. Renounce everything." All right, renounce and beg. So you renounce everything and beg for gold. What do you say to this kind of a contradiction? And we have there, like Dalai Lama, he is a universal beggar and people like it. People like if somebody is begging because their ego is pampered. Like he went to Los Angeles and all the actors and actresses had a very, very big conference and thought that by giving alms to this beggar, their innocence will come back.

Can you believe such a story? Any sensible people have to understand that by giving alms, how can your innocence come back? And so this fellow was again given a lot of alms. He's got a lot of gold and he's really a goldy man, all the time collecting gold from here and gold from there and gold from you.

Such people, incarnations . . . came just to tell us to be detached, just to develop morality. If you are detached about your sex life, if you are detached about your financial side, if you are detached even from your country, then a detached personality of that kind will become innocent and there will be no quarrel. But it's happening the other way around now.

Same in the Islam. Whatever was taught in the Islam is taken on the other side. It cannot be in any way where Mohammed Sahib was only insisting on morality. Any kind of immoral behaviour He didn't want to have. He did say, at that time, you can marry more women because there were more women, but He never said you become prostitutes, you lead a life of sin. That was just a samayachar, that was only that time, that was the problem. He said, "All right."

For example, divorce was not allowed at that time, but in Sahaja Yoga we do allow divorce. But I have seen that without divorce, they can't live, I mean, just an impossible situation because also women sometimes are extremely, extremely cruel and men sometimes are extremely peevish. Under these circumstances, how can they be companions?

More women are immoral in this matter, I should say. First, it was the men who used to do immorality, but now the women, who are not only innocence but also the shakti, are trying to get into some sort of a shamelessness. No care of their own innocence. Their innocence is the shakti. If a woman is not innocent, how can she have shakti? If she is leading an immoral life, then her shakti will be finished. Only her morality is her Shri Ganesha, which emits this purity in her.

Now, I feel that the way people are pumping our heads with ideas, especially from Hollywood, we accept them. And we forget that we are just hurting Shri Ganesha and He'll come back on us. It starts at a very low level when we start hating our children. The problem starts when we don't understand our children. I mean, in England they say that two children are killed every week by parents. This kind of attitude towards children—first of all, they should not produce; if they have produced, then they are Shri Ganeshas. They have to respect, they have to love, and they have to encourage. But to spoil the children is also another kind of negative force, I think. Some people spoil their children.

Ganesha can never be spoiled. You cannot spoil Him, because He is beyond maya. But the way people run after their children sometimes is shocking. To them, that is the greatest achievement they have got, that they have a child. Even in a place like India, where it's an over-population, to them their children are like, I don't know what, so attached.

So this is a new attachment that has started, which also gives you a kind of an immoral life, because you are Sahaja Yogis. For people who are Sahaja Yogis, all the children of the world are their own, not only your own children whom you love. All of them are Shri Ganeshas. Of course, if there's somebody who is not a good child or you find it difficult, it's all right, but otherwise all the children of this world are your own children and you have to love them as you would love your own children.

Christ has said, "Love thy neighbour as thyself." I don't know why He said it because in all Christian nations, neighbours are the biggest problem. Even here. So I say, "Love thy child, love other children as thy children." Let's start at that point. Maybe after that. But normally there are places where they won't allow you to take a flat because you have children. I mean, imagine. Only unmarried people or barren people can live there. And also compulsory is that you should not have any child. Even today you

may not have a child, but once you live there you should not have any child. If you have a child, then you are ousted. Can you imagine?

About only thirty years back, people had twelve children, fourteen children – they were competing in that, and lived very happily. And these days, the problem has become like this, that you should not have many children. Those who started the problem are having no children at all. Those who said [it] should be controlled, see, anywhere in the West, the growth is minus. Who is doing that? Shri Ganesh. You don't want children? All right, don't have. Except for Sahaja Yogis, nobody gets a child.

In this place, Mohan got his child first so in the whole village there was a celebration. There has been no child born here for years together. But then again the problem is like this. When I say this, I find Sahaja Yogis go to another extreme. They are stuck to their children—stuck actually is the word. Which is very wrong. I'm not saying you should neglect your child in any way, or you should in any way beat them or trouble them, all these things. You must love them in such a manner that they should know if they do anything wrong, they'll lose your love. Because for children, love is the most important thing.

They should know this, what you don't like. You should tell them what you don't like. And you will be amazed how children will not do anything that will make you unhappy with them. Now that's a trick I think one has to learn. This is the best way to grow your children.

I'll tell you a story of My own daughter. She went to Delhi and all the girls were having sleeveless blouses. So she asked Me, "I want to have sleeveless blouses." She was grown-up, she was going to college. I said, "All right, have it, whatever you like." Then she said, "By the way, why don't You wear sleeveless?" I said, "I feel shy." "Then why should You allow me? This is no criteria. Whatever I ask, You say 'yes' to me. I'm not that grown up."

Even My granddaughter, she was here, she asked Me, "Nani, why do you wear always blouses with sleeves?" I said, "Do you know, these are very important chakras. The most important chakras for our body. If you keep them open, these two or these two, then you will have problems." "My goodness, I must wear now full sleeve." Immediately they understood.

So something deep, if you tell them in a deep manner which is respecting their innocence, they will improve. For example, a child comes – spoilt child – he does very well in the class and all that, now one way is to beat him up, shout at him, scold him – these are one [way]. Another simple thing is to talk to him: "See, supposing you stand first, supposing you get good marks, you become a great man. How proud I will be. Everybody will be proud of you. But supposing you do not, then they will think, 'Oh, he's a useless fellow, he'll have to beg on the street.'" Immediately, he'll change.

The handling of the children is very important. Innocence is to be handled in a very delicate manner – as you would handle a beautiful flower. It's a flower. As flower has fragrance, also innocence has fragrance.

Now this Ganesha was made out of the Mother Earth. He was made out of Mother Earth. Mother Earth is the essence of innocence. See this Mother Earth: we don't look after, we don't give Her water, we don't do anything for Her, but how She's trying to enrich our life. How She's trying to cool us down. How She works out for us things which normally cannot be improved. To respect this Mother Earth is very important for all the innocent people. They do—I've seen children, they respect the Mother Earth.

They like to play on the mud, they like to play on the sand, they want to build castles, and all kinds of things they do with the Mother Earth. But they are not attached, that's one thing. They are not attached. They'll build a castle. All right, finished, now finish this. Then they go to the airport, there they find something, they all join to make it a joy. Wherever they go, they find it easy to make that thing for their enjoyment. To them, enjoyment is important. To them, yesterday as I said, time is not important. How much you enjoy is important. Time is a headache for the grown-ups. Children don't worry.

You take them somewhere in a nice place, so they don't want to come home. You ask them, "Let's go home." "Why? For what?"

Why should we go home?" They can't understand. They love all that is natural, all that is beautiful. They don't know the value in the money form. They know the value of something in the form of love. I have seen Myself. You see, if you give something to children, they'll keep it there – even Sahaja Yogis – and they'll show you: "I've got it."

See the essence of Shri Ganesha is pure love. The pure love of this Mother Earth created Shri Ganesha, or Adi Shakti created out of the pure love. But surprisingly, Shri Ganesha was created before the Mother Earth. So how is it? So first He was created only as the Logos, as they call it, or we call it the Brahmanadha, Omkara. First He was created only as the sound of Omkara. Then this Omkara was covered with the Mother Earth to make Shri Ganesha. So, Omkar is so important because it has got in it all the three powers, A-U-M.

A-U-M stands for the Mahakali, Mahasaraswati, and Mahalakshmi powers. All these three powers exist in this Omkara. So in a dormant form, we can say those three powers exist in Shri Ganesha. So when we try to harm Him, then we are harming the Shakti within us, which is Omkar, which fills the whole universe, which fills all the vibrations.

In the vibrations, these powers move. These three powers fill up every vibration. That's why they know, they understand, and they work out the whole thing in such a manner that – supposing now somebody has broken his legs, take it like that. Now, I sit down here and give a bandhan. Immediately, immediately, a power is sent. Immediately. Somehow, it is faster than all your communications that you use and immediately things work out.

How it works out, now it's a very complicated stuff. But it's also very uncomplicated because it is the work of Shri Ganesh. He's not interested. You see, if there's any problem, all right. Like making a little fort on the seashore: all right, sea will melt it, finished, back again. He's not attached. So what should we do to show our gratitude to this little Child?

Supposing you say to a child, "Thank you." He'll say, "Hey? What did you say?" [The child] won't understand. Children don't understand why we should thank them. We teach them to say "thank you" so even if they have to say "sorry" they'll say "thank you," because they know only one word: "thank you," so they say "thank you." Now these children, how they will play in the same way this Omkara plays. Most detached – as they call nishkriya – to the power. Means, doesn't do anything. Nothing. Just paying attention. If somebody gets cured, gets saved, somebody gets vibrations, who does it? Shri Ganesh. But He is not attached. He's not attached. He doesn't want any credit for it. It's His job. He will send one of [His] ganas: all right, go do. Fast. They will run fast, more than any one of your modern – the most modern vehicle that you have, as aeroplanes or anything.

Immediately, I'm telling you, again the word is that. Just as if you press the button, it works. But on some people, it does not: if they are surrounded by people who have no faith, if they themselves have half-faith or something. He is the judge of your faith in the Mother because He has absolute faith in His Mother. Absolutely.

In the same way, those who have absolute faith in His Mother, He looks after them. He really looks after them. Also He destroys.

Once a person told Me about a minister in India, a very nasty fellow, very corrupt, immoral, everything put together. He was going on, carrying on. But this was a nice Sahaja Yogi, very good Sahaja Yogi, he told Me that this man has now started troubling him and wants him to do something dishonest. I said, "Really?" I said "really" here, and there: this great minister had to resign and go away. That moment. It is a fact. I can show you so many such things, but the faith of Shri Ganesha is tremendous. He never doubts. And He is not attached.

So many people sometimes: "Mother, you know we did this, we went there, we had to climb up so much, and then we gave realization only to one person." Finished. What's the use? Don't give any realization. I have told hundred times to people, if you think you are doing any work, better not do it. It's no good doing such work. If you are attached to it, then better not do it. You do it for fun, just for joy, just for faith in it. With this absolute faith, you never feel fatigued, you never feel tired. You see Shri Ganesha's work. All these bandhans, who carries? Shriman Ganesh Moha bhaya. He, with His big belly, just orders His people, and these Ganeshas, ganas, are the most competent people you can find. You get Me any competent person, any scientist, no one can beat them.

How can they cure a person? Say, a lady had a son in Mexico who was sick. And he had a fatal disease which was in their family, but they always used to get it at an age when they were very old. But he was a young boy studying in Harvard. She wrote to Me three letters and in these three letters she was wondering, "What should I do? Should I send him to You?" And I was, you see, jumping from one tree to another tree. I said, "Where would you meet Me?" I just thought of it. And a fourth letter comes in, that she took him to the hospital in Harvard University and there she took him to some other hospital, and all the hospitals declared that he is absolutely all right, he's completely cured. But, your faith. Her faith has worked. It is the mother's faith [that] has worked for the son.

It's very easy to doubt Me, it's very easy. It's a slippery ground, I tell you. Very easy to doubt Me. Because people doubt people for what they wear. Now they will say, "Why was She wearing such an expensive sari?" This is a selection of Mr. Guido the great, not Mine. He forced Me to buy this. What can I do? I'm not attached, but to keep his spirits all right I wear it, just to please them. Even children, you will be surprised, they feel very pleased if you do something that they like. They are very, very – I shouldn't say intelligent because I don't like that word very much – but I should say very subtly understanding things.

One of My granddaughters, eldest one, she's a gem of a gem. She, I took for her a Wendy's house and she built it up. And My daughter is quite tall. She called her, "Mummy, come to my house." So this daughter of Mine went there and she entered inside the house and she broke the whole thing. So, my granddaughter came to Me: "See. Look at your daughter. You have taught her no manners of any kind." I said, "Why, what happened?" "She comes into my house and asks such an unmannerly question, 'What have you got for me to eat?' Do you do that when you are going into somebody's house? Do you ask such a question? And when I said, 'You can't ask such a question in somebody else's house,' she laughed so much that she broke my house. Is this the way to behave? You have never taught them. Grandma you have taught us everything nice. You have never taught her how to behave when you go to somebody's house." You see? So innocent. So innocent the whole thing was, that just to please her, even a small thing if you do, you can please them. Very simple thing.

Now His power is Kundalini. Well, this is another problem. She is the power of Shri Ganesha and without Him, She won't rise. What a complication, now tell Me. Like: "If my child says, 'You can't go out of this house without asking me,'" so you can't just do anything, you are bound to the house. So in the same way, without taking the permission of Shri Ganesha, Kundalini won't rise. It's very difficult. Impossible, I should say. Of course, the Mooladhara will go on like this, pumping just like a heart, but it won't come up because Kundalini would like to do but He won't allow Her to go.

Those who are immoral, those who have done immoral things, and those who are spoiling the Ganesha principle of others, are very difficult for realization. But I have seen some people who have asked for forgiveness and the Mother has told Shri Ganesh to forgive, they have got realization. Only that's the point, that if you approach through the Mother, He will forgive you. Definitely, He'll forgive you. There is such a nice relationship between the Mother and Child. That's something good, otherwise this fellow would have killed at least ninety percent of people in the modern times.

So it is such a blessing, also, such a promise, that if we look after our Shri Ganesh principle, keep ourselves clean, keep our eyes clean, and develop pure relationships among ourselves, we'll have no problem of any kind. You'll have proper relations with your wife, proper relations with your children, and proper relations in the family, proper relations in the society, proper relations in the politics, economics, and all various areas in which you move.

Your innocence will help. You might think that people are trying to befool you. Let them try, and you see what happens. Let them try to attack your innocence and see what they get out of it.

It is such a blessing you all have as human beings, that your Mooladhara is so well developed and Shri Ganesha is nicely settled down. You all have got your realization, and now – whatever we were enjoying yesterday, [we were] just like children, don't you think so? We had forgotten our age, everything, we were just like children enjoying everything, whether the dance was rhythmic, unrhythmic, or inconsistent, we didn't mind. Everything we enjoyed. No rules, regulations are needed for enjoyment.

And this enjoyment, the source of this enjoyment, comes from the innocence that we have within us. Without innocence, you cannot enjoy anything with this mind and from this heart, because in the heart resides the Father, Shiva. They are terrible people; snakes around them. Not easy. If you can stand on your feet for fifteen years and go on saying, "Om Namaha Shivaya, Om Namaha Shivaya," then maybe Shiva might grant you some boon. It's the most difficult Deity to please, is Shiva. Though He is very innocent Himself, He is too innocent, so much so – just like a white cloth you can say – [that] any bit of spot on your character: finished, condemned. But even a rakshasa stands on his leg for twenty-five years maybe, and goes on praising Him, then He may forgive.

Shri Ganesha doesn't forgive. So the only person left to you is your Mother, who just forgives. I don't want to have any headache of this not-forgivingness. It's a big headache. If you don't forgive somebody, I get a headache, so I don't want Myself to do that. So I just forgive. I forgive. I forgive all the Sahaja Yogis all the time. There have been some horrible, nasty fellows. I don't want to be angry with them because Ganesha will just finish them. Automatically, Ganesha is doing something, but at least He doesn't do it so fast because they have called Me "Mother" and I respect it. Of course, they have been very troublesome, horrible, I know. I know why you are angry with them. But forgiveness is the best punishment by which they realize their mistakes, and out of a hundred, ninety-nine people will enjoy forgiveness than punishment.

So all this is done by Shri Ganesha, and He is all the time with you. Your Ganesha is awakened, no doubt. He is all the time with you. But some people have vibrations, they get realization, then they are busy. Say, if they are women, busy with their children, they have no time for Sahaja Yoga. At the most, cleansing they'll do. But for what? Why are you cleansing? Supposing this glass is cleansed, cleansed, cleansed, and never used, what is the use of cleansing? They meditate for themselves, they cleanse for themselves, but never use their vibrations, never give vibrations. How can that be?

You have to give vibrations. If you don't give vibrations to others, if you don't transform other people, if you don't cure other people, if you don't teach them how to have pure love, what's the use of cleansing, coming to puja, feeling nice, joyous? Finished. These are useless people, useless Sahaja Yogis. Ganesha is not happy. How can He be happy? His puja is to give realization. That is His puja. Supposing He is waiting there, say, for you to ask for His blessings. Now what is His blessing? It is to give realization, to allow the Kundalini to rise. You ask for it and what do you get? You ask for your health, ask for this, ask for that. Why not ask: "Shri Ganesh, make us good instruments of Sahaja Yoga. Give us strength to give realization to people and talk about Sahaja Yoga." People don't even talk about Sahaja Yoga. They are feeling shy. Why should you be shy?

One day I was travelling by train, I met a lady, she sat next to Me and she was following some sort of a cult – I don't know, some Muslim cult – and the whole time she was boring Me. I started feeling sleepy but whenever I got up, she was still talking about that cult. I said, "Sahaja Yogis will never do that."

You must talk about it. You must tell people. You must go around. Don't be afraid, Ganesha will protect you. He'll help you, He'll be very happy. He'll work it out, everything for you. All problems can be solved. Everything can be done. Believe in His power. Have faith in your Mother. That is the message of Shri Ganesha.

May God bless you.

1996-0918, Arrival

View [online](#).

18 September 1996

Arrival

Toronto, Toronto Pearson International Airport (Canada)

Talk Language: English | Transcript (English) – Draft

Arrival at Airport Toronto, September 19th, 1996

[Yogis waiting for Shri Mataji]

[Shri Mataji arrived]

[Yogis giving flowers to Shri Mataji]

Yogi: Shri Mataji, this is "Welcoming letter" from our prime minister

Yogi: I am sure Shri Mataji you will get it peace award, we all pray for it

Shri Mataji: They were really very open, and Mr. Shrivastava talked to them, that is what we want, all the superficiality is useless, Mr. Shrivastava said to me nobody done work like you around the world. It was a big surprise for them that it could be achieved in a peaceful way. At the end of this month, it will be done; it showed on TV that peace award will be giving this month. There is another fellow, that Chinese boy, he tried to create a revolution, and in Hong Kong, many people reacted. That many young people can die. Even if you get democracy, how you can enjoy it?

Yogi: Once you get a peace award, we will all have parties.

Shri Mataji: It will be a good thing, because even now so many things going I really shocked, like Belgium, Holland. Now about priests, so many priests are stupid. One priest runs away in England, can't understand this madness. It's like a disease. The worst was I think Belgium, very bad. Small, small girl has been murdered. Politicians are really ashamed. First I was in Italy so they all got exposed, half of them are in jail, and in India, the same thing is very sad. They have no social ideas they have no worries, what are they going to do? And all the times they are playing tricks here and there.

[The car arrived, Shri Mataji going out from the airport. Yogis singing songs.]

1996-0919, Awakened Kundalini integrates your personality

View [online](#).

19 September 1996

Awakened Kundalini Integrates Your Personality

Public Program

Toronto, Convocation Hall (Canada)

Talk Language: English | Transcript (English) – Draft

Unless and until you become the pure Spirit, you will not know the truth. Only through the purity of your Spirit you can know the truth. We see here beautiful flowers, [unclear: very] beautiful flowers, and we take them for granted. We never even think how miraculous it is that different kinds of flowers are grown by the Mother Earth and how she has created all these colors and how they maintain their heights, all the shrubs and trees. We never even think about it; we take it for granted, but there must be some superior power which is doing all these things that we take for granted. If you ask a doctor, "Who runs my heart?" he'll say "it's an autonomous nervous system" If you say, who's this "auto", that he'll be very honest to say, he doesn't know that one. They're honest, but they don't know. So the second truth is, that all these miraculous things are done by another very subtle power which we call as the All Pervading power of divine love. Some people call it as Paramchaitanya some people call it as Alakniranjana and some people call as Ruh. Whatever name you may give it's the same thing they're talking about that there is a power, power of divine love, which does all these beautiful things. So the truth we have to know first of all that you have to become the Spirit.

English language as it is, is quite funny I must say, because Spirit can mean anything. Spirit can be also alcohol, and also spirit could be the dead spirit, you see, ghosts or something like that. And could be the Spirit called that called as Atma, it's the reflection of God Almighty in your heart. In those [Mother does say "those", however "these" may be intended] days of science people don't like to hear about God Almighty. Whether you like it or not, He exists, He exists, but because in His name all kinds of complications happened, all kinds of wars and fights are organized, we'll start thinking there is no God.

It's not very logical, though, so now, how do we become the Spirit? It has been said in every scripture, for example in the Bible Christ has said "you are to be born again". Immediately people are so hypocritical, they put a brand, "we are born again", just a kind of a signboard. What does that mean when you are born again? All the Sufis of the world have talked about it. All over the world they have talked about it. Now, what is that state when you are born again, when you become the Spirit?

That is through these, fingers of yours you can feel this divine power for the first time. Mohammed Saab has said that at the time of Qiyamat, that is the resurrection time "your hands will speak", and "they will tell you all about yourself, they'll give witness against you". But Muslims don't bother about that, neither the Christians when it is said that "you are to be born again", nor the Hindus when it is said that "you must to get your Self Realization". Because all the religions have become very power oriented and money oriented, many people think they should not believe in God. And all kinds of horrible things we now hear about the people who are in charge of religion, we also feel disgusted. But whatever one may do in the name of God or religion that is not going to put any blemish on the purity of divine love.

So we are here, to achieve that state of Self Realization, of knowing yourself by which the light comes in] and in that light you see the Truth and we get all, which is very, very important in our life. You've been already told about the subtle system that exists within us. We know about it in India, of course. I should say we knew, because now we are also very much enamored by the modern thinking, but, it was not only in India.

I was surprise that I went to Bolivia, and in Bolivia there are people who know about it. Bolivia, they talk about it and they told me that "we knew about it but we did not know how to achieve it". Then I went to Kiev of all the places and they told us there were two saints who came from India, they told also the names of them, their names were Machindanath and Gurunath and they told us about this. And they've got pictures, they've got paintings, they've got everything, all about it. But then it vanished into thin air or in the illusion you can go and see.

I was even surprised that when I went to Finland they'd given a picture of a Kundalini. Thousands of years back must have happened, but Finland people discovered it very recently.

So this whatever I am going to tell you about yourself, this power which resides within you, has been known to human beings. But they did not know how to awaken this power which was dormant. At this time I call it special times these modern times as the blossom time. Because there are really true seekers of Truth. You don't have to go to Himalayas; you don't have to take Sanyasa, nothing. This is the time when you are worthy of getting this. How many lives in the past you were seeking?, and this is the time is already prophesized that many people who were seeking the Truth will be born as ordinary human beings, and they will receive their Self Realization, is already promised.

The time has come for us. You are special people who are seekers. Now you can't pay for this. This I can't understand, how people think they can pay for something which is so spontaneous, natural and Divine? How much did we pay to this Mother Earth for these flowers? Did we? She doesn't understand money, as simple as that. God doesn't understand money; He doesn't understand banks, does He? It's our [unclear: idea].

In the same way, if anybody say "I'll give you Self Realization and the subtle knowledge, you pay me so much money", then know that he is a very great cheat. And so many cheats came all over the world, so beware of them. It's not just talking, giving lectures, mesmerizing, but it's a happening by which you are empowered.

You get your own power, which is your own; you are not obliged to me, not at all. It's your own power. It's dormant, and when you get it you will know how glorious you are, what you have got it. First thing that happens when the Kundalini pierces through the seventh center here. This is the actualization of the baptism, it's an actualization, it is not some priest putting his hand on the fontanelle. It's an actualization, and you can feel the cool breeze coming out of your fontanelle bone area. You can feel it, yourself.

You have to certify yourself and then you can feel, this All Pervading power on your hands as Cool Breeze of the Holy Ghost described in the Bible. Then it grows, gradually, it grows. When She passed through these different centers, She enlightens them, She integrates them. Now these centers are responsible for our emotional, for our physical, for our we can call, mental being. Mentally, is another confusing word you know. Because if somebody is mad they'll send him to the mental hospital. But mental I mean what we call intelligence [please check spelling: budhi]. So, this Kundalini when She rises She integrates your personality, then she nourishes your being through these centers. I am not telling you lies; people have been cured by their own powers, not by anybody else's. All kinds of diseases have been cured, I assure you, for which you can't pay, again.

This Kundalini is your own mother, She is your individual mother. She is your individual mother means she knows all about you. She knows your past, She knows your aspirations, She knows everything about you, and She's your mother who is anxious to give you your second birth. So, it's very important that if you are achieving the Truth, then you should not be aggressive about it; but be humble. It works out, She is your mother who gives you your second birth. Now, when she rises also, what happens that She creates peace within your heart.

We're not peaceful people, at the slightest pretext we get angry with people, we start shouting, fighting. Why? It is because we have not felt the peace within ourselves. Those who are not peaceful within themselves cannot create peace, can they? They cannot create peace, just talking about peace you don't achieve peace. I know people who have got many awards of peace also, and you better reach them with a barge pole, very hot tempered, very, very hot they are. I don't know before getting the peace award they were we or not, but they are now, most of them, extremely hot tempered. It's very difficult to understand, from which angle they got the prize I don't know, but they did.

So, first of all, we have to be peaceful within ourselves. So, when the Kundalini rises, then what happens? We should watch our mind; mind is a myth, absolutely myth created by our own ego and by our conditioning. As we have created a computer, we have

also created a mind, which dominates us. As the computer dominates us, this mind also dominates. So how to go beyond the mind? What's the best way? Now what does this mind do all the time? It creates waves of thoughts, one wave rises then goes down, another wave rises goes down, another wave rises and goes down. It comes from the past or from the future, we are never in the present. If I say, you be in the present, you cannot, you cannot be in the present.

So, to be in the present, what has to happen? In between these thoughts there is the space which is the present when there is no thought. So when the Kundalini rises She elongates these thoughts. Like tired, you can say like tired animals, and the thoughts fall off. And that's the time, we become absolutely peaceful without any thoughts. It's described in all the books, it's thoughtless awareness. Even Jung has talked about it, that we have to become aware, very aware, but thoughtlessly aware.

Now, see, I see a beautiful carpet lying here, now if I look at it, I'll say "Oh, what a nice one, now where do you get it?" If it is mine it is greater headache because I feel it might be spoiled and I should insure it and all that. But if it is yours still I will think "Oh, What a nice one, I should buy this one from somewhere". But supposing I am in thoughtless awareness. Then I just see it, just see it, I'm just a witness, and all the beauty created out of this, just pours complete peace within myself. The beauty becomes the peace. The peace giving energy, and this is what happens automatically. You don't have think about it, it is spontaneous, Sahaj, "Saha" means within and "j" is born, with [****consider clarifying by changing this phrase to=within you it is born the right...etc.****] you is born the right to become a Self Realized personality, a Sufi, a saint.

It's not outward, it's not how you dress you up, it is not what you do outward. But it is something that happens within and you become a very peaceful person, you become a witness. Witness of the whole play and you just enjoy. If it is the ridiculous enjoy, you enjoy the ridiculous thing. If it is stupid, you enjoy the stupidity of it and if it is joy giving you enjoy this. This witness state is very nearby. When you cross this center here you become a witness, witness of the whole play, of the whole game and you start wondering. What a drama it is, it's a comedy or a tragedy? But if you are involved in the drama then you think you are one of the characters and you start crying, weeping, doing all kinds of things, and then suddenly the drama is over and you realize that "oh my God, it was just a drama", same thing happens to you, and you become that personality, that beautiful, magnificent personality; who sees the whole thing, very wise, very penetrating, very deep, understanding and not getting upset or worried.

When you are in the traffic, you are afraid of it, but supposing you go, on some hill, you watch the traffic is going on. Or if you are inside the sea and there are waves high and low, you'll get worried, but supposing you get in to the boat, you enjoy all the waves. Enjoy them. But if you know how to swim, you can jump and save many.

In the same way it works out with you, your personality has to grow into that glow of divinity. It has nothing to do with your color, religion, race. What else you divide, I don't know. People have divisions; you see they know divisive methods. Somebody has say blonde hair, then that's another community altogether. Then somebody say has black hair, they have another community. Underneath this hair the same brain everywhere, you see, no difference. Underneath here, same heart in everybody but even if you tell them a hundred times still they are not going to believe in it. They believe that they are something different. You are not, you are all just the same, it's all skin deep but you discover not that you are not just the same, but you are all part and parcel [unclear: of the whole].

You discover this. Through this. Because you develop a new dimension in your awareness. Which is the human awareness, which we call as collective consciousness. [unclear: Samuni] You become. You can feel others. You can feel the centers of others. Sitting down here you can know about anybody you want to know. Also you can cure that person, you can help that person, you can correct those centers if you can correct your own, and this is how it works.

Is absolutely scientific. Absolutely scientific. Surprising, it is very surprising, that in a place, I went to Leningrad for some specialists, they never had heard anything about Me or about Kundalini but we had 2,000 people in the hall because there were allowed, and 2,000 were sitting outside. I was amazed. I said "how are you all here?" Mother, it is so obvious and so evident. I was surprised this people so sensitive to spirituality. They would not like any false gurus, anybody came there, no, we don't want [unclear: all this to come]. How did they become such sensitive? [Edit: ADD "people" to clarify]. Because they were tortured, troubled, oppressed, had no freedom, so in their own introspection they were very mature, I must say. I just, even the scientist in

this Russia; I tell you one day that country may rule the whole world, the way they are.

They didn't have this stupid freedom that we had. They didn't have all the good times we have had. But they developed their inner being. And in that sensitivity, even their scientists, when I addressed them, they were about 250 of them. They called Me, and I thought I better start on science, because they will like to hear about science, they said "Mother, No, no, don't tell us, now you tell us the science of the Divine", we've had enough of science.

That sensitivity we have lost, I think, in the West, very much, because we had so called freedom which we didn't know how to use. In that freedom we lost, to have the freedom also we have to have maturity. And we lost that freedom and that's why I find I mean, the maximum number of Sahaja Yogis abroad are in Russia and the minimum in America. And all kinds of stupid things they do, all kinds of stupid things. I was wondering: What is the matter with them? Why don't they ask for reality? Why don't they take to reality? I couldn't understand.

This one fellow who said "I can make another man control his mind, alright" He asked one person from the audience, come along, and gave him a pendulum in the hand, now hold it fast. He said, now I'll control his mind and he'll start moving the pendulum. My goodness, [even unclear ?] all these people who have been to see him said, Mother we've lost our houses, our children are outside on the street, we cannot earn anymore. I said, what happened?, They went to this man, who was moving the pendulum. I said, is that the worth of your life that you move a pendulum? Have you come here, on this earth, to move a pendulum? and that's why you gave all the money. Then I realized that people think that the one who takes money must be the real person, imagine what an absurd idea.

So I have to warn you again, that you cannot purchase your guru. You cannot purchase a person who is talking about the Truth. He doesn't care for money, doesn't want any money. How much money did we go for Christ?. On the contrary, we sold him. So, let us understand that this is something innately within you, which you have to achieve. Innately. And that you have to achieve, the Self Realization.

There are so many things happened to you, so many things, that, it is not describable in this short lecture, but I know very great poets have come out of it, very great artists have come out of it. Musicians have come out it, but also most of the people who have come to Sahaja Yoga are very well placed in life, financially, because their attention becomes penetrating. Their intelligence starts showing business.

It's not like a man who is drunk, the way people think this is, but a straightforward. But still I find that in Canada is better, it's not that bad. I don't know how, maybe, because, you are basically farmers, maybe that's the reason that people are very sensitive, and working it out well here. For you to respect yourself is very important.

Must suspect, once you get your Realization, and you should know how to use this power which is within you. If you know how to use this power which is within you, then you develop a complete confidence in yourself, and you will be very different people, very different.

I've been here many a times, and I'll come back again, I hope so. But one thing I must tell, first thing is you get your Realization. In this hall there are many lights. And if you want to you to put on, only one switch is to be put on, that's all, you get all the lights. So first get the light within yourself, and then you know what you are. After that you must grow and you get all knowledge about yourself and about others.

Which is very easy and you don't have to pay for anything [unclear]. As simple as that. It will you take hardly 10 minutes, to give you Self Realization.

So those who don't want to have, can go. I've never seen like this before. First time I see people just walking off. If you want to go, you can go out, but don't disturb anybody. It will take hardly 10 minutes.

[Trouble with the audio system, I was telling it's better to give me. There are always new devices coming out. Every time they develop a new system, I tell you]. Is it alright? You say so, that might be the reason they are going. They can't hear me. Now can you hear me? This I know, but I don't know this one. Alright.

So now, the first condition is that we should be very pleasantly placed towards yourself. Absolutely, that means you should not feel guilty at all. For anything whatsoever, at this moment. Whatever has happened, has happened. If you feel guilty, then the center on the left hand side gets into jeopardy. As a result, this center doesn't allow the Kundalini to pass through. Now, what's the use of feeling guilty? If you've done anything wrong, finished. Why torture yourself feeling guilty? If you are really guilty, you would have been in jail, not here. So, be very pleasant towards yourself, forgive yourself completely. Also these days, it's a fashion, I tell you, to feel guilty for anything.

For example, sitting here people will feel guilty for Vietnam, I mean, you are not in Vietnam, this is all imagination, so please don't feel guilty. Now, this is one thing, the second condition is even easier, that you have to forgive everyone, without even thinking about them, so you have to just say in general "I forgive everyone", logically, whether you forgive or don't forgive, you don't do anything, what do you do?, nothing, but by not forgiving you're torturing yourself.

So just in general, you forgive everyone, because it's a headache even to know that, those who are troubled you [Seems as if Mother is saying: troubled you. If so, the words "who are" should be changed to "who have"] So in general, you should forgive. For this center is very important of Agnya, is just placed like this, constricted, like a cross. And it has to open, and it will only open if you forgive. Just to say in your heart just now, that I forgive everyone; just see the miracle of it.

You'll feel extremely light and happy about yourself, alright. These are the two conditions we have and if you have understood, please do it. Now, can I also request you one thing, is to take out your shoes if possible. In London, first time I asked English to take out their shoes and they walked off, you know; it was too much for them.

Alright, now let me try, for the first time, I'm going to try this in here, it works very fast; I don't know, but we'll try, alright.

So now put please both the feet away from each other, if you are on the ground it's alright, it makes no difference. You can sit wherever [Mother said: "whatever", REPLACED with wherever] you like.

Now, put both the hands towards Me, like this. Now put the left hand, like this, further, and put your head down, and see if there is any cool or hot breeze like vibrations are coming out of your head, with your right hand. Now, don't put the hand on top of your head, you have bend your head, it's easier, bend your head and see for yourself if there's a cool or a hot breeze coming out of your head. Bend your head, bend your head. Now please change over.

Please put your right hand towards Me and put the left hand now on top of the fontanelle bone area which was the soft bone in your childhood, now, sometimes it comes close to the head, sometimes away from it. So you can move your hand up and down to see for yourself, if it is hot, then you have to forgive. If you have not forgiven yourself or forgiven others, then it will be quite hot, so please forgive, now see for yourself.

Now, again once more, put the left hand towards Me, again once more, and put the right hand on top of your head, and see for yourself if there's a cool or a hot breeze coming out of your head. Bend your head please, bend your head.

Now, you can put both your hands towards the sky, and now you can ask. Close your eyes, and ask a question one question out of the three I am going to tell you, three times, can call me Mother, or Shri Mataji: "Mother, is this the Cool Breeze of the Holy Ghost?", ask in your heart, "Mother, is this the Cool Breeze of the Holy Ghost?", ask this question, or you can ask another question: "Mother, is this the All Pervading Power of Divine Love?" or the third question: "Mother, is this the Paramchaitanya?" Ask any one of these questions three times.

Now, please take down your hands. Now, put both the hands like this again, little higher, and watch Me without thinking. Just watch Me without thinking. Now, all those who have felt cool or hot breeze on their finger tips or on their palms or out of the fontanelle bone area, please raise both your hands.

This is the first time you all have felt the All Pervading Power of Divine. May God bless you. I know some of you did not. It doesn't matter. We have a very good center here, we have very good people who know a lot, and you should go there, and they will tell you all about it. Expand your personality. Know about yourself, use your powers, and you'll be amazed to know what you are, how glorious you are.

It's very amazing and what happens to you is that you jump in the ocean of joy. Not only that your attention is enlightened now, but you jump into the ocean of joy. And you'll feel very silent and peaceful. But that's not the end of it. You have to become just a master and hardly will take a month to know about it. Some of you might have got it already up to that point, but some of you may not. [Edit this phase to clarify] So, just, one month doesn't mean that every day [unclear, every week perhaps they have [Add: a meeting] and please next time when I come, all of you should be there like big, huge trees of Sahaja Yoga. That's what I wish for you, all the happiness and joy. May God Bless you. If you want to meet Me, you can come on stage, I would like to shake hands with you.

1996-0924, How to achieve the higher state of consciousness?

View [online](#).

24 September 1996

How To Achieve The Higher State Of Consciousness?

Public Program

Los Angeles (United States)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of truth. At the very outset, I have to tell you very frankly that truth is what it is. You cannot change it. you cannot transform it also you cannot describe it. At the most you can tell what it is. But whatever I am going to tell you here, you should not take it for granted, because as you know we have had lots of problems with the blind faith. So whatever I'm saying is proved, then, as honest people, you have to accept it. Because it is for your benevolence, it is for the benevolence of your family, of your country, and the whole world. What I am going to tell you is about the higher state of consciousness that you have to achieve through your evolution. So far with your evolution we have not paid anything, we've taken for granted. Don't have to pay for it. That's one thing one should understand that it is spontaneous, sahaja. Sah' means "with", ja is "born with you," this right to be evolved, to be the Spirit.

So what is the truth? The truth is that you are not this body, this mind, these emotions, this ego, but you are the pure Spirit of which you are not aware maybe. Now you see here - they have put it at My back, but you see - these beautiful flowers. We take them for granted; we never even think it's a miracle. Look at these. So many flowers of different fragrance and different heights are coming up every day through the grace of this Mother Earth. But who gives this power to the Mother Earth? If you ask a doctor, "Who runs your heart?" he will say, very honest, he will say, "Is the autonomous nervous system." But if you say, "Who is this auto?" That he can't explain, that far he can't.

So I feel these are special times, very special times; I call it a blossom time when so many seekers are born to become the fruits. Honestly, they are seeking, honestly, but of course, they are mislead and are taken into some complicated life. So this is the time of Last-Judgment. Your discretion is going to help you. What do you judge as the best for you? And this way you will understand that all the scriptures have said, all the scriptures, that you have to know yourself.

Even Mohammed Sahib has said, "Those who do not know themselves cannot know God."

We do not know ourselves at all. We know about everything else. People are PhDs, MaDs everything. But they don't know anything about themselves, and the most important thing is that if you don't know about yourselves what are we doing about it? This is how the seeking starts and this is how people start seeking without knowing what to seek.

Now your country has one blessing, it has money - also a curse I should say. Because you have money all kinds of people came in this country to lynch you completely. And they gave you completely wrong ideas about seeking. I must tell you something about them. So you'll realize the difference between Sahaja Yog' and other nonsense.

For example, there was in Washington: many people came after the program, were crying, "Mother, we sold our house, our children are out of school." I said, "What, what happened?" They said there is one gentleman, who has lynched us." "Who is this gentleman?" They told Me the name. "But what did he do?" He said that "I can teach you how to control the minds of the others." Now why do you want to control the minds of others first of all?" And he called one man from the audience, and gave him a pendulum, and told him, "Don't move this pendulum; don't move." And the man started moving the pendulum. So he said, "See how I am controlling him." So they became his disciples, and all their money was lynched by him. I feel sorry. I asked them, "What is the value of your life? What do you think of yourself? Have you come on this earth to move pendulums?" I mean, think, God has given you brains to think. Who has moved pendulums before this? Did Christ do that? I'm just telling you because it's very important for this country.

People get enamoured by all kinds of things which in India people will say, "Get lost." Firstly they don't have so much money to waste, and they won't listen to such nonsense, all kinds. Now of course some are exposed, some are gone away, some are this thing, but some of them are still there. Like mushrooms, they come up again and again I find. So I have to warn you all people that you are here to find the truth and reality. And that you can't pay anything for it. You are not obliged to Me. I am obliged to you that you are seeking, that's My job. It has to be worked out. Unfortunately, in America we have very few people compared to other countries. It's a very sad affair.

Because as I went to Boston the TV people asked Me, "How many Rolls Royces You have?" I said, "I haven't any. I'm sorry. My husband has one single car. That's all. That's sufficient for us." So they said, "You mean You are not in the business?" I said, "No." "So we are not interested."

How can you talk of spirituality when you have this mentality towards spirituality? How much did you pay to Christ, again? How much did you pay to Krishna, or how much did you pay to Zoroaster, or to Moses? Anybody who talks of spirituality cannot be purchased, and this is what one has to understand. While even Dalai Lama, he came here, and people are just giving him money. What does he do with that money? Do you find out? He is buying gold. What is the interest of a person who is spiritual in gold? What is the interest? But people don't think, I think the ego is satisfied, "Oh, I can give money to such and such person." If somebody begs they like it. I don't understand how can you blindly follow all such things. I don't want to talk about religions anymore because you know already the situation. Only thing I have to say is that all religions which were based on reality, on truth, on spirituality are today are nothing but money-oriented, also power-oriented, and now find, sex-oriented. It's a horrible thing to be done in the name of God Almighty.

So first and foremost thing, we have to know that a new awareness has to come within us. It's not by chanting, by going into Himalayas, standing on one leg, or standing on your head you are going to get it. It is something within you, which is going to work it out. What did we do to become human beings, nothing. In the same way, I'm trying to tell you that it's all within you, it's there, and you are going to get it. You have every right to get it. There is a appeal from Mother to Her children that they should try to understand what they want and what they should have. They have to evolve. They have to transform. We talk of peace, peace, peace, peace, peace. I have met so many people who have got this peace award, really I tell you. Because of my husband's position, I had to shake hands with them also. It was bad - and extremely hot and extremely hot-tempered, you know. My goodness, you can't face them without a barge pole. And they have got peace awards. What peace have they created? For those who are not in peace themselves, how can they give peace? The person who talks of peace should have at least a peaceful mind.

Now, so what happens when this Kundalini rises? He has already told you that there are these chakras and these three channels within you. And the Kundalini which is sitting in the triangular bone is going to connect you to the All-pervading Power which does all living work. We've heard about it, but we have never felt it before that there is this All-pervading Power. When this Kundalini rises, it's just like this instrument has to be connected. Otherwise, it has no identity. All the time people feel, we have no identity. I mean they change their cultures, they change dresses, I don't know, they do every kind of thing just to show they have an identity. But the identity of yours is only established when you are one with the divine power of love. And love is truth, and truth is compassion. The compassion that acts that works is not just a compassion, but it acts. It cures people, it soothes them, it transforms them, it gives them realization.

So when she raises, this Mother of yours, Kundalini, I must tell you I was amazed that in Bolivia there are people called Hindos, From ancient times they know about Kundalini, they know about the left side, they know about the right side, they know all about it. And they told that a deity, what you call Vishnu, came on condor, Garuda, and He brought this knowledge to us, imagine. Thousands of years back.

But I was surprised that in Kiev which is the capital of Ukraine, I went to see the museum, is full of paintings of Kundalini and of the chakras, different chakras. I was amazed, how could it be? And then they said that 2,000 B.C. two saints came from India, and they told Me the name, and I was amazed how they knew the names of those people - Machhindranath and Goraknath. That

time I think America didn't exist, otherwise they would have come here also - and these two people went there, and they taught them all about Kundalini, but they said we didn't know how to raise, we didn't know how to achieve it. So we just knew it, but we didn't know how to do it.

Same in India, Gyaneshwara has written about it. But much before that, thirteen thousand years back, another saint, Markandeya, has written about it. Then in the 6th century, Adi Shankaracharya has written about it. And it has been written by many people in the 16th century, so many saints have written about. In the Bible, also it is there that, "I'll appear before you like tongues of flames," and these are the chakras that you see.

In the Bible, you know, Mr. Paul has done, I think, some mutation, some sort of a trouble is there. Because Christ must have told a lot of things about it. I don't find them there. I'm surprised because He was according to us was an incarnation, and He knew so much that I'm sure He must have told a lot. But as you know there was a big fight between Paul, and Mathew, and all of them, and in that problem some things were missing, same about Quran. Quran was written after forty years the death of Mohammed Sahib, forty years. How can you remember this Quran for forty years? He did not know how to read and write. And His friends also did not know. So His friends' grandchildren was used by another horrible fellow called Mowaja and he wrote the Quran. So that is how, you see, a book is there. People are bound to the book. But how far there are truths in it, and how far they are missing, we cannot know. But still truth has its own styles, you see, it slips into some crevices and shows itself. So even in the Bible or Quran we see lots of things which shows what we have to do.

Christ has said, "Know thyself." "You are to be born again."

So nicely, we put a brand: born-again. How are you born again? You join an organization, become born-again, you are not. I'm sorry to say. A born-again must have the Kundalini coming out of the fontanel bone area, which is the actualization of your baptism. Otherwise how are you born again just taking a brand on yourself, born-again, born thrice, born five times. But in Indian philosophy we know. Because we call a person who is realized soul as dvijaha means born-twice, and also a bird is called as dvijaha. Means a bird is as an egg comes in and then becomes the bird. In the same way a human being is like an egg, has limitations, and then he becomes like a bird. So both are called as dvijaha. But it has to happen. You cannot just brand yourself that I'm a dvijaha.

You see, in that you get powers. And the first power as I told you is that of compassion, compassion that acts. That power comes into your hands. You can feel this power of compassion in your hands. For the first time you feel it. Now Mohammed Sahib has said it that at the time of resurrection your hands will speak, your hands will speak, and will give witness against you, means they'll tell what's wrong with you. Also they have said that on your palm you will know the truth. This is exactly what Sahaja Yoga does to you.

So when She rises, She gives so many blessings; She is your mother. She is your individual mother; She knows everything about you. She knows about your past, about your aspirations, She knows everything. And She rises with that understanding that this is My child, he is a seeker, and he is to be born again. And sometimes it's like a jet I've seen. Thousands of people get realization. This is the special time of resurrection. And that's the first thing that happens to you that you feel the cool breeze of the Holy Ghost on your finger tips, cool breeze out of your fontanel bone area, firstly. Now people start looking, if it is the air-conditioning. It's from your head it is coming, not from air-conditioning.

First thing is this that happens to you. But the second thing that happens that people who have come to Sahaja Yoga have become extremely creative. We have heard of Matt Malley now. He is one of them. So many people have become great musicians, and artist, and this, and that. Because you become one with that divine power which is the source of all creativity. Then you become a person who is a satisfied soul. You know economics very well which says that, 'Wants are not satiable in general.' Today I want a carpet, all right buy a carpet, then buy a house, then buy a car, then buy a helicopter, go on buying. With the one I bought already, I'm not satisfied. They are never satiable; in general they are never satiable. But then you start enjoying, you buy a carpet. All right, you enjoy it. Now let's enjoy the carpet I bought. Then you buy something then you enjoy that, whatever you have, you enjoy. But what you enjoy the most is the company of other realized souls, such friendship, such

oneness. No quarrel, no fights, no leg-pulling, nothing. Leg-pulling is there, I must say, a little bit. They joke around. We get people from so many countries in India living in a place, I would not say very good, but they love it because there are Sahaja Yogis, so many of them, and so much love, so much compassion, so much understanding. The whole world as if has become their own.

So the, another thing you develop is the collective consciousness about which Jung has also said it because on your fingertips you can feel the centers of others. So you are collectively conscious. You know what's wrong with another person, you know what's wrong with you. If you can correct yourself, you can correct everyone. And this is what is the power you get very easily. You don't talk what dress the other one is wearing, what sort of a hair do he..., nothing. What you say: how the chakras are, what is the situation of the chakras of that person. Then you start facing yourself without introspection.

Somebody says, "Mother, You know my chakra is catching here.

That means I'm getting egoistical," but nobody says that otherwise. So you start facing yourself, understanding yourself, correcting yourself without any difficulty. Is a very simple way of doing it. Sahaj also means spontaneous and also means easy.

Now another thing that happens to you is that you become thoughtlessly aware. Patanjali has talked about it. Now what happens that you are all the time thinking. Now this mind is a myth created by you. Is like a computer that you have created by your conditioning and your ego. So you can be only in the past or in the future, you cannot be in the present. The thoughts are coming from the past and the future. But if I say, "You be in the present," you cannot be. It is not possible. You cannot be in the present. So when the thoughts rise and fall, rise and fall, rise and fall, you are jumping on the cusp of the thoughts. And when Kundalini rises, she elongates those thought, and you become silent, no thoughts. If you want to think, you can think, but otherwise no thoughts. As given this power, you start witnessing the whole world as a drama. You don't get involved into it, and you can solve the problems much better. For example, you are out of the traffic; you can watch the traffic, all right. It cannot touch you or if you are standing in the water, you're afraid of the waves, but supposing you get out of that, sit on a boat, then you are enjoying those. But supposing you know how to swim, you can jump and help those who are getting drowned, this exactly what happens to you. You can save others, you can give realization, you can cure their chakras.

I must tell you today that America is this center. We call it the Vishuddhi. Is one of the most important centers, it has got sixteen petals. Today only first time I'm telling you openly. As a result, communication has to be absolutely divine. You develop divine communication. Sitting down here, you will know about people. You can help sitting down here. That's the power you can get if this center is cured, and that is this America. It goes to all the places to cure this thing, that thing does it know. No other country does that kind of a job. Why America does, because it is the Vishuddhi Chakra. That's the nature of that particular country which does that job. But if spirituality comes into it, then whatever they will do, will be benevolent, will be holy, would be blissful. This is such an important center that though in America... Of course, I mean, people ask Me, I don't know what to say because there are very few deep Sahaja Yogis I must admit.

In Russia somebody asked an American Sahaja Yogi, "How many deep Sahaja Yogis you have?" in Togliatti.

So he said, "We have fifty-six."

He said, "Oh my God, you have fifty-six thousand? We have only twenty-one thousand in Togliatti."

It's a serious matter. You are responsible for the whole world because this is the center you occupy. You must have respect for yourselves, must have respect for your being, and must evolve, and take up the responsibility in a proper way, in a judicious manner.

All the time if you read the newspaper... I mean, you don't understand: criticizing this, criticizing that, criticizing that. So many critics, ultimately the critics start criticizing critics. It's a mad world, I feel so. And because of your country all kinds of ideas have gone abroad. You must know this. Because you are supposed to be a very powerful country, very great country, whatever you do here goes abroad. So you have to be very responsible. That first of all you must know what you are, and you have to evolve into it,

you have to develop, and mature into it. That's why since long I've been coming here every year. No I mean in the beginning I came, and I got a fright. I said, "What's going on here?" So for nine years I didn't come. I must confess I didn't come. I thought, you know, how can you talk to them? Is just, they don't understand Me. There are all kinds of funny people going around, you see, and I didn't know what to say. So I didn't come for nine years, I must say. But every year I'm coming here just to see that you know what you are, what is your responsibility.

There are sixteen petals for this center. Sixteen petals it has got, and these 16 petals are responsible for our - physically I'm saying - ear, nose, throat - on a physical level. But the same center, you see, is occupied by Shri Krishna. And He is the one who becomes here on this center what we call the great, the great universal being, Virat.

So we have to understand that it's not Christianity or Hinduism or all this nonsense is giving you spirituality. Your own self-knowledge is the one, which you can all of you have, grow into it, and develop. This responsibility is very great on Americans. Of course this is the center of Christ where optic chiasma, where the two optic nerves cross each other, this is the cross, which He has crossed for us. Now all of them have worked very hard for you. On every center, they have worked very hard. Only thing is now we don't have to work hard, do anything but to accept Self-Realization and grow into it. Of course, now, as there are many people you see here. They come, they get realization, and then they are finished. That reminds Me what Christ had said that some seeds just sprouted and died away.

It's a very important time in the history of humanity, in the history of spirituality. And this has to happen to you. Till I live I'll come to America to work hard. Now the amount of advertising done I was really shocked. Poor Sahaja Yogis said they have to be, "Bum, bum, bum, bum, bum, bum, bum," [wah?] and nonsensical things go into our heads very easily. And something real doesn't attract our attention. This only happens in America - nowhere. Is a typical. Because they have no understanding, as to why they are here. All the way they'll come, now they'll go to another, some guru speaking there, the guru-shopping very common here.

So I have to tell you very frankly that in Sahaja Yoga you have to grow. You have to grow that's all, nothing else. You don't have to pay for it. First of all I must tell you. They said if you don't have to pay then there's no credibility. What a mind it is? I tell you. And all kinds of things they have told Me. I was shocked myself. Because in India if some guru asks for money, they say, "You get [?]. But here if you don't ask for money, they say, "What is the credibility?", because they can sue a person. They have all made lots of money, one are better than the other. I need not tell their names. So like that, so responsibility of yours is to understand that you are the ones who will get the blessings for the whole world. This bliss you have to get yourself, and give it to others. You can do, it's the Americans they are duty-bound, they are duty-bound. And they have to do it.

The first place I visited was America I told you. But for nine years I didn't go.

I said, "Let them grow, a little mature."

In nine years all these gurus came, and I don't know what they did to you. So try to understand, you have to know the reality. As a result, what happens? All that is hanging around us, jealousies, attachments, all kinds of things, all drop out. You get detached but that doesn't mean you go to Himalayas, leave your wife. When you are not attached to anything what are you going to leave? Because you are attached, that's why you say, "I leave this, I leave that, I leave that." Like Hare Rama people, you know.

They told Me that "Mother, we have given up everything, we've given up house, we've given up this, given up that. And You are such a spiritual lady, why do You wear this way?"

I said, "We are supposed to wear in my family, supposed to. I'm a family woman."

"But we have given up our family, we have given up everything."

I said, "But I would request you one thing. Whatever you think in this house - because I come from a royal family, so we have lots of, you see, antiques things and all that of my fore-fore-fore-fathers - whatever you think equal to the dust particle of Shri Krishna

you take it away, but should be equal."

Now they started looking at this and looking at that. "We can't find anything equal to that."

I said, "Then what have you given up, stones? What have you given up?"

So this idea also that you give up that, and wear some clothes, and this is all nonsense. This happens within yourself, all this dress and all this hypocrisy. Why to proclaim that you are a sanyasi or, or you are something? For example, another one I met in Chicago that was another one I must tell you. So he was wearing a very thin dhoti, you know, very thin. And it was so cold I was also shivering.

I said, "Why are you wearing this dhoti?"

He was head of that organization.

He said, "Because my guru has told me that you must wear a dhoti if you want to go to heaven."

I said, "Really? In my country eighty per cent people wear nothing but dhoti, so they'll go first."

And then the second thing was even more ridiculous. He had shaved his hair completely. And they can buy in the market this - I don't know what you call this in English - pigtail? Ya.

And I said, "Why have you shaved your head? You are a young man."

He said, "My guru has said, 'If you have not shaved your head, you cannot go to heaven.'"

I said, "Really? Why? There are no barbers or what?"

On this Kabira has said very nicely that "If by shaving your head you can go to heaven then what about the sheep which is shaved twice a year?"

All this has been said, done, but we don't understand. They gave mantras for three hundred pounds. Can you imagine? What mantra? Inga, pinga, tinga. Now ask any Indian, he'll laugh at this. But tell it. Inga means the scorpion bite, and pinga means: when a person gets possessed, he moves like that, and tinga means showing like this. Now what do you say? And people are doing, sitting down, inga, inga, inga, pinga, pinga, pinga, tinga, tinga, tinga. More in America, America which is the highest in every estimate. They should be the first to receive. But see, all such people have been befooling, and we accepted.

So your attention itself becomes enlightened, attention. Your attention becomes absolutely pure, innocent. Innocent is never lost, remember, never lost. Some clouds are there, but is never lost. And the innocence comes back.

See Christ has said, "Thou shalt not have adulterous eyes."

Meaning no lust and greed in the eye, have you met anyone in the Christian nations with that peaceful eye that Christ has asked? That happens to you. You will just become that. Your eyes get a glint, a kind of a shine, and you do have become now, you can't turn your eyes like this all the time. You just get beautiful eyes, which are innocent. And a person who has this glance even once looking at a person, can give realization, can give peace, can give joy.

Ultimately, what happens is that we jump into the ocean of joy. Joy is not like happiness, unhappiness. It is singular. And you become extremely joyous. At the ridiculous things you are looking but you don't feel upset with it because you know how to cure it. You see something very much beautiful, you are joyous. It's a personality that you all have in a potential state, which has to be

brought out. For that you don't have to give up anything. Whatever is not good for you, you will yourself give up. I never say, "Don't do this," because if I say that half of them will walk off. But you jolly well do it yourself because you are in joy. You don't want to have all these things around. I never say, "Don't do it," - never.

That way Americans are not such complicated people, I know, but they have been complicated by these false gurus. By sense they were complicated, these false gurus should never have stood here. And that's the reason I've told you so much about them because I want you to get out of the entanglement of these things. But that doesn't mean you should feel guilty by any chance. Please don't feel guilty. Forget My lecture. Don't feel guilty. That's very important that you have to have respect for you. You have to know that you are the spirit, and spirit never feels guilty. It's a fashion also. To feel guilty is a fashion. But do you know by feeling guilty this center goes out of order. With that, you get what you call spondylitis, the horrible disease. You see people with the neckline walking about like dogs. That is due to this center where you feel guilty. All the time, it's a temperament. I don't know why. It's a culture to feel guilty all the time. It's a fashion I should say. Now please, you are human beings. If you are guilty, you would have been in jail. Why are you here? So please believe in yourself, have faith in yourself. You are not guilty.

Many people say, "Mother, I can't get over it."

Means what?

It's done long time back, finished, you can't correct it, do anything - only thing: 'I'm guilty, I'm guilty'. You're standing like this. But another disease you get is angina, very common in this country. Third disease you get could be breast cancer or could be also lethargic organs.

So first thing, you do today here when you are sitting with Me, not to feel guilty about yourself. That means you forgive yourself completely, forgive. See those people who say you are sinners and all that themselves must be sinners. How do they know you are sinners? If they have not committed any sins, how do they know you are a sinner? So don't believe them. Know that you are not guilty at all. All right, that means you should be pleasantly placed towards yourselves and forgive yourself.

Now second thing is even simpler - to forgive everyone, not thinking about them. Because if you think that's a headache also. Logically whether you forgive or don't forgive, you don't do anything. What do you do?

Many people say, "Mother I can't forgive."

So what? You are punishing yourself. The person who has wronged you is very happy, and you are punishing yourself. What is the use of not forgiving? And logically if you just think, why to trouble yourself and torture yourself like that? So also you have to forgive yourself and others without thinking about it. Because this center is like a constricted cross, like this, absolutely. And unless and until you forgive, it won't open. If it won't open like this, how can the Kundalini pass? But if you forgive, it will open. Same here if you forgive yourself, this center will open. So simple as that, very simple. The whole thing is very simple.

Again I have to say that I cannot force Sahaja Yoga on you, it's impossible. You cannot force because it is a living process of evolution. At human stage, it cannot be forced. So if you don't want to have, I would request you to go from this hall, it's all right. Only people who want to have their realization can get it, otherwise cannot get it. It's a very simple thing, it's within you, it's your own power which will glorify you. I will let you know that what I am saying is the highest thing you can achieve in life. So I'll wait for a few minutes, one or two minutes, to see those who have to go can go. In the meanwhile, I would request you to take out your shoes because that helps us.

1996-0925, Your Hands Will Speak

View [online](#).

25 September 1996

Your Hands Will Speak

Public Program

Los Angeles (United States)

Talk Language: English | Transcript (English) – Draft

Shri Mataji: They all understand English?

Sahaja Yogi: Yes, yes.

Shri Mataji: Is all right? [Good] Of course, I can't speak American English [well].

I'm happy tonight you have been able to come back again and it's a great pleasure for Me to see you here, because last time I was quite in a hurry, and same thing is happening today.

The program was arranged actually day before but you had some festival. So it was postponed for today, and I am booked to go tonight to New York. So I'll be quite short in my speech. So to begin with, I bow to all the seekers of truth.

First of all, you must know that you are seekers, and seekers of truth and not of untruth. So one has to know what is the truth. Whatever I'm telling you, you don't believe in Me. No! Because blind faith has really created great problems today. If people didn't have the blind faith and if they were enlightened, there would have been no problem whatsoever. So first of all, the truth is that you are not this body, this mind, these emotions, this ego, but you are the pure spirit. Is not only I'm saying! It's said by Abraham, Moses, by Christ. Also it has been said by so many people who were saints in India. Apart from that, Mohammed Sahib has said very clearly that if you do not know yourself, you will not know God. It's clear he has said you have to know yourself. But as you know, none of these books to which we are bound are written by people who have started the religion.

In the case of Mohammed Sahib, it was after forty years his death that the book was written by one horrible fellow called Muawiya. He was a hater of women and he tried to change as much as possible. Still, there are lots of truths in it. So another truth that is in the Quran also. What Moses has said has been many a times written, rewritten. But Mohammed Sahib has written very clearly that when your resurrection will take place, then your hands will speak and will give witness against you. That is what that they will tell you what's wrong. Your hands will tell clearly and that to know the truth you will feel it in the palm here when you ask the question to the real one, you will feel the answer here. All these things can happen only in Sahaja Yoga. In no other way. Whether you are a Christian, Hindu, Muslim or Jews. We must know that we have to still step one step forward. We are not yet complete Jews, Christians, Hindus or Muslims, and that step is that we have to be born again, but it is not we are born again like the people you see. Just they have a thing written down, you know, they called, they are born again. Anybody can say themselves they are born again. It's not like that!

We call ourselves Jews or, say, Muslims or Hindus, but still we are not fully that. Because a Muslim can commit any mistake, he can do any wrong. Jews can do also any wrong. Also the Hindus and Christians. They'll go to church, come back home and do some sort of a nonsense. All right? Then same about Jews and same about Muslims. Same about Hindus. That means what they say, what they preach they do not practice, for which I do not blame them because they haven't got that personality, that strength within themselves to follow it fully. There's something lacking.

Like a transport minister from India came to me in London and he asked, "Can you solve my question?" "So what is your question?" "The problem is that the Sikh people of London refuse to wear a shield," what they call? I don't know what you call it here. For the motorbike people, the steel one, yeah, yeah, "helmet. So they said he's not allowed in our religion."

At the time of Mohammed Sahib there were no motorbikes. So he did not write about it. So it's not allowed in our religion to wear this, because Nanak Sahib did not ask us to wear. He said, "Now how to answer this question? Tell me." I told him, "It's very simple. In their book [unclear?] it's clearly written by everyone that you should not drink alcohol. Clearly. So you ask them, 'Out of all of you, who does not drink the alcohol at all can do without the helmet'." And they couldn't find even one person in London or in England who was not drinking alcohol. They claim they are Muslims and they were doing the thing which was completely forbidden. Then I said, "They are not Muslims." Because they were, and they drink alcohol, and they drink so much sometimes that even the people of Scotland are frightened of them. It's very surprising.

Now these are the Sikhs. Then the Muslims are not supposed to drink that. But the way they can drink, you know, because they say, "We are this. We are that." These religions are based on books. The whole knowledge is in the books, not in their character, and they are all the time trying to find some sort of an excuse to do what they want to do. But why? What is the weakness in human beings that doesn't allow them to follow their religions properly? And the weakness is that all the human beings who are following these religions are seldom enlightened. They haven't got enlightenment. In every scripture it is written that you have to have enlightenment.

Now, what is enlightenment? Is what Majid has told. This is a knowledge. It was known to India, Indian people long time back, I would say, to the saints. But even those saints who had this knowledge were tortured, beaten, killed, all kind of things they did. Anybody who tells the truth has to be killed by the people who do not know the truth, because they are blind. Instead of knowing it, instead of learning it and improving the quality of their life, they just want to torture them. Is a common practice. Who was not tortured? Even Moses had to go to India and he died there. Is a fact! And I had told about this long long time back.

Now people are talking, and so many Jews also went to India and they are still called as Jew, like Asven Jew, Mayru Jew. They are all Jews who settled down there as Brahmins. They don't know what are they supposed to do as Jews.

Now it was Moses who brought, if you have read Zen Maya, what you call, Irmaya in Hebrew language. He was the one who saw the people, when he came down with his Ten Commandments, that they were completely decadent, absolutely decadent, in the worst possible position of sins. So it is he gave this Shariat. He said Shariat should be applied to all the Jews, but I think Jews were wise enough not to accept it.

So the Muslim said, "All right. Why? You cannot do; we'll do." So they took over, and that's how these religions started working on fear, not in freedom. Because you are born to a Muslim family or to a Christian family or to a Jew family, you became that. Then the fear starts. "I belong to this society. How can I become something else? How can I know something else? How can I read anything else?"

Still, I must say, among all these, Jews are the most open-minded people. Surprisingly! They read about other religions, they read about other knowledge also, and they want to know about other knowledge. Maybe they are seekers.

Now whatever has happened so far say in Germany, what Hitler has done, because he got the concept that Jews are to be thrown away. Because he is a special race, called himself Aryan. And later on, people started saying that the Germans are the highest race. Actually, the psychologist also, because they have better brains. Those who can kill small children in the gas chamber, how can they be the superior race? Superior race is that of people who are saints, who do good to others, who are benevolent to others. They are the people who are superior, not those who try to destroy and to bring in bad things. So this thing happened at that time. He got this idea in his head and he started misbehaving. In a way, it was too much, I should say, but when the Germans came to Sahaja Yoga they were very different people. First time I went to Russia, and twenty-five German Sahaja yogis came rushing to Russia. I was very much touched by them. I said, "How are you here?" They said, "Mother, is it not our responsibility? So many of Russians were killed by Germans, is not our responsibility?"

Then the same Germans, now, you will be surprised, are going to Jerusalem. And they have started a very beautiful center, and

the people are coming to them and they are more than what we have here. You'll be surprised. Such a nice center they have started for people. Because everybody wants peace, everybody wants to lead a good life, everyone wants to have a beautiful family. That's the desire. If you see inside, everybody wants a benevolent beautiful society. And when these people went, they were Germans too, so-called. And when they talked about Sahaja Yoga, gave them realization. So many Jews are now changing and are becoming very beautiful people.

All your problem will be solved one day, once the Jews get their realization and understand, and also Arafat. I'm going to give him realization. Poor fellow, he is trying his level best. But what can he do? The first country I visited was Iran. Now you'll be surprised first, and I give realization to some [of his] rich people there. That time it was all right, but then this Ayatollah came, and new kind of regime started. A very fundamental regime and the Iran, which was once upon a time a great country, is going to dogs. It's in very big trouble. Now by hating Iran or Iranians, people are not going to gain anything. By saying that Iran should be banned and do, it's not good. On the contrary, if Iranis take to enlightenment, they will change definitely. It's all out of fear people behave like this. When there is fear people behave like this, but when there is no fear there's love and compassion. And this can only be removed if people get their enlightenment. This enlightenment is within you, as he must have told about all this.

I must tell you that this Kundalini, of course, was discovered or maybe has been described thousands of years back in India. But imagine in a place like Bolivia, they have a community called Inthoz [Indos?] and they know all about Kundalini. Also, they know about left and right side, everything, whatever Majidh has told you, but they do not know how to awaken the Kundalini. They don't know this.

Then I was surprised. I went to Ukraine where the capital is Kiev. I went to see the museum. At the museum there are picture of Kundalini, and pictures of these chakras are very well done, and description of the Primordial Mother. They all believed in the Mother, but I don't know how somehow or other these people managed to keep out the Mother part of it. In the Christian Bible they described God the Father, God the Son and the Holy Ghost, which is a dove because Paul didn't want to talk about the Mother. He didn't want to talk the power of the Mother. So he didn't describe it. And like that in every religion I find this kind, the women is treated as something rather low. Then came Mr. Freud. Also he was a Jew – imagine – and he challenged all the morality of the world. I don't know why he did it. Putting the mother into very sinful attitude towards her child. Now we see the results of that. You must have read so much what's happening to our young girls.

But according to our Indian scriptures, women is the power. Mother is the power, and she should be respected, not like Islamics, say. But even in the Islam you'll be surprised, Mohammed Sahib respected women very much. He respected Christ and especially for his Mother, he has written very beautifully that this woman should never be challenged for her chastity, very clearly. With such a respect he has written. Even Paul didn't write. Paul calls her just a woman. So when I came to west, I find of course in Iran same thing; the women had no position. She had no position in society, and I was amazed how could they accept all these things. So blindfolded.

Actually, we have to understand that this Kundalini is your own mother. She has been with you in your past. She knows all about you, about your aspirations, about your future. Everything she knows, and she is just waiting for an opportunity to give you your second birth. Now think how a mother behaves, but she is a holy mother. She has no hatred for you, just love, love and love.

She wants to give you Self-realization. You all are out of Iran now and you are here in this country. You are Americans, maybe all of you. So the responsibility on you people is much more. You people have to get your enlightenment, and all those who have come here, you can enlighten them and you can save their lives.

No doubt this Kundalini awakening has been said and is the last fontanel bone area from where it pierces through, and this is an actualization of baptism that takes place. An enlightened person, in the Sanskrit language, is called as 'dvijaha', means born-twice. It's not just anybody can call himself as second birth or a born-again. But the person who is enlightened is called 'dvijaha', meaning twice born. And a bird is also called 'dvija', because bird is first an egg, and then it becomes a bird.

In the same way we are limited by our ignorance. Absolutely we do not know anything about ourselves. So we have to break our

Sahasrara this part and become one with All-pervading Divine Power.

So the second truth is that you see these very beautiful flowers here; it's a miracle. In the same way, if you ask a doctor who runs your heart, he will say it's an autonomous nervous system, but if you say who is the auto, he can't answer. This is what you have to become. Then when this Kundalini rises, she connects you to the All-pervading Power of Divine love, which creates all these living miracles. It's called Ruh. It's called Paramchaitanya. It's called as the Cool Breeze of the Holy Ghost. This has to happen. You will see with this you will absolutely realize. Your talents will grow.

Yesterday we had a very well-known artist here who was just an ordinary person, has become now a very famous musician. We have many artists, many orators, many writers, who have got a new dimension of creativity.

Then comes where you feel absolutely satisfied, not that you buy this, you want to buy another thing, buy another thing, you're never satisfied, but once the Kundalini passes through this center, second chakra, then what you get is a satisfying temperament. You are satisfied and you do not run after things.

Come in.

The greatest thing that happens to you that you develop a compassion which works, which acts, compassion that acts because your attention becomes absolutely pure. You'll be amazed, we cannot lose our innocence. It is never lost; it's eternal. Some there are, of course, some clouds, but once you get this awakening your eyes get a glint, a kind of a shining thing, and your eyes become absolutely innocent without lust or greed. What Christ had said, "Thou shalt not have adulterous eyes." Now in these western countries where they call themselves Christian nations, I haven't seen anyone like that. But that kind of thing happens to you automatically, spontaneously, such that your eyes become absolutely innocent, and when you put this glance onto anyone, such a person gets completely overwhelmed with joy, happiness and bliss. But the greatest thing that happens to you that you become a peaceful personality, absolutely a peaceful personality. We talk of global peace, this, that, this and that. But if you are not peaceful within, how can you bring in peace on us?

Actually, what happens that we live in the past and the future. I mean, jumping on the cusp of the thoughts which are coming from the past and the future. We cannot be in the present. We cannot be. So when this Kundalini rises, she elongates those thoughts. There's a space in between, and that is where [unclear - is the truth?]. Then you become extremely peaceful, peaceful, watching everyone like a witness. The whole thing becomes a drama. It's a drama going on. Whether it is ridiculous, it is tragedies, and or comedy, it's a drama. You are seeing a drama, and that drama that you see doesn't disturb you. You are absolutely peaceful within yourself, but when this state grows, wherever such a person goes, there's peace. Such a person emits peace and gives peace.

So many things can happen to you. I don't know how to explain in this short time, but the new awareness comes in within you, which we call as collective consciousness. You become collectively conscious. Means you can feel sitting down here, the centers of others. If you can cure your centers, you can cure the centers of others, and your brain gets so much enlightened that even a student who is not a very good student becomes an excellent student. Your mind becomes extremely sensitive, but this mind that we know of is a myth, created by your ego and conditioning, but your brain starts emitting such knowledge to you that you are surprised, how is it this knowledge coming to us.

In this short time now, they've asked Me to finish the lecture and I have to catch the plane. So I hope you don't mind but you better catch your enlightenment just now.

It's very simple. You have to take out your shoes. You have to know what glory you are, what greatness you are. You don't know! We have no respect to yourselves; that's the main point.

Now please put both the hands towards Me. Both the hands. Now what I have to tell you that first of all, you should be pleasantly placed to yourself, not to feel guilty at all. You have done nothing wrong. Why should you feel guilty? It's a fashion, I think, just to

feel guilty for nothing at all, because if you feel guilty then this center catches. Here specially the Christians, they feel guilty. This chakra, if it catches in left hand side, then you Angina, one disease. Spondylitis is another disease, and lethargic organ third disease. So why do you want to feel guilty for nothing at all, for something has happened long time back to get these disease on yourself and to pay doctor's bills? So don't feel guilty. You should be very pleasantly placed towards yourself. Be happy that you are here to get your enlightenment.

Don't doubt yourself at all. You all going to get it. So, you please forgive yourselves completely. Second thing is that you have to forgive others, forgive everyone. It's difficult for Jews to do that. I know they can't do it. But by not forgiving, what are you doing? What do you do? Nothing. You are playing into the hands of Germans again, because you are torturing yourself. So just forgive, forgive. If you don't forgive, then this center here, as you see on the optic chiasma like this, completely constricted. It won't open. It will open only if you really from heart forgive everyone. Even don't think about the people whom you want to forgive. Just forgive. It will open. You must understand. Just forgive. Because you don't do anything.

Now, then these are simple thing I'm requesting you to do. Only thing I have to tell you, I cannot force it on you. You have to ask for it. You have to ask for it. Just you have to ask for it. Forget all your worries, everything and everything will work out. Just ask for it.

Now you can take out your glasses also if you want to. Now you put your left hand towards Me and right hand on top of fontanel bone area and bend your head little. You must not worry about anything. Don't have to pay for it. It's natural. It is living process. You don't have to pay for it, just will work out. Bend your head. Now see if there's a hot or a cool breeze coming out your fontanel bone area. Please don't put your hand top of your head but away from it, and some people get it closer, some people get it further. Maybe hot breeze also coming. Now please take your right hand towards Me. Put it towards Me again and put down your head and please put your left hand on top of your fontanel bone area. Now, if it is hot, that means you have not forgiven yourself nor you have forgiven others. So please do it now. It's very important that it should cool down.

Now lastly with the left hand, you just see there's a cool or a hot breeze is coming; left hand towards Me and right hand on top of your head and bend your head and see now clearly if it's a hot or a cool breeze-like vibrations coming out of your own head. Don't doubt at there is a air conditioning. It's coming out of your own head.

Now please put both your hands up and bend back your head and ask Me any one of these three questions. One question three times, any one. First is, you can call Me Mother or you can call Me Shri Mataji. "Mother, is this the Cool Breeze of the Holy Ghost?" Ask this question three times, or "Mother, is this the All-pervading Power of Divine Love?" Ask this question three times, or "Mother, is this the Paramchaitanya?" Ask this question three times. One question only, ask three times whichever you like.

Now please put down your hands. Now put your hands towards Me and watch Me without thinking. Just watch Me without thinking.

All those who have felt cool or hot breeze out of fingertips or out of the fontanel bone area or on the palm, please raise both your hands. You didn't feel? All right. You didn't feel? Except for one or two, all of you have felt. May God bless you. For the first time you have felt this All-pervading Power. It's there! You have been to some guru? Some guru you have been? No? Are you sure? That's it. That's why! If you go to a wrong guru the Kundalini doesn't rise immediately. But she will all right. What's the matter? You never felt it? No? Are you a journalist? That's it. I can understand why only two people didn't, because you meet all kinds of people in journalism and you don't know how to protect yourself. All right? But you should get it. The best way and to be the best journalist is to be an enlightened person. Then you can see the person and know what's wrong with that person. All right? It's very important to add efficiency to it.

So may God bless you. I'm very much thankful to you and I hope all of you will come to our center and grow.

They had a big objection to Majid that will not have any such program because they do not come. They just come as a fashion. No, take it up seriously. It's very serious. You must respect your Self-realization. You must know you have to grow. This is a

chance you should not miss. This is the last judgment. So be careful.

What she is saying? You come here?

Sahaja yogi: She asked about the question, why in the end we asked these three questions.

Shri Mataji: You will know later on. Everything should not be known just now because these questions are just like computer. You know, you ask a question to the computer, and the computer gives answer, isn't it? All right? I know, I know, but I forgot about it. I'm sorry just now she didn't feel it. Isn't? Yeah. Yes, I know.

You see, it was done in such a different way because I was to address this meeting day before. But because there was a festival they arranged it today, and I booked already to go. So we will see. But still we'll manage. I'm sure I will get the plane. Ha ha ha.

Yeah, of course, of course. You see, because my father translated Quran and he was scholar for Arabic and also Persian. So he said that written in Arabic is gibberish, but Persian when they translate is made more sensible. But then he found a lot of disparity in things and all that. Then he found out that it was not Mohammed Sahib who wrote it, but it was written by another fellow who was the fifth Caliphate and whose mother ate the liver of fourth Caliphate. He wasn't an imam. Imam is the one who is a realized soul, and Hazrat Ali was the first who was a realized soul. But I know a lot.

No, it was what he was. You see, the thing was, he did not write because he didn't know how to write or read, and his friends also didn't know then. Their grandchildren knew. I'm telling you authentically, because my father had a great respect for all them. He was a great scholar of fourteen languages.

Namaste. May God bless you. You will be all right.

1996-0927, Feel The Power Of God On Your Central Nervous System

View [online](#).

27 September 1996

Feel The Power Of God On Your Central Nervous System

Public Program

New York Society for Ethical Culture, New York (United States)

Talk Language: English | Transcript (English) - Reviewed

1996-0927 Public Program, NYC, USA

[Full speech - 1:04:00 – 1:30:00]

"I bow to all the seekers of truth. I have told you many a times that truth is what it is. You cannot change it. You cannot transform it. You cannot sell it. This is very important to understand in America that you cannot sell the truth. Also unfortunately at the human awareness you cannot know the absolute truth. If you have known the absolute truth there would have been no problems, no wars, no fights, no arguments. All the evil thing would disappear in the light of the truth. But truth is pure love, pure compassion. And the truth is that you are not this body, mind, emotions, your ego but is the pure spirit. You need not believe me again I would request you because we had lots of trouble with blind faith. If you experience the truth then you have to believe if you are honest because it is for your benevolence, for the benevolence of the families, the benevolence of your country and the whole world. As I said, truth is what it is. The second truth is when you see these flowers you take them for granted and we don't even think that it's a miracle. Who does all this living work? A doctor if you ask him, who runs your heart? He will say it's autonomous nervous system. But who is the auto? They can't answer that question. Thus we have to open our minds to the fact that there must be some power which does all this miraculous things so gracefully. Flowers you see on the tree we can't see it growing, we can't see it opening, we can't see it becoming a fruit. If you put a camera very close to it, may be you might get it. The picture of it. But with your eyes you can see the beautiful delicate work of the nature. This nature we think is separate from us and we are something different is not a fact. We are part and parcel of this nature. We are part and parcel of the whole world. Every person sitting here is part and parcel of all the people of the world. This only is possible if you have the experience of the spirit. In those days of science one cannot talk of God Almighty. They cannot digest it. Give it any name. But there is some power that does all these things and this is the power you have to feel it. You have to feel first time this power on your fingertips, on your central nervous system. This has been described in the Vedas. Ved comes from the word Vid. Vid is to know, know on your central nervous system. Not reading, not remembering by heart, not by chanting. But you have to know the truth on this central nervous system. Another word which we know very clearly is Budh. From Buddha word has come. Bodha. Comes from the word Bodha. Bodha also means the same thing that we have to know it on your central nervous system. The truth. The truth that there is a all-pervading divine power that has all these miraculous things. And this Divine power is of pure love. If you understand this much that this power is nothing but pure love then we will give up the all ideas of seeking powers of different types. But we will seek this power of pure love because it is all pervading. It acts so slowly. It works out so delicately. And it understands everything. It knows everything. And it works out much faster than any other thing you know about. Just like we have to have a receptor, a television say for example. In the same way if we become the receptor of this great power we are enlightened. We have the light to see what's wrong with us, what's wrong with our society, what's wrong with the progress of humanity. So you are all here to seek the truth. But genuinely to seek the truth you must know that you can't pay for it. It is a simple thing like a evolutionary process. This like the flowers have to become the fruit. An egg has to become the bird. In the same way you are seeking you have to become that higher being, that superior being, that special being which is enlightened. But its not just you certify yourself that you are a person who is born (1:12:45...). These certificates are not going to work out. If you are satisfied with these certificates then let it be doesn't matter. But those who are not certified with these certificates have to know that they have to become. Becoming is the point. Of course as you have been explained, these chakras are there and these three channel are there no doubt and there is much more. But even knowing these what's the use? You will be amazed that at least three thousand years back in a place near Bolivia (farfetched-1:13:31) There were people who were knowledgeable about it. And the knowledge passed even till today, it is there that they know there are chakras, there are three channels, there is kundalini. But

they don't know how to raise, that's the only point. They are not to be told anything. They know it is there and anybody who can do it can do it very fast. And thus we have got many many people in Bolivia who have got their realization. In such a short time. I have not been there but somebody who might be. Another thing I discovered was in Kyiv, which is the capital, capital of Ukraine. They told me that we have all this knowledge with us because two great saints came from India. I couldn't believe my ears, went to the museum and saw all the chakras drawn, all kundalini drawn all over and even on the pots and pans they had created out of thier terracotta, which they made out of their own hands and this was also 2000 BC. I don't know, that's what they said about it. They told me the name of saints who came from India. Very amazed. Macchindranath and Gorakhnath. I was really amazed how they knew the names of these people and they talked of the primordial mother as the Aditi as we call it in sanskrit language. So this knowledge was known to them. And may be in so many other countries, maybe, might be able to find this knowledge. This is your inner being created to get your second birth. Kundalini is your own mother. She is your individual mother who knows all about you, about your past and about your aspirations. And she's waiting all these years to give you your second birth. You must have read about Kundalini also because I know Americans go on reading everything that comes along. And there are horrible books written about it which I have seen myself that with the Kundalini you get heated up, you start jumping, you become mad all kinds of things. I never seen this happening in the last now 25 years I have been going around. I have never seen anybody becoming mad. But if he is mad he becomes better. So all such books are written and are easily digested. I don't know whatever written in black and white should be digested or not. So people were very frightened when I first time came to America long time back. I think it was in 1972 I came. As soon as I started talking of Kundalini they ran away. And I was amazed how is it they don't want to listen to me about it. Then for nine years I never came. Because they have impressed by such people that I said these are like children immature. I can never talk to them. I gave up all the hopes and I went away. Those nine years I traveled all over the world and lots of people came to Sahaja Yoga. Because Sahaja Yoga is only possible if you are genuinely seeking and you have intelligence enough to understand. And you have to have an open mind. Otherwise it is a waste. Because the kundalini has to be awakened. If she is not awakened no use talking about it, about all kinds of things people talk about. So they would like to have references from scriptures. There are many which can be shown that it was mentioned. But what is the interpretation that others is so much stupid that we are carried away with those interpretations. Now for example people get really tired of seeking also. I have seen people extremely tired say they went to some places where they are made to starve for so many days and then run for another few days. I read a book called as peaceful warrior. I was shocked (_bapre!_) 1:18:59 poor thing that a little boy he was made to run for hours together. Then he was made to jump (on to something_) 1:19:07. My grand daughter when read it she said "Grandma I am so angry with this guru horrible fellow. What is he upto? Why he troubling them so much?" Then I understood that it was Zen system of religion. Zen didn't do that. It's a new style they have started in Zen system where you must torture your body. Now this body has to achieve it. This body has to get to that level of enlightenment where even the attention is enlightened. The whole inner being takes the transformation. Not only that but all your problems just drop out. Like we have lust and greed and anger and jealousies and all kinds of non sense that bothers us all the time. It all drops out. Because we get the light of the spirit. Supposing there is darkness here. In this darkness you cannot know who is sitting next to you. In this darkness you do not know how to go out or come in. In this darkness if you start running about there will be a stampede. There would be a problem. So this darkness that we have or we can call the blindness that has to go. Firstly it should be your experience is the point. Not something like shaving your head or wearing some funny dress or I don't know standing on your heads or standing on your one leg. All this is easily can be done by anyone. Not easily of course. But Sahaja Yoga is something that is spontaneous. Its Sahaja - born with you is the power to become a realized soul. Of course you can't pay for it. How much did we paid to become human beings? How much did we pay to Mother Earth for these flowers? In the same way you cannot pay. First you put the condition that you cannot pay for it. All the false gurus will run away. Because Americans had money they came here. And I know they will cheat you. And now you are a poor country. How much did you paid to Christ? This thing in the head that we can purchase our realization has to go. Another important thing which I told last time was this that you are in America. You do not know what center it is America. America is the Vishuddhi center. (Is the most centre) It's most important because it has got 16 petals. And the people from here have to have collective sense. That's the part and parcel of this center in you. That means you have to bother about the whole world. That's why Americans are going everywhere, Vietnam, this that. of no avail, of course, that's different but the basic thing is that they have to think of global problems. If you are born here you have to do it, that's your responsibility. And with that responsibility if you are endowed with enlightenment you will do the right things in the right purpose with the right method. Only what you need as Americans is enlightenment. And to grow into it. Of course every time I come here the hall is full I am coming here now I don't know how many times. Hall is full. People get their realization and I don't know what happens to them. It's like what Christ has said that some seeds get sprouted and are wasted. It's a very important

thing that you must get your realization and that you have to establish this. It is very very important. As Americans unless, until you people feel your responsibility the world problems cannot be solved. That's why I have been coming here. If you do not grow you cannot achieve anything. As Americans you have a right to get your realization. But also as Americans it is important that you grow deep into it and that then you can go to other countries not to fight, not to kill, not to destroy, not to argue but to give enlightenment. There are people who have come from abroad to America here I know that. What is the need for them to come here? They think they can help me in sorting out American brains. I wonder is it that reason? What is keeping them back from growing I have not been able to understand? For example, I went to Washington and they were crying and they said Mother we lost all our house, all our children, everything, money. And I said Why? How? What happened? There was a gentleman who said that I can teach you how to control the mind of others. Now think how can you believe such a person? why do you want to control the minds of others? And he called somebody from the audience and started moving a pendulum. He started moving the pendulum so he was controlling the mind. Can you imagine? And they believed. And they joined him to control the minds of others. I asked him one question, what is the value of your life. Have you evaluated yourself? Are you here to move the pendulum like that? So, first thing is as Americans you must know your value and the value is that this works has to be done by Americans first and foremost. And that's why first time I came to America. You know so much about the world. You know so many things about the world, nobody knows so much as you people know. But problem is that you have to grow into your awareness and should know that this compassion how powerful it is. This power of compassion is not like somebody comes and cries and weeps before you and you give money to that person. That is not power of compassion. Is not also so that somebody brings some people who are dying from the street and treats them and say Ahh haa haa! No. It's compassion which doesn't speak but works. Works automatically. You have that power. You have it but the only problem is that you did not grow into your enlightenment. This enlightenment is available to you absolutely free without any exercise, without any physical movement, nothing. No commitment. You are not obliged to me either. It's your right to have this real freedom within you. It's not like the freedom you have to kill yourself. No. But you have the freedom by which you emancipate yourself and the whole world. This is all is within you. Today I am telling you because what I find that people do not know their value. They do not understand what has to be done. Even Germany is better. Even Austria is much better. Italy is very good. England is very good. Excellent. Of course India we shouldn't talk. Russia is tremendous. They don't listen to non-sense. Despite the fact they have been under such tyranny and everything but they are the ones who know what is freedom.

So why, what has happened to Americans now. One thing you have to promise I am willing to give you realization that you will grow into it. You don't have to pay for it but you have to grow and you have to grow because you have understood your value. As the result first of all you will become extremely peaceful. The other day, I went to a shop and the man was shaking like this, I said what's the matter, so nervous, then there is stress, there is this. What is the use of all this, that God has given you such a beautiful country. When there is no peace of the mind, so you can achieve your peace of mind and this when happens you have to believe in yourself. Not only believe in yourself but you have to again grow into it. Specially, New York ,is a place where it's like a earthquake always one feels, everybody is shaking everything. I got late because one car got stuck and two trucks came then they had to pull it out, my God! Then naturally the people get frantic. The franticness that has come in this country is responsible because we don't know our value. How great we are, what we can do, we can stop all the non-sense of the world. Sitting down, we can solve all the problems of the world, sitting down that's why you were born in this country, that's why there are so many seekers but they went to all kinds of non-sense, all kinds of non-sense ,so many are lost, so many seekers are lost and I really feel that whatever are remaining at least Sahaja yogake to Sahaja Yoga. I don't think I will give a big lecture today because there are many lectures I have given and you can find it out why today I am so much insisting that you all should grow in Sahaja Yoga because all my effort, coming to New York has not shown much result, only New York, even Los Angeles is much better, so what's wrong with New York, it's supposed to be new. Now today you have to promise me otherwise no use giving you realization and you will all have to promise me that you will all grow in Sahaja Yoga. One gentleman has run away. There is no commitment, I told you. Only thing like a seed which is sprouted has to grow, grow into it. There is no commitment, nothing wanted. If you understand the simple thing that we put a seed in the Mother Earth, it grows by itself. But only problem between the seed and you is that you have the freedom to choose and this is the time of last judgement. Whether you want to go to hell or to heaven, you have to decide yourself, is your freedom. Freedom can take you to any extent but with wisdom you will come to the right path and you will do the right things, very important, whatever be your profession, whatever may your religion, race and all these non-sense all these divisive ideas has nothing to do with your growth but only that in your freedom you must decide to grow and grow in this compassion which is so powerful. How many powers it has, I cannot tell you. In some other lectures you

will know how many powers there are, within you which can be enlightened, which can be just flowered into something beautiful. You are not aware of it, you don't know it. Even in the Koran, Mohammad Sahab has said, if you don't know yourself you will not know God. So to know yourself it is very important but not by stupid things but awakening of the Kundalini and growing into Sahajayoga. So one thing I have to tell you that it's your right to get your Self Realization. This is the time that you have to get your Self Realization. So, you should not feel guilty about anything. That's one thing very important, you don't feel guilt. I mean some fashion also to feel guilty you know. They talk about I am very guilty, I am very guilty. For what if you are guilty why are you here you go to jail. So one thing believe me, you are not guilty at all, believe me. There is no confession needed, nothing. Those people who call you sinners, I can't understand, how can they do it. You are not guilty. That means you should be very pleasantly placed towards yourself because I said that with enlightenment you will know what is your value. You will be glorified, you will know your powers, you will be amazed that you will be like saints above everything that is non-sensical, so knowledgeable. So, first thing you have to do is, not to feel guilty. Now when you feel guilty what happens is, that this centre here on the left hand side goes into jeopardy. As a result, physical side is also very bad, you get spondylitis, you must have seen many people with the dog's band around their necks, that's it. Secondly, physically you suffer with the disease called angina. Thirdly, you may have very lethargic organs. So why you should feel guilty, whatever has happened has happened, past is past, I'm talking about the present. You cannot be in the present. You can be in the future or in the past. So please don't feel guilty. You can say in your heart, I'm not guilty at all. That will be sufficient. Believe me you are not guilty. You should be in a very pleasant mood today that you have come here to get your realization. You are special people, you are the seekers and you are going to get it and now don't feel guilty for anything. Second thing is a centre here between the optic chiasma like this crosses like this in center, very important and closed like this absolutely constricted, kundalini cannot pass through it. So what you do is to forgive everyone. As you forgive yourself, you forgive others, it opens. At this very important moment of your life, you just forgive everyone. This centre will open. Otherwise logically also whether you forgive or don't forgive you don't do anything, logically. But if you are logical that's the point. So some people say Mother we can't forgive, Why? Why can't you forgive? It's just in the mind you are bearing the grudge may be a feeling of hurt and torturing yourself. You are troubling yourself. You are playing into wrong hand. So just forgive everyone and that's the best way to feel much lighter. I think these are very simple conditions, one is not to feel guilty and forgive everyone. Just to say in your heart that I forgive everyone, for that I don't say that stand on your heads or anything. Just to say I forgive you. So then we come to the third position which is very simple but in England when I told them first time they left half of them, that, to take out your shoes, because it helps a lot.

Now the main thing is you have to believe that you are all going to get your self-realization. You must have faith in yourself, not in me, faith in yourself. You are all going to get your self-realization tonight here, this will take hardly 10 minutes to happen. So you have faith in yourself, I would request people who don't want to have their self-realization, I cannot force it. It cannot be forced. So those who don't want to have their self-realization should leave the hall. That would be very kind of you. (You can come and sit here, there is room in here come along, let them come and sit this side. Come along, there is. Come come. What about you people, you can also come, come along there are rooms here. You have to be comfortable, that's very important, absolutely comfortable because you will be comforted. Be comfortable, don't get agitated or in trouble).

As you know these are five, six and seven centres on the right hand side and five, six and seven centres on left hand side. Right hand side is the power of your action, the left hand side is the power of your desire. Now these are the endings of the sympathetic nervous system, you put your hands towards me like this. Please raise it a little for a while. All of you have to do it, little higher, now please put your left hand towards me little higher, put down your head and see for yourself if there is a cool or a hot breeze like vibrations coming out of your fontanel bone area which was a soft bone in your childhood. Now please take this right hand on top of your head, here. I'm saying on top means above, above your head and now move it upward and downward and see for yourself, if there is a cool or a hot breeze like thing is coming out of your head. Now please don't doubt yourself because it is not the air conditioning from outside but from your head, your own head, alright. It's very common doubt here, so now see for yourself, bend your head and see for yourself. Some people get it further, some people get it nearer the head. Now, change your hand, please bring your right hand towards me, like this. Please put it towards me right hand, now bend your head and with the left hand just see if there is a cool or a hot breeze like vibrations coming out of your fontanel bone area. Now if it is hot means you have not forgiven yourself or you have not forgiven others. So please do it now. It is very important. Close to your head, close your eyes if possible, close your eyes. Now please put your left hand towards me again lastly and put your right hand on top of the fontanel bone area. It's hot, still I can feel it. So try to forgive yourself and forgive others, still hot. Just try to say

from your heart that I forgive everyone. You can call me Mother or you can call me Shri Mataji. Now here you have to say Mother, I forgive myself and I forgive everybody else. Just say that and it will cool down. Say it three times, three times it will work out.hmm. Now please again open your eyes, put both your hands towards me and watch me without thinking. Watch me without thinking. Some people might be getting a cool or a hot breeze in the lower part of your hands so take it upward like that or this one like this now see for yourself if there is a cool or a hot breeze like vibrations you are feeling in your hand. Now watch me without thinking, you can do it because a new dimension of thoughtless awareness has reached called as nirvihar samadhi. This I will explain to you later on but just now you get your realization that's important. hmm.Now you have to raise both your hands towards the sky like this and push back your head. Here you have to ask me one of the three questions. One of the three questions, three times. One question three times. First question is, Mother, Is the cool breeze of the Holy Ghost as written in the bible also. Now, another question is, Mother, Is this the all-pervading power of Divine love. Thirdly, is this the Paramchaitanya. Ask any one of these questions three times. Now bring down your hands. All those who have felt cool or hot breeze on their fingertips or on their palm or out of the fontanel bone area, please raise both your hands. See now. I bow to all the Americans. See this is how it works with your identification, took no time at all. Formerly it used to take at least 45 minutes, then half an hour and now just see how fast. When Americans will start understanding their responsibility, greatness of their personality. I'm sure it will work much faster and will solve all the problems of the world. So now my message is now enjoy yourself, enjoy. You have to come to our centre wherever they will make you grow, you will understand what has to happen, how you have to work it out. Some of course at the first instance achieve their full realization but some don't. So please all of you as promised must come to our centre for the follow up, have you told them, what is it, they will tell you. But also there must be some pamphlet. You will get that please keep the promise, is your responsibility again and again I say that you have to grow in Sahaja yoga and you will be amazed to see how great you are. I want all Americans now to go all over the world to tell them about enlightenment, the real sense. But first you must grow and mature, nothing to feel bad about it you see. After all this knowledge is to be absorbed with an open mind. May God bless you all.

(Short time has helped me because I could talk to Americans directly. Alright. Now. They want to have, which one). Now this is a poem written in the 14th century by a very well-known poet called Eknath. He has asked for yoga, for union with the Divine from the Mother. So in marathi language it is called as Aai, is the Mother. Asking that Oh Mother, give me the realization and he says that let my Kundalini rise, let your Kundalini may rise. So he says Ambe is the Kundalini. So he says that Udo Udo Ambe and it's a very good song which will help you and you can also clap with it and it's really has been sung in all the villages of Maharashtra. I don't know how far they understand it but it is a very beautiful song, is sung in all the villages and I am sure that you all will enjoy it. See the cool breeze is coming to me also.

(Who is going to sing? My goodness, I see something____(1:55:14) also coming down). It's great, this New York is the great place I think. (Where are the Austrians, that have come I have told. Good. How many Australians, Austrians have come. How many Austrians. Wow. 60 or 16). They are all realized souls, great people."

1996-0928, Evening before Shri Krishna Puja

View [online](#).

28 September 1996

Evening Program

Camp Vacamas NJ, New Jersey (United States)

Talk Language: English | Transcript (English) – Draft

Evening Dance

Shri Mataji: "Wa wa wa". "Now. (Hindi) We are all sitting like a family sitting together.

There should be a show there, eh?...

Done very well. They're from Vienna? ...

A composition which you yourself have made it into dance - ... wa wa. Bring her to Cabella" (Shri Mataji laughs).

Yogi: Yes.

Yogini: Yes, Shri Mataji.

Shri Mataji: Wa wa wa. Such a dancer, she is a teacher also.

I'll take your leave, and I'll try to come to tomorrow's program also]

1996-0929, Shri Krishna Puja: You have to give, and give, and give

View [online](#).

29 September 1996

You Have To Give, And Give, And Give

Krishna Puja

Camp Vacamas NJ, New Jersey (United States)

Talk Language: English | Transcript (English) – VERIFIED

Shri Krishna Puja, NJ (USA), 29 September 1996.

Today we have decided to have Krishna Puja because America is the Krishna bhoomi.

It's very surprising that such a great incarnation of Shri Krishna came even much later than Rama and has sent His special people to live in America.

Of course, there are many who are seeking in this country, no doubt. But there are many who are also misleading them. That's how you find, despite all our effort, we have not been able to expand Sahaja Yoga very much.

What one has to learn from His life is very very important. The first and foremost thing He taught was collectivity. He used to get hold of small boys and play with them together. Rama didn't do that. He used to get hold of ladies who were selling milk and also butter, those who used to go to fill their waters – water in the pitcher. He is the one who collected all such people in the village of Gokul. He played all kinds of pranks on His friends and His mother and the mother's friends. Behaved just like a very naughty child, just to show that He was just like all of us.

As you know, He was the incarnation of Shri Vishnu. First Shri Rama was born, took incarnation as Shri Rama, which was in the Aryan race, means that time we had an Aryan race which was sort of superior, superior race than others. But when He came as Krishna, He took His birth in Yadav dynasty, you can call it.

They were not superior, they were selling milk, having cowherds and doing work not of any religious style. But they were innocent simple people living in the villages, and they saw the great miracles of Shri Krishna's childhood.

He killed demons. He killed Pootana. All these people were sent by His uncle Kamsa to kill him. It was to be, because He had to prove that He was the incarnation of Shri Vishnu and He did it. As a child, how He killed those people is remarkable. And how He made them out though they were all camouflaged.

In these modern times, difficult for people to believe that there could have been any incarnation like Shri Krishna. But in Sahaja Yoga, we have method of absolutely establishing the truth that Shri Krishna was there ruling on the Vishuddhi chakra. From His childhood, you can see He was fond of collectivity. And He tried to create collectivity of people who were very simple, uneducated, good-hearted people. And that is His special quality. And all the people of that village knew Him very well, all cared for Him.

And when He had to go, they felt very sad and all of them came running and crying for Him. It was a small boy who was going. After all, what is there? A little boy from the village is going. The whole village had gathered to cry for Him.

That is what we all Sahaja Yogis have to know. As a child also, He was a very collective personality. He actually emits collectiveness. The collective consciousness that you enjoy is because of His blessing.

I find that Americans are very collective in the sense, they are more bothered about other countries than about their own. They want to go all the way to Vietnam, now to Iraq, now to some other place. Going all over the world, they try to correct. But their own country they do not see what's wrong. It's so divided. Mainly divided on race, racial discrimination, is divided by religions, and all of these are just concepts which they have accepted and are fighting among themselves.

Now after all these, there are people who believe they are born criminals and they should be criminals. And their criminality is going very far. They are gangsters. Even small children have become gangsters. But the worst part is that the, these little boys also, including others, all these criminals are regarded as big heroes.

I have seen once a young boy wearing a shirt with another young boy's photograph over it. So he told me – I said, "Who is this?" "You don't know? Very famous gangster is he", he said. At the age of thirteen years he is a very famous gangster and this boy is very proudly putting up that – like a big hero, or you can call it like a God there. So see the perversion to what limit Shri Krishna's blessings have been used. That's why this country is very difficult.

One after another there has been attack of negativity. For example, first thing started by Christians, who said that Jews killed Christ. He never – It's not true, it's not true. He was never killed by Jews. "Christ was killed by Jews", is a false statement, absolutely. Christ was not killed by Jews. How can a multitude kill a man? It's the law there. The Romans, or you can call the Roman law crucified Him. So the Christians started nicely torturing the Jews, because Christ was killed. I don't know how to explain this such absurd idea.

Now somebody was killed so many years back, and now what's the use of killing some grandchildren of those people or great grandchildren of those people? But they did not, the Jews did not. Still, this concept was there that the Jews killed. And the Christians felt they have a right to torture the Jews. So when the Jews came here, they were never given a good position, they were tortured very much and troubled very much. It happened everywhere but very much more here.

So among Jews now came out some devils, like Freud. And he said, "All right. We must shatter these Christians absolutely. Their moral roots must be finished." So, he started his own psychology to destroy the Christians. And Christians stupidly accepted. They did whatever he said, experimented whatever he did.

When I was once in Switzerland, two girls came and they were shaking in the program. I couldn't understand. I called them. I said, "Why are you shaking?" So they said that, "Actually we are very much degree holders in Freudian knowledge and we have done all experiments of Freud." "And then why are you shaking?" "Because we have power to shake!" How about that? So, they followed this Freud and this vindictiveness that was there was not seen by anyone, even by Jews.

As a result we had people who were deadly against each other and ruining each other, destroying each other. Then this Black and White business started. All kinds of theories people are putting up to show that the Blacks are bad or the Whites are bad. The difference is only skin-deep. If you want you can cut the skin and see for yourself. Inside body is the same. But it was so. This divisive method started and it's still going on.

I always say, without Blacks, Americans will be left high and dry. Look at the talent they have. Not only music. Atlanta, I saw, all the Blacks were winning and Whites were not anywhere. Very nicely they used to run, very swiftly at the end of it, you see. And all the Whites were saying, "Ha, ha, ha." They were nicely enjoying their position. You don't have the stamina of the Blacks also. So, in games also, same thing. With all this what is going to happen to America?

It's a country which has to be collective because of Shri Krishna. All of them are immigrants here. Who is not an immigrant? Whether they came earlier or later doesn't matter. Thank God, I have told you many-a-times that Columbus lost his way and came here, not to India. Otherwise, there would have been no Indians left and no Sahaja Yoga. I think it was the trick of Hanumana. He misled him and Columbus came here. Thank God! Now you are in a country where you have to be collective. Krishna won't spare you unless and until you are collective or you give up this nonsense of skin-deep differences.

Then religious differences. He had a friend who was lame by one leg. He had some friends who were very black. He had some friends who were quite Indian white, I should say. I shouldn't say white like you people, but Indian white. He had all kinds of colors. And He took His own birth in the Yadav vansha. Though they were milk sellers, milkmen who used to sell milk to people. He didn't take His birth in a very royal family like Shri Rama. Though He was, because later on He became the king of Dwarika. But in His style, in His behavior, in His life, nobody could see that He was a royal personality. He could sleep under a tree. He

could eat anything that He could get.

All kinds of sweet, sweet stories you can read in His life, showing how He was enjoying His collectivity, never showing off. And His collectivity has to be worked out in this country. Unless and until it is done from your heart, it's not going to work out. We had problems like this always with our collectivity here. For example, a lady, you know, she is a big lady, I think. She started correcting people, "Why do you put here? This thing is getting dirty. That thing is this and that." Such a woman should be sometimes sent to some stable to clean it. Then she will give up these nonsensical ideas that she has. If you are a Sahaja Yogi, you cannot behave like this. And this kind of behaviour can destroy Sahaja Yoga. Have you ever heard me saying that, "This is dirty, this is not good, I don't like this?" Did I say, ever?

First of all, we have to understand, if we have to be collective, we should give up these stupid ideas about ourselves. Some people get some position, maybe some money, maybe I would say, have a background. If you are sticking on to it then you are not a Sahaja Yogi. You are saints! You cannot be demanding. You have to give, and give, and give. Whatever may be your position in life, if that can overpower you then you are not a Sahaja Yogi at all. Shri Krishna, who is the Virat, who is the great Primordial Personality, didn't show any such signs of His greatness. But Americans have a specialty to show that they are something outstandingly great. But Sahaja Yogis, please don't learn those things. You have to make others unlearn. If that cannot happen, it's better to leave Sahaja Yoga forever.

Such people will make everyone miserable and destroy Sahaja Yoga in America. Even about protocol, you should become timeless. Absolutely timeless. Now, if you are particular about time, Shri Krishna will play His tricks and your timing will be finished. Happened yesterday. So one has to know that time is your slave and you don't have to be the slave of time – if you are a Sahaja Yogi. Otherwise, you are not. That means you are guided not by the Divine. The Divine works out everything very well. But for whom? For Sahaja Yogis. But if you are not Sahaja Yogis, you'll topple down.

In every way we should find out what things we have accumulated among ourselves which is not Shri Krishna's quality. Now, Shri Krishna used to steal, as a child, the butter from the ladies. Why? Why did He steal the butter? Because they were selling it to the military of Kamsa, His uncle, who was a devil. They used to go all the way to sell him in Mathura. So He used to steal it, because children needed it, and giving it to children. He didn't like this idea – why should it go to these horrible rakshasas of Mathura.

Just the opposite is in America. All the false gurus, all the rakshasas come here and they get all the butter. As if people have no brains to understand, while Shri Krishna is the brain of the Virata. But here you find the people have no brains. Anybody comes, says something, they, "Ah, ha, ha, great." Somebody talks big – all right. They'll give away their money. They'll give away their houses. Their children, they'll remove from the school – for something extremely stupid. While He is the brain in the body of Virata. So this kind of brainlessness comes and we really start, even Sahaja Yogis start behaving in a manner that shows they are really brainless.

Apart from that, He is Kubera. He is the God of wealth. That's why there is wealth in this country. But this wealth is all becoming debts, you see, because of the special brains of Americans. They are so stupid that whatever is selling in the market, whether they need it or not, they'll buy. Take loan, again take loan, take loan till they are absolutely indebted. Now here in the country of Kubera you should be really rich. Rich doesn't mean just to have bank balance, but means by temperament.

Now it's much better. But once upon a time, Americans were the most miserly Sahaja Yogis. They used to send me candles as present and I used to hide that. I said, "Baba why do you send candles, even? Don't send anything, because everybody is going to see those candles and what are they going to say about it, that candles have been sent."

Now, this, I am talking for introspection. Are we collective? Are we willing to share everything that we have?

Do we look down upon people who come from other countries? Do we have racialism in us? Thirty-five Sahaja Yogis came from Australia to America as if this is some Hajj. They went back with very bad vibrations.

Out of them, half were thrown out of Sahaja Yoga. Imagine! Australia is country where they used to send all the criminals.

So first and foremost, to judge yourself is to see your vibrations. That you should meditate and judge your vibrations if you are

really collective or not. Because you are not like that, Sahaja Yoga does not spread. I have seen people from Hare Rama-Hare Krishna. Poor things have found nothing. They get up at four o'clock, start their Hare Rama Hare Krishna bhajan – four o'clock. All right. Then the whole day they wear a very thin dhoti in which they are shivering. They shave their heads and put a very pig's tail here which is bought in the market. If you see their dedication you'll be surprised. How they are so much dedicated, when they haven't found anything whatsoever?

What about the nuns? You see them, you'll be amazed. One fellow came from the Catholic Church to us. He was trying to be a priest. He said, "Mother, Sahaja Yog – you don't do anything, anything." I said, "What do you want to do?" "You know, there we could not eat any meat on Fridays. On Saturdays, we could not drink anything. Then on Sundays, the whole day we had to fast and pray to God." "Then – what about the rest of the time?" "The rest of the time, we had to remember Bible by heart and then recite it. And if we made even one mistake, the father would give us a nice beating."

That's another problem with Sahaja Yoga because it is Shri Krishna's play. It's so simple. You don't have to do anything of the kind. No disciplining, nothing. Left to you, you are your own master. You are your own guru.

But these things which are lingering in your mind, which are just the opposite of Shri Krishna's life, which you have acquired in this country, are still there, here and there, here and there left. Some of the people are really still so much busy with themselves. They look so pale, thin – I'll tell you, I can't believe they are Sahaja Yogis.

So when we see Shri Krishna's life, the way He lived. And then He went to help the Pandavas. He told Arjuna that, "I can be your charioteer. I can drive your chariot. But I will not fight." Arjuna knew that He was all-powerful, if He is there everything will work out. "And all my army I'll give to Kauravas, to see the balance."

He said, "All right." He didn't fight to show off, I am this, I am that.

Like here: "Mother, I am the leader". – "Eh? "I am the leader." "Can't hear, I can't hear." "Mother, I am this."

You are a Sahaja Yogi. Is a very great name that you have achieved. The highest position you have achieved. There's nothing more to be achieved. Like somebody asked me, "Mother, the Indians in India never catch.

Why do we go on catching all the time?" I said, "Because Indians in India know they have achieved it now. Nothing to be achieved. And you want to have God's Realization – I don't know what other Realization." They don't think like that. They say, "We have achieved now. We are in the sea. It's for us to swim over." All these things some of you have crossed over, some of you have absolutely lost them. But some of you are still there.

They are the most dangerous thing as Christ has said, "Be careful of the murmuring souls." I don't know how to stop these little rat-like people, who are cutting the nest of Sahaja Yoga. I've been reported about many, I'm really shocked. After so many years of my visit, how can people talk ill of each other and can create these problems? Shri Krishna's friendship is well known, you know with Sudama how He behaved. All His beautiful manifestations must show in your character. Then only this country can be saved.

I must say it's – now here we have Canada, we have people also, I'm told, from Austria. From all over, from England. But still, we are not so many people as we should have been. If you just take Austrians, they must be double of this. If they could do it, why can't we do it? Because we do not introspect and we do not grow out of our egos. They will say that, "Why didn't Krishna meditate?" You have to meditate on Shri Krishna. If He meditates what will happen to you all?

On the whole, I was very happy with the other day's program, somehow. Despite, as usual, in New York, our inability to really do good advertising, unsystematic everything. Despite that, we had so many people and I put the responsibility on them.

Because that's the thing – it is Shri Krishna's responsibility. And that is what is your responsibility now. You are responsible for America and Canada, South America. You all are responsible and you people should be such that people who see you, listen to you, are with you, should know that these are the Gopas and Gopis of Shri Krishna. Unless and until thing that happens, this America is the most difficult place. Sometimes I feel it's not Gokul but Mathura. So it is for you – and otherwise you cannot enjoy. If you live with your all old clothes, you can't enjoy. I must say this time there were so many people and I have asked them

to promise, and asked to put a bandhan on them, and I'm sure they will try to keep my promise. I'm sure. But it is you people who disappoint them. When they see you, they are disappointed.

Actually, here is the first time, Vishwa Nirmala Dharma has been established as a religion, it is. But the rest of it is zero. So all these differences and divisiveness has to finish and we should be one in the collective nature of Shri Krishna.

First, meditation is very important. Introspection is very important. And also, meeting each other, talking to each other, knowing each other is very important. It has worked all over. It's worked out in India tremendously, Russia tremendously, Bulgaria tremendously, so why not here? It's no fashion for brainless people. It is a living process which has to take place where you must mature. And what I find that Americans are not matured. But you are now mature. You are now mature people. And I hope you will all behave like mature people henceforth.

So may God bless you.

(Aside to somebody) Can we have...?

There are Shri Krishna's names they have written down and I would request leaders to come on the stage. Now try to understand every word, every name of Shri Krishna.

[Hindi]

(Aside to a yogi) Also, you say the name first, and then they will repeat it. Name and the meaning, and then they will repeat it. You just move on.

Yogi: Can we have the leaders of the centers please come up to the stage?

Shri Mataji: But are the... we didn't have the children's thing. What about the children? Eh? We have here, they can also come.

Firstly let us do little bit of Ganesha - Ganesha Puja, then you'll walk in. If there are children. Eh? [Hindi]

Very few children there are.

Yogi: Can we please have the children up on the stage to do Ganesha, Shri Ganesha puja.

(Children come on stage)

Just a minute. Ganesha Mantra...

What is there? (Unclear) Too vital!

Yogi: Take the mantra to Shri Ganesha.

Shri Mataji: Ganesha mantra. Now. (Hindi) Just a minute, just a minute!

[Shri Ganesha mantra is recited once]

Shri Mataji: Sing song of Ganesha's. Some Ganesha's songs could we have.

Yogi: Ganesh Sthuti. Sanskrit 11.

[Then leaders come on stage]

Yogi: We'll take the 108 Names of Shri Krishna. First we'll say the name in Sanskrit, then the meaning, and then we'll take the mantra.

[Recitation of 108 Names of Shri Krishna begins. Actually this is the complete list – but not all of them are shown on the video as in several parts the video gets interrupted. Ed.]

1) Shri Krishna: He is Shri Krishna. He sows and cultivates the field of spirituality.

Yogis: Om Twameva Sakshat Shri Krishna Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha.

2) Shridhar: He who has Shri Shakti.

Yogis: Om Twameva Sakshat Shri Shridhar Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha.

3) Venudhar: He plays the Divine flute.

Yogis: Om Twameva Sakshat Shri Venudhar Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha.

4) Shriman: He who holds all the wealth.

Yogis: Om Twameva Sakshat Shri Shriman Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha.

5) Nirmalagamya: He who is accessible only through Shri Mataji.

Yogis: Om Twameva Sakshat Shri Nirmalagamya Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha.

6) Shri Nirmala Pujak: He who worships Shri Mataji.

Yogis: Om Twameva Sakshat Shri Nirmala Pujak Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha.

7) Nirmal Bhakta Priya: He who loves the devotees of Shri Mataji.

Yogis: Om Twameva Sakshat Shri Nirmal Bhakta Priya Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha.

8) Nirmal Hriday: He who has the Lotus Feet of Shri Mataji in His heart.

Yogis: Om Twameva Sakshat Shri Nirmal Hriday Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha.

9) Shri Niradhar: He who needs no support.

Yogis: Om Twameva Sakshat Shri Niradhar Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha.

10) Shri Vishwadhar Janak: He is the Father of Christ.

Yogis: Om Twameva Sakshat Shri Vishwadhar Janak Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha.

11) Shri Vishnu: He who is Shri Vishnu.

Yogis: Om Twameva Sakshat Shri Vishnu Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha.

12) Maha Vishnu Pujita: He who is worshipped by Christ.

Yogis: Om Twameva Sakshat Shri Maha Vishnu Pujita Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha.

13) Shri Vishnumaya Sughoshita: He is announced by Shri Vishnumaya.

Yogis: Om Twameva Sakshat Shri Vishnumaya Sughoshita Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha.

14) Shri Vageshwar: He who is the Master of language.

Yogis: Om Twameva Sakshat Shri Vageshwar Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha.

15) Shri Vageshwari Bhrata: He is the brother of Maha Saraswati.

Yogis: Om Twameva Sakshat Shri Vageshwari Bhrata Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha.

16) Shri Vishnumayanuja: He who is the brother of Shri Vishnumaya.

Yogis: Om Twameva Sakshat Shri Vishnumayanuja Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha.

17) Shri Draupadi Bandhu: He is the brother of Draupadi.

Yogis: Om Twameva Sakshat Shri Draupadi Bandhu Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha.

18) Shri Partha Sakha: He is the friend to Arjuna.

Yogis: Om Twameva Sakshat Shri Partha Sakha Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha.

19) Shri Sanmitra: He is the true friend.

Yogis: Om Twameva Sakshat Shri Sanmitra Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha.

20) Vishwa Vyapi: He permeates the universe.

Yogis: Om Twameva Sakshat Shri Vishwa Vyapi Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha.

21) Shri Vishwa Rakshi: He guards the universe.

Yogis: Om Twameva Sakshat Shri Vishwa Rakshi Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha.

22) Shri Vishwa Sakshi: He witnesses the cosmic play.

Yogis: Om Twameva Sakshat Shri Vishwa Sakshi Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha.

23) Shri Dwarakadhisha: He rules over Dwaraka.

Yogis: Om Twameva Sakshat Shri Dwarakadhisha Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha.

24) Vishuddhi Prantadhisha: He rules over the country of Vishuddhi.

Yogis: Om Twameva Sakshat Shri Vishuddhi Prantadhisha Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namaha.

25) Shri Jana Nayak: He leads the people.

Yogis: Om Twameva Sakshat Shri Jana Nayak Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

26) Shri Vishuddhi Jana Palaka: He protects the people of the land of Vishuddhi.

Yogis: Om Twameva Sakshat Shri Vishuddhi Jana Palaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

27) Shri Amerikeshwar: He is the Lord of America.

Yogis: Om Twameva Sakshat Shri Amerikeshwar Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

28) Shri Maha Nila: He who is blue.

Yogis: Om Twameva Sakshat Shri Maha Nila Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

29) Shri Pitambar Dhari: He who wears the pitambar, the yellow dhoti.

Yogis: Om Twameva Sakshat Shri Pitambar Dhari Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

30) Shri Sumukha: He who has a perfect face.

Yogis: Om Twameva Sakshat Shri Sumukha Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

31) Shri Suhasya: He whose laughter is beautiful.

Yogis: Om Twameva Sakshat Shri Suhasya Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

32) Shri Subhasha: He who has perfect speech.

Yogis: Om Twameva Sakshat Shri Subhasha Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

33) Shri Sulochan: He who has perfect eyes.

Yogis: Om Twameva Sakshat Shri Sulochan Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

34) Shri Sunasik: He has a perfect nose.

Yogis: Om Twameva Sakshat Shri Sunasik Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

35) Shri Sudanta: He has perfect teeth.

Yogis: Om Twameva Sakshat Shri Sudanta Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

36) Shri Sukesha: He who has perfect hair.

Yogis: Om Twameva Sakshat Shri Suresh Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

37) Shri Sikhandi: The One whose head is adorned with a peacock feather.

Yogis: Om Twameva Sakshat Shri Sikhandi Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

38) Shri Sushrut: He who listens to all that is auspicious.

Yogis: Om Twameva Sakshat Shri Sushrut Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

39) Shri Sudarshan Dhari: He uses the Sudarshan to protect the seekers.

Yogis: Om Twameva Sakshat Shri Sudarshan Dhari Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

40) Shri Maha Vira: He who is a great warrior.

Yogis: Om Twameva Sakshat Shri Maha Vira Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

41) Shri Shaurya Dayak: He who gives valour.

Yogis: Om Twameva Sakshat Shri Shaurya Dayak Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

42) Shri Rana Pandit: He is the Master of the art of warfare.

Yogis: Om Twameva Sakshat Shri Rana Pandit Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

43) Shri Rana Chod: He runs away from the battlefield to win the war.

Yogis: Om Twameva Sakshat Shri Rana Chod Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

44) Shrinath: He is the Master of Paramchaitanya.

Yogis: Om Twameva Sakshat Shri Shrinath Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

45) Shri Yuktivan: He who knows all the tricks.

Yogis: Om Twameva Sakshat Shri Yuktivan Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

46) Shri Akbar: He is the greatest person.

Yogis: Om Twameva Sakshat Shri Akbar Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

47) Shri Akhileshwar: He is the God of the whole universe.

Yogis: Om Twameva Sakshat Shri Akhileshwar Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

48) Shri Maha Virata: He is the Great Being of which everything else is part and parcel.

Yogis: Om Twameva Sakshat Shri Maha Virata Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

49) Shri Yogeshwara: He is the God of the yogis.

Yogis: Om Twameva Sakshat Shri Yogeshwara Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

50) Shri Yogi Vatsala: He who has fatherly love for the yogis.

Yogis: Om Twameva Sakshat Shri Yogi Vatsala Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

51) Shri Yogavarnitha: He describes Yoga as the destination.

Yogis: Om Twameva Sakshat Shri Yogavarnitha Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

52) Shri Sahaja Sandesha Vahaka: He is the One through Him we can communicate the message of Sahaja Yoga.

Yogis: Om Twameva Sakshat Shri Sahaja Sandesha Vahaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

53) Shri Vishwa Dharma Dhawaja Dharaka: He upholds the flag of Vishwa Dharma.

Yogis: Om Twameva Sakshat Shri Vishwa Dharma Dhawaja Dharaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

54) Shri Garudarudha: He who rides on Garuda.

[Shri Mataji to the ladies performing the Devi puja: "Just like the bangles, put it like the bangles"]

Yogis: Om Twameva Sakshat Shri Garudarudha Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

55) Shri Gadadhar: He who holds the mace.

Yogis: Om Twameva Sakshat Shri Gadadhar Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

56) Shri Shankhadhar: He who holds the conch.

Yogis: Om Twameva Sakshat Shri Shankhadhar Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

57) Shri Padmadhara: He who holds the lotus.

Yogis: Om Twameva Sakshat Shri Padmadhara Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

58) Shri Liladhar: He who holds the key to the cosmic play.

Yogis: Om Twameva Sakshat Shri Liladhar Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

59) Shri Damodara: He who is very generous.

Yogis: Om Twameva Sakshat Shri Damodara Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

60) Shri Govardhan Dhari: He lifted Govardhan mountain to protect the Gopas.

Yogis: Om Twameva Sakshat Shri Govardhan Dhari Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

61) Shri Yogakshema Vahaka: He who looks after the benevolence of the Yogis.

Yogis: Om Twameva Sakshat Shri Yogakshema Vahaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

62) Shri Satya Bhashi: He who has all the truth within Himself.

Yogis: Om Twameva Sakshat Shri Satya Bhashi Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

63) Shri Hita Pradayaka: He who bestows the benevolence.

Yogis: Om Twameva Sakshat Shri Hita Pradayaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

64) Shri Priya Bhashi: He whose speech is pleasing to the Spirit.

Yogis: Om Twameva Sakshat Shri Priya Bhashi Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

65) Shri Abhaya Pradayaka: He creates fearlessness.

Yogis: Om Twameva Sakshat Shri Abhaya Pradayaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

66) Shri Bhav Nashaka: He who destroys all fears.

Yogis: Om Twameva Sakshat Shri Bhav Nashaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

67) Shri Sadhak Rakshaka: He protects the seekers of truth.

Yogis: Om Twameva Sakshat Shri Sadhak Rakshaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

68) Shri Bhakta Vatsala: He loves devotees.

Yogis: Om Twameva Sakshat Shri Bhakta Vatsala Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

69) Shri Shoka Hari: He destroys grief.

Yogis: Om Twameva Sakshat Shri Shoka Hari Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

70) Shri Dukha Nashak: He destroys sorrow.

Yogis: Om Twameva Sakshat Shri Dukha Nashak Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

71) Shri Rakshasa Hantri: He is the Killer of rakshasas.

Yogis: Om Twameva Sakshat Shri Rakshasa Hantri Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

72) Shri Kurukula Virodhaka: He opposed the Kuru family which upheld a-dharma.

Yogis: Om Twameva Sakshat Shri Kurukula Virodhaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

73) Shri Gokul Vasi: He resides in Gokula.

Yogis: Om Twameva Sakshat Shri Gokul Vasi Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

74) Shri Gopal: He who looks after the cows.

Yogis: Om Twameva Sakshat Shri Gopal Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

75) Shri Govind: He who enjoys cows.

Yogis: Om Twameva Sakshat Shri Govind Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

76) Shri Yadu Kul Shreshtha: He is the highest of the Yadavas.

Yogis: Om Twameva Sakshat Shri Yadu Kul Shreshtha Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

77) Shri Akul: He who is beyond family attachments.

Yogis: Om Twameva Sakshat Shri Akul Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

78) Shri Vansha Dwesha Nashaka: He is the destroyer of disparities according to caste, creed and race.
Yogis: Om Twameva Sakshat Shri Vansha Dwesha Nashaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

79) Shri Atma Gnyana Varnita: He who describes the knowledge of the Spirit.
Yogis: Om Twameva Sakshat Shri Atma Gnyana Varnita Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

80) Shri Agnyana Pranashaka (in the puja the yogi says erroneously "Shri Ananda Pradayaka" - ed): He who describes how to destroy ignorance and non-knowledge.
Yogis: Om Twameva Sakshat Shri Agnyana Pranashaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.
(Therefore maybe here the yogis recite the erroneous mantra, but it is not shown on the video - ed)

81) Shri Nirakar: He who is beyond form. He is formless.
Yogis: Om Twameva Sakshat Shri Nirakar Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

82) Shri Ananda-kar: He who is the joy personified.
Yogis: Om Twameva Sakshat Shri Ananda-kar Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

83) Shri Ananda Pradayaka: He gives joy to the yogis.
Yogis: Om Twameva Sakshat Shri Ananda Pradayaka Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

84) Shri Pavitrnanand: He is the joy of purity.

Yogis: Om Twameva Sakshat Shri Pavitrnanand Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

85) Shri Pavitra Rakshak: He protects the chastity.
Yogis: Om Twameva Sakshat Shri Pavitra Rakshak Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

86) Shri Gnyananand: He has all of the pure knowledge of joy.
Yogis: Om Twameva Sakshat Shri Gnyananand Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

87) Shri Kalananda: He who gives the joy from the arts.
Yogis: Om Twameva Sakshat Shri Kalananda Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

88) Shri Gruhananda: He gives the joy of the household.
Yogis: Om Twameva Sakshat Shri Gruhananda Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

89) Shri Dhanananda: He who gives the joy from prosperity.
Yogis: Om Twameva Sakshat Shri Dhanananda Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

90) Shri Kubera: He is the God of wealth and prosperità.
Yogis: Om Twameva Sakshat Shri Kubera Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

91) Shri Atmananda: He gives the joy of the Spirit of God Almighty.
Yogis: Om Twameva Sakshat Shri Atmananda Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

92) Shri Samukhananda: He gives the joy of the Sahaja collectivity.
Yogis: Om Twameva Sakshat Shri Samukhananda Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

93) Shri Sarvananda: He who has the joy of Sahaja collectivity.
Yogis: Om Twameva Sakshat Shri Sarvananda Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

94) Shri Vishuddhananda: He who gives pure joy.
Yogis: Om Twameva Sakshat Shri Vishuddhananda Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

95) Shri Sangitananda: He gives the joy of music.
Yogis: Om Twameva Sakshat Shri Sangitananda Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

96) Shri Nrutyananda: He gives the joy of collective dancing.
Yogis: Om Twameva Sakshat Shri Nrutyananda Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

97) Shri Shabdananda: He who gives the joy through words.
Yogis: Om Twameva Sakshat Shri Shabdananda Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

98) Shri Maunananda: He who gives the joy from silence.
Yogis: Om Twameva Sakshat Shri Maunananda Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.
[While this mantra is recited, Shri Mataji puts Her hand on the left Vishuddhi and keeps it there throughout recitation of next mantra "Shri Sahajananda"]

99) Shri Sahajananda: He gives joy through Sahaja culture.

Yogis: Om Twameva Sakshat Shri Sahajananda Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

100) Shri Paramananda: He gives absolute joy.

Yogis: Om Twameva Sakshat Shri Paramananda Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

101) Shri Nirananda: He is the source of absolute pure joy.

Yogis: Om Twameva Sakshat Shri Nirananda Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

102) Shri Natya Priya: He enjoys the play.

Yogis: Om Twameva Sakshat Shri Natya Priya Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

103) Shri Sangita Priya: He who enjoys the music.

Yogis: Om Twameva Sakshat Shri Sangita Priya Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

104) Shri Kshir Priya: He who enjoys milk.

Yogis: Om Twameva Sakshat Shri Kshir Priya Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

105) Shri Dadhi Priya: He who enjoys curds.

Yogis: Om Twameva Sakshat Shri Dadhi Priya Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

106) Shri Madhu Priya: He who enjoys honey.

Yogis: Om Twameva Sakshat Shri Madhu Priya Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

107) Shri Ghrut Priya: He who enjoys ghee.

Yogis: Om Twameva Sakshat Shri Ghruta Priya Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

108) Shri Matru Charanamruta Priya: He who adores the amrut from the Holy Lotus Feet of Shri Mataji.

Yogis: Om Twameva Sakshat Shri Matru Charanamruta Priya Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi namoh namaha.

[Shri Mataji talks to an Indian yogini on stage who then says: "Vishwa vandita"]

Yogi: Hindi 64. [Bhajan: Vishwa Vandita]

[Then Aarti and Mahamantras follow]

Yogi: Now we'll all take a prayer as the expression of our pure desire. We'll say together: Shri Mataji, we, all the sahaja yogis of the world, desire and pray for You to receive the Nobel Peace Prize.

Let's say it three times:

All yogis: Shri Mataji, we, all the sahaja yogis of the world, desire and pray for You to receive the Nobel Peace Prize.

Shri Mataji, we, all the sahaja yogis of the world, desire and pray for You to receive the Nobel Peace Prize.

Shri Mataji, we, all the sahaja yogis of the world, desire and pray for You to receive the Nobel Peace Prize.

Shri Mataji (laughing): May God bless you. May God bless you.

Yogi: Bolo Jagan Mata Shri Nirmala Devi Ki!

Yogis: Jai!

Shri Mataji: May God bless you all. May God bless you. May God bless you.

(Indistinct words – maybe Hindi)

(A lady on the stage bows to Shri Mataji, maybe a new leader)

Shri Mataji: I am sure she'll establish the collectivity of the East Coast very well, and all of you should help. Anybody who now tries to be mischievous about it (laughter, She laughs) we'll have to ask you to get out, I'm sorry to say, we cannot disturb our collectivity any more. Alright? Thank you.

(Applause)

Lady on stage: Shri Mataji, we in America are so happy that You graced us with Your presence. And part of letting people know who You are and why You are here, is letting our governments know, so that they can have an opportunity to acknowledge Your greatness.

So, Shri Mataji, I have this day two proclamations: one from the city of Yonkers' Mayor, who wants (applause) – yes – Ok.

It comes from the office of the Mayor – city of Yonkers – and it's proclamation which says – loudly – "Whereas the city of Yonkers takes great pride in recognizing those contributions that have helped to uplift and enlighten humanity;

And whereas foremost among these individuals is Shri Mataji Nirmala Devi, whose unique discovery of Sahaja Yoga has helped

to bring understanding and peace to people in over 65 countries, where Her meditation techniques are practiced;
And whereas, Shri Mataji Nirmala Devi..."

[End of video]

1996-1020, 8th Day of Navaratri: Be Aware Of Your Own State

View [online](#).

20 October 1996

Be Aware Of Your Own State

Navaratri Puja

Campus, Cabella Ligure (Italy)

Talk Language: English | Transcript (English) – VERIFIED

Navaratri Puja. Cabella ligure (Italy), 20 October 1996.

Today is a special day, as you know we are worshipping the Goddess, who came on this earth nine times before, to kill all the demons and all the negativity and relieve all the bhaktas to worship. All her work has already been described. Despite that they find, new type of devils, new type of negative people, have come back. Perhaps it had to be. This had to be maybe, after all it is Kali Yuga and the drama of Kali Yuga would not be performed unless and until they are there. So, to complete this drama, they came. But this time is going to be a very different type of war. It's going to be the war of the peaceful people and the peaceful people are the most successful people in every walk of life, even in a war. It did not work out before.

They say that when Genghis Khan came, he went to a very big monastery of Buddhist, near Gaya, and killed all of them, there were about 30,000 of Buddhists there, and they didn't say a word and they were all killed. So people started disbelieving in Buddhism. They said, "What kind of a Buddhism is here, why didn't Buddha save them". That's human style of thinking. "Buddha should have saved these 30,000 people who were peaceful, who were resisting, in a manner that was no resistance, and so they were all killed by this horrible fellow called Genghis Khan". But you will be surprised, in this Kali Yuga, this Genghis Khan has been praised by many authors, and there are books written about him. He was not a Muslim, but some sort of a crackpot. He finished off many mosques, he destroyed many beautiful buildings and also he came to India and ruled there for a short time. All that's a history.

In the same way, there have been wars between Christians and Non-Christians, between Muslim and Non-Muslims. All kinds of wars we have heard of where only the faithful got lost - the real people got lost, the one who worshipped God with full faith, got lost. So many people became atheists and they said, "There is nothing like God, nothing like his Divine power, it never existed, we were stupid, we were foolish, to follow all this". And those who were in charge of religion took full advantage of that and said that these people were sinful people, these people were not Godly people and that's how they were killed by us and we were victorious. The idea of victory they had, that they have been successful and so many people have been butchered by us.

So we come to Kali Yuga, and in Kali Yuga the same thing has started, in a subtler way, in a different way, it has started that there's a big war going on between the people who are anti-God and who are using God for their own purpose. Very dishonest, very corrupt, very cruel people and they are using the flag of God, that banner which they have no right to use. Then there are Sahaja Yogis, who have got their Realization and they have to fight them.

Now the difference in the previous wars and this war is very different. In those wars, you see all those who were supposed to be victorious - this was, after all, the nine battles of the Divine Mother - the negativity that came up and which became successful, started feeling very confident that we have achieved what we wanted. But in Kali Yuga, in the light of Kali Yuga, all those historical victories are regarded as shameful things, as something very aggressive and non-sensical. This is now being described everywhere. Like the white skinned people went to America and killed all the rest of them there. Now, that is coming into light. All these people who thought themselves to be victorious - their children, their grandchildren, their progeny - are ashamed of them, ashamed to call that they were their forefathers, up till the last war.

This awareness, which has come, is the real victory of modern times, of this Kali Yuga. That everything that was accepted as a part of the game, as the lifestyle, you can call it, is now being challenged in modern times everywhere. Whatever is aggression,

whatever is oppression, whatever is cruel, is now punished also. You see so many war criminals might have escaped but so many went into trials, it never happened before, nobody took Genghis Khan to a trial.

Now in a very subtle way, all these aggressive people are getting now afraid that they will be questioned and they maybe tortured. It started, I don't know where, but definitely at the beginning of the Kali Yuga.

If you remember, in this country there was a great aggressive man called Mussolini, and ultimately he was hanged. In Germany there was a very powerful man called Hitler and Himmler and all this. God knows what happened to them, even the Germans don't want to take his name, they are all ashamed of him. Then we had somebody, say in England, Warren Hastings, who came to India, he was put to jail. This was never done before. If Napoleon aggressed people, he thought he was very victorious, but he could not continue with it, he had to face it. You see anybody, who has been aggressive, who has been dominating, who has been very cruel, demonic, has been taken to task, mostly in his lifetime. Now, if not in his lifetime, afterwards, he was maligned, and he doesn't have a name like "a hero" or anything, people don't want to erect their statues.

So the awareness has come in the mind of the people. Like a person like Stalin, who ruled Russia once upon a time, today you can't see even one statue of Stalin, these are modern times. See the power of modern times! And that is frightening to those people who think they can get along with whatever they are doing. It is going to be very soon understood by them, that they have to stop all this nonsense, otherwise they will suffer. It's not those whom they are dominating but those who are dominating, who will suffer. They will suffer physically, they will suffer mentally, they will suffer emotionally, and also their fame will be in the mud.

So today's victory of the power of the Divine Mother, is doing one very great work - is to expose, and this exposure will be condemning publicly those people who are doing wrong. If you see from that point of view you will understand how we are victorious now.

Many of you felt very sad that I didn't get the award [Peace Nobel Prize]. This award makes no difference to me and to you also, I must tell you. Because you have come without me having any award, and many will come without having any award as such. But, this time, for the first time, if you notice, the people who got the award are condemned. Even now they are writing against it, even now they are criticizing. So those who have been, they thought they were very smart, but the smartness is out now and I don't know how long will it go on. Because even today, if you open a newspaper, you will find something about it, that how stupidly they have done it, they can't understand what was the reason they have done it. Not only the people who selected are criticized, but very much more the people who are selected.

Now, as being Sahaja Yogis, we have to know what is the difference between the consciousness at that time and awareness at this time. That time it was necessary to kill those demons - finish them, but they are back again on the stage.

Now, at this time, when it is Kali Yuga, they are exposed, they are condemned, they are put in the jail and they are now punished publicly. So the collective awareness has got such a great victory, I think, over these people whom so many came, killed and died without getting any punishment out of it, without getting any defamation out of it. Now let us see what is consciousness and what is awareness.

It is a subtle subject, which I think you all can understand. Consciousness is that, when you are made conscious, you become conscious about it. Like I have my hand here, alright, but normally I am not conscious of it, that I have a hand. If a man is sleeping, he's not conscious that he is sleeping. When you tell me, "You have a hand". I become conscious, or something pricks me, then I become conscious. Otherwise, I am unconscious about it. I'm absolutely unconscious about my eyes, I'm seeing everything. But supposing I become blind, I can't see, then I become conscious of my eyes that I've got, my eyes through which now I cannot see. So once you say there is this hand, the consciousness is there. This we can say, is the knowledge about the hand, that you get knowledge about the hand. But once you are not conscious of the hand, that knowledge has disappeared. So, to say there is ignorance or there is knowledge, both things are just the same. You are not conscious of your hand, so you are quite ignorant about it. Now supposing somebody says, "Your hands are very beautiful". Somebody remarks like that, then I become conscious of my hand, which is beautiful. Otherwise, I never knew they were beautiful.

So, normally all human beings live at that level - that somebody has to tell you. Now, somebody said "you are wearing a very nice sari", all right. Then I look at it, "yes, it's very nice, I never knew". So, somebody has to tell you, then you become conscious, otherwise you are not. So, we all human beings, at that level, are like that.

Now, what is awareness? That's a different thing. That means, if I see somebody is attacking me, I put my hand - like this, that means I am aware that I have a hand - I'm not conscious but I am aware that I have a hand, I have to use it. Like here in Italy you go on using your hands all the time, like this. That means you know, you are aware, that you have got hands, that you have to use them for expressing something more, sort of emphatically. So we are sort of also aware of our body, we are aware of others, we know about others, we know what sort of a person another one is - up till you are Self-realized.

After Self-realization, what happens? It is very interesting. After Self-realization you go beyond both these things. Consciousness and awareness. Because you go beyond thought. You have gone beyond thought, means what? - anger, all kinds of ideas, all kinds of aggression, everything is maneuvered or worked through your mind. So if your mind is lost, what will you do? There's no mind anymore. You exist with reality. So there is no mind to communicate - we call it thoughtlessly aware - means what?. We have conquered all our enemies by giving up one enemy, that was our mind. There's no mind to suggest, there's no mind to tell you. So once there is no mind, you are lost.

Now, it is being said that you ask a question to yourself, "Who am I?" As soon as you ask this question, you become thoughtless, so you get lost, you cannot answer this question. Otherwise, you might say, "I am a woman, I am this, I am that, I am a bishop or I am a pope, I am this, I am that". But once you are a Realized soul, who will tell you who you are? Because the one which tells you is the mind, which doesn't exist, no thought. Means you get just dissolved into your Self. This is what is reality.

But you are aware also. Now, that's another point.

If you ask yourself a question, you are not there, but you are aware. If your Nabhi is catching, immediately you know my nabhi is catching, I have got liver. You don't have to ask questions. Or somebody is standing near you, "Left Swadishthana, oh my God, it is this one". If somebody is very angry and hot tempered, immediately you'll feel such heat from that person, 'Oh baba, I'll run away from this man'. So, this is a new realm you have entered into - reality, which you were never aware of before.

Now, supposing there's a very bad man standing near you. He might be a thief, he might be a murderer, anything. You will not be even conscious of it, leave alone aware, normally. But once you are a Realized soul, you become aware of the whole - that is reality. What are the problems in the collective, you become aware of the collective. You become aware of the problems of the whole world. Now this awareness is very different.

The first awareness, as I told you, is like this. That if somebody tells you that you are this and this, you become aware of it. In this nobody has to tell you, it's just there. You are there, you know what it is. And this is what we have achieved, in these modern times. Which is the blessing of the modern times also, that we know now who we are.

You always say, we are the pure Spirit, yesterday also I heard it. Are you sure? What makes you believe that? That you are the pure Spirit. I mean you haven't seen your Spirit, have you? You haven't seen your Self, what you are. Then, how do you say that you are the pure Spirit? It's just you're saying something, because I say so. But you are the pure spirit, because whatever is the description of the pure Spirit is given - that it is aware of the Divine Power. It is aware of the Divine Power and that is how you are the pure Spirit. Because only through pure Spirit, as your personality, you can be aware of this All-pervading power. This is written in all the shastras, in all the scriptures, everywhere. And what do you know about yourself? That you are the Spirit. Because you know about your own chakras. You know about your own nadis.

Now, what has happened is that you are separated from yourself and you can see yourself. You see yourself very clearly and you start seeing yourself as the present and the past and the future. In the past, what I was, you see you are shocked, oh, my

goodness, I was like this. You see it, through this present state, in the present state you see. Then you start forgetting it, forget the past, forget the past. Then still you have the future, then you start thinking about the future. First future they think about their own children, their wives - Sahaja Yogis also. "What will happen to my children, what will happen to my wife?" Then they think, "What will happen to Sahaja Yoga?" Then they think, "What will happen to Mataji?" Also, they think, "What will happen to this world?" Because your awareness has expanded. You are not in the limited sphere now, anymore. You can think of your children, you can think of your wife, also you can think of the whole world and all the problems of the world you think. So you have reached that state, all right - up to that state we are.

Now what is the thing that covers up all this, or gives you solutions, say for your children, for your family, your wife, everyone - what is the solution? Your Mother believes in giving the solutions, not only the problems. Because, these days, there are not problems that existed in the Navaratri, they no more exist - that you can take a sword in your hand and go and kill somebody - no, it doesn't, it is not possible, cut what?

So, today's problems as they are, as we see, within us, we see the problems, we are aware of it and we want to do something about it. Whether we are in the past, present or future, we see the problem. So now, what is the solution? We have no weapons, nothing to fight. We don't know also, so many do not even know how to hold a sword in the hand. And so many don't even want to hold it because they are so much in compassion, in the ocean of compassion enjoying themselves nicely. They are enjoying their own compassion and the compassion of others, compassion of their Mother. But then how to solve the problem? The problem can be solved if you become very powerful yourself within.

Where is your attention? You have to move inward. Where is your attention? You have to become very powerful. I have done my job, I have given you Realization, you have grown so much. I have explained to you, I have told you everything this time. I have given you lots of love, ocean of love I should say, as you call it, whatever it is. But now you have to nourish yourself, you have to become powerful within yourself.

So what is the way you can become powerful? First, you must believe that you have transcended your human personality and you have now become a super human being. First of all, this must come in you. This is what we call as faith. This faith is not false faith, it is not blind faith that you believe into something, but it is a fact. I have, a hundred times, I have told you, that you have to have first of all faith in your ascent, in your position as Sahaja Yogis. For this, meditation is very important, very important. Without meditation you cannot have full faith in yourself. Because you can't know yourself, by saying "who am I"? You cannot. You try now asking the question - who am I? You'll be lost.

So what should be the faith then, because when you ask this question "who am I?", you are lost. So, you reach a stage where I have to tell you that faith is not mental, it is not emotional, it is not physical, but it is a state of your own being which we can call as a spiritual state. In the spiritual state, nothing can disturb you, nothing can overpower you, nothing can dominate you, because that state if you have, that means you are part and parcel of reality, then you are an honoured member of the God's kingdom. Then you are the most revered personality. Then you are like a deity, then you are like a Gana. In that state, when you are, it's a state, again I say it, beyond the human state, you are extremely powerful.

There is a story about Nizamuddin, the great Auliya, great Sufi in India. There was a horrible king, I think what- shah, he called himself. And he would not go and bow to him and he was very angry. He said, "I can only bow to God and to nobody else". This Shah said, "If you don't come and bow to me tomorrow, I will cut your throat". And that night the throat of this king was cut. It is a story, but it is a real story. Somebody came and cut his throat, it was not Nizamuddin Sahab. He would not do that.

So that state, if you reach, what we call, is a state of 'shraddha', a state of 'shraddha' which is enlightened, enlightened faith. It is a new type of mechanism. That is, you become part and parcel of the whole; that means the moon, the stars - see. I tell you, I never told the sun that it should be there for the Pujas - I never told last time, this time - I never tell him, there's no need to tell, it is all done. I don't tell all these vibrations to make a cross or to show all these miraculous photographs. I don't tell them, there's no need to tell. They just do it by themselves, I am sometimes surprised how the ingenious methods they have of their own, how they manage things, I am myself surprised. I didn't tell them that these two persons who were selected by this award that they

should be so condemned by every newspaper.

It all works automatically, it just works. Only thing, if I have anything, is just complete, complete faith that I am at that state. And that's why there is complete patience, 'saburi' [Marathi word]. Complete patience. And that is what we have to learn. It will all happen in any case, because you are all at that state. Only meditation is important, very important. For me not, but for you all. If you all can meditate now, just for 10 minutes also every day, it will help you a lot.

Now why do we have all these statues? The Mother, Hanumana, and Ganesha, Christ. Because to begin with, human beings cannot understand anything which does not have a form. They cannot go deeper unless and until there is a form. But they went to another limit of using any stone, anything as God and all. But now you have discretion, you know what is to be worshipped, what is to be treated as a higher personality, that you know. But before that, they would worship all kinds of people like - now people worship the Pope, you know that, very well. But now what to do, they are not only blind, they are not only unaware, but they are also not conscious of it. They are all at such a level that you cannot tell them.

So you are a new type of people, I should say, who have tried to fight it out, to struggle it out, to know about the absolute truth. Unless and until you know the absolute truth, you are nowhere, you have no discretion, you have no understanding, you have no wisdom. But once you know the absolute truth, then you should not by any chance be half way this and half way that. That's a very dangerous state of affairs. Say a seed is sprouted, it is neither a seed nor a tree. If it doesn't grow, it is useless. That happens to your awareness, I'm again talking of your consciousness, awareness - and then you are neither here nor there.

There are many people who come to Sahaja Yoga, perhaps maybe to find some peace. But I get letters, "My father is sick, my mother is sick, my sister is sick". And then otherwise, "My husband is fighting with me, I'm seeking a divorce" or thirdly, "I've lost all my money, I must have some money". Fourthly, "I am a great artist, but my art is not selling". All these stupid problems they bring. "My children are no good, they are troublesome, then my wife is fighting with me, my mother is fighting with me, brother is fighting with me". Now I said, what sort of Sahaja Yogis these are?

The state of being one with the reality, means that the whole of reality is at your feet, the whole of it works for you. Now once you even get a glimpse of that state, I tell you, you become so much peaceful within yourself. If you say, "I am the king, I am the king". If you say, "I am the beggar, I am the beggar". What difference does it make to that state? It's like the purest of pure gold, which cannot be tarnished. Such a state of mind we have to develop, it's more a challenge to us. We are Sahaja Yogis - all right. We have got Realization - all right. We can sing very well - all right. We have achieved good positions - all right. We are nicely married - all right. We have got nice children, we have got everything, we have got jobs, this, that - now. Suddenly one negative force comes in to trouble you, "So what? So what?" Otherwise, how will you know what you are? If there is no darkness, how will you know you are the light? It's a challenge to your own state, at what state you are.

The word 'state' is not so explanatory. In Sanskrit, it is 'svarupa'. 'Sva - rupa'. 'Sva' is your Self and 'rupa' is form or state. That state is possible for all of you by saying, "Not this, not this, not this, not this". As it is, your mind has reached that state that there is no mind, you can do that. But you have to develop a kind of a personality that realizes what you are. But in that realization, you are just aware of it, not conscious of it.

I'll, for example, I'll tell you. I'm aware I am Adi Shakti, I am aware I know, but when you say, "Shri Mataji", I also say, "Jai Shri Mataji". Forgetting that I am the one you are talking about. This is actually, should be the state, that you are aware, yes, you are aware in the sense, I don't know how to say, but I'm aware I am that. If you ask me, "Mother, are you Adi Shakti?" I say, "Yes, I am". Because I know that, that I am. But when you say, "Jai Shri Mataji", I forget that I am Adi Shakti and I also say, "Jai Shri Mataji" with you. I forget, I have to tell you, "No, no, you can't say it". [Laughter] It is very interesting.

Now, you make me sit here like a queen and give me presents, this thing, that thing. I mean, all right, that's your idea. But to me, you see, I am complete in myself - I think so. This is in Hindi: "Me kahenge ki hum apne hi andar samma gaye". "I am got lost into myself". All right, you do this, all right, you should do that, all right. If you don't do it, it's all right. To me, it makes no difference, it may make a difference to you, but to me it does not.

Like, I've been saying, "That don't give me any presents, don't give me any presents", all these days. So, the only argument is that, "The whole year we give you once, so why should your Mother object, because that gives us joy". All right, if you think it gives you joy, do it. But to me, it doesn't matter. Because, I don't think I am there. I'm just seeing you sitting here, "All right, they are all Realized souls, all right". But I am one of you. I don't think I am very special. But if you ask me, then I will say, "All right I am Adi Shakti". But I don't think Adi Shakti is very special also. Because I have no mind. But otherwise, I don't think it's something special. Because somebody is somebody, so what?

Now supposing, sun is sun, so what? He is the sun. If somebody is Adi Shakti, so Adi Shakti, so what? But for you it is creditable, because you were not born Realized. You got your Realization, so you are special, you are great, you have achieved something. I have achieved nothing, I have been like this and I will be like this. Whether I fight the devils, or I sit before you, makes no difference, I will be like this. But for me, you are great because you have achieved this.

Today, to see you on this Navaratri day, so many people sitting to worship me. So many people are here, so many Sahaja Yogis, it's so remarkable! It is not my achievement, I tell you. It's your seeking. Because I have been on this earth many a times before - that you know. But we never had like this, so many came and got crucified, died, this, that - but I never had people of this kind.

So again we come to the same point, that we should be aware of ourselves - complete 'shraddha' in yourself. If you have some 'shraddha' in yourself, you will have 'shraddha' for me also. Because we are not different. If you believe this is water, then everywhere there is water then I believe that that is water, isn't it? Because I know this is water, so wherever in the world there is water, I know it is water. So if you know you are a Sahaja Yogi, anywhere there is a Sahaja Yogi, you will know there is a Sahaja Yogi, that's a Sahaja Yogi. But as far as you are concerned you forget how great you are and how far you can go.

I am very proud of you, you don't know, but because I am a humble person, I don't know how to show off. So I have such nice children, so many of them, so lovable, those bhaktas for whom she killed so many demons and all that. They are not like you, you are much better, much higher, of a much greater quality. But you must know that you are [that]. And don't behave like those people who were of a very rudimentary nature. You have grown up, you have prospered and now the fruits, we can see.

I don't know what to do for you really, but have faith in yourself, then you will see how much faith you will have in reality. That there is reality with you at every step, every moment. No fear, no sense of achievement, nothing! Done now, finished!

When there were five Sahaja Yogis, I was happy. When there are so many, I am happy. But when I see so many, I feel there are so many powerful personalities who are one with reality.

This collective oneness, was never so. And so, I will say that on this day, what we have to do is to kill the devils within ourselves. That's all. If you want to really worship me, that's what you have to think, what are the devils within you, that's all! So, you don't have to worry otherwise for outside devils, they cannot do anything to you.

May God bless you.

1996-1026, Arrival In Egypt and Interview

View [online](#).

26 October 1996

Arrival

Cairo (Egypt)

Talk Language: English | Transcript (English) – Draft

Interview at airport, at arrival, in 1996, Cairo, Egypt, October 26th, 1996

Shri Mataji: Thank you very much of inviting me.

I am very happy. I've been here, before also, twice.

Interviewer: In Egypt?

Shri Mataji: In Egypt, yes.

Much before.

For this purpose also to meet your brothers and sisters.

Shri Mataji: No, no, no, no. Just for a just for a visit.

Interviewer: Just for a visit. You are welcome here in Egypt and we are very happy to know that this is not your first visit just for a just for a visit in this country and you-

Shri Mataji: I came with my daughters here and my husband was that time, in the Shipping Corporation. So, we went by our ship and we went to Egypt.

Interviewer: Yes, the last visit to Egypt was in which year?

Shri Mataji: This is just a friendship then.

Interviewer: When?

Shri Mataji: It was, I think, 19- I, exactly, I don't know. That should be about 60, 1960.

Interviewer: 1960. So, since 30 years ago you didn't come to Egypt. I think you are going to find Egypt changed for the best.

Shri Mataji: Very much changed,

Interviewer: Yes. You have any idea or following up the development here in Egypt?

Shri Mataji: Yes, yes. I have been, I have been.

Interviewer: Yes, the peace process and so?

Shri Mataji: Ah, very much changed.

That time, Shah was here, Shah.

Interviewer: Shah, of Iran?

Shri Mataji: The King was, what do we call?

Sahaja Yogi: Farouk king.

Interviewer: Farouk king, yes. It's about 50 years ago

Shri Mataji: Yes, and he went away. Now it's so changed, everything is so changed.

Interviewer: So, this very nice Society brothers and sisters of your school, if I can call it, when did you imagine this nice idea and the help/realm? [Unsure]

Shri Mataji: I didn't imagine. It's not an imagination. You see, when I was born I knew about the spiritual life and about the 'wali' [saint], as you call it. And I thought my mission is to make everybody a 'wali'.

Interviewer: Everybody?

Shri Mataji: Everybody, as far as possible, en-masse.

Interviewer: To have a kind of power, spiritual power.

Shri Mataji: Yes, yes, en-masse. Because individually, if there's one Sufi or one wali, nobody understands. They all try to torture like Muhammad sahib. Hazrat Muhammad was an Incarnation according to me, he was very Divine. But nobody understood him. They troubled him so much, tortured his life throughout, you see. Why? Because they didn't understand who he is. Now unless and until you become the wali, you cannot understand reality. Like, supposing there is a painting and it's raining heavily, in the

painting. It's a painting. But unless and until you really go into the rain, it's not raining isn't it? You just see the painting. The reality is like that.

You have to get into reality, to know what is reality, otherwise all these problems come in. Once you get to reality, nobody has to tell you that, "Do this, do that". Nothing. You just don't do anything that is wrong. You just do everything so righteous, so beautiful. You don't have to tell. It is within yourself, religion is within, it's not outside. Once that religion is awakened in you, then you don't have to face any problem. Religion should never bring you problems.

Interviewer: Problems yes of course, of course.

Shri Mataji: Our religion cannot be followed by some sort of a force, no. It has to come from within. And for that, this awakening is here. So, Muhammad sahib has said, "Unless and until you know yourself, you cannot know God".

Interviewer: Of course, yes.

Shri Mataji: All right. So, we have to know ourselves. All right? And if we have to know ourselves, what do we have to do?

Interviewer: Inner look inside.

Shri Mataji: Now, still, still, still, if you start looking inside, what happens that it is all artificial through your ego or conditioning you're looking inside. Your mind is nothing but a myth, you see. It's a myth, myth, myth.

Interviewer: I know yes, myth.

Shri Mataji: Myth. So, how to, how to enter into that? So, there's already a machinery made within ourselves, which works it out. This, about this, Muhammad has called it 'asas', [base, foundation]'asas'. It's the Kundalini. The word given 'asas'. But nobody wants to see beyond the words, you see. By words, you cannot change.

Interviewer: Yes, yes.

Other journalist: So, you hope to meet the wife of the president Hosni Mubarak in this visit?

Shri Mataji: Ah, she said so. I don't know, you see, if she will leave.

Other journalist: You mean now for week-end.

Shri Mataji: Yes, I would love to meet her. She's lady from Egypt or from somewhere else?

Interviewer: The first lady of Egypt, she's Egyptian, yes. She's Egyptian, first lady.

Other journalist: But now we have

Shri Mataji: She's the second one.

Interviewer: No, no, no, no. It means because she is the wife of our president.

Shri Mataji: I know, she's first lady.

Interviewer: Yes.

Shri Mataji: He has only one wife now.

Interviewer: Of course, yes.

Shri Mataji: I'm sorry, I'm asking because at that time, then it was. I'm sorry.

Another interviewer: Do you succeed to reconcile Muslims, Christians?

Shri Mataji: These are the same. They have the same culture; you see the point?

Interviewer: So, yes of course, of course, I understand you very well. So, your big family, I know that you have about 5 million brothers and sisters worldwide in about 67 countries. So, do you make efforts to make peace in some troubled areas like here in the Middle East?

Shri Mataji: You see by revolution, by creating revolution you cannot make peace. It's a wrong idea. What you have to do is the evolution, what you have to do, that inside peace, you have to find. We have to find the peace within ourselves. Artificial peace you may have outside, all right?

Interviewer: You can help us to discover the peace in ourselves?

Shri Mataji: Yes, so first thing, you become the peace within yourself. They are all of a different, different countries and of different so-called culture. They all have become, we call that sahaj culture. Sahaj culture means spontaneous. And they don't do anything wrong. I don't have to tell them, "Don't drink, don't smoke don't take drugs". Nothing. No more "don't". They know themselves. Because one has no eyes to see, so one cannot see. But if you get the eyes, you can see what is good for you, what is constructive for you and what is destructive for you, isn't it?

So, little bit we have to evolve more than that's all. As Muhammad himself has said. Nobody is bothered about that part, that you have to know yourself first.

Interviewer: Excuse me, you said Mohamed. Mohamed what?

Shri Mataji: Muhammad sahib.

Interviewer: Muhammad sahib.

Shri Mataji: We call him Muhammad sahib in India, to give him the respect.

Interviewer: Sahib.

Shri Mataji: But Hazarat Muhammad I mean.

Interviewer: This is the name of our Prophet Mohamed.

Shri Mataji: Of course.

I mean the same.

Interviewer: Yes, yes.

Sahaja Yogi: She knows everything about.

Other journalist: Do you remember something about your last visit to Egypt? What do you remember?

Shri Mataji: Bad.

Interviewer: Very bad?

Shri Mataji: Yes, that way, you see, they were very self-indulgent, they were drinking and all kinds, yes, Egypt.

Interviewer: Drinking water?

[Laughter]

Other journalist: Alcohol.

Shri Mataji: And I didn't like it very much that time. You see, for a country which calls itself Islam, it was bit too much. Too much for westernization.

Interviewer: Westernization, yes.

Shri Mataji: Very much, very Western people. I didn't like it very much.

Interviewer: Do you have any idea about the violence which was caused in Egypt in the past few years?

Shri Mataji: I know.

Interviewer: You know everything about Egypt what's your comment please?

Shri Mataji: I say that you all become 'walis' now. Time has come for you to become 'walis'. And then you will see that all this is finished off, you see. Because they are blind. It's a question of you getting the power of love. They have never believed in the Power of Love of God. Once you get the power of love within yourself, you can transform that part. It's the transformation, is the solution.

Interviewer: Violence must stop, violence.

Shri Mataji: Of course.

Interviewer: Yes, stop now, here, in Egypt.

Shri Mataji: They have to be told that, "You don't know what you are doing". Those who are creating violence, you have to tell them that what you are doing is wrong. But not this way. By giving them their Self-realization, they are knowing themselves. They will know it's wrong. You don't have to say anything anymore.

Interviewer: Sorry, we know that you have come from a long journey and we don't want to make you so uncomfortable.

Shri Mataji: No, I'm very fine. I'm very comfortable.

Interviewer: OK. Are you going to make a tour here in Egypt?

Shri Mataji: Yes, yes. They have arranged. What have you arranged? To meet some people?

Sahaja Yogi: Yes, we have conference tomorrow.

Shri Mataji: All right.

Sahaja Yogi: 8:00 o'clock, yes.

Shri Mataji: Conferences.

Sahaja Yogi: Everybody will enjoy your coming

Shri Mataji: All right. That's nice.

Sahaja Yogi: And it is up to you Mother.

Shri Mataji: These are from Austria.

Sahaja Yogi: Yes.

Shri Mataji: And these from Italy.

Sahaja Yogi: From Austria, from Paris, from...

Shri Mataji: These from Istria we have people. Now they have come to help you here in Egypt.

Interviewer: You have a spiritual United Nations.

Shri Mataji: Yes, of course.

Interviewer: Spiritual one.

Shri Mataji: Spiritual.

Interviewer: Not this one.

Shri Mataji: This one is artificial.

Interviewer: No, yes. that's why it can't succeed, sometimes.

Shri Mataji: My husband was there. You must be knowing about him, that he was Secretary General and all that. He himself said, "This is the real United Nations".

Interviewer: You.

Shri Mataji: No, my husband says that.

Interviewer: Yes, about you, United Nations.

[Laughter]

Interviewer: Excuse me, what are the- I don't want to say great or high ranking but famous or prominent personalities which are ones of your brothers and sisters. I mean,

Journalist: In Sahaja Yoga. Yogis.

Shri Mataji: Ah, Sahaja Yoga.

Interviewer: Yes.

Shri Mataji: We call it SA-HA-JA. And you don't say 'dja', you say 'ja'. 'Saha' means born with you. 'Saha' is with, 'ja' is born. Born with you is the right to become one with is All-pervading Power which you call 'Ruh'.

Interviewer: Are there presidents or Prime Ministers or film stars in your family? I don't want to say sect or cult. I'm going to call it family, big family, in your big family.

Shri Mataji: Of course. It's not a cult, you know. We don't take money, we are not interested. Main thing is that, you see, cult means they take money. Everybody is like that.

Interviewer: No, no. I didn't call it cult, I said big family. Big UN family.

Shri Mataji: A very big family. It's a United worlds family we have. And they called me 'Mother'. And I'm very old now I'm 73.

Interviewer: I don't think so.

[Laughter]

Interviewer: Before your Spirit, you are old.

Shri Mataji: All right. Spirit keeps you young. I am very happy to meet you all here. And I wish I could do something for Egypt. Because I had a great feeling for Sadate also.

Interviewer: For Sadate.

Shri Mataji: Very great feeling for him.

Interviewer: Did you meet him?

Shri Mataji: Yes. He was a Realized Soul.

Interviewer: He was a member of this family.

Shri Mataji: Yes, he was. But he couldn't do anything. It's all right, it's all right.
You see, his 'Ruh' is there.

Interviewer: Did you meet any other presidents?

Shri Mataji: No, no, not yet. But maybe.

Interviewer: No, no, in the past, I mean.

Shri Mataji: Yes, yes, in the past. He may come as, maybe reborn. But just now what it is, in the whole world, people are worried about Egypt very much.

Interviewer: The whole world ?

Shri Mataji: Whole world.

Interviewer: Worries about Egypt.

Shri Mataji: Yes.

Interviewer: Why?

Shri Mataji: Because of the problem they are facing. It should not become like Turkey again. You see?

Interviewer: It should not come to? What did you say please?

Shri Mataji: No, I said people are worried that this country should not become again a fundamentalist country or something like that.

It should not. You see, the trouble is that the fight is against Western life, Western culture and it looks very nice to say because Western culture doesn't have so much sense of morality. So, it's nice to say that it's wrong we should not have it, you see, a very wrong style of life. All right. But the other one is also of falsehood. Because by force you cannot keep

Interviewer: I think this is a good omen [unsure] for Egypt. We should.

Shri Mataji: We should. We should start with few people maybe, but then it will grow. Yes, it grows. I started this, these people who are here, with one person in their country.

Interviewer: Really ?

Shri Mataji: One person.

Sahaja Yogi: I'm very happy because I'm the first son of the Mother in Egypt.

Shri Mataji: He is the first one.

Interviewer: And I call myself the 'one thousand'.

[Laughter]

Shri Mataji: And very intelligent, very intelligent. Because I used to think that if they don't have understanding of what I'm going to say, then how will they take to it [Sahaja Yoga]? But you are very intelligent. You are understanding well that it's not artificial.

[Unclear conversation]

Shri Mataji: What he says?

Interviewer: No, he is asking about President Sadate.

[Unclear conversation in Arabic]

Famous people.

Sahaja Yogi: We have actor brothers actors and movies and big high level members of the Yoga, brothers and sisters around the world.

Journalist: Presidents.

Shri Mataji: I didn't follow these people.

Alganesh: He is asking if, in Sahaja Yoga, there are some very famous personalities. Like ministers, president, actors.

Shri Mataji: Normally such people don't come, you know.

Interviewer: Why ?

Shri Mataji: They suffer from ego, you know.

[Laughter]

Interviewer: But there is Mother.

Shri Mataji: No, we have. We have some very great people with us, we can call them. Say, in India, we have got our Minister Seshan who was the election commission. He was the head of the election commission. Very, very honest, very great man. Like that, we have in every country someone who is very high. But it's not important, because we have nothing to gain from that. We don't want to utilize their position or we do not want to have their, sort of, a publicity stunt from them.

Sahaja Yogi: You don't need publicity. You don't need anything.

Shri Mataji: No need. If there is truth, there is truth, you see. These things are artificial again. It's the point. It's the same point.

Interviewer: Yes. it comes from the first [unclear] again.

Shri Mataji: Yes, that's true.

[Laughter]

It's all artificial. It will all disappear. It will not be there. But spiritual life is permanent, eternal.

Interviewer: There are few people. They are waiting for you outside and we don't want to waste your time and-

Shri Mataji: But I hope you're are satisfied.

Sahaja Yogi: Of course, of course, we are lucky to meet you. And to meet brother and sisters from Austria.

[Unclear conversation in Arabic]

Shri Mataji: I didn't follow.

Sahaja Yogi: He sends his best regards and welcome to Egypt and he is so sorry, he has no possibility, no chance to come to meet you at the airport because he has a meeting with President Mourabak.

Shri Mataji: All right.

Interviewer: But he will meet after.

Shri Mataji: So, what is this newspaper?

Interviewer: Al-Misri [unsure]

Journalist: The Egyptian Gazette.

Sahaja Yogi: Al-Misri in Arabic, Egyptian Gazette in English.

Shri Mataji: You are in Arabic.

Interviewer: Yes.

Shri Mataji: I see.

Interviewer: And English.

Shri Mataji: It is in both the languages what you print?

Interviewer: What?

Shri Mataji: You print it in both the languages, Arabic and-

Interviewer: No separately.

Shri Mataji: Two separately.

Interviewer: Yes, of course we are big establishment.

Al-Misri is different from the Egyptian Gazette.

Shri Mataji: All right. So very nice to have met you all.

Interviewer: We hope you will enjoy your visit here and you enjoy your time with your brothers and sisters.

[End of video]

1996-1026, Talk to Sahaja Yogis

View [online](#).

26 October 1996

Talk to Sahaja Yogis

Cairo (Egypt)

Talk Language: English | Transcript (English) – Draft

Talk to Sahaja Yogis, Cairo (Egypt), October 26th, 1996

... Some other languages apart from, in my country I know three, four. How many languages should I know? You tell me.

[Laughter] They do not say, or course [unsure], isn't it?

In Russia, from Japan, all over you see so many languages.

But this Philip told me in Japan, the one who is the leader, that they are not against us at all. They are against this 'OM cult' which was there. But as he said, "You are a family, you are not a cult".

They are not against us in Japan. They are very anxious. And also, they were saying, "You should build a temple here of Mother". I was surprised. They want to make a temple. I am still living and they want to make a temple already. [Laughter]

You see, everybody is fed up of all this nonsense.

When I went to Japan first, 'baba' the whole was nothing but Geishas' houses. Geishas. So, the people were there, from my husband's office people, they said, "Where to take you? There are only Geishas' houses". So, I said, "Take me to Geishas' houses".

"So, how can you go to Geishas ?", they burst out. "If you can go, I can also. What's wrong?"

So, we went there, of course, they told us about them how they laugh and this and that. So, the Geisha - I had lots of bangles on me. So, she looked at them, she said, "It makes a very beautiful sound" I said, "Yes. You want it?" She said, "Yes". They said, "NO!" All of them. "No, how can you give her them?" I said, "Why?" "They are not auspicious people".

I was surprised: they knew that doing this Geishas' work is not auspicious. You see, so there's already 'dharma' within you, the religion is within you. They wouldn't allow me and they told,

"Don't touch them, you are pure ladies, you don't touch them". They are very normal women, you know. They came and give us food and very properly dressed also. But I was surprised at the Japanese, how they understood the importance of pure life.

Where are you all staying?

Sahaja Yogi: All here, Shri Mataji, in this hotel, all of us, the same hotel Shri Mataji.

Shri Mataji: Where.

Sahaja Yogi (Egyptian): All of us in the same hotel here.

Shri Mataji: Same hotel?

Sahaja Yogi (Egyptian): Yes, we have different rooms.

Sahaja Yogi: He is in another, he didn't know.

Sahaja Yogi: Me and Heliopolis.

Shri Mataji: Ah! They gave this award to that man and he's exposed in every newspaper! Horrible things coming out of that! Even yesterday, there was some in the CNN, and the CNN people said that it was a very big mistake on part of these. And they said, "How could they give it to this man who was a criminal?" And all the Eastern countries, you see- do you all saw that?

Sahaja Yogi: No, I didn't see. I just hear now.

Shri Mataji: Right from Japan-

Sahaja Yogi: I'm very happy hear.

Shri Mataji: To Australia have banned.

Sahaja Yogi: I'm very happy to hear that.

Shri Mataji: It's very unusual, the whole thing is happening in such a way, you can't believe it. Actually, you see, they don't believe

in God. They don't believe in spirituality. They can't understand

Because when C.P. went there and gave me the book, there are 12 mayors of very different countries who have said about it. 12 Mayors. And also 2 Prime Ministers of Canada. But still, they give it to this man. And one of them is a what you call, a self-exiled man. He lives in Australia and the Australians told us that he's begging everywhere, asking for money this thing.

And also, their people were, one third, at the most, were Christians. So, the Catholic people is, they have converted, most of them, very few are left now, who are not converted. And so now they want a separate state for the Catholics. It's a, all a Catholic Church, sort of a, you can call the mafia- Catholic church.

Sahaja Yogi: They're just playing into the hands of the church.

Shri Mataji: No, but two of them are Prime Minister. Retired Prime Ministers two of them. Retired Prime Ministers, two of them. One of them is from the Lutheran Church. He's not a Catholic. But no, I don't think any Bishop should become a judge. They are not. And two of them are Prime Ministers, retired. But the Swedish Prime Minister took a lot of money for this BO force of this Rajiv Gandhi that we have. I don't know what sort of Prime Minister they have there, in Norway.

They are very highly placed people to do such a stupid thing that all over the world they are criticized. Nobody even knew where their Timor was.

Sahaja Yogi: Nobody and it matters.

Shri Mataji: You see, they had to give a map.

[Laughter]

Sahaja Yogi: Shri Mataji, Shri Mataji, when we heard it in the news, that from East Timor, really, nobody knew where it was.

Shri Mataji: And that too East in such a small little spot, in the corner of something.

But when C.P. went there, you see, the man who saw all that and he said, "Oh, 'baba' this is definite 100%". But of course the committee will have to decide but if you ask me it's complete.

What is it?

Sahaja Yogi: It's the telephone.

Lady: I have, Shri Mataji, I have read some very sharp criticism.

Shri Mataji: Come here. I can't hear you. My ears have gone off in the plane.

Lady: I have read some very sharp criticism of this Nobel Peace Prize being given to this man.

Shri Mataji: Hum?

Lady: I read very sharp criticism of the fact that the Peace Prize was given the way it was given. The main idea was that the Nobel committee has become so political that they no more judge.

Shri Mataji: Of course. It was just to fight the Indonesian people. First not only political, but also they very fundamentalist because they wanted to give it to these two Catholics. This is obviously why should you support them? They should give it to these people in Ireland.

[Unclear sin fail ?] Why not give to them?

If, by Revolution, if you are going to bring peace, I've never seen it happen. It's the evolution but they don't want to accept. Maybe, I think, you see, they might have heard from these French, they call us cult and all that. But there is a proof of it, you see.

They have made a beautiful brochure, no doubt of it. C.P. is hoping against hope still. He felt very sad. I was- it's all right, what does it matter? But imagine in this light, whatever it is, how these people are exposed to such an extent horrible criticism? How can you imagine so many countries banning this man?

Lady: I think this was the best way for the Noble Committee, whether it's for peace or for anything else, to make a bad reputation for themselves because the critics are so sharp especially for this Peace Prize, that I think next time they probably will think 10 times before they decide who to give it to.

Shri Mataji: Hum?

Lady: I think next time, probably, the Committee will have to think very hard before they decide whom to give it to because they are being very badly criticized now.

Shri Mataji: They are shameless, I think.

You see, this man, we have got record about him. It came from Australia that he murdered people his own wife has said it. I mean, if they want to give to a murderer, how can they give me, I'm not a murderer.

[Laughter]

If that is the qualification! [Unclear] It's going to be very difficult for all of you. I am on the opposite line.

But there is another thing that's happening is, there is a peace conference in India. All sponsored and helped and, I mean, originated by a nephew of Nobel who lives in America. And he wants to start a very big university called Peace University, in Alandi which is the place where Shri Dnyaneshwara took his samadhi. He was only 23 years of age, Dnyaneshwara, and he took his samadhi.

This fellow went to Alandi and then he felt something about it. And he just decided to have a Peace University.

But the man who is arranging is a man, [unclear] his name is. He is a man who has done a lot for this Alandi place and all. But he not that honest also. It doesn't matter.

He has written to me with all protocol, everything, to Shri Mataji Nirmala Devi and all that. 3 letters he has written, "Please come and attend this conference and bless us and enlighten us" and all that. And also he has invited C.P. And he sent words with Yogis that, "If C.P. can take over, it will be a nice idea for this University". I said, "C.P. will take them to task, they should know he is an extremely honest man". They don't know about him, I think.

He wouldn't like a Hanky Panky. So, there will be a problem. But they have invited him. And they have invited also few people, all those who can come. So, those who are coming now for the Tour, I thought if they could come a little earlier, they could attend this conference. Also ask Philip also to come, because they want to know about Kundalini.

Dnyaneshwara, imagine of all the - after so many years, they have seen the samadhi of Dnyaneshwara. And he wants us to talk on Dnyaneshwara, his philosophy. And to start this university. Now Dnyaneshwara has talked about Kundalini very clearly, on the sixth chapter. Not that full knowledge, but at least he said that, "That's one which does the job". Sixth chapter in his Dnyaneshwari.

What's his name, is it Nobel? But something, I forgot the first name. He and his wife, both are very anxious both are very anxious to start this. And they want to give a lot of money but also they want money to be collected. So, there was the man who is the director of this university. His name is Ravi, South India, lives in USA. It is that I can't understand why Sahaja Yoga doesn't spread in America. They are money oriented people. They are not Spirit oriented. "Ah". Then he said, "If you charge money, they will come to if you. If you ask for money, they will come". "So, what should I, how should I ask?" He said, "At least, when they are coming for the program, you must charge them. More heavily you charge, the better it will be. All that, [unclear]". I said, "I'm sorry to say, but such people are useless for me, absolutely. Those who are going to come here because they paying money I don't want them". But you know, I was playing with him, a little bit maya. I said, "All right, tell us how much we should charge".

[Laughter]

The poor fellow! In the meanwhile, I raised his Kundalini. So, he went away home. He said, "I don't know what is happening to me. My life is changing, this thing, that thing". I said, "Now tell me how much money you gave me". It's a silly idea. I said, "I don't want such stupid Americans who want to come because I'm charging them now money. Such stupid people are not wanted in Sahaja Yoga". You see, they say, there is no credibility if it is free, according to their ideas. I said, "If they think they can pay for Divinity, they should understand that it is not possible". I think, basically they don't understand what is Divinity. I think, basically.

Now so many seekers are there. Like mad, they are seekers. But all of them have lost their head. They don't know why they are seeking. The other day I read one book called Peaceful Warrior, of one young boy getting that seeking within. And then, he, somehow, meets a Zen guru. And that Zen guru really tortures him, makes him run for miles together, do this do that. Ultimately, he achieves, he says so. My granddaughter was reading that book. She said, "I'm so angry with guru, I would blast him. What sort of a guru he was, the way he was torturing this boy?" I said, "Zen system is not that bad. But I don't know what they used to do. If this is the case, it's better not to do Zen". But I've seen those who follow Zen, it's difficult to give them Realization.

They are seekers, you see. What I'm saying, even if they go to Zen, it's a seeking. And all the seekers are to be blessed. And

definitely they are seekers. There were people from Rajneesh. Now they have come out. Some other people like ? and all that. Already there are all, poor things, have been ruined. I told this Ravi, "They have no money to pay now. It has all being taken away by these gurus".

[Laughter]

He said, "If you charge more, the more will come". There's this Dalai Lama, he is a big beggar you know all around the world, he is a famous beggar going around.

And all the actresses and actors called him for a conference and gave him lots of money. And this lady, Mother Teresa, very hot tempered.

[Laughter]

And Rajesh copies her. They said, "You must call her, we must meet her, this thing". All the Western people. So, for this conference he called her. So, she said, "You know, when you eat your food", all the time, she is shaking like this and "When you eat your food, think of the poor. And when you are going out to enjoy life, think of the poor". Means you should be miserable actually, minimum. And after some time they found all the people who were there, they started crying. I said, "Crocodile tears, will they give us some money?"

[Laughter]

So, we have to look forward to those days, when we'll have a nice place on the bank of river Ganges.

Already, in Delhi, they have started a big project, you know about that?

Sahaja Yogi: We didn't know.

Shri Mataji: Ah, in Delhi, they have started a very big project and they have got flats, they are offering for, I don't know how many lacks of a piece. It's not much because what they are offering in 6 lakhs you can't get 46 for [unclear] Out of which they said, "Mother, we will be getting money more and then we'll build a big huge [unclear] place for meditation. "Go ahead". So, they are selling it out and - but to foreigners also, they would like to sell. But I said, "They would prefer to be in the Himalayas. Because Delhi, Delhi is a very hot place, you know". So, they said, "Mother, then what to do?" I said, "You are getting all the Indians". I said, "I can buy two flats for my daughter's contribution". But it was such a venture and they got it for a song [unsure.]

And they got the permission from the government.

[Unclear]

Sahaja Yoga works in beautiful ways, you know. Especially these East Tamul people, like this, they have achieved such fame that's not easy for anybody.

There have been revolutions and revolutions. Say, in France, there was such a big revolution so what? They are worse than now the kings of those days, drinking. I tell you why they are angry with us, French are mostly, because we say we should not drink. Because all their wine will be wasted. All that business will go off. It's a good way. So, if you can put some vibrated water, it won't ferment.

[Laughter]

Once, I went to Switzerland, you see, and I looked at all these fields of this growth of grapes. That year they said, "It did not ferment at all". They didn't know what had happened.

French are like that. In my book, I have written about them. Little bit, not much but have you seen my book?

Lady: I read the first edition.

Shri Mataji: Hum?

Lady: I read the first one Shri Mataji, not the revised one. I don't have the revised one.

Shri Mataji: The revision is still on and on and on. But now, I think, the revision will be coming very soon. They make so many mistakes, so many mistakes! Spelling mistakes these stupid Indians, you know. They don't know how to keep it all right and they know English very well. They gave it for editing to somebody who knows English very well, you see. I don't know what happened then lastly I asked my daughter.

She is a MA first class, to see all that. She said, "I can't understand all these mistakes, how they have come". Then she corrected all that. Then she said, "Mother, certain things you have written which Indians won't understand. I said, "What? " "Like Greek tragedy, they won't understand what it means". Because we don't have that pattern, there. All right. I said so many things of the West, you can't describe. So horrible! Like what happened in Belgium, how can you describe in that book. Shocking, absolutely shocking! I mean, the way they do things in the West, is too much! Unbelievable! It's impossible. You know what happens to them?

Reading another book, American, that man was describing how to get rid of this fear that you have that you may abuse your child. Really. It's very difficult. "I was suggesting myself that you should slowly touch him and see what happens". Poor man, he was feeling so nervous and miserable for nothing at all!

First, all in the - even Italians, whenever they played football and anybody made a goal, means, you see, they have achieved that heaven, they used to just hug, go on hugging each other. Now they don't. They just touch like this, you see. But they are so excited that they run out of the field.

[Laughter]

It's so unnatural [Laughter]. If they are happy they can't even hug!

Sahaja Yogi: It's the English disease, Mother.

Shri Mataji: They lost this time I think, Italians.

Guido: Oh.

[Laughter]

Shri Mataji: I didn't know that they had lost. But I was watching the news and in that, they showed the Italians feeling very shy. So, I said, "What's the matter?"

Guido: Big tragedy!

[Laughter]

Big tragedy!

Shri Mataji: That's why I prefer, you see, Cricket. A very quiet nice game. There is no problem in that. We, in India, wan against the Australia, but lost against South Africa. So, C P said, "It is the best team. South Africa is the best team. I mean, you become really sporty with that. You understand the sport. Because if you cannot enjoy in the game another person, another group and you just identified with your group, then it's not a sport. Isn't it? You should be able to enjoy another person also. But Italians don't know who is a good player in other countries, they don't know. No.

You know, this gun is at me all the time, is it?

[Laughter]

But it might get only light and light and nothing else. Then what will happen?

You can't have pity [unsure].

You got some miraculous photographs, I'm told.

Sahaja Yogi: Yes, Shri Mataji. We have.

Shri Mataji: They might say that we have done it through computer projection.

Yes, what's the news?

Sahaja Yogi: They ask if everything is OK.

Shri Mataji: Hum?

Sahaja Yogi: They are asking Mother's name and if everything is OK.

30:03

Shri Mataji: Mother is good.

Sahaja Yogi: They ask-

Shri Mataji: Loudly now.

Sahaja Yogi: Yes, yes. They ask if you need anything.

Shri Mataji: Now, what do I need now, you see?

[Laughter]

Sahaja Yogi: Everything is OK.

Shri Mataji: What is that? Absolutely first. You see, I a person who can live anywhere, sleep anywhere, eat anything. I don't have all the sense Of course, I appreciate beautiful things.

But I don't want to have them, I appreciate.

What is that?

Sahaja Yogi: Diner.

Shri Mataji: Eating?

Sahaja Yogini: Yes.

Shri Mataji: All right.

{End of recording}

1996-1026, Talk to Sahaja Yogis: The inner happening within you

View [online](#).

26 October 1996

Visit

Magliano Sabina Ashram, Magliano Sabina (Italy)

Talk Language: English | Transcript (English) - Reviewed

We are now sitting surrounded by nature. Such beautiful nature. And this nature teaches us many things. We don't have to have any rules and regulations if we can learn something from these trees and other things that are naturally grown. All this gives you a very good idea of a proper balance in land.

So we have small children, and these children are going to grow into big trees, very big trees of love and compassion. Look at the trees, how compassionate they are. They allow every leaf, every leaf, to have the sunlight. They are in different colors and different hues; also the flowers. In the same way, the Divine has created you in different shapes and colors [unclear].

Now these little children who are little, so sweet. I know they will be very great Sahaja yogis, may be greater than their parents because they from very childhood have known the rule of nature. They know what is good and what is bad.

I am now going to a country which is faced with the problem of fundamentalism. Now these fundamentalists are saying that if you don't take to fundamentalism, gradually all your morality will be finished. Because if there is freedom given to normal human beings, they don't know what is the importance of morality is and they go amuck in their life and ruin their lives.

So they say that with force, we have to control the people with force. And the very serious laws they had made. Very, very serious. I mean, I can't even describe what these people have decided to correct the human beings.

But in Sahaja Yoga we don't need it. It's all freedom given to you. Do what you like. Go wherever you like. You can enjoy everything. But because of the inner happening within you, you can only enjoy nice things. You cannot enjoy anything which is harmful, which is violent. You will never enjoy. In the beginning, of course, in Sahaja Yoga, we had problems of people not loving each other. There's fights, like that. But it's over. Now everyone understands how important they are and how they should behave, and also we have these beautiful children near. So we try to understand that we have to be good Sahaja Yogis toward these children. And so this combination is so good here that you have so many children and you are all living here together. It's really a very great blessing. I am extremely happy to come and see them here and to meet you.

I have to finish my lecture according to God [unclear]. But we know that all the time I am concerned about the school. And it's such a miracle that we bought this place [unclear]. That is the, that is the fate of these children. All their purva punyas.

So I don't know what to say in this short time more, but I have some chocolates for the children and I hope they enjoy. My husband also sends lots of love for them. May God bless you.

Now You have to give Me flowers. All right. That's how they are. Let's see. Put it in this way. Good. Very good. Wow.

Thank you very much, all of you children. Thank you very much. Thank you very much.

Beautiful flowers.

It's all right. It's all right Thank you. Keep it here. Give it. It's all right.

You made it.

Wow. Thank you.

Too much.

My God. You made it. That's so good, I must say. Oh my God. Put it here [unclear]. Thank you.

Sahaja Yogi: He's a very good tabla player.

Shri Mataji: Great artists are been born here.

Sahaja Yogi: As soon as he sees a tabla ...

1996-1028, Why We Do Not Follow A Religion?

View [online](#).

28 October 1996

Why We Do Not Follow A Religion?

Public Program

Cairo (Egypt)

Talk Language: English | Transcript (English) – Draft

1996-1028 Public Program, Cairo, Egypt

Gentleman: I am Egyptian. I am surprised that you are here and we are very happy you start here in Egypt. And you are welcome anytime to visit here. And I hope, we apologize because it's not a lot of people in this meeting because we're not preparing a long time before. But, I believe we will follow your way and we will like you very much. And I hope you have a good friends in Egypt good, with sons here.

Shri Mataji: Oh, very kind of you to say all that.

Gentleman: Really, It will be our pleasure with you once and twice and forever in our country.

Shri Mataji: I have great faith in the Egyptian people.

Gentleman: Yes.

Shri Mataji: Definitely. And I feel all the Islamic problem you can solve. All over the world you find the Islamic people are so struggling, anyway.

Gentleman: Yes.

Shri Mataji: You know, for a person like me, every time I feel weak when I hear something horrible happening, so many people getting killed, this thing, like this. And there is a solution for it. If people like you who are open hearted listen and understand, try to understand , what I'm saying. This is a very important thing we have to do at this moment. This is a special time I call it as the Last Judgement. It is the time you have to judge whether you want the truth or not. If you want to have the truth, then you can save the world. If you don't want to have the truth, then there's destruction, nothing else. This is a simple style of understanding this point. Should I start?

Gentleman and Yogi: Yes, Mataji.

Shri Mataji: That's why again I bow to all of you, the seekers of truth. And If you are seeking the truth, then it's better that you get it. And it's not so difficult. This country has a speciality as you know, compared to all other Islamic countries. They are very open-hearted and secular by temperament. They are very tolerant people, I must say. And you had a great personality of Sadat here who was himself, according to me, was a realized soul.

Now the problem of Islam must be understood clearly. First of all, the religion, anybody who says "I follow this religion" say. They just say it. It's like a brand but it has no meaning. I might say I am a Christian, alright. But I do all kinds of nonsensical things. But, I say I am a Hindu and I do all kinds of immoral things and I am a Hindu, you see. Same with Islam. So one should see as an intelligent man that there is something basically wrong about it. That, why is it, when we call ourselves by a particular religion, we don't follow it? Now, in Islam, there is one very big problem, that is the force. We have to follow because there is some sort of a force behind it. Same in Christianity, Christianity same thing. I was born in a Christian family. Christianity also, if you don't follow

it, if you don't go to the church, if you don't practice it, if you don't give money to the Church, then you are a bad [unfamiliar word sounds like pencheur]. You are not a Christian. Goes on like this. But, when you see the priests, how they are, then you get a shock.

Now this Catholic Church. I'm in Italy every day I get horrible news about them what they are doing now. You get a Pope, written by [yala] very interesting in which it says that nine billion dollars were counterfeited by Catholic Church, counterfeited and were distributed through their bank. The Bank which is call as Vatican Bank. Can you imagine? To the people, such a horrible thing was done.

Now, when you read other things like in Austria, must tell you what has happened about it is, was very [yogi speaks unintelligible] very surprising thing that they caught one priest. They are not supposed to marry. This is something unnatural, but they are not supposed to marry, the priests are. Was caught with a woman, then he gave away sixteen names of priests who were doing this kind of thing. And that all of them know, I would call them , it's all in there. And they had children from them. And they had houses. And when they were asked, "Why are you doing like this? Why don't you marry these women?" And some were married women. It's such an evil thing they were doing. And the answer for that, "That our Church wants to pay widows". Can you imagine? What a materialistic nonsense it is, absolutely materialistic.

Gentleman: What a shame.

Shri Mataji: And also you go to other extreme of them, their behavior is that. They are so unnaturally tempted priests that they have another funny nonsense going on there with the children. See, now in Europe specially, horrible things they are doing to children. You must have read about what happened in Belgium. Where a magistrate, two policemen...eight policemen, two teachers or something like that, they all got involved into a case where seventeen girls they used and killed. Now, is this any religion? Is this any Godliness?

Gentleman: Unbelievable.

Shri Mataji: Is this any Divinity?

Now we have one gentleman, Andriotti, in Italy. He's now caught for all kinds of embezzlement and all kinds of bribery, corruption and all that. He was Prime Minister, of Italy. And he used to go to church every day. What was he doing in the church? Every morning he used to. So we must look, why, why is it that those who say that they are ardent this and ardent that, why are they not people who love, who have compassion? What is the reason? If religion means fighting, then better not have it.

Because this kind of revolutions that they have had, French Revolution. Do you think the problem of France is solved by that? Not at all, extremely immoral modern government. I tell you for Indians it is a shock to be in France and to be there because they have no sense of morality. Imagine, their Prime Minister had a keep, no, the President had a keep and she was the Prime Minister. And she was there,[in many time]. And all such things were going on and they called themselves Christians.

Now the Islamic problem is this, that fundamentalists believe that by following western life, they become immoral. That is their idea. So we should force Islamic laws. By which women should remain very chaste and men should remain very chaste. There should be chastity. This is what is the idea is of Fundamentalism. I don't blame them for that, but the problem is, you cannot follow any religion, you cannot practice any religion, if it is forced on you. It's not possible.

I give you an example of I went to Riyadh. You know in Riyadh, if you drink, then you are hanged. If a woman even tries to be friendly with another man, she's beaten up and she's buried in the ground and they beat her with stones, all sorts of things. So strict they are they five times they are supposed to[praise] Allah. Even Me, the people, we were there, so in the market if you are there you immediately must cover your head and sit down or otherwise they'll come with the wand they call it and hit you there with like.... God's, uh, if you can call them, God's policemen. Horrible looking fellows, I tell you. By no means they have anything to do with God. Sso that's what they do. And you have to follow it, compulsory. One princess was killed because she wanted to

marry somebody who was not a prince or something, all sorts of things going on. So, people who can think and understand, have to know that this kind of nonsense is going on. And once then I was traveling, traveling from Riyadh to London, went off to sleep and when I got up what I find all those people who were traveling with me they were all wearing first long, long skirts, you see. Then, before getting down, much before getting down in London, they had already become worse than English, up to here they were wearing. And the men were wearing a stripey things and all that.

My husband doesn't drink at all. We are that way absolute Muslims because we don't drink. We don't have all these habits which are said to not to have. Not that somebody has forced us but we are like that. So they always used to say that you are the real Muslims. Because, where ever you went in a party, they used to offer drinks and all the Muslims and no, and when it is coming to drinks there is nothing like Muslim, Hindu, Christians, nothing like that, they all used to drink. So, it shows very clearly that this Religion had no impact.

Gentleman: Yeah

Shri Mataji: So these people call themselves fundamentalists, are also not know, that by force you cannot create Religion.

Gentleman::Yeah.

Shri Mataji: Now, I would say Prophet Mohammed had to fight because people were so aggressive. That's why he had to fight. But not just for the fun's sake he was fighting or anything. Now, if you see to the people who think they are very fundamentalist, also I know them. They are horrible people. They can kill any number of people. They think them very great, sent by God sort of people. Now all this problem of religion has to be resolved. And then I have to tell you one thing, that all these religions are just like flowers on one tree of Spirituality. They are all one if you see, in the essence. Now, if you read Moses alright, then Prophet Mohammed has described him. He has also described Abraham. Then how can Muslims fight the Jews? Not only that, he has described Christ. And specially he has described the Mother of Christ, in such a way, with such adoration and respect for Her, which is not even in the Bible.

Now the tragedy of the Bible was like this, that the one who wrote Bible was Mr. Paul which is the one who came after Christ, and he was epileptic. According to our Sahaja Yoga when you get possessed, then only you become epileptic. Now this man was told by Christ- though Bible is written by this horrible fellow-edited by him and he got hold of the Christ's worst disciple was Peter. And Christ told Peter that "Satan will take you over." And this Satan was born. Khalil Gibran has written about this Paul very much and it's so clearly written by Khalil Gibran because he was a realized soul so he could see what sort of a man he was.

Now, he made Peter say that you start a church and you become this and so this great Catholic Church was born out of nothing. It has nothing to do with Christ. The way they are behaving now, this Catholic Church people, I just can't understand. Because now I am in Italy and I see it every day what is happening. And I'm so shocked that still they are solidly going along now fighting for abortion, fighting for this, fighting for that.

That's not so important! What is important, that our Religion which is within us must be awakened. And for which not only was written in our holy books but also written by many great poets. Like, William Blake has written about it, William Blake. Then, I know about many English poets who have written about it, but I don't know... Must be lots of Sufis have been in this country. They must have also written about it, that you have to become the Self. You have to know yourself. Because Prophet Mohammed has said that, "Unless and until you know yourself, you cannot know God." But, the attention is not there that we should know ourselves. Only thing that we men should wear long skirts and this they should do, that they should do and all this kind of a thing. It's not going to make any difference.

The Religion has to come within yourself, has to be awakened within yourself. And then you will realize that all Religions come from the same tree of Spirituality. As I told you, that Mohammad Sahib himself has described all of them. So how can Muslims fight the Jews or Jews fight the Muslims? The relationship is already established in the Book. Now. So the inner Religion what about it? If once you become yourself, your inner Religion is awakened automatically. Don't have to tell anything about it, do this

or do that, nothing of the kind.

In the Koran, it is written that you have to be the Wali. Wali is the knower of yourself. So the knowledge, which is within you, which is the subtle knowledge, we have to... I give an example of it say... Now, see this painting here, it's such a beautiful painting, so beautifully done everything. But, but I'm not there, it's just artificially I'm seeing it. So, the picture that they have put in is not Reality. You have to get to Reality and not be satisfied with words. With words you cannot go anywhere, just words are words and words and words. Whatever I'm saying is just also words.

So, you have to become. You have to become yourself. And for that becoming, there is an arrangement within us, which people don't know, perhaps we don't have the chart...

Yogi: We?

Shri Mataji: Don't know... We are not aware that there is a possibility. So instead of Revolution, what you need is Evolution. Thank God now Mr. Pope has suddenly said that there was Evolution. I think he has agreed to that.

Now, I've seen also that Islamic Scholars, some of them, who have just said Islamic things, are just saying that there was no Evolution, there was nothing like that, it's a very wrong story. So we need not go into the discussion of it. But, if we can evolve into ourselves, then we know the Reality. First of all, I have to say, you are seekers of Truth and whatever I am saying, you need not accept at all. Blindly, don't accept. Blindly we have followed all the Religions and you see what has happened. So if you get the experience, then as honest people, you must accept. Just for it, for the benevolence of Egypt, for the benevolence of the whole world. So, what is that?

Yogi :Kundalini it shows here Shri Mataji.

Shri Mataji: Now, here we have shown. So, first of all we should know what is the truth. What is the truth we are aiming at. The first truth is-- that you are not this body, this mind, these conditionings, these egos, but, you are the pure Spirit. This is the first Truth we have to know, that we have to become the Spirit because you are the pure Spirit. This is the first Truth which has to be achieved. The second Truth is-- that there is a all- pervading power, which in your call, language you call it Ruh, Ruh is the word they use in Islam. Ruh-- , all- pervading power of Divine Love. I say Love. Love is Truth and Truth is Love. But, we'll prove it. First of all, let us see. So, these are the two things which I would tell you, that you are the pure Spirit, and that there is an all- pervading power of Divine Love, of Compassion, of Brahman.

Now, you see these beautiful flowers? Alright.

Gentleman: Yeah.

Shri Mataji: We take them for granted. We don't even think that these flowers have come to us in different forms, different colors, different fragrance from the Mother Earth. Who has done this living job, such a tremendous job? Who has done? We take it for granted. We don't even think about it, taken for granted. If you ask the Doctor," Who runs your heart? " So, he will say, "It's a autonomous nervous system. Autonomous nervous system runs my heart." So, you will say, "Who is this auto? Who is this auto who runs your heart?" They don't know. They are honest, they say, "We don't know. But, we call it autonomous nervous system that runs our heart."

Now, the time has come for us to know the Reality, and the science of the Divine. Then, you will be amazed that our science is nothing compared to the science of the Divine. Now you see here we have shown in a triangular base of it, a triangle. That is the bone here, which we call as the Sacrum Bone. That means the Greeks, this is a Greek word. So, the Greeks knew that there is a Sacred Bone within us. So called it Sacrum. And in this bone lies an energy, which is Isis, Isis as written in the Koran also. This energy when the last evolution-- now you are a human being and after that you become a higher human being. This rises through this six centers and pierces through this fontanelle bone area and connects you to this all-pervading power, which is the Ruh. It is

a spontaneous thing. Like a sow a seed in the Mother Earth, it sprouts by itself. So, it's a built in quality within you, it's your own power. And you are not obliged to me by any chance. This is your own power, within you residing there, which will give you this greatness of becoming one with the Ruh. So you become Ruhani, We call it yogi. Means the one who has united with this all-pervading power. It's all your own! You're all your growth, all your creativity, everything shines, your intelligence shines, your wisdom comes, everything through this energy which energizes these centers as shown. There are six of them.

Now, these six centers are responsible for your physical, mental and emotional being. By this, your health improves, no doubt. Also, your wealth improves. How? Because your attention becomes very sharp . It becomes very concentrated. And you exactly know what is to be done, where, what to do. Automatically everything works out...because also you are connected to this all-pervading power, which is so powerful that you are looked after. And you get all the ideas, all the, what you can,say...,necessary information. You just become like a computer, but automatic. You don't have to do anything.. All this is hidden in you and this you should achieve.

Now, I would say I've been working for the last twenty-five years, but Egypt is one of the last countries I am visitng..

Gentleman: Yeah.

Shri Mataji: Because, you know, people were saying that it's dangerous, this, that. My husband is a very...

Gentleman: What?

Shri Mataji: ... very much attached to me and he just won't allow me to go to Egypt. Though, he has visited many a times himself, but said I am different and if you do go, well, nobody will accept. But I knew that Egyptians are very open -minded. Whatever I knew them, and that, why should they not be made what they are? Why shouldn't they get what they deserve? And through you, all the Islamic world you can save, can really save all these problems of this Taliban and this and that going on, which is a very sad affair that Muslims are killing Muslims, what is this?

So, once this happens, it's a very big thing. I was surprised, I met a, he's not yet here I think...a...a...

Gentleman: A journalist, yes, he's not here yet....

Shri Mataji: ...a journalist, his uncle...

Gentleman speaking at the same time not audible.

Shri Mataji: ... at the airport talks to him, and I 'm so surprised when talking to him what to me, he got his realization. So, when I came home, I told them, "That this gentleman is so, so much there, he got it at the airport." So, when he came here next day, this morning, so he said "Mother you knew?" I said, " Yes, I knew ." How?" " I knew I tried, I can't tell you how I knew, but I knew that you got it." And he got it in such a big way.

So, all of you should get this. For that you don't have to think, don't have to pay. So the first thing happens to you, that you become thoughtlessly aware. Means, you're aware, but there's no thought. Now what is the thought that comes from this mind? And what this mind, is a myth. Created by us as we have created computers, we have created this mind, out of our Ego and Conditioning. So, all the time just throwing thoughts on us, either from the future or from the past. Supposing I say you be in the present, you cannot. By this, what happens these thoughts which are coming, falling, coming and falling. They elongate. And there's a space in between where you are thoughtlessly aware. Now, you are entering into Reality, where you are without any thoughts. Because in thoughts you are in the future or the past but not the present. Then you rise to a higher level of awareness which we call as doubtless awareness, where you have no doubts, like these people who have come with me. They have no doubts, they give realizations to people, they explain to them, they cure them, it's working out. All of them are here.

And we have many, in thousands, we have, I don't know how many, thousands or millions, something like that. We have quite a lot of people like that who have come. It happens to every one of them. Now, when rising like this, what happens to you, that when you get this awakening and connection. Like this you see, if it was not connected, it would not give light. In the same way, we are not connected to the mains, we don't know. We are blind. As soon as we are connected, we find eh, on our fingertips, on your fingertips, you will feel the cool breeze. You'll feel the cool breeze coming out of your fontanelle bone area. You can actually feel it. I don't have to certify. I don't have to force it, just happens that you can feel it on your fingertips.

Now it is written also, as said Prophet Mohammeds, "At the time of Qiyama, your hands will speak and give shahid against you." So, so this is Qiyama. He said it very clearly. And the fifth Imam, you see, there is a difference between Imam and Calipha. Imam is the one who is realized soul. The fifth Calipha was horrible. But fifth Imam has said, "That the truth will, you will feel it on your palms." Clearly, he has said it. I should say, the Muslims are told the most beautiful things so clearly, that he should say.

Gentleman: Alright.

Shri Mataji: Come here, come. He's the one I'm working on, it's..

Others: Yeah, yeah.

Gentleman: Right, right, yeah.

Shri Mataji: May God Bless you. Sit down.

So, that on your fingertips you will know the truth, it is written down by Prophet Mohammed. And that on your palm, you will know the, when Qiyama will come, when Resurrection time will come. I think the Muslims have been told much more than anybody else. But they're not looking out for it. The story teller-- their attention on something else.

Now. So I'm talking about the inner happening and which takes place, spontaneously this rises and pierces through this and these centers, which are there, are enlightened by which you get good health.

Now, I must say we have cured many people or people have been cured by Sahaja Yoga of even cancer.

Really. But we don't want to publicize too much, because then only all our job will be to cure people, go on curing, curing. But, we have a hospital in India. And we have our regular Doctors and people are curing and a very nominal rate is charged and they stay and everything. But, this I should say is something which we could document and made a big argument out of it. So far I have said better... Because it is scientist, who is going to talk to them? Because scientist are, have a certain limitations which we don't understand. You see, they never want to know that there is God. How can you prove them, unless and until they become the Spirit? You cannot. So, they should agree to be the Spirit. Now, we have many scientist also in Sahaja Yoga. But, they're trying to write something just to convince people about it and talk about it.

Now, this happening takes place within you. And the first thing that happens to you, that you become thoughtlessly aware. At that state, you become the witness. Start seeing the whole thing like a drama. And nothing disturbs you. See the whole thing happening as a drama, before you. As if, when you are in the water, see there are big waves coming, you are afraid. But, supposing you entered to the boat, then you can see the drama. Now supposing you know how to swim. You can swim and save the people. This is the second state which we call as doubtless awareness, where you have no doubts about yourself. The doubts are only about yourself, not on Sahaja Yoga. Because even when you get Realization, you think, I don't know if I've got it or not and what can I do about it? But if you grow into it, then you become completely a Saint, a Sufi. They all talk the same. And they have of the same level and same understanding, because they are in another world.

You don't have to give up anything. You don't have to give up your family, your food habits. Nothing has to be given up. This is all

outside. Automatically, you know what is good for you what is bad for you, automatically. And you won't do anything that is destructive. You'd be amazed that many drug addicts have been cured. I never told them to don't take drugs, otherwise they would have run away. I never told them don't drink, they would run away. You see in England, first time even when I told them to take out their shoes, half of them walked off. You see, people are so sensitive even about their shoes. So, nothing has to be told. Just it happens, and then you are there. Once you get it, you know it is there. If you are honest, you accept it and you go further. With all these things you know I've told you in a short, all this is there.

Now I don't mind if you ask me some questions. And then we have the session. But, don't disturb because just now you are all just there. So ask questions which are sensible and helpful. If you have some additional questions, we can have them tomorrow.

Gentleman: Yeah, excuse me? It's a funny question. Why the English refuse to take off the shoes?

Yogi: Why do the English refuse to take off the shoes?

Shri Mataji: They are so attached to them, you don't know.

Gentleman: Or, because it's expensive shoes. And uh, just to make a funny of the, because we, we buy from England the most...

Shri Mataji: No.

Gentleman: ...expensive shoes.

Shri Mataji: We know the English for Three Hundred years in India.

Gentleman: Yes.

Shri Mataji: And we know them too well, even more than they know themselves. And, um, see but, I've, I've worked very hard for them. You'd be amazed it took me four years to give Realization to seven English people. But today, they are the basic, I should say, very helpful people, foundations for Sahaja Yoga.

Gentleman: Yes.

Shri Mataji: Because they were, were very scholarly type. So as soon as I gave them Realization, first thing is do we doubt, find out all these things and this and that and to watch out. But, now....

Gentleman: Yes.

Shri Mataji: Now, here we have Austrians.

Gentleman: Yes.

And we have Germans. And...

Gentleman: Yes, Mother, as a Muslim by born. I am a Muslim Mother and Father. And we have a Muslim family. We never had this dead character, character as in Afghanistan or something else. We believe in humanity. I believe that God is the same God everywhere. We believe that the Religion is the same treatment between all the people, they're just to help each other, not to hurt...

Shri Mataji: But how?

Gentleman: Not to kill.

Shri Mataji: How can it help?

Gentleman: But, by anything I can do.

Shri Mataji: Best help is to make a person the Spirit.

Gentleman: Yes.

Shri Mataji: That solves the problem.

Gentleman: Yes.

Shri Mataji: You see this is the best thing you can do, because you get the power.

Gentleman: Yeah.

Shri Mataji: Now, once you, that's what I was about to say, that you become the Sufi.

Gentleman: Yes.

Shri Mataji: You become the Wali. You become the Yogi.

Gentleman: Yeah.

Shri Mataji: You become Rouhani.

Gentleman: Yes.

Shri Mataji: You get the power also to give it to others. Now, these people what beside you. Now these people, how many of them have given Realization, each one of them?

Gentleman: Yes, it's a humanity, everywhere. Peace and love everywhere. We don't need these - [unintelligible]...nothing.....

Yogi: He said to say humanity, peace and love.

Shri Mataji: Of course, it's humanity. But, humanity should be awakened, that you are all one, a part and parcel of one being.

Gentleman: Yes.

Shri Mataji: And there's no need to fight with each other, and this... So when, when this witness state comes, you become peaceful within yourself.

Gentleman: Yes, of course.

Shri Mataji: Unless and until there is peace within you, you cannot create peace is. You cannot, whatever you may try. So first, the human beings have to become peaceful within themselves. First of all they're struggling. And then also these Religions, also they tell that you are sinners. You have committed this thing. You are, all the time one is struggling. It's not so.

Gentleman: Yes.

Shri Mataji: You are glorious, because you are a human being.

And all these little, little things, that makes you feel weak or guilty is a nonsense, at all. You have done nothing wrong according to me. Whatever you have done, it is finished, now gone. Now, at this moment, doesn't exist for you. It should not exist for you, so don't feel guilty. But if you feel guilty, then this center catches. Then what do you get is that is...

Gentleman: static?

Shri Mataji: - spondylitis, minimum. You can get also angina of the heart. You can also get all the lethargic-your organs you see. So why have any guilt? It's a fashion, especially in the West. "I'm very guilty." "What happened?" "I've poured some coffee and I'll be [called for license-unclear]." So he poured some coffee or he used the knife with the right hand or the left hand. So to feel guilty for anything is just to debase yourself. I'm saying no. You have to respect. You have to respect yourself, always, that you are a human being. You have passed through so many status of evolution. Now you are a human being. And this human awareness has to expand, has to become Ruhani, has to become Spiritual. For that you can't pay, that's the point. This is the first petal. You cannot pay for it!

Gentleman: of course

Shri Mataji: Because God doesn't understand your money, your bank, your Swiss bank.

Gentleman: Yes, yes, have it.

HHM: So, you don't have to pay for it, for definite.

Gentleman: Yes, yes.

Shri Mataji: You cannot pay for God. He doesn't understand. So, you may pay for travel.

Gentleman: inaudible comments

Shri Mataji: You may pay for hotel. You may pay for this electricity but you can't pay for God. You felt surprised.

The second thing is you cannot force Religion on anyone. It has to come from.... This is his own Authority. From where that Authority, the Truth expresses. We call it Satwa, in Sanscrit language it is Satwa. It's Authority, and this Authority becomes the Truth, that you have that Authority. You know that Authority there and that is the Truth. But, you don't impose it on others, it cannot be forced. It cannot. If you want, you'll get it. If you don't want, no loss. If you're adamant, it will not work. If you are criticizing yourself... You have to say that you want it and you'll get it. You have to desire, otherwise it cannot be forced. Like you cannot force a seed to sprout.

Gentlemen: It means that it's up to our will? Is it true, up to our will? You can control everything under your control of yourself?

Yogi: It's up to our will to control everything.

Shri Mataji: To control what?

Gentleman: To control ourself, so it's up to our will.

Shri Mataji: No, no but you, you just when you know yourself.

Gentleman: Yes.

Shri Mataji: Just there is darkness around.

Gentleman: Yes.

Shri Mataji: And you can't see anything.

Gentleman: Yes.

Shri Mataji: So you trample on people. You don't find the road.

Gentleman: Yes.

Shri Mataji: And you don't find the way to go out and all.

Gentleman: Yes.

Shri Mataji: But if you have the eyes...you know everything.

Gentleman: Yes.

Shri Mataji: So you don't have to control.

Gentleman: No.

Shri Mataji: It is under control by itself.

Gentleman: Yes.

Shri Mataji: The controlling power itself sees everything. You don't have to control anything. You don't have to tell them anything. It's just a.....

Gentleman: Leave it.

Shri Mataji: The Spirit, the light of the Spirit.

Yogi: Mother, some questions here....excuse me....

Gentleman: Had to mind some tell Her something....

Gentleman 2: You said that Mohammed Prophet described...

Shri Mataji: I can't hear him talking....

Gentleman 2 You said Mohammed Prophet described Christ.

Shri Mataji: Christ?

Gentleman 2: Mohammed didn't describe Christ but the Koran described everything. He told us in the past and telling what is valid now and thing what is coming in future. And the Koran is, the our Religion and instruction needed by God. And it is included all or many thing you are pressing on. Like the peace. The name of the God as Salam . One of the name of the God as Salam, mean the peace. There is no conversing for anybody to follow Islam but there is.....

Yogi: He says that....translate for him....He says that Koran...and Mohammed did not speak about Christ, but the Koran does. In the Koran tells him everything....[others commenting underneath]

Shri Mataji: How can he say? You see, because what Mohammed has said...

[Others talking underneath in Arabic to each other before Shri Mataji are inaudible.]

Shri Mataji: I would say Prophet Mohammed was not at all described as depicted because I know what He was. He was a great Incarnation. But what they say that He was not even Divine. I mean, this is a bit too much, you know? Because I know He was a great Incarnation. And what He was I know. And in the Koran, this, this is the trouble with the books.

Gentleman: Yes.

Shri Mataji: If you have books, you'll fight definitely. Because in this book something is written. In that book something is written. In this other book something is written.

Gentleman: That's true.

Shri Mataji: But first, know if it is so. How will you know? I'll tell you, very simple is. Once you become the Spirit, alright? Then you put your hands like this. Now, ask a question. Those who don't believe will...

Gentleman: It's kind of a maya...it's funny isn't it....[unintelligible]

Shri Mataji: ... understand God. Just Ask. And immediately you'll feel ... tremendous breeze coming in. Alright. Now you ask a question. Was Prophet Mohammed an Incarnation? See this... How...

Gentleman 2: Yes, I feel....

Shri Mataji: You will know the truth on your fingertips, not through the books.

Gentleman 2: No.

Shri Mataji: Very simple.

Gentleman 3: Excuse me....[Group of Gentlemen discussing in Arabic-- Koran, Mohammed, Salam, etc. for some time]

Gentleman: No, no, excuse me please, some, some misunderstanding. [Continued discussion in Arabic]

Shri Mataji: No, no, no, but what's the use?

Gentleman: Some misunderstanding. [Arabic discussion continues] Some misunderstandings.

Shri Mataji: About what?

Gentleman: Some misunderstandings Mother...Please Mr. Ali...Please ask the Mother, She will answer. [Arabic discussion continues]

Shri Mataji: OK. See now. This is no discussion argument. I'll tell you.

Gentleman: Please, please.....now....

Shri Mataji: Because so far there is no need for discussions... arguments... What have you achieved? Alright...This is going beyond, beyond. the thought. Only one psychologist was Jung, who has written about it because he got his realization. That you have to go beyond your thought. So if you go on arguing discussion this is in the Koran. Somebody will come this is written in Gita. Another says....But what have you achieved?

Various Gentlemen: But, what, Mother excuse me....Mother, cause.... Please, pleasewhen...please,when are you going to give answer? Are you answer my friend?

Gentleman 2: Yes No, please I will answer my ...

Gentleman: In Arabic or English?

Gentleman2: Yes It's uh....now uh....in English. It is not a, not a Religion. The Mother teach us how we, how we love each other. Even there is a friend from Israel. He is a brother.

Gentleman: He will come.

Gentleman 2: He's....when he's with them.

Gentleman: Yeah.

Gentleman 2: And you see, his friend as a Muslim. We are free relation.

Shri Mataji: Oh, we have many of this.

Gentleman 2: But we are brothers. It is, it is the Mother teach, give this present to us in around 66 countries. It is men teach from the Mother. Please everybody to understand it is not proper for politics. Not Mother of Religion, is Mother of to love each other, even Jewish, Muslim or Christian.

Gentleman: Bravo, bravo....

Gentleman 2: Yes Ok, in this moment it has to appoint any description relating to any Religion, and this description is wrong not right. We must say that Muslims' the problem. It is the people problem not Islam problem.

Gentleman: Yes.

A lady: No, no, no, no, no....(some clapping approval)

Gentleman 2: I correct some....

Gentleman 3: Some mistake, some misunderstanding...

Gentleman 2: ...some small, small point.

Shri Mataji: Nothing wrong?

Gentleman: Uh..... the power of, uh, people, not they....they are not the discussion of the Religion. They are the power, they are fighting for the power only.

Gentlemen again begin discussing all at once.

Shri Mataji: Who's that, what power, no, no, no, no...no they have no power. Eexcuse me...excuse me....

General discussion among Gentlemen continues.....

Shri Mataji: Listen. Listen. The power is useless! They are fighting for power.

Gentlemen: Yes..... continue discussing...

Shri Mataji: That was never told by Prophet Mohammed. Never! What he said....

Gentleman: Yes.

Shri Mataji: ...that you should find yourself. He never said --that you fight among yourselves.

Gentleman: Yes.

Shri Mataji: For what? What kind of power are they going to get? What sort?

Gentleman: They will be the president...

Shri Mataji: Nothing!

Gentleman:too much money....too much power....

Shri Mataji: Nobody has money....have you seen? Now in our country, see India. They divided --that we'll have Bangladesh.

Gentleman: Yes.

Shri Mataji: That is the poorest country in the whole world!

Gentleman: Yes.

Shri Mataji: I...

Gentleman: We believe it.

Shri Mataji: My husband told me don't come visit me because you'll cry all the time.

Gentleman: Yes.

Shri Mataji: So bad! You see now the Taliban and all those. They cut each others throats and what will come of it?

Gentleman: I cry for them.

Shri Mataji: You be a person above everything now...

Gentleman: Yes.

Shri Mataji: And see how you feel....extremely.....

Gentleman: Yes.

Shri Mataji:.....extremely....

Gentleman: This is a....

Shri Mataji: ...upset.... with that love. What's happening to them... mad....

Gentleman: Excuse me Mother...

Shri Mataji:Huh....

Gentleman: This is a madness and crazy way and they are not humanity person.

Shri Mataji: No!

Gentleman: Forget about Religion.

Shri Mataji: Yeah.

Gentleman: It can be happened in Christian, in Jews...

Shri Mataji: Anything...

Gentleman: In unbelieve, our trouble was in everybody, everywhere. As example, the...uhh... the...uhh

..the war between....uhhhh....exYugoslavia. It's....they are looking for a power. It's not a Religion fighting...

Shri Mataji: No...no...for money!

Gentleman: For money and power, that's all. I traveled all around Yugoslavia since 20 years and there in Yugoslavia – 20 to hundred times before, so I know everybody everywhere in Sarajevo, in Zagreb and everywhere. They are not fighting for Religion. They are fighting for power and money.

Shri Mataji: For Religion you don't have to fight.

Gentleman: Yes, yes....

Another Gentleman: Excuse me, sorry... I can say something?

Shri Mataji: Whar? Religion's the thing...

Gentleman: They will come up....

Shri Mataji: ...which is... which is not without. It's not some sort of a Brand you put in and go on fighting...in the name of God!

Lady: Yes...(others begin to talk behind conversation)

Another Gentleman: I think both sides, Mother and our friend, reach the same point. They say that - it is not Islam which is responsible for everything but the Muslims, themselves, can't carry out the rules and teachings of Islam. And Mother, in the same time say that we people are not God from inside. We have no peace. That's why we always fight against each other. The problem is in ourselves. Not in books, the Holy Books, Koran, Christianity..

Shri Mataji: They're not interpreted them properly.

Another Gentleman: No...So they reach the same point but in a different way. I think there's misunderstanding...

Other Gentleman: Why yes, there's misunderstanding, yes.

Another Gentleman: They both, they both agree to the same to the....

Gentleman: To humanity- peace and love.

Another Gentleman: No one can comment, no one can comment on Koran...

Shri Mataji: Peace....how will you have peace?

Gentleman: Yeah, yeah....

Shri Mataji: Unless and until you know yourself that you are part and parcel of one...that you...that there's no other.

Gentleman: Yeah...

Shri Mataji: Unless and until you rise above this, how will you have peace? Simple thing like this...

Gentleman: Yes.

Shri Mataji: Now see My Hands, Feet, Body, is one....alright?

Gentleman: Yes.

Shri Mataji: If I get apinch here, the whole body knows that problem.

Gentleman: Yes...yes...

Shri Mataji: Same thing happens in Sahaja Yoga I will tell you. One fellow got into trouble in India. From all over the world, [inaudible] people write in – everybody worried about that person, one person – what's happening... See such help, such friendship, such love....no fighting I've seen. They are so many nations, you know, come to India and we have so many there. And of course, I mean they alright, but ... it's not like this kind of a hotel they live in.

Gentleman: Yeah.

Shri Mataji: But such joy, such love....I have never seen them quarreling or fighting – never! Other than pulling each other's legs.alright –[laughter] that's...but that is alright for fun.

Gentleman: Yes.

Shri Mataji: But such understanding and such ...

Gentleman: ...humanity....

Shri Mataji: .. compassion for each other.

Gentleman: Yeah...

Shri Mataji: If one person gets sick, you see,

Gentleman: I mean will you call?

Shri Mataji: They'll telephone to me...no. They'll telephone to me ,” Mother , please Bless this man... Bless, Bless that person...” All the time they are together without even understanding how together they are.

Gentleman: Yeah.

Shri Mataji: You see, this is has to happen as you say, the humanity has to be brought up.

Other Gentleman: Yeah, absolutely....

Shri Mataji: Not to criticize the Religion which is within, but, Religion that is without. Which is not been understood, which is absolutely misunderstood by people.

Gentleman: Yeah.

Shri Mataji: Otherwise there would have been no problem. Now by this, what happens that we see the essence of every Religion how it is close to each other – it is just there. And you go above...yourself. Then you just stand for Truth, and Love and Compassion. Now why should these people from Austria come down to Egypt? Why should they? Spending their own money...everything...why should they?

Another Gentleman: I don't know.

Discussion by Egyptian gentleman: [All talking at once] – For Peace and Love/ for humanity/ To find the new brothers and sisters. Yeah.

Shri Mataji: To have more.

Gentleman: To have more. Yes, yes. [laughter]

Shri Mataji: But according to Bible already the number is over. [laughter]

Gentleman: But really....really it was best meeting. Really, Mother, we enjoyed so much in your ...advice...of our humanity for each other.

Shri Mataji: Thank you, Thank you very much!

Gentleman: And we like also Mr. Ali very much for....uh...

Shri Mataji: Because – that's it.

Gentleman: To explain a little bits of points of our Religion and all Religions...

Shri Mataji: Nothing, nothing to worry.

Gentleman: ...this is humanity all around the world.

Shri Mataji: You see now, I've told you, I've met all kinds of people. And I know all kinds of people, And I have been all over the world – you can imagine. But of all the places, in Russia it's a fertile land ...and they had no Religion! It's the most fertile land!

Gentleman: Thailand?

Shri Mataji: Russia.

Other Egyptian men: No, no...Russia, Russia.

Gentleman: Russia, I know, I know....yes, yes, yes...

Shri Mataji: I...Russia, Romania, Bulgaria you see they were under Communism...

Gentleman: Yugoslavia....

Another Gentleman: North Korea...

Shri Mataji: They were so oppressed and tortured...

Gentleman: Angry...absolutely...

Shri Mataji: They have become...really great, very great.

Gentleman: Yes, yes.

Shri Mataji: So....our freedom, whatever we had, was not wisdom, otherwise, doesn't work out. So let us see...I'm sure all of you will get it. And have faith in yourselves. Now don't try to condemn yourself by any chance. I love you very much and it will work out I am sure.

Another Gentleman: We do love you very much.

Gentleman: Thank you very much.

Another Gentleman: We welcome you in Egypt anytime and any moment and such is the main things.

Austrian: He says....We too, we love you Shri Mataji....he says..

Shri Mataji: Yeah, I know that.. I know that...yeah....

[General talking going on....as Shri Mataji speaks....]

Shri Mataji: So the question of understanding that we are human beings....and we have to become something greater....otherwise the problems cannot be solved. And that will happen very soon you will see you will get it you will know that. But again I would say that I cannot force on you. It cannot be forced. Only you have to desire. Your desires will be fulfilled. Takes hardly any time. Hardly takes five minutes...

Now.

Just put both your feet away from each other that's all...Take out my shoes. I'm sorry I came with you so late but, uh, I couldn't find out the way how to come here. Just put out your hands just like as you do for Namaz.

[Shri Mataji goes into meditation...]

Just put your left hand towards Me-- just like that. And put down your head and see for yourself if there is a cool breeze like vibrations are coming out of your fontanelle bone area. Just see for yourself.

Now, please forgive everyone. Please forgive. Whether you forgive or you don't forgive, you don't do anything. But if you don't forgive, then you torture yourself. So please forgive everyone. Don't even think about it. Just forgive....if you don't forgive yourself and forgive others, you'll get a hot kind of breeze coming out of you, but it will become alright later on. Please try to forgive. Now....

Please put the right hand towards Me. And put your left hand on top of your head again on the fontanelle bone area. Please bend your head. And see for yourself if there is a cool or a... hot breeze like vibrations coming out of your...own head. Some people get it close to their head, some people away from it. So you can search it out. Now.

Now, please once more, put the left hand towards Me once more. Put down your heads please. And see with your right hand this a cold or a hot breeze is coming out of your fontanelle bone area.

Now...Please open your hands like this towards Me and watch Me without thinking, watch Me without thinking.

Now...just raise your hands up there in the sky and ask a question three times. You can call me Mother, you can call me Shri Mataji, whatever you feel like. Mother, is this the cool breeze of Ruh? Ask this question in your heart three times. Push back your head. Mother is, is this the cool breeze of Ruh, the All-Pervading Power of Divine Love?

Now please take down your hands. And now see for yourself. All those who have felt this Ruh on their hands, on their fingertips, or out of their fontanelle bone area, please raise both your hands. Now wave and raise them. Please raise your hands. See...these two didn't do anything, so they didn't get, I'm sorry. They should have done it. Was just a Namaz. May God Bless you.

All of you have got....got it. This is...it's Namaz....in the Namaz now you will get it. When you do the Namaz, you'll get the cool breeze and the Divine Love. See...what I am saying, because we have not understood what is told to us, we are misled. But now, by this you'll be amazed, you'll understand ...everything.

Did you feel the cool breeze also?

Gentleman: I think,yes... I'm sure, yeah.

Shri Mataji: Now, even now the waves are there.

Gentleman: Ahh...but,....

Shri Mataji: : Now you ask a question.

Gentleman: ...what's.....something...

Shri Mataji: Let's ask a question. Is there God? Ask a question, is there God? In your heart, ask a question.. See now...how much you know. Please put your hands. Now ask a question. That's how you know the Truth. Is there God? See.....how much more?

Now, ask about Mohammed Sahib. Ask about Prophet Mohammed. Was He the Incarnation of the Primordial Master? Ask this question. See?

All the Truths you will know on your hands, as said it. Also out of your fontanelle bone area you'll get the cool breeze which connects to the All-Pervading Power.

You feel very relaxed...but, there's one thing. Today you might feel very much better all the air you'll feel...ah, I've got it. But one has to grow. It's like the seed that is sprouted but one has to grow into Sprituality. And for that, I've asked him to stay here and some people could come and they should start a little center. Don't have to pay anything for that. It's all the knowledge absolutely free for you.

Gentleman: Thank You.

Shri Mataji: And you have to grow into it. Once you grow, you can transform so many others....and can make them peaceful, and joyful. This is so simple as that. But for that, either any one of you can come down to Austria, stay there and master it and start. But I would like someone to...I was telling him that he should shift here for some time, somebody who knows Sahaja Yoga. Anyone of them will agree to come and stay here...what do you think Maria....alright. One or two persons who can come here and stay here and can tell them each and everything about this knowledge which is so subtle. It's beautiful, subtle knowledge within us which we have to know .And you feel very relaxed, in every way you will tell Me that, " Mother, such a help is coming to us. This is working out, that is working out." Everything works out. It's tremendous.

Thank you very much.

Gentleman: Thank you.

Shri Mataji: In Sahaja Yoga, we don't have to force anyone. In the beginning people do carry on little bit with their habits and things and then goes. Don't have to be told, just you know that this is not good. You do what is good and you have the strength to do it. You have the authority to do it, so you just do whatever is constructive and helpful.

Next year, I am sure I can come here again and I'll stay over.

Gentleman: Yes.

Shri Mataji: So, if you have any problems, I'm still here for one or two days. If you want, you can contact these people and come and see Me personally.

Gentleman: Thank You. Will do.

Others also: Thank You, very much Mother.

Shri Mataji: Thank you very much.

Gentleman: We promise to do this. Thank You.

Shri Mataji: Alright, We'll.... May God Bless you all, may God Bless you all, and give complete wisdom.

So much vibrations, that I can't really walk.....[Shri Mataji leaves the room]

Assembled group talking among themselves.

Outside video continues as Shri Mataji departs.

Shri Mataji: What a [inaudible] night. The moon feels very close.

1996-1029, Jews, Swiss bank, Shias

View [online](#).

29 October 1996

Talk to Sahaja Yogis

Cairo (Egypt)

Talk Language: English | Transcript (English) - Reviewed

Talk to Sahaja Yogis. Cairo (Egypt), 29 October 1996.

Egypt has a lot to do with you people, when you got away, in the East, from the time of Moses, isn't it?

So, I am very happy that you could all come here and visit this ancient place and see for yourself.

We'll have to fight against all this nonsense that is going on to make the country weak. This is how any country will be weak if you divide the country. All these divisive methods make the country weak. When you want to join them together, then only the strength will come. But if you want to divide the country, these divisive methods are of no use.

[Child speaking in Hindi]

Shri Mataji: There should be methods of how to unite, how to bring them together. But I think, without Realisation, it is not possible. I have reached the conclusion. You see, because mentally what can you decide?

Now they will think of Hitler, [unclear] that is there, they'll punish them [unsure and unclear].

But, whatever it is, Israelis can do a lot now. At least, they could get after Swiss bank. Don't you think? They should put the attention to the Swiss bank.

Why not? There is one fellow who has started it in America. His name is Guy Anatole [unsure], who has bought from the- he is an Italian and not a Catholic. And he is being supported by the Jews of New York, who are very powerful, that they want to know about Swiss bank. That would be the best to come with that precisely. That would be the best that they find out about the Swiss bank. But it should be done in a very proper manner, I think.

[Cut in the video]

First, what you should find out. Because they have come to know that all their secret numbers are in the bank itself, kept in safes. So, Interpol should take them, stop all the banks and search out their names. And whatever money is owned by others, they do not have any money! They are Masonic people, horrible! And also, they are joined with Catholic Church. Another is Catholic Church, who have been so nasty with Jews as you know very well.

There are all criminals joined together, absolutely criminals. Now I am in Italy, I know what it is. All kinds of criminality.

From India, they took away money, from us by force. And that money was taken to Vatican, was given as a donation to Vatican: after all, Vatican is God's thing, yes? So, it went to Vatican. Then Vatican converted it to gold bars. Some of them believe in gold bars, not in money. So, it was all converted, was taken to Torino, where the house of our Prime Minister's wife is. Rajiv Gandhi's wife, Sonia [Italian origin]. And then that they took that to a bank in Switzerland. Somebody saw it. And those gold bars were put in a particular bank. And we are poor people in India. This is the trouble.

Now this is only a wee bit of one [bogus? Unclear 4:46]. In our country, all politicians, Prime Ministers - except for Lal Bahadur Shastri - all are absolutely corrupt. One by one, they are also going to leave, as in Italy. Since I have been in Italy, [they leave the country]. [Laughter]. Now when I was in India, this thing started. Just imagine! Unashamed! But if there is no bottomless pit of Swiss bank, then where will they send the money? You see.

You must write to the Jews, in America, what they are doing. In Brazil, the Supreme Court President and the Law Minister they met me. And they told me that there cannot be any law as long as America and the Swiss Bank are one. I said, "Why?" He said, "They impeached one president, impeached". One president in Brazil, you know that.

Sahaja Yogi: Yes, of course.

Shri Mataji: He is now a highly paid professor in Harvard University.

Sahaja Yogi: Yes.

Shri Mataji: Jews can do a lot if they take sense into their heads, that is the point. Instead of that, what are they fighting? Jews should manage the Swiss bank.

Imagine these people, they melted the teeth of the people who died, made them into gold bars. And who carried them was this Red Cross. Can you imagine this Red Cross? I mean, if you ever happen to find my lecture, when in Basel, I gave left and right to this Swiss bank, especially to this Red Cross. You must read that lecture, a very powerful attack against the Swiss bank. Since then, they are after us. Nobody should say, you know, whatever they are doing.

I am not afraid of anyone, and you should not be afraid of anyone. After all, what can they do to us?

But I think you all should all write to the Jews in New York that, "What are you doing? You have to do this". And to, also, to your Prime Minister. Why are they after the Palestinians? What are they going to get out of them? Get after the Swiss bank!

Sahaja Yogi: This will solve the problems quickly. [Laughter].

Shri Mataji: Hum?

Sahaja Yogi: This will solve the problems between Arabs and Israel.

Shri Mataji: I beg your pardon, this will solve?

Sahaja Yogi: Your idea will solve the problem between Arabs and Israel very quickly.

Shri Mataji: Of course, that's the solution.

Sahaja Yogi: When they go to the Swiss Bank.

Shri Mataji: Swiss Bank. Openly you won't be surprised.

Sahaja Yogi: Yes, but Shri Mataji-

Shri Mataji: I went down for a lecture in this conference, the women's conference in China, I was one of the main speakers. So, a big paragraph on the Swiss bank, I spoke clearly.

Then afterwards, after the lectures were over, so many ladies gave their responses. They said, "The person who has really meet the point is Mataji Nirmala Devi. Because Swiss bank is our enemy". They were from all over the world, they had gathered there, they said, "Because of Swiss bank, we are poor". Why not people see this point? Bottomless pit, all our money is going down there.

But you Jews can do this work, I tell you as Jews, they are no more Jews, I know, but still. [Laughter]. Still, whatever it is.

And another great point is that they are Masonic people, this Swiss bank, they are all Masonic. So, they are secretive. Did you read that book 'In the Name of God' in English language? From Yallop David. You read it. You will know all the tricks of these people. This Swiss bank has got Masonic people. And this Masonic law was also part and parcel of their Catholic church, built in it. And the sentries that are there, all the sentries, are all Swiss in the Vatican. Now this Vatican counterfeited 9 billion dollars, counterfeited. Do you know what means counterfeited?

Sahaja Yogi: Vatican. Yes, fake, fake the money.

Shri Mataji: What is it?

Sahaja Yogi: Fake money.

Shri Mataji: Fake, fake, fake. And gave it to their own customers in their own bank. Up to such a point, that book says, that the last Pope was a very good man and he was killed within 35 days, by this Pope. That is what it says, I don't know.

I met Yallop [the author of the book] and he said, "I have all the documents with me. So, they can't charge me".

Now the only point is that these Christians started saying as a view other religion is stupid, they started saying that Christ was crucified by the Jews. Now tell me any country can the multitude crucify a person? There should be someone body who is a magistrate or something isn't it? How can a thousand people say, "All right, kill him. Now kill him!" And then they got after all the

Jews, these Christians, you know, and troubled them and tortured them.

So now the Jews are sitting on their head. And Freud, you know, wanted to make Christians really anti-God. So, he gave his own tips. You can see he was a Jew. That is how the Western culture became so corrupt. That is how the fundamentalists became so strong, it is a vicious circle.

But in Sahaja Yoga, we don't say, "Don't do this don't do that". We just don't do it if it's a wrong thing. Automatically isn't it. I mean, I don't say, I never said, "You don't take drugs". Did I? Never, you just didn't do it.

So big responsibility on the Jews, I tell you, to get out of this Swiss Bank. They are the best! Because their forefathers who were gassed - they took out teeth, I mean it is such a horrible thing to do, and made them into gold bars, 'ne', 3000 gold bars. Shameful people.

Also in, what happened in Rome? They didn't allow what? They didn't give protection to all the Jews, I think.

Alganesh: No, no, the Pope.

Guido: Ah, the Pope. Yes, actually, they never protest. They never say anything against. And on the contrary, they were protecting the Nazis. So, they were hosting the Nazis in the churches and then they were helping the Nazis to go in South American.

Shri Mataji: And so many war criminals, they took away in the submarines to Argentina. I have seen, in Argentina, I have seen them there. You see, they have taught them all German things of the goose step and all that. And when Argentina was attacked, because of that island, I was just thinking that it should be lost to them. Because this German thing has to go away. They are building up huge big things there, 'baap re' [Hindi; express astonishment] I don't know how many miles together for a third world war, these Germans, these war criminals. They are still hiding there, they are still in Argentina,

Sahaja Yogi: Many.

Shri Mataji: So, they took all the war criminals with them, in the submarines. What do you say to that?

So, for Sahaja Yogis, it is important to write to all the Jews: what are you doing about it? Your younger people will like to know.

I will get you the addresses of all the Jews in New York. I have already sent Linda [Taylor] there, to find out. [Laughter]

Divert their attention from Palestine to this, you see. It should be diverted to something constructive. What is the use even if there's a Palestine, what will they get? What will they get? Little land more. So, what will happen? What is such an achievement? I just don't understand.

Israelis must now realise that war has to be stopped. They have suffered a lot with war. No more wars, no more wars. At any cost, we don't want war. But get after this. You see, as far as peace is concerned, I will manage, I think. But poverty, only this Swiss bank has to go. Only two problems we have: one is violence, another is poverty. Violence part, I can look after. I think I can manage. But this Swiss Bank...

[Cut in the video]

Italian magistrates went there, I was told, to find something. They couldn't find because there are numbers. But now they find out, the numbers only are kept in a vault. So, they should break the vault. Instead of fighting the Palestinian people, they should fight the bank, Swiss bank, you see? That's important. Not for money, but on principle, they can save all the world by that.

They are already doing it but if you people write, you see, they will feel more sort of energy about it. Since I have said it, in China, it has started working out, I mean.

[Apart:] Did I take out my socks? It's there. I don't know if there are socks. Let's put on it

You see, so, Sahaja Yogis have some jobs, and that is a job. I have asked Linda and she will be sending you the addresses. And you all should write combined.

'What will you do with the land added to you? What will you do?

What will you achieve?

Now this war in say, going on, another war, which America is trying with Saddam Hussein. If these people, Americans, are so very sympathetic, say for Kurdish, so why don't they take all of them? They are not going back to America. In the lower part of America, in the south part, it is all vacant. Nobody lives there, these are few Kurdish, take them there. But there are very troublesome people, you don't know, I have had reports on them. They are not very sensible, they are not only rustic, but they are like Afghanis, you know, fighting cocks. Very big fighters. You cannot talk to them, they are not sensible at all! They are like nomads, nomadic people. They are nomads I think. But gypsies are better than this. And these Kurdish, to protect them they are throwing these things for Saddam Hussein. What is it after all? Take these Kurdish and put them in America, somewhere. They will be all right. Lot of room there.

Now you are Italian. Italy has so much of land which is just wasted land. So much land in such a small country and such a small population. But they don't want any immigrants to come in. They brought some snakes, 3000 snakes, and put them in the jungle we had, because somebody told them, For ecological balance, you must have some snakes. In the winter, all the snakes died.

[Laughter]

This solution did not work out, I mean, in England, you will be amazed, half of the England is just vacant, half of the England has very few population. Isn't it? So why not put some of the people there?

Then Australia, I am surprised, Australia is a barren land and there now, they don't want any immigrants there. I mean this world belongs to the whole world. And if there are more people somewhere, why not have some of them there? So now people are protesting, Chinese are protesting about these immigration laws in Australia. Australia is so big and so difficult: you have to go from one place to another in the night, you don't find even one single hotel. It is only there, Koala bears are prospering. Koala bears are prospering; too many koala bears. Crocodiles are prospering.

Guido: Now rabbits.

Shri Mataji: Hum?

Guido: Rabbits.

Shri Mataji: Rabbits are prospering. They are so much. They have so much of lambs that they are killing lambs. But they will not have, one of many surprising things, have human beings there. After some time, you may just find rabbits living there. [Laughter]
Australia, the growth of white skinned people is minus. America is double minus, Europe: minus. So, all the white skin is disappearing.

They don't think from a global point of view. The whole thing is limited, isn't it? They never think what we are doing, what good it will do to the whole world. Never.

You must, somehow or another, get some Palestinians in Sahaja Yoga also.

Sahaja Yogi: We have one.

Shri Mataji: You have?

Sahaja Yogi: Yes.

Shri Mataji: Really? Who?

Sahaja Yogi: He is now, actually, in Israel.

Shri Mataji: I didn't see any.

Sahaja Yogi: He is from Germany.

Shri Mataji: Really?

Sahaja Yogi: But he is Palestinian.

Shri Mataji: One person.

Sahaja Yogi: It's a start.

Shri Mataji: Now get more. That's the solution.

Djamel: We have no Sunnis Shri Mataji. We have no Sunnis in Sahaja Yoga.

Shri Mataji: Hum? Sunnis.

Djamel: Virtually, we have no Sunnis in Sahaja Yoga.

Shri Mataji: No what?

Sahaja Yogi: Sunni, Sunni.

Djamel: Sunnis. We have Shias.

Shri Mataji: In Palestine?

Djamel: No, in Sahaja Yoga. Within Sahaja Yoga, we haven't had any Sunnis who have come, naturally joined Sahaja Yoga.

Shri Mataji: But you are a Sunni.

He is a Sunni. Sunni now started. You are a Sunni. Another Sunni I know of is –

Alganesh: You are a Sunni.

Shri Mataji: Amzad. Amzad is a Sunni, not a Shia. Zafar is a Sunni. Only Iranians are not. Majid.

Djamel: Yes.

Shri Mataji: Majid is sufficient for all the Sunnis and all the rest! [Laughter] 25:33

Djamel: Actually, they are two conditions: now you have to be Sunni and Arab, you see, it is a very difficult combination.

[Laughter]

Alganesh: That is too much.

Djamel: No, no, you have to be Sunni and Arab. Now it is very easy to get a Berber. Berbers are easy to get into Sahaja Yoga, because they are not so conditioned. Like Ait-chalal, he is a Berber.

Shri Mataji: Ait-chalal is Berber?

Djamel: He is Berber, he is not Arab.

Alganesh: He is a Sunni.

Shri Mataji: Is he?

Djamel: He is a Sunni but Berber. [Laughter]

Shri Mataji: You are Berber?

Djamel: [Unclear] I am supposed to be Arab in Algeria.

Alganesh: Bedouin?

Djamel: No, no, we are not Bedouin. We are actually Arabs.

Shri Mataji: So now it is your responsibility to get some Arabs in Sahaja Yoga.

Djamel: It is very difficult to get this combination of Arab and Sunni, very difficult. And they are much more fundamentalists, in general, than Shias or-

Shri Mataji: You mean Arabs are more fundamentalist?

Sahaja Yogi: No, I think, I read, I was in Bahrain. I was in Bahrain, in Bahrain before.

Shri Mataji: Yes.

Sahaja Yogi: And I met – I am Sunni. And I met many Shiites. Shia.

Shri Mataji: Ah, Shia.

Sahaja Yogi: Yes from Iran and from Bahrain. Sunnis are moderate, moderate. Shiites are very hard.

Shri Mataji: Really?

Sahaja Yogi: Yes. Yes and I read their books. I read many books on Shiite. There is no a go-between, no middle way. Only right or left.

Shri Mataji: The Shiite?

Sahaja Yogi: Yes. But here in Egypt, we are Sunni. But we respect - Sunnis respect Imams of Shiite.

Shri Mataji: Imams.

Sahaja Yogi: Of Shiite.

Shri Mataji: Imams.

Sahaja Yogi: Yes. But Shiite does not respect 'chef' [unsure] of Sunni. You know Al Azhar Hussain. Al Azhar Hussain Shiite Mosque. The mosque of Al Azhar Hussain.

Alganesh: Yes.

Sahaja Yogi: I am going to take some friends to see it. It is Shiite. One of the grandfathers-

Shri Mataji: Hussain?

Sahaja Yogi: Yes.

Shri Mataji: I know, I have been there. I have been to all these now. And where is Ramallah [unsure]?

Sahaja Yogi: Exactly. Yes. He [Al-Hussein ibn Ali] was decapitated, they hated the Karbala. And he asked God to send punishment and torment on the people in Karbala. Because they cheated him. So, Shiite, I think Shiite are very hard from inside. And you cannot talk to them. I tried but.

Shri Mataji: Yes but I met some Shias. You would be amazed. The head of the Shias of the whole of Europe has taken to Sahaja Yoga.

Sahaja Yogi: Really?

Djamel: Ayatollah Rohani.

Shri Mataji: Ayatollah Rohani.

Sahaja Yogi: Ah, yes, yes, yes.

Shri Mataji: And another one. What was his name? He is the assistant who was Prime Minister of-

Djamel: Ah, Beni Sadr.

Sahaja Yogi: Ah, Beni Sadr, former Prime Minister.

Djamel: The former president.

Shri Mataji: They have taken to Sahaja Yoga,

Sahaja Yogi: Yes. Great, yes.

Shri Mataji: So now, you see, these theories also trample down within, when it is Sahaja Yoga, I have seen it. Because this gentleman came to my program to get Self-realisation, can you imagine this man? Sahaja Yogi: No, no. I can't.

Shri Mataji: Have you met him?

Sahaja Yogi: No.

Shri Mataji: This Ayatollah Rohani, his brother was elected instead of this- what's his name?

Djamel: Ah, yes. His brother.

Shri Mataji: In his place.

Djamel: His brother was supposed to become the new-

Shri Mataji: Who is now under arrest, home arrest, house arrest.

Djamel: The Ayatollah of Ayatollahs. There is a name for it. And they took somebody else instead. I don't know. Khomeini or someone like that.

Sahaja Yogi: Yes, I know. Hassan Beni-sadr was, left Iran after the Ayatollah Khomeini controlled, ruling in Iran. I know this history.

Djamel: No, there was another story later. Recently the Ayatollah of- there is a rank which is the Ayatollah of Ayatollahs. He died. And he was supposed to be replaced by the brother of Rohani. And of course, they put him under arm [cut in the video 30:07 to 30:09]

Shri Mataji: ... To Russia and all that. And he has tremendous respect for me.

Sahaja Yogi: Yes. I saw him, you know, Mother to mark the death of Hussain.

Shri Mataji: Hum?

Sahaja Yogi: They cut with the long swords, hit their heads,

Shri Mataji: What's that?

Sahaja Yogi: And yes, Shiite. And they catch 'Resuls'? You know 'Resuls' [unsure; Tatbir, self-flagellation]? They hit their backs.

Shri Mataji: Ah. We have that, we have that in India.

Sahaja Yogi: Blood, blood everywhere,

Shri Mataji: Yes, yes. Ibn Hussein [unclear] Hassan, we were not there. They are repenting.

Sahaja Yogi: Yes, exactly.

Shri Mataji: But out of that only, these people came to Sahaja Yoga. They gave up all the nonsense. You see, they gave up all the nonsense, and they have become great Sahaja Yogis.

We have some very great Sahaja Yogis, you would be happy to meet them. Especially Majid [Laughter]. He is the last word. Very

great Sahaja Yogis.

And the one you have in Rome?

Guido: Ali.

Shri Mataji: Ali.

Guido: Ali.

Shri Mataji: So this is stupidity. This was not told by Ali, Hasrat Ali, that you should hit yourself for anything. This is only ritualism they have done it, to make a big show, that's all. It has no meaning. But these people have become Sahaja Yogis now. They have given up that nonsense.

In Sahaja Yoga, you will discover who was Hazrat Ali, who was Prophet Mohammed, who was Fatima, you will know. They are not like somebody coming up, they are ancient. And who they were, you will discover. In our ancient books, it is written about Prophet Mohammed: Maha Meda. This is the Meda, this place [Ekadesha rudras]. 'Maha' means the great. That part he resides here[above Agnya]. We believe that he is the incarnation of the Primordial Master. See the Islamic version, he, poor fellow, has no place at all! They don't even think he was Divine. Was he like a radio, or what? Everything came to his mind. Can it come like that? This was all done by, I think, this fellow 'Moawiya'.

Sahaja Yogi: 'Muawiya'.

Shri Mataji: He did it.

Djamel: 'Muawiya'. Wazalli [unsure].

Shri Mataji: He did all this harm to him. And another was Uthman, I think, I don't know how-

Djamel: Uthman, yes.

Sahaja Yogi: They killed him. We called him 'Hawalish', he's 'hawalish', like rebels now.

Alganesh: He was a rebel.

Shri Mataji: Hum?

Sahaja Yogi: Like rebels, 'hawals' mean rebels. They entered on Uthman in [unclear]. His wife was sitting beside him, they wanted to kill him. So, his wife tried to protect him by exposing her hair, her head. It was a disgrace at the time, any man enters at the woman and she exposes her hair at this stage he should quickly do like this. They refused to leave, she exposed her face to make them ashamed and leave the room. Did you understand? As if I entered a room-

Shri Mataji: Yes, I understand.

Sahaja Yogi: Yes sorry, as if I entered the room, and I saw a naked woman, I should quickly do like this? They refused.

They refused to leave and raised their hand with the sword and they tried to protect Osman. So, they cut her finger, this finger, but they killed him.

Shri Mataji: They killed him?

Sahaja Yogi: Yes.

Shri Mataji: All history is full of this nonsense.

Sahaja Yogi: Then there was a war, a war between his followers and the [unclear].

Shri Mataji: What do you think of this Muawiya fellow?

Sahaja Yogi: Muawiya Ibn Abi Sufyan?

Shri Mataji: Muawiya, yes. His mother ate the liver of the fifth Calipha.

Sahaja Yogi: Yes, yes. But he is the founder of the Muawiya family and the ruling.

Shri Mataji: My father told me all this, because he translated the Quran's texts into Hindi. My father was a great scholar of fourteen languages. He was a member of our parliament and a very well-known man. And he told me so many things that, what Islam was, is no more.

Sahaja Yogi: Exactly, yes.

Shri Mataji: 'Islam' means to surrender, to surrender to Divine. Islam word means that. But everywhere! Bible is changed so much! Bible is so much changed, you can't believe it.

The things they have said, Christ has said something, they have said something else. Because I have Divine eyes, I can see what they have changed. The way they have interpreted everyone is deviated, I tell you, human beings are such they can spoil everything. That's their speciality. Say, you can go in a forest. It will be very clean, nice. One human being goes to live in a forest,

you will know immediately what it is. That is what is in the religion.

Sahaja Yogi: Yes. This is human beings.

Shri Mataji: That's everything they have done, ruined all the religions like this. And by ruining them, they are ruining the people also. And people believe - I really, sometimes I feel such pity. T for the faithful, you know. The way they pray, the way they do. Poor things, they have no connection with God. What are they praying? There should be the connection with God. Without the connection they are praying. What are they praying? To whom are they praying? Just think of it. You have no connection at all, and just praying morning till evening.

There was one fellow, a Sheik in Maharashtra, [name unclear]. He was a musician and a poet also. So, he told me that, "By doing the 'namas', both my knees broke. Then I took to these bhajans on going to Pandharpur with those things [Indian percussions], you see, playing this. So, I used to faint on the way. But Mother, then I came to you. In 5 minutes, you gave me Realisation". I said, "This is all due to your sweetness and innocence. But I can't do that to you anymore". You see, then he's a big Sahaja Yogi now. There are many like that, many.

In India also, you see, there are so many false gurus. And even if there are real gurus, they are very hard. They haven't got a mother's side at all.

One small story, I will tell you. There was one guru, one master, supposed to be very good. So, he was living on a big mountain near Kolhapur. One doctor lady came to see me and she said, "Mother I went to this guru and he told me, 'You're a fool. Why are you coming to me? There is somebody, Adi Shakti sitting there. So, why do you want to come to me?' So, I come to you, to bow to you".

So when I went to Kolhapur I said, "Let me go and see this fellow guru, Gagangiri Maharaj".

He had lost his legs completely poor thing. Because he used to sit in the water. He felt the heat of the people so much, that he always sat in the water. He lost his feet completely.

So this Ganganagar, I had to climb quite a lot. So, the Sahaja Yogis started saying, "Mother, you never go to any guru. Why do you want to go to him?" I said, "You see the vibrations and you will know what a guru means". I went up to see this guru. It was raining, raining, raining very heavily. And this guru was sitting outside the cave. Very angry with the rain. Just imagine, I went into his cave and sat down. So, this Guru Maraj came inside. He came- they brought him as he cannot walk. He goes on a tiger. He came and sat on his - you can call - a junkier [unsure] we call it, this small little thing.

He said, "Why did you not allow me to stop the rain? You wanted to take out my ego?" Because he was supposed to be able to stop the rain. That's what they said, he can stop the rain, all right? So, "Why didn't you allow me to stop the rain?" Because he knew what I was, that was one thing. So, I told him, "See, you are an aesthetic, you are a sanyasi and you have got a sari for me. And you know I won't take anything from a sanyasi son, so I had to get drenched. If I was not drenched with water, how will I accept a sari from you?" Immediately, he melted. Absolutely! Then he started crying absolutely. And of course, he sat with me. But he was talking on another level, not on a human level, but other levels above, God's centres, doesn't matter. Then he said, "Now I have to tell you one thing. I cannot be of great use to you, but if somebody troubles you, send him over to me. I will put him right".

He had a very big name in Maharastra, Gagangiri Maharaj, you see, he is a very big man. He never beats anyone and all that. One fellow came to me and he started saying, "Mother, you must not give Realisation to everyone. You try to give Realisation to everyone. You go to [unclear] with me, he was giving me a big lecture.

So, I told him, "All right. You go and see the Gagangiri Maharaj. He has called you". He felt very enamoured, "Oh, my goodness! Gagangiri Maharaj has called me!" So he went to Gagangiri.

After one month, I was sitting, one man, where I was having a program. And this fellow came with both the legs around his neck, dangling like that. Two people watched, "What happened, what has happened?" He said, "Guru 'kripa' [grace]. This is the blessing of the guru. So, "What happened?" "Mother, I didn't do much, you see. I just told him that Mother should not give Realisation to everyone. Anyone comes in, she gives Realisation. She has no discrimination and all that. So in the night when I was sleeping, his tiger came, perhaps, and threw me in a cant. I came down about 80 feet down the hill.

I said, "80 feet?" "Yes, I saw a [unclear] and I broke my legs. So after two days, somebody poured some chapattis, I eat". "80 feet?" "No, no. He might have come down from the other side, from where it is but it came to me". Then he ate. "Then what happened?" "I was lying like that for 4 or 5 days, and nobody would bother about me. After 5 days, some people came, lifted me, took me there and gave me a bath and all that".

So, then this guru said, "Put these broken legs on your neck and go dangling to your Mother. She will cure you, not me". "My goodness! ", I said, "Really?" Tears came into my eyes. I said, "What? So, I fixed his legs, you see. He is still there. I fixed his legs. And I said, "Now what did you say?" "No, I just said, 'This Mother has no discretion. She gives Realisation to everyone, and all that'. But what a punishment he gave me!" I said, "You see, that is what gurus are. If they are real gurus, they don't want money, but they hit you hard. I know that". But I didn't know they were so cruel as this! The next time I met him, this fellow, I told him, "But what do you mean by being so cruel with these students". He said, "Thank God, he didn't die! Such people should not live, who talk such ill of Mother". But why this? Such horrible things! I said, "Baba, [unclear] nobody, I'm not going to send anyone to this, to any Gurus now, it's finished".

There are some real ones who are real, who are extremely harsh, very harsh and troublesome. But this is the job of love. If you have an ocean of love within yourself, you don't have to torture anyone for that. It's not necessary. While talking to you, you got your Realisation. I didn't do anything to you, it just worked out. If it worked out, it is there.

And now it is becoming very easy. Formerly I had to work at least for 15 to 20 minutes. And with the English even more. [Laughter]. He's one of them [Laughter] One of the early ones. They're really.

But now, yesterday you saw, in 5 minutes, given. So, it just takes on speed.

I may go away tomorrow. I am sorry to say. I would have been so happy to stay over here with you. But I may go tomorrow. But you should look after these people. Then they will look after you. All right?

I think now it is time.

May God bless you.

Very good, your kundalini is very good.

I'm very happy. May God bless you.

Feeling the cool breeze?

Child: Jai Shri Mataji.

Shri Mataji: Really? Here it may come. They are like Maharashtrians. Then they have to say 'yes' they do like this. [Nodding for 'no'] Mee too, I am Maharashtrian.

Ah.

Sahaja Yogi: Excellent.

Shri Mataji: This is the first Egyptian.

Yes. May God bless you.

Guido: He wanted to give us- this is something to put the [unclear] cards.

Shri Mataji: Hum?

Guido: He collected all the cards from all the Sahaja Yogis.

Guido: For you.

Sahaja Yogi: For me?

Shri Mataji: May God bless you.

Sahaja Yogi: Thank you so much.

Shri Mataji: Where are the newspapers? You see now. Also to you people. See now, it [unclear] about me. He might give one also- he's done it. Now these are for [unclear] take one with us..

1996-1030, Talk to Austrian Sahaja Yogis about photos

View [online](#).

30 October 1996

Talk to Sahaja Yogis

Cairo (Egypt)

Talk Language: English | Transcript (English) – Draft

Talk to Austrian Sahaja Yogis, Cairo (Egypt) October 30th, 1996

Shri Mataji: I'm here only for 5 minutes more. How many photographs you have taken? I don't see them. You see, so many take my photograph. Actually, I'm the greatest photographed person.

[Laughter].

But I don't see those photographs. So, they should be sent to some –

Sahaja Yogi: We send it to Geoffrey (Godfrey)

Shri Mataji: Somebody who can pass it on to me.

Sahaja Yogi: Shri Mataji, Geoffrey from England, he's collecting all these negatives. We handed it over to him and he makes it out of CDs he said.

Shri Mataji: He keeps all of them with himself. He never showed me.

Sahaja Yogi: Hopefully not [Laughter]. I don't think so.

Shri Mataji: He came down to see me. He never showed me any photographs. I told this, "What is this you're getting all the negatives and the rest? I have not seen the photographs".

Sahaja Yogi: He thought, he contacted me about two weeks ago. And I sent all my slides and negatives ahead to him to Cabella, to just go through them, put them into some system or so and he said then he will return it. But I can send you all the photographs and videos whatever it is there, Shri Mataji.

Shri Mataji: No, no, but why should you lend negative, you can give photographs.

Sahaja Yogi: OK.

Shri Mataji: All right. Each one should take negative. We can make copies.

Sahaja Yogi: Yes, yes, yes.

Shri Mataji: He's a nice Sahaja Yogi. He is a very good Sahaja Yogi, no doubt. But he's not yet shown me any photograph. So, I'm going to tell him that, "Please, show me first".

Sahaja Yogi: Shri Mataji, we have one Yogi in Austria who has a complete container of photos from you. Yes, I have seen it two weeks ago. I didn't know it myself. [Laughter]

Shri Mataji: So, I told you.

Sahaja Yogi: Yes. It is Willie, Willie Brenner. It's a thick one. Really he made he made such a great work, you can't imagine. He has a complete container, like in office.

Another Sahaja Yogi: A full shelf.

Sahaja Yogi: Shelves.

Shri Mataji: Where, in Austria?

Sahaja Yogi: Yes.

Shri Mataji: It's all in Austria?

Sahaja Yogi: Yes. I was standing there. I could not believe it. One photo after another, and done and done and done. And packages! Not one. For each one, he has 10 or 20.

He is doing such a great job.

Shri Mataji: Hope he has [unclear]. [Laughter]

Sahaja Yogi: Yes.

Shri Mataji: He has got [unclear].

[Laughter]

Shri Mataji: All right. So, now what to do with this container one? Now you could send some of them, you see, at least a copy. So, you could see yourself.

I know, because at every puja, there are at least 50 people. If not 50, it would be 100. And they are all taking photographs.

You have an exhibition of those. These are photographs or negatives?

Sahaja Yogi: Photographs. Both, photographs, negatives, everything.

Shri Mataji: All kinds.

Another Sahaja Yogi: Whatever negatives, he gets from Austrians, he just takes them and makes - I mean, quite an enormous number of photographs out of it.

So, all different sizes. So, then it takes to Cabella and then he just sells it there to Yogis. So, but if you want Shri Mataji, we can make a full album, whatever we have, to give it to you.

Shri Mataji: He is selling them.

Sahaja Yogi: No, no. Yes, but he doesn't make profit out of it. Just to recover the cost.

Shri Mataji: Then it's all right. You're not supposed to sell.

Sahaja Yogi: Shri Mataji, I have a very big vision inside of me. We should send all these photos - I want that all the journalists and all the newspapers and press agencies, they should get your photos. With your permission, we will send it to them.

Shri Mataji: All of them?

Sahaja Yogi: Sure, we can.

Shri Mataji: I know one by one.

Sahaja Yogi: Yes.

Shri Mataji: In this one, see the photograph, the other day, when I arrived at the airport. What a nice photograph it is. You saw this? Very nice. I was quite tired also. But I look quite fresh, you know. To convince people that I'm tired.

[Laughter]

All right. I'm thinking, I will just go around the market, just to give some vibrations, because the whole day is lying there. And it would be nice. We have come to Egypt to give some vibrations after all.

I've been here before, twice. You met such a nice man, you know, this journalist. Have you taken his address?

Sahaja Yogi: Sure.

In all this, whatever has happened, we found some nice people. I am sure we'll be able to work out. Ask him the address of that General also.

Sahaja Yogi: The general? I have it.

Shri Mataji: You have?

Sahaja Yogi: Yes. I'm dealing with since 5 years.

Shri Mataji: Such a [unclear].

Djamel: Shri Mataji, whenever you are ready, the car is ready.

Sahaja Yogi: Car is ready.

Shri Mataji: For what?

Djamel: To go to the market.

Shri Mataji: All right. May God bless you.

May God bless you.

Anyone of you coming to India?

Sahaja Yogi: Maybe some of some of us.

Shri Mataji: 'Atcha' [Hindi].

Sahaja Yogini: I hope I can come.

Shri Mataji: Oh, you see there's for people from Israel, it's free. If you are you coming, you have to just pay your ticket, that's all. But you send your name, first of all, that's all. For people who are from Israel. And also from Russia. Russians, also, they pay very little. But otherwise, everything is free. All right?

Sahaja Yogi: Thank you very much.

[Cut in the video]

Shri Mataji [to the boy]: what? A train? I don't know if I can get a good train for you here. That's in Germany. We'll see, we'll see. I will see. I don't think they have very good machinery goods here. I'll see whatever I get, all right?

[End of video]

1996-1110, Diwali Puja

View [online](#).

10 November 1996

Diwali Puja

Sintra (Portugal)

Talk Language: English | Transcript (English) – Draft

Diwali Puja. Lisbon (Portugal), 10 November 1996

Today, we are going to worship the Maha Lakshmi which I think is very much worshipped in this country where they worship Her as Maria and also there's a swayambu of Maria, you must have seen. And also there was an apparition of Her. First I never believed that it could be, but then after feeling the vibrations, now I know it was true, that She did appear here in an apparition. She appeared before Me, also, you must have seen, in a photograph. This is the principle by which you have risen to this state. The central path of your ascent is created by Maha Lakshmi power for the Kundalini to rise.

In the temple of Maha Lakshmi in Kholapur they always sing the song of "Ude, Ude, Ambe." So I asked the people there, "Why do you sing Ambe's song in Maha Lakshmi's temple?" So they said that, "We don't know why we do it, but is it wrong?" I said, "No, because only in the Maha Lakshmi channel Kundalini can rise and Kundalini is the Umba." That's how, you see, they understood and they were really amazed that I explained it very well 'cause from ancient times this song has been sung there and they never knew why this song is sung.

Coming to the point of Maha Lakshmi, we have to understand what does it do, what it's help is that this Maha Lakshmi channel or the Maha Lakshmi's powers have created within us a proper balance, a proper route for Kundalini to rise.

Left and right has been balanced and She is the one who creates and makes a wider path for Kundalini to rise. This is the path of compassion and love.

Through that compassion and love She creates this path because She knows that if the path is not wide enough the Kundalini cannot rise. Ultimately, one reaches a state where you start seeking and when you start seeking, your Maha Lakshmi principle has been awakened. That is awakened and sometimes it is very strong. Then you start seeking in a mad way. I am sorry to say that many are already lost in seeking, but there are so many who have now come to the right path and to the right ascent.

Another thing this Maha Lakshmi principle does is to allow the Kundalini's power to go to different chakras also. To make a way to different chakras and corrects all the chakras. She is a very flexible force, I should say, which guides the Kundalini into different chakras and She understands which chakra needs the help of the Kundalini. So you must have seen that when the Kundalini rises how She pulsates, where She goes, where She shows the need is of your awakening.

All this works out because She is full of compassion and love that you should get your absolute truth.

We have many problems as it is, you know, in Sahaja Yoga because when people are ascending they carry on with them some of their past stones and they cannot climb. They try then they fall, they try then they fall, then they go up again, they fall. But today I'm going to tell you about what is the state one has to achieve. As Shri Krishna has said it in the "Gita," describes Sitha Pragnya, the second chapter, but it's very difficult to understand Him, He is not so clear cut as your Mother is.

So people don't understand what He is saying. And they ask the question, "How, how do you reach that state of Sitha Pragnya? How do you get to that stage?" But Ganeshwara, when he wrote his "Ganeshwari," he called it as the Sahaja Stithi, means the state of Sahaj. He didn't call Sitha Pragnya. He called it as Sahaja Stithi, meaning the state of Sahaj. So he describes the Sahaj in a very beautiful manner and very subtle. Of course, Ganeshwara also, very few people understand, I think.

A person who reaches that state is like a mirror and so many faces pass over that mirror, so many look into that mirror, so many decorate in front of the mirror, but mirror is the same as it is. So the person who is a Sitha Pragnya or the person who is Sahaja is not bothered about what is facing him, who is facing whom, where he is. He stays within himself. He contains within himself. Like the sun. If the sun plays with his different rays, he is not lost. All the rays again return to him. In the same way, all the senses that we have, all the senses that are there do play around, but for a person who is in a Sahaja state it doesn't matter, it makes no difference. He's not involved. He just plays around. Again, all of them come back to him. This is a state you all have to achieve. Then you are really Sahaja Yogis. But I still find people lost, getting money out of Sahaja Yoga, some people lost getting out of leaderships, some are lost in getting jealousies and envies and all that.

So that means a lot of work has to be done, still, within. There is no need to work as such if you leave everything. That's why I always say meditate, because when you meditate, what happens, that all these things that are pulling you down are finished.

Gradually they disappear because you become yourself. You get contained by yourself and you are never bored. I am never bored. I don't know what boring word means, you see. When it is with you or alone, I never get bored. What is there to get bored? If you are not involved into anything you never get bored.

Another thing is you rise above all these things, like greed. Now people who are greedy are still involved making money here, making money there, all that thing. Those people who are still full of lust are still making, organizing, some things like that. But in a Sahaj Stithi you just watch. You are just a witness. You are not lost into anything that is pulling you down.

This state is not difficult to achieve for you, at all, because you have crossed over your mind. Now all these things come to you through your mind. I've already said that mind is a myth, which you must accept. Myth is that this mind gives you ideas. Some people think, "Yes Mother, but - yes Mother, but - ." This "but" is coming from your brain, from your mind. The brain is reality, but not the mind. The mind says "but" and then you start feeling very depressed sometimes, unhappy, because some people feel even bad because they are very good people, that there are so few Sahaja Yogis.

Doesn't matter. Just watch and this watching state, this witness state is the Sahaja Stithi. In that you become so subtle, you become yourself, meaning so subtle that nothing can disturb you, nothing can change you.

Now see the nature as it is. You know there are ninety-two elements and ninety-two elements, none of them can be, say for example, you cannot make silver into gold. Gold into silver.

The atoms are so arranged that they have certain valencies and apart from atom, even molecules are so arranged that they have their own structure. You cannot change. If you try to change then you will create bombs, atomic bomb, this bomb. It's absolutely destructive. It's only human beings who can change, who can transform.

Now look at the blessings that you are a human being and you can be transformed and you can be made into a new element that is the Self. This is the specialty of human beings. But if somebody there is a false guru or somebody, he tries to do something, you'll explode. I have seen people who have been to false gurus, they still faint, they still have problems, they still get troubled more than people who have been without them. They are also all right now, most of them are improved but this is one thing one should understand, that in one way when you are analyzing and when you are breaking an atom or you are breaking a molecule and trying to transform, it explodes. It doesn't work out.

The other way round is that when you try to synthesize, then you can form anything in the nature. Like, this has now been brought out by synthesizing, this plastic is created by synthesizing.

Matter can be synthesized and can be brought together and human beings have to get synthesized also. They can be synthesized better than matter because they change, they transform.

Now say example, there is gold. You make gold into ornaments, make into anything. It remains all the time, all the time gold. Gold is gold. It is there. It is not that by changing them into ornaments it changes. Its element is there. Gold is there. But for human beings they get transformed. When they are synthesized.

This is a very big difference between the matter and the nature and human beings. Matter, nature, are different absolutely from human beings. Human beings, once they are transformed, it's like a living process. They become like flowers but still it is not that you see in the nature. It's not the same as you see in the nature because nature doesn't have a mind. It doesn't have a mind. It just is under the control of the Divine or nature that it's working out that way. But here you are under your own control. Here you can control yourself. In this synthesis which is growing inside you what you find, that you are completely in control of yourself. You know what is happening to you.

Now you start seeing yourself separating from all these things. Some people come and tell Me, "Mother, see, my ego is very bad, you just take it out." He sees his ego, he sees what is the problem is. Somebody says, "Mother, my nabhi is very bad, I'm still busy with the money." He sees it. First starts the knowledge about yourself, we call as self-knowledge. But one has to even go beyond self-knowledge. By that knowledge, what do you do, we have to see?

When you have the knowledge, first we say there's no knowledge, people have no knowledge, they are ignorant, there's darkness, all that. Now the light has come, you can see. You can know what's wrong within you. Now you start separating yourself from all those things that you see as wrong with you. You see them getting out.

So many nonsensical things there are. Like, we have jealousies, envy, greed and lust. I mean, it's horrible things to say on a Diwali function, see. So the Diwali is that one by one so many lights are enlightened and you start seeing it first. First you start seeing what is wrong with you and then, as you see it, you don't want it. Then you work out to get rid of it, to become clean.

Now this also knowledge disappears. You don't have to have any knowledge. You are there. You are there. There is no need to know about your chakras, you are just there. At that stage nothing matters. You become just like a stone, I can say. Stone with a brain intact and a heart intact and a liver intact.

You just don't mind anything, don't get upset with anything. You just enjoy the love and compassion that's flowing. And the ripples that come back to you, even that is lost after some time and you are just nothing but Sahaj. That is the state people achieved. In those days they achieved this state.

But with that, what lacking happened, that they'd get lost. They all got lost. They couldn't do anything to others. One person getting it, becoming great, finished. Or two persons at the most.

So now Sahaja Yoga stands first of all at the knowledge state, where you have the knowledge. First, you should first of all have full knowledge about yourself. The self-knowledge should be complete. Then in the third stage we should say that when the knowledge is full you should get rid of all those things that you know about yourself, which are useless, which are hampering your progress, which you know is wrong.

Like, I see some dirt falling on my sari, I'll just clean it out like that. Then you start separating yourself into that Sahaja state. But still in Sahaja Yoga you develop another dimension which is collective consciousness. That is the modern Sahaja Yoga. In the olden days they didn't have this, so they just all got lost. Now you have collective consciousness and in that collective consciousness you start feeling others, feeling for others, compassion for others and you start working out for others.

In that also, sometimes, you know, when you are working around, you think how much money I can make, what I can achieve as a leader or some sort of thing is still there.

But this collective consciousness starts growing. When it starts growing then you become as I said, drop in the ocean, means complete ocean. You become complete ocean.

So the ocean has its own mariadas. It doesn't bother. It has to live with its mariadas, it lives with its mariadas. It doesn't want to cross any boundaries, all right. Accept it. It will not cross its boundaries.

In the same way it happens that you are very self-contained. You are not selfish, but you become very self-contained. You are contained within yourself. I know many Sahaja Yogis are angry that I have not punished many horrible people who have been troubling Sahaja Yoga. I don't have to bother. There's Paramchaitanya which is doing a lot of work. Let it look after it. Why should I bother about anyone?

You see, after all, things are working out so why to interfere? My job is just to watch, just to see. That's sufficient. There's no need for Me to kill anybody in this lifetime or to destroy. They are destroyed by themselves. I have told you that I need not expose people, but whichever country I go, I find people get exposed.

I run away from there, really, sometimes, thinking, God knows what more is going to come. Even little attention on any country, it just works out. Even without My knowledge, "Oh My God," I said, "When did I do that?"

So one has to become - of course, he becomes the power of Divine love, no doubt. He becomes the power of Divine love, but he doesn't handle it. Left to this Divine power which is working, which is also separated from Me, you'll be surprised. I am alone. Absolutely alone. Even this power is separated from Me, but this power knows what is good for human beings, what is good for Sahaja Yoga. It works on its own. I don't interfere. It's a reflex action, believe Me, it's a reflex action. Maybe you might say, "Mother, you have made it." All right, whatever it is, but I don't interfere with it. I don't have to tell anything to it. It just works and it's working so well.

I'll give you an example. Once in England long time back, they said, "Mother, we want to have a very long summer." I said, "Why do you want to ask such things?" "No, no, Mother, we must have a long summer, a very long summer, very - " Three or four times they said it and it was a very long, horrible summer in London. And it's not like India where we have air conditioning, fans, something we have, at least hand fans. There was nothing there. So we didn't know. We had a little gallery, we used to sleep in that. So we went to the shop in England and we asked in London City, for a fan. So they said, "All right, after three months. You order us." After three months when it will be very cold they will give us the fan.

We said, "We don't want any fans." So My daughter sent two fans by plane. And that's how we managed. You see, Indians, we feel very hot because we have had a lot of sun in our country, we feel much hotter than any one of you. The way you sit in the sun, you know, we can't understand. You know, in India they used to say an Englishman and a mad dog can only go in the sun. So our situation is like that, that we cannot go in the sun because we have had too much.

And this summer, you see, was so tremendous, so tremendous that after that one thing good happened. That ochre color appeared on the leaves and then gradually the red and all that of the autumn season was best at that time and then one Sahaja Yogi dreamt that, "Mother asked me to drive in Her back yard." So he told everybody that, "Mother has been asking me to drive in the back yard." So I telephoned to him, I didn't know he had dreamt like that, that, "Can you come along for a while, I want to go and see this autumn all over England." So he came and we were driving, miles together and then they told Me, "Mother, it was so, he told us that that was My back yard." Can you imagine that he was driving for miles together, beautiful, just like Canada, the whole England was filled with the beauty of autumn.

So even if there's something like that happens, it is compensated. It is compensated and so beautiful it was, all the people were out in the autumn to see the beautiful colors of the nature, of different greenery, yellow, ochre, all kinds of colors were there. Surprisingly, in that country you never see all that. And because of the sun shining so bright, it was compensated. It was compensated by this Paramchaitanya. So the Paramchaitanya is looking after this. All these things are managed by

Paramchaitanya. I am doing nothing. I am Nishkriya. I'm just sitting down and watching. To Me nothing matters. You see, it's working out slowly and steadily. Ha, if you tell Me something supposing, they said, "Mother, we prayed to You and it happened." All right, maybe, these people must have heard, around Me, Not me, you see, and they must have done the job and for that I'm not responsible, in no way.

Like one lady in Mexico had a son, was very sick and was about to die. She wrote a letter to Me, three letters she wrote that, "My son is going to die, he's a young fellow, studying in Harvard." I didn't do anything. I never wrote to her. Fourth letter came that he's completely cured. Now I didn't do that because I was just sitting in one place and how is it, it has worked out.

So everything, you see, you think I do is not done by Me. Is done by this Paramchaitanya. Because I'm also separated from you, completely, absolutely separated. So they say, "You pray, now." You can pray. If you pray, you pray to these deities that are around, you pray to all these ganas and all that, not to Me. Because I have nothing to do with it. You see, they don't tell Me that I have to do this or I have to do that, so why should I tell them do this or do that? It is like that.

And in that state only we can say you are in a Sahaja state, where you don't desire anything, you don't want anything. I do everything. All kinds of things, I am doing. Like the sun is doing, I am also doing in the sense that I'm looking after things, flowers, this that. I am also receiving presents from you, I'm receiving this from you and then see, I don't receive anything. I don't have anything. I have no interest in it. But you want to give for your joy, all right, have it. You want to put flowers, all right, you can have flowers. Even if there's flowers or not makes no difference to Me as a person, I'm saying. But as Your Mother I love you. All of you I love. But I don't do anything as such to love you. And everybody says, "Mother, You love us so much." When? When did I love you. I never even kissed you. But you always say I love you very much. So what is this. Who is working it out, this? Is something which is not Me, beyond Me. This is the state in which, once we rise, we call it as Sahaja Stithi. In the Sahaja Stithi you think you are doing nothing. Everything is working out.

But at this stage if I tell you, you say, "Oh, we are not doing anything. Why should we spread Sahaja Yoga, it's not our job?" Just now, that's not your stithi, that's why.

So you have to rise up to that state. That's only possible when you are in the knowledge state, where you have self-knowledge, the knowledge of the whole world. But if you go beyond knowledge then you must have seen many a times, I just say something. I just say something and it is there. I never feel vibrations of anyone or anything. I don't feel My Kundalini, either nor any chakras, nothing, but I know, know automatically like a computer. But that computer also I am not. Just it's trouble, it's difficult to explain to you what is this stithi is because you have to achieve it. Once you achieve it then you are in a very subtle state and that subtle state is nothing but bliss. But that bliss also you cannot enjoy. I don't know how to enjoy everything. Supposing now you say, "Jai Mataji." I forget even you are calling Me. I also say, "Jai Mataji," finished.

See it is such a simple thing one has to understand that the state in which one has to rise is a state where without doing anything, everything works out. If that is your state, all right. But it's not so. So you have to rise up to that state by doing. First you have to do it. First you have to know and then knowledge has no need, you don't have to know, but first that has to be worked out and brought to that level.

Now Diwali has the significance that on Diwali day, what we do, we put lights all over. So that we put Sahaja Yoga everywhere. But does the light know about itself? Does the candle know about itself? She enlightens everything but she doesn't know. Like the moon, which is giving moonlight, does it know itself? Does he enjoy? Nothing. In the same way it happens that on a Diwali day you are, what you are doing is enlightening people, you are enlightening them, you are doing all this for them, it's a good idea. You must do it. But also know that you have to become the lamp yourself which doesn't know yourself.

So there are two messages. The first one is that we have to enlighten the world, we have to enlighten others. This is the first one. Then we have to become that which is the light itself and light itself doesn't know. Yesterday you were singing, "You are the light," you are this thing. All right, so what? I was just saying, "Yes, I am the light, I don't know Myself." That's the state where you don't know you are the light. You just don't know that. It doesn't come into your head. Even so many times you have sung, you

have said thousand names there are, everything, but it doesn't come into My head that this is Me you are talking about.

Now when I say this I don't know how you will react. Because human beings are queer birds, you see. You tell them something. Maybe that your ego might come up and you say, "Yes, yes, I am also just the same." There are many, many who came like that, that, "I am higher than Mataji." Ba, ba maybe, I don't know. There are many who said that, "I am Kalki." Nowadays there's one fellow going round saying, "I am Kalki, I am this, I am that." All right doesn't matter. You be that, very good idea.

But if I say I am Adi Shakti that means I don't know what I am, really. I had to say because people said, "Mother, you have to declare." Declare what? Whatever I am, that I am.

Now I find by declaration you people started growing more, so all right, have it that way. But there is no need for anyone to declare anything or to say anything. That is the state one has to achieve.

But to get to that state you have to work. And work is to spread Sahaja Yoga. You have to enlighten many lights. That means you will realize that you are the light which is enlightening all that, and then in a subtle way you will realize that, "I am the light." Many Sahaja Yogis are doing a lot of work and working it out, spreading Sahaja Yoga. It's a very great thing that has happened. In so many countries, the way it has spread, it has removed the darkness of religion which was outside. It was darkness of so many - racialism, thisism, thatism, all it has removed. So this has worked out, the cleansing. For you to have the clean water to swim.

Once you start doing that then you realize gradually that now the sea is clean, we just watch, we just see how it is working. I hope in your lifetime only, you achieve this state where you achieve your complete work of self-realization to others.

Those who do not give self-realization to others, who just come for the pujas, this thing, are mediocres. They cannot rise very high. This coming to puja is what, like, you just rise higher with the puja then again you go down.

But those who steadily grow will grow into this state, I am sure, in My lifetime I should be able to see such people who are such that if they stand here they emit peace, they emit light, they emit everything. Because they are the light. They don't have to enlighten, but they are the light. Such a stage has to be developed and to be worked out within yourself. And this state has been described by so many poets, so many saints and everything, but they were at that stage and people thought, what is this they are talking? They thought they were mad. Even for Christ, they thought He is to be crucified, because they couldn't understand it.

Now you are gradually growing one by one, step by step, so now you understand this. You understand Christ, you understand all these people and at this stage you have still to work. Those who do not work for Sahaja Yoga cannot rise higher. You have to work for Sahaja Yoga, you have to spread it more, you have to work it out, enjoy each other, this brotherhood, everything. All the qualities of a beautiful personality should be there.

Unless and until you achieve that state, then you can only rise higher to that stage which I am describing is a Sahaja Stithi. In that state you will be perfect.

But you must get rid of all these things and today is a day, also of Maha Lakshmi. The first thing is, I think, this madness about money. This should be understood that it's real madness. Those who are rich have no money. You ask a rich man, he'll say, "Oh, I have no money." Why? What is all this? "This is no money".

You ask the poor man, he has no money. A rich man has no money. So it's a kind of a greed which is never satisfied, which never helps you. All these little, little things have to first drop out. Then your work should cleanse you. In your work you will know whether you are cleansing or not.

In the work you will know how you are doing your work. Once that is done, then I think I am sure some of you will achieve that state in My lifetime, in your lifetime.

That's what I want today to tell you, on a Diwali day, that we have to become subtler and subtler and subtler.

We should not be influenced by outside things. Like, the outside thing is that, some sort of a fashion starts. People who follow fashions are stupid. They are like blind mice. Anybody can lead them into anything, now do this, they do it. That, they do it.

So if you try to follow any kind of a thought which is given to us by somebody else, in that thought you'll completely lose yourself and you'll become, "I am this, I am Christian, I am Hindu, I am Muslim, I am Muss leman." Stupidity. You are yourself. You are the Spirit. And when you become the Spirit then you start knowing so much and that knowledge is very important.

This is the gap between a saint and a normal human being, which you have crossed gradually so you know what are the problems of the human beings are and dealing with human beings, you know how to deal with them.

In Sahaja Yoga only the collective consciousness, in modern times, has come. This collective consciousness, also the saints had, but they would not say. They would not say anything. They would not bother.

All right, this fellow has this chakra, let him go to hell. Doesn't care. It's not a question of not caring, but not bothered. They were sitting in a state which was just recording, all right. An ugly man goes before the mirror, all right, if a beautiful person goes before the mirror is all right.

In the same way these people start allowing people to pass through but we have to understand, still we have to grow. We have to still grow by working it out. Those people who are working it out and spreading it all over are the ones which are really very much there and to them, I must say, the Paramchaitanya is just their servant.

I have seen people who desire something, it works out. They ask for something, it works out. For that, now, what should we have, is the point.

After getting realization, after getting everything, what should we have that we develop is the faith. Faith in yourself. Faith in that you are the Spirit, that you have the light and you have to enlighten others. This faith when it grows deeper and deeper then you think, oh, what I am. I am the Spirit. If you are the Spirit then this whole nature is with you. I know of some Sahaja Yogis. One of them was a fisherman. He was doing Sahaja Yoga work. He has tremendous faith in Me and somehow he was going to another village to do Sahaja Yoga work. When he came out of his little hut he found it's all full of clouds, black clouds. So he raised his hand and said, "See now, I'm going for Mother's work. And you dare not start raining. You keep as you are, hanging there till I finish my work," you see. Because he was going by boat. And other Sahaja Yogis thought, "What is he talking about?" They all got into the boat, they reached the other village. They gave realization to others, he finished his lecturing, everything, he came back on the shore and he entered his house. When he was closing the door, "All right, so go ahead," he said. And he managed.

So the complete faith that this Paramchaitanya is like your servant, is all the time waiting there to serve you. Whatever you say will happen. But first you must have complete faith in yourself that you are a Sahaja Yogi.

Even now I find, you see, people have some lust, some sort of a horrible things in them. So first you must be established in Dharma. Dharma, is, as you know, is righteousness. If you are in the righteousness, there's no question. There's no question that this Paramchaitanya won't obey you. But supposing you want today something and it doesn't work out, then even to get disappointed itself is not a very good thing. Disappointment also is a sign of your immaturity. What is there to be disappointed? Maybe that that was good for you.

Supposing I lose My way. I'm going this way and I lose My way, I don't know where to go. So I get lost, it's all right. What is there? Wherever I am, I am there. How can I be lost to Myself. And then what I find, that I had to go that way because I was to meet somebody, I've been wanting to meet somebody and meet that person there. Can you imagine? Such things happen with Me, and even if I don't meet, so what? I was to go that side. I have to leave some vibrations, perhaps. It's like that.

So once you know that whatever you are doing in command, full command, full faith, actually the whole authority comes to you through your faith which word is satta in Sanskrit, meaning the truth.

The truth gives you the authority. If you have the truth with you, you have the absolute truth with you then you have the authority and the authority is such that that authorizes you, not others, but to you. This authority that you have works and works. I've seen with simple Sahaja Yogis, very simple uneducated also, are very powerful Sahaja Yogis, are very powerful Sahaja Yogis. But they have one thing, is faith, complete faith.

Then another word in Sanskrit is titiksha, means patience, suboori - patience. You must have patience. If you don't have patience, you want immediately something to be done. How will you see the whole thing working out? Many people are extremely jittery and very fast-running. This world is running so fast and you are the ones who have stood out and watching this rat race. You are not one of them. So must have titiksha, means you must have patience. So you must have faith in yourself fully and also patience, how Sahaja Yoga is working out or how this Paramchaitanya is working out.

If it works this way, all right, that way, all right. It is some meaning. If it works this way, there's some meaning. If it is that way it has some meaning.

Now another thing which is important is the faith in your guru. If you have faith in your guru, Paramchaitanya is kind to you. It's very helpful. But if you doubt, then Paramchaitanya also doubts you because Paramchaitanya knows you through your guru, whether it is Me or any other real guru, it's the same. But with Me, of course, because, you know, I'm very forgiving so people start taking liberties. With another guru, you see, he will beat them. He'll do all kinds of horrible things to you if you are not there. So I've told you many stories about the gurus, how they treat - good gurus - their disciples.

But I forgive. I don't say anything. Let it be, it doesn't matter. Because I think by leaving them alone only, they will rise and they will come up to this stage. But it happens sometimes that it may work the other way round, that if they are forgiven, then they take it for granted. So the faith in yourself is with patience you watch and do not get disappointed with anything whatsoever. Now, just imagine so many people have got realization, so many saints in this world, have you seen? Yesterday I was surprised the way the French were singing so well. You know, first time I had to take a harmonium to teach them how to sing one line. Half an hour I tried, I couldn't do. The same French have reached that state of creativity.

You see, all your potential will rise. It will express itself, but be careful not to get into ego about it. Gradually it will flower and others who are surrounding you will get the fragrance of it and they'll come to Sahaja Yoga. That is the blessing at that time, the blessing of the real Divine will be that you'll be raised to the state which we call as a perfect, 'purnattwa', complete. That completeness will come. But you judge yourself. Are you absolutely one with Sahaj? Are you absolutely dedicated to Sahaj?

Or other things are more important to you than Sahaja Yoga? Then, go ahead.

There is something to be understood very clearly that there's no competition in Sahaja Yoga. Cannot be. There's no competition. There's no envy, there is no back biting, nothing. It is, you are different people. You are saints. Your style is different. You are absolutely above all these things. You cannot be dishonest, you cannot cheat people, you cannot do this. And if you are doing that, even now, then please try to understand that you have still to grow into it. Some big people think they are very high up in Sahaja Yoga. It's not so, it's not so. If by thinking what you are, then you are lost. What you have to do is to understand "What have I done? How many people have I given realization, to how many people have talked about it?" People are shy, even, to talk about Sahaja Yoga. I have seen one lady was traveling with Me. Very hot. I said, "Ba, ba who is she, this one? I don't know." So she told Me the name of her guru. She said, "My guru is like this, guru like that, like that." I said, "My God, this heat coming out of this woman and she's talking so much." But a Sahaja Yogi will not tell anybody what is Sahaja Yoga. They feel shy. They'll have a hundred friends, they'll meet a hundred friends but they will never tell them what Sahaja Yoga is. They'll be shy to tell them. Ah, they wouldn't mind going to parties, you see, if the others are drinking they'll say, "All right, I don't drink." But they'll not say, "I'm a

Sahaja Yogi, I cannot drink, by nature I cannot drink." They will not say that.

So this is the third point, one has to know the announcement. You must have faith in yourself and you must announce. All the saints announced. They were killed for that, you saw how Socrates was given poison. Doesn't matter. Nobody's going to kill you now, in these modern times, there's fundamental rights to exist. So nobody can kill you, take it from Me, but you must announce. And the announcement should be with full faith and understanding about Sahaja Yoga, how important it is.

The purpose is to transform the whole world. With your transformation the whole world transforms. It's a very complicated thing, otherwise, Sahaja Yoga is extremely complicated because how it works.

The other day, you remember, the mike had failed completely and I was giving the lecture and still I was talking. The mike had failed but everybody was listening to Me. What had happened? Did I enter into the ether? What happened? I don't know. I didn't even know that mike had failed. I was thinking there is mike, that the way people were listening to Me, but then they told that half lecture was without the mike. And everybody was absolutely listening to Me.

You see, it is something that one has to wonder and appreciate what things are happening now, where are we going. We are going into the Kingdom of God and all the blessings, all the bliss will be on you.

Then this bliss, knowledge, everything becomes one, nothing but bliss and you are in that state of bliss which you don't even know, you are just there. The greatest bliss is that you don't know even anything, you're just there.

I hope all of you achieve that state with this Diwali being done in Portugal, which is a special place, I think, of Maha Lakshmi because She appeared here as they say and also this swayambu that we have, also is that of Maha Lakshmi face, so I'm sure it will work out for all of you.

It's a little subtle state I'm talking about but it is, I have to tell you, that one has to rise up to that state and that state is very, very easy to achieve for you. It slowly, gradually it - then you don't have to do anything, you go into a village and everything would be there.

See, now, what happened. I went to Cairo. Everybody was saluting Me. I was wondering, what has happened to them? I went to Leningrad, thousands came to My program. I asked them, "How did you come to My program?" They said, "It's obvious from Your face, it's obvious." They just saw a small, little advertisement in the newspaper, "It's obvious that You are Divine." That should happen. And then you can announce that Sahaja Yoga is the only way, then you can announce. There's no harm. People feel very shy to say something to their friends and things. And you must know that all of those who you love, who you know, will go to hell or where - they'll hang in the limbo or what? If you have achieved it you should pull them out also. They may not. They may not be seekers, doesn't matter now. I think we are finished with the seekers now, must be - we must have people who are not so seeking, it looks like that.

So may God bless you all.

1996-1125, 700th Birthday of Shri Gyaneshwara

View [online](#).

25 November 1996

700th Birthday Of Shri Gyaneshwara

Public Program

Maharashtra Institute of Technology, Pune (India)

Talk Language: English | Transcript (English) – Draft

I bow to all the seekers of truth.

At the very outset, we have to know what is the truth. Whatever I am going to tell you, you should not believe it blindfolded. We have had enough trouble with the blind faiths. So I would just request you to keep your mind open to understand what is the truth.

First of all, I am so enamoured to see so many people trying to understand divinity of Shri Gyaneshwara. He was too great. He was too subtle. And I don't know how many people really could understand Him without being themselves Self-realized, without being knowing their Self.

Even Mohammad Saheb has said that "If you do not know yourself, you cannot understand God almighty." Everybody, even Christ. Christ has emphatically said it. I don't want now to tell you how many people have said that "You have to know yourself." Whether it is Jainism, Buddhism, any -isms that has sprouted but how many of them are trying to know the Self?

The problems are coming in this country, or in all the countries, all over the world because of complete ignorance about themselves. We go on giving lectures: "Don't have this. Don't do that. Don't have enemy. Don't hate people." All sorts of lectures are going on. That has been done many a times now. People can't give it up. They will have some difficulty in giving up this or that.

It has to be understood that still human beings have to rise higher than what they are. They need a transformation. Talking is not going to help. Words are not going to help them. I'm sorry I have to say this. I'm so happy there are people who are willing to listen to this. Adi Shankaracharya has said very clearly, "Mother remove my shabda jalam.", it's "Remove this mess of words."

The truth is that you are not this body, this mind, these emotions, this intelligence, this ego, these conditionings, but you are the pure spirit. We see here beautiful flowers. We take it for granted. We don't even think that this is such a miracle, that the Mother earth is producing different type of flowers, different type of fragrance. We don't understand that we ourselves are a miracle. We have no valuation of our own life because we don't know ourselves.

What Shri Gyanadeva has described in His Amrutanubhava is something which you can only really appreciate when you know yourself. For example, He was a master of similes, I must say. And He has tried to convince the so called intellectuals and rationalists through His own great expertness in using similes. One of the similes, there are so many of them, He talks of the Amruta Anubhav, is the experience of the Ambrosia. Experience, again it is the experience, not just talking about it. And this experience, He has described like this, beautifully, that there is a picture, you see, beautiful painting where you see the rain and see the nature and all the beauty that nature can provide. You're watching it. You're enjoying it. But you are just seeing it superficially. You have to enter into that rain. You have to enter into that area of beauty. Otherwise we are just superficially doing everything.

He has given so many similes that in this short lecture I may not be able to tell. [UNCLEAR Or/Oh MAY BE] one after that, He has tried to describe the state we call Sahajavastha means the state of oneness with the divine, can call it Sahaja. Sahaja means one with you, this spontaneity. This state when it you achieve, I should say, not achieve but it happens to you. When you have this

experience of Sahajavastha then what happens to you? He says, "Like at the sun. Sun has got its rays and the rays go and play all over but again they go back." In Marathi it is, [some Marathi]. "They get content in themselves." In the same way, a person who is a realized soul, he is doing every kind of thing outside but he's absolutely absorbed inside. Because inside you are so glorious, so beautiful that one has to really rise to that height of Sahajavastha, state of Self-realization.

It is not at all difficult, this is [7:37]. The theory about getting Self-realization when people hear about it. [INAUDIBLE] They want to say so many things that you get frightened. You have to stand on your head. You have to go to Himalayas. You have to stand on one leg. All sorts of thing people ... For that, Guru Nanak has said, "Kahe Nanak bin aapa chinhe, mite na bhram ki kaai" [LITERALLY MEANS "O servant Nanak, without knowing one's own self, the moss of doubt is not removed"] "Without knowing yourself, you cannot understand."

Every one of them in the 16th century and whose Gyaneshwara near 12th century [ie. 1200s] , has said the same thing, all of them say the same thing because truth is seen by everyone the same way. Now one can say they were also tortured and troubled. I agree. Because of ignorance. It's complete ignorance and this ignorance we can easily prevail upon by becoming ourselves.

Today I am going to tell you, we have within us all these powers. As Shri Gyaneshwara had described in the sixth chapter, that there is a force called Kundalini within us which when awakened gives you the self. But as you know everywhere, there are fundamentalists, we call them dharma martanda. And they said that "This is something that one should just avoid, this we cannot." Because they can't do it. So that was not read anymore. Neither people ever tried to have.

But in these modern times, it is predicted that is going to happen to thousands of people and it has happened also. Its specialty of this age, that it is happening all over the world, I am surprised Myself! This is the power that you have within yourself. I am not obliged. Neither you are obliged. It is your own power that rises and gives you this selfhood which is being described by Shri Sant Gyaneshwara. And this state of Sahajavastha [Self-realization] is very easy to achieve.

But people don't want to have something simple, you know. I was surprised, like blind people they can't find anything. They go round, round, round, round like that they go round, round, round. It is very simple. It is within you, is your own.

Now look at this mic, just now it failed, so you understand. If it is not connected to the mains, if it is not at all connected to the mains, it has no meaning, it has no identity. So, it has to be connected to the mains. Now what is that mains is? That is the all pervading divine power of love. By saying, "We must love, we must not hate.", it's not going to work out. I can understand. Unless and until you are one with that divine power, you cannot get the power of love. And this is very easy to achieve.

I'm not telling you something very fantastic. There are so many sitting here who have known this and have had it. But you should have an open mind. What are the hurdles? First I said ignorance. Another is rationality. This mind, I would say, is a myth. It is made by us through our ego and our conditionings. And when we use this mind to transcend or to go higher, it cannot work out because it is artificial. How will it work out?

It will only work out when you take to the gifts that you have already within you. Now this is the gift of evolutionary process. You are a human being but you are not yet perfect. That's why all these problems. Integrate religions through your mind. Integrate this by your mind. It will not work. I tell you, it will not work. The integration must take within, first of all. And then you see for yourself that this is all falsehood.

All religions themselves should have been self-oriented but they are not. They are money oriented, power oriented, this oriented, that oriented. Because of ignorance only, again I am saying. Why did they torture Shri Gyanadeva? Why? When He's not here, we are celebrating. What happened? Why? Because He had the truth with Him. The one who has the truth is always prepared. He knows that He'll be tortured, He'll be troubled. And nobody is going to listen to such a person. That's a fact. We have seen all the saints have suffered. Not only in India, all over the world. Wherever there have been people who are saints, who have talked of divinity, of the truth, they have suffered. Nobody accepted them.

For example, in England, William Blake, they thought he was a mad man. When everybody is mad, I mean, if you go to a mad house, to a lunatic asylum, all the lunatics think that you are mad. Same way it has been happening. It's very sad. So many have come on this earth. Not only in India, as I said, all over I find them. They were Sufis. They were people of great talents. But they suffered. All of them suffered. Even Socrates had to take the poison.

So you can imagine the people who have been getting involved into some sort of a destructive behavior towards saints because they were blind. So one has to forgive them. Because blind man can hit anyone. They can't help it. But what about today when we are so much enlightened, you know, people are talking big things and all that is happening in this world.

What is it that is keeping us away from the truth? And that is again, I should say, the hurdle is of Mr. Ego. I'm sorry to say. This ego comes because we think we know science. We can't even make one drop of water, we can't even make our own a little amount of Mother Earth, we can't. Humble down and see for yourself whatever science has achieved is nothing compared to what exists. With science you cannot reach reality. But from reality, you can come to science. Because in the light of reality, you can see how far we have come in science and how far we have to go.

It is very very important because I think you people represent a very acme, I should say, of human beings. And I would request you, all of you, to understand that unless and until you get your self realization, no use talking about anything. In Marathi, say [Mother speaks some Marathi]. You have words and words you eat and words you talk and words you give. These are empty words. But when the Kundalini within you rises, [I DEL] I don't know if I am suppose to [tell DEL] talk about Kundalini or not, but I can't do without it, that power that is in the triangular bone, which is in the sacrum bone. Why was it called the sacred bone by Greeks? This sacrum bone contains that power, three and a half coils, which rises through your six centers.

Now these six centers are responsible for your physical, mental, emotional, also spiritual being. So when She rises, spontaneously, you don't have to do anything, spontaneously It rises, and pierces through your fontanelle bone area. And you become one with this all pervading power of divine love. In Sanskrit it's called paramchaitanya. You do become.

So, it has to be an experience and the experience that you can feel this power on your finger tips. Imagine, the fifth imam has said that "When the time of kiyama, transformation, will come, your hands will speak and give witness against you. You will know the truth on your palm." This is exactly what happens. And you know the absolute truth because everybody says the same thing. So how will you quarrel? How will you fight? How can you have wars? [Mother Laughs] No question.

Such description of such people is in Pasayadan, absolutely the same. That they become your relation [Mother says something in Marathi.] They become your relations. All other relationships drop and you become one with all of them, whether they are Christian, Hindu, Muslims, or anything, whether they are black or white, whether they are from Russia or from England. You should see how the world becomes one. But people don't like if you talk of global oneness. They don't like it.

There was a big thing against Me that I'm talking of global religion. And why? Because they want to have different religions to fight. That's all. Why do they want to have different religions? Just to fight. Otherwise I don't understand why it's essential to have different religions. And when people who are rationalists, they see the religion the way it has been created, a new atmosphere of hatred, no peace at all, then they criticize, naturally. Because what is the outcome of it? I don't blame them for that.

The fighting comes because, again, of ignorance. We have now-a-days, wars after wars, cold wars, I don't know, all kinds of wars in the name of God. Can you imagine such a thing can happen? How can we fight in the name of God? How can we have killings, violence in the name of God? Now one may say, our value system is finished. Why? How are you going to put it right? What is the solution?

Only solution, you have to have self knowledge. That gives you the strength. That gives you a kind of a personality which is

described by Shri Gyaneshwara. That is the personality we have to achieve. And that is not, not at all difficult. It works out in no time. But you are still adhering to some ideas. If you are in the clutches, I always say, of the crocodile and don't want to come in the boat, what can I do? In the name of God, these are crocodiles. Or maybe some other name you can give it too. And thus people are lost.

When you see, you just cry and weep. You don't know what to say, when you hear that this [uh this DEL] whole community was tortured because they follow a particular religion. Then another community is trying to attack because they are following another religion. When we say, in essence all religion are the same, is just same. It is not that it is a part and parcel of our understanding. To understand Gyaneshwara, I would say, first you must have your self realization. Otherwise you can never understand Him. I've heard the lectures on Shri Gyaneshwara from many, many people and the life they lead is surprising. How can they do it?

I am talking about the power of love, love of God. Once you achieve that power, this power can do so many things of which we are not aware. We don't know what things we can do. This Kundalini which rises, She is your own Mother, your personal Mother. She knows everything about you. She knows what are your problems of the past and what are your aspirations. And She's your [Mrs DEL] Mother. And She's anxious to give you, your second birth.

Now when you were born, your mother took all the problems. In the same way, She does it. Many people have talked so much against Kundalini. When the Kundalini rises, this happens, that happens. Now I've been doing this kind of work for the last 25 years or so, I've never seen any one person suffering or having all these symptoms that they describe. On the contrary, first when She rises, you become so peaceful.

Now how do you become so peaceful? A thought rises and falls. Another thought rises and falls and we are all the time living on the cusp of these thoughts. These thoughts come to us from our past or from our future. But if I say, "Be in the present", you cannot. When Kundalini rises, what She does, She elongates those thoughts, actually She does. So within you, there is a state which we call as thoughtless awareness, which is called as nirvichar samadhi, thoughtless awareness. You are aware, you're absolutely aware, but there is no thought.

At this time, your memory becomes just like a photogenic memory. Your temperament is so detached. Supposing you are [sin.. DEL] standing in the water or in the sea and the waves are coming on you, they are frightening, there are all problems but once you get onto the boat, you can watch them, enjoy the fun, see for yourself what's coming up. But supposing, if you can, become a great swimmer, you can go down and save them, those who are getting drowned. You can do it. It's not difficult at all. But you have to become that. And that is within your reach. All of you can get it. It's not difficult at all.

For that, what do you have to do? Nothing, Effortless, Sahaja. Sahaja has double meaning. Sahaja, saha means 'with' and ja is 'born'. 'Born with you' is this power 'to become one with the divine', this yoga. And that is what He has described. Everybody, Guru Nanak has 'sahaja samadhi lingo'. None of them has said that "By standing on your head, you can do it." I asked one fellow, why are you standing every day on your head. "Because the Kundalini will rise." I said, "Does it move with the gravity or with love?"

All funny ideas we have, I tell you. And with these funny ideas, where are we going to reach? No where. We have reached no where so far. When I see all these people, you know, My husband was in the U.N. He was Secretary General of the Maritime Organization and I met so many great people, very great, shaking hands with them. I was surprised-.. where are they living?, what are they doing? They are not united at all.

I have a feeling, I must tell you, to get united, first of all, you have to become self realized. Then what happens, the second state comes in which we call as "collective consciousness." Your consciousness becomes collective. You don't have to say, "You are my brother. You are my sister." Nothing, you just become, you just become moral. Becoming is the point, I'm saying. When you become moral, I don't have to tell, nobody has to tell you, give lectures or anything of the kind.

I have seen people, I must tell you, drug addicts, overnight they have given up. Alcoholics, overnight they have given up. I never told them. If I say, "Don't drink," in a big hall in London, half of them will walk out. I dare not say such a horrible thing. So I don't

say. I say, alright, you be seated, have your self realization.

The greatest blessing of this Kali Yuga, this modern times is this, the greatest blessing is this, that there are so many seekers of truth are born. Christ never had so many. Even Gyanadeva didn't have. Till the twelfth century [ie. 1200s] there was not many. Till the sixteenth century, there were not many. But today, there are many, many seekers, beautiful seekers. They might have taken drugs, doesn't matter. They might have tried anything, doesn't matter. Whatever has happened in the past, doesn't matter. They get it. And that is the state Gyaneshwara has described.

If you read his Amrutanubhava, you will know that He is describing that state. So then people can say, "Oh, it's very difficult. How can we give up these, how can we give up all these enemies of ours? We cannot." But they just drop out. Because also you develop this new awareness, new dimension in your awareness, of collective consciousness by which you not only, know yourself but you know the centers of others, centers of people who are far away, who have died. Then you know where is the problem. Then you don't talk in the language, "He is a Christian." Nor, "He is a this thing or that." But what you say is that "This is the center is catching." Alright?

If you know how to cure your center, you can cure the centers of others also. For that, you don't have to be a doctor or anything. I did medicine, I agree, because I had to talk to doctors, to psychologist. I thought I'll have to break My head to talk to them. But now I was surprised that so many doctors, also, have understood that behind all our personality, all our body there is a subtle system that works it out. We have to handle everything through this subtle system.

When we were studying medicine, now it has advanced so much that I don't know what to say because we used to remember everything [in DEL] about the prescription of every little thing. Today, only antibiotics. Bringing to the hands something [INAUDIBLE 33:40 just this MAY BE] and things like that. Now once [you're a PROBABLY] self knowledge, you can cure others through collective consciousness. You can easily cure others, not only you cure yourself.

Of course, I don't know if you know, there are many people who have been cured through Sahaja Yoga. Cancer, of course, even AIDS, I must say. It can be cured. But we are not here to cure. That's the main thing, once you say, "You can be cured.", all the mad people are standing in front of your house [saying, "I want to get." UNCLEAR 34:22] No, that's not so. You're cured in the sense that inside you are cleansed completely. [Clensme? INAUDIBLE 34:35] said that, "So I would be whiter than snow."

And a person is amazed at himself. How? What has happened? Where is that gone? Where is that hatred? Where is that anger? Where is that envy? Where is it gone? It's like a lotus that comes out of the water and flowers and gives fragrance to that pond, making it so beautiful. The time has come today for thousands and thousands and thousands to [to DEL] become lotuses. Is the blessing, as I said, this is the specialty of the modern times which, of course, we don't very much appreciate.

Everything that is constructive starts working within us, whatever is destructive, just drops out automatically, automatically. Like a person who is not blind, say, there's light. You can see who is sitting there, how you have to walk, this is the road, you have to come, nobody has to tell you. But supposing you are absolutely blind, there is darkness. What will happen? Just a chaos. And that is the chaos we are facing now.

To achieve that peace all over the world, transformation of human beings is very much [needed? INAUDIBLE 36:18]. Try anything else. They have tried. Does it work? Transformation of human beings in large scales will achieve that so that you enter into the kingdom of God. Not only that, but you are helped, supported and looked after all the time. Whatever is promised in the scriptures, you're amazed that you get that.

Is not falsehood. In no way it is falsehood. But to achieve it, you have to rise into the realm of divine love. Unless and until you are there, in that divine atmosphere, it's all talking, talking. When they told Me, I have to speak, I said "Uh? It's difficult you know because I have to tell them the truth." I'm sorry I had to tell you because how long are we going to postpone it?

It has to work out in this great city of Pune. It's called as punya patanam. I built My house also here. But it's not so, I must say.

They were after my life for nothing at all. Alright, doesn't matter. But on the whole, people, here, have to really know that they must have done some great deeds, some punyas that they are born in this Pune. And the way they are going on, I think they have forgotten completely. They have no idea as to what they were. But for people who are really now serious about it, who are thinking that "we should solve the problem of the world" have to accept that the transformation of human beings is needed.

For that you can't pay. First of all, one should know, you can't pay. It's a living process of [humility/humanity? INAUDIBLE 38:44]. If you put the seed in the Mother Earth, how much do we pay to Her? God doesn't understand money, first of all. He doesn't understand banks. This is our headache. We have created it. So it has nothing to do with money. It is just love and love which is pure. In Sanskrit, it's called nirvajay, means that you don't even pay the interest on it. That is how it is and so powerful, so beautiful.

It does not only give you good health. Health it gives, it gives you tranquility, peace. Unless and until human beings really become peaceful, peace, which we call as global peace, cannot come. At least the people at the helm of affairs should be peaceful. But they are not. All their greed, all their power hankering will drop out, like autumn leaves, once they get their self realization.

It is very important that we should know our value system. What we have is only mental and which can go out of order just like this mic. But when it happens to you, you become a personality of emitting peace, emitting love, emitting value system to others. You, yourself, enjoy yourself. You all the time, I don't know how much more can I describe [Gyan DEL] Sant Gyaneshwara. You become the witness of this world. And you start enjoying the humor, all the stupidity and all the blindness of this world.

There's no need for Me to give you a list of things that can happen to you. But first and foremost thing that happens to you, that you know the absolute truth, absolutely, on your finger tips. English language has used this "on your finger tips" I don't know, from where the English got this idea. On your finger tips, you know the truth. On your hand, you know the truth about everything.

Then if you have the power to correct others, if you have the power to know and correct without telling them, you can correct. Now I'm working, they say, in more than 65 nations. Those people who come here, in a seminar, I've never seen them arguing, no. Of course quarreling is out of question. Fighting is out of question. They come from different countries, different cultures, different religions .. nothing, just love and no lust and greed in it. Nirvajay. No lust and greed. Just pure enjoyment of love.

The greatest thing is your attention. Your attention becomes enlightened, again I am saying. Means what? You can put attention anywhere and can find out about that. If you put your attention anywhere, you can work out whatever you want to do. Your attention becomes so powerful. It's a fact, I'm telling you. And the last of all, you jump in the ocean of joy. You enjoy everything. If it is ridiculous, you enjoy. If it is stupid, you enjoy. If it is good, you enjoy. Because you are a witness. You are not involved. It is such a state, one has to achieve. This is the experience one has to ..

I mean, in this small [letter DEL] I would say, lecture, I cannot tell you all that can happen to you, how great you are, what are the possibility, I can't tell you, I am sorry. But once you have the experience, your self will come and tell Me, "Mother, this has happened. [Whichever happened MAY BE] "

[Approximately 10 seconds are missing from the recording.]

.. of love pouring. His collective consciousness, by which I can tell you one thing, one little thing happens to one person, he has the whole of them. They know in the whole world, this has happened. They all pray. They all think about it. But now these prayers are not empty prayers because you are one with the divine. Without the connection, what's the use of praying? Without the connection, what's the use of asking anything to God and blaming Him for everything? You first get your connections. Unless and until you are connectioned Him, how can you say that God has been very unkind, He's done this, He's done that?

So, in this short lecture I've been [I DEL] able to at least say to you that there lies a great potential within you. Through your divine personality, you'll be amazed how things will work out.

I am especially very much enamored by Mr. and Mrs. Mogul. I have their photograph with Me, all the time. And I was so surprised how this sensitive personality has seen the beauty of Gyanadeva. It's something and it has worked out so miraculously that we came in contact with him, really it was so miraculous. Unbelievable.

And it has worked in this way that they have such a nice collection of people who can do a lot, they are so important. They can do a lot, if they have self knowledge, if they become self realized. Not that I condemn any science, no. I do not condemn any religion, nothing. But, even science is not sufficient to solve the problems of the world. One has to understand. So, this is I am talking of meta-science.

I've written a book which is all full of mistakes, I think. Because in India, they make so many spelling mistakes. Three times I've corrected, every time they have made so many spelling mistakes. Then what to do? So I've got now, I think this is the latest and there will be less spelling mistakes, you see. Despite that, I must say, our English, whatever it is, is not that bad. We make spelling mistakes, that's all.

So, [we have, I DEL] I try to write it in English. It is just My witness state in which I saw the western life, now how it is. And what is the problem of western life. About India or Indian life or Indian culture and all that, I have still to write something when I get some time. I can do it but this is just to show how western life is in trouble. What has happened in the western life. And how things have taken this form. If you could read that book, it would be a nice idea. I don't think I'm going to sell them. But, there are limited numbers so I would request somebody to distribute it to, I would say, Mr. [INAUDIBLE 48:13] Kulkarni can do that. She distribute these books to people whosoever wants to know about self knowledge.

So thank you very much.

May God bless you.

1996-1203, Truth and Love both are same

View [online](#).

3 December 1996

Truth And Love Both Are Same

Public Program

New Delhi (India)

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

Public Programme, 12 March 1996 New Delhi (India)

[Hindi to English translation]

My greetings to all of you, who are seeking the truth.

In India, from time immemorial, a search for truth has been going on. This is known from our scriptures. We searched for truth in different ways. Our country is spiritual in a very special way, the reason being many things are accessible in our country. We do not know how prosperous and how holy our country is and how simple and clean the people are. We used to call foreigners 'mlecchha' because we noticed that those who came here tended to have unclean desires. In our time- now I have grown old- it was noticed that those who came from foreign countries how shallow they were, how shallow their vision was and how shallow their desires were. Gradually, this western culture also started to have a tremendous hold on our country. The reason for that was for three hundred years, these people ruled our heads and we slowly started believing that these people who have come to our country and were ruling us, were very great. In reality, these outsiders have got their work done by fooling us. We became cultureless because of other rituals, many bizarre practices and malpractices creeping into our society. Our culture slowly started disappearing.

I could never imagine that so many seekers will come forward, especially in North India. The reason for this could be, in your previous lives, you might have been great seekers and you might have meditated hard and so today, you have suddenly become eager to know the truth. Even though every type of person in charge of religion and in the same way false people had spread so much false information in the country and so many people followed them, but today the time has come when people think they should seek only the truth. And we should know the definition of truth. If I tell you what is the truth, you should not believe it just because I am saying, but you must test it.

The truth is that you are not this body, intellect, mind, ego and bad conditionings etc., but you are the spirit (atma). What is Atma? Atma is the reflection of God Almighty which is in you, that is you; you have to become that and all the rest is in vain. Until you recognise yourself, you cannot know the reality of anything. Even Mohammad saheb has said, 'If you have not recognised yourself, then you cannot recognise God'. For this reason, first, you should know yourself. This recognition is a special state.

Today, you are in the form of a human being and there must surely be some state above the human state. Looking at the type of turmoil the present-day world is facing and the type of degenerated, corrupt set-ups, there must surely be some way out where human beings can achieve their salvation. Sages and saints and also many big incarnations have talked about the salvation of human beings. Then when will that salvation take place and how?

It is not that I have proposed the Sahaja system. From time immemorial, this has been called Sahaj. What is to be achieved is 'sahaj'- simple. In olden days, such types of people were there who used to take people on the wrong path. They would suggest to read a particular book or take a dip in the river Ganges or else create some fuss, for it to happen. This way they burdened people with different rituals and completely filled their minds.

Now it is a small thing like 'Satya-narayan puja'. People do not use their brains that when Narayan is truth itself, where is the

need to add 'Satya' (truth)? Lots of such blind practices keep happening here. It is not as if these things happen only in Hindu religion, but it is more among Christians and even more among Muslims. Being stuck in old ways will not help get their salvation, never ever. Everyone forgets what has been said that you need to find and attain what is inside you. Things such as 'striyachar' (meaning unclear), being particular about what to eat or not to eat, shaving one's head, wearing no clothes on the body etc., will not help you realise God.

One should bear in mind a straight and simple fact that God is your father, and will any father wish his child to die of hunger? The father of all the fathers, from whom we get qualities of a father, and who grants us fatherhood will want you to shave your head and die of hunger! But man, does not think in the matter of religion. What are we gaining from the religion we are following? What have we got from it? We know that many followers of religions, who perform most difficult penance etc. in the name of religion, are so ill-tempered to such an extent that even approaching them is difficult and if you have to, you need to carry a cane or something similar because they can lose temper for anything! Recently, I have written about the reason for this. The scientific reason is that inside us is the database of genes and there are three things in that- one is carbohydrates, the other is nitrogen and another is phosphorus. When 'asceticism' gets into us, then water inside us burns and gets lost. The water in the cells is also lost. If the phosphorus is removed from the water, then it flares up and so do the people. Asceticism is against peace. It is a physical activity. You must have heard about the sage Durvasa, who used to curse. He only knew how to curse. I have not heard that he has helped anyone in getting salvation. That is not spirituality.

The light of the spirit is not one-sided. It spreads in all directions and such a person is calm in his peace and glory. To get into this state, you do not have to sacrifice this or that. You do not have to sacrifice anything. Whatever is there in this world, it has its place. As soon as you get your spirit through the awakening of the Kundalini, you will see that you are related to everyone. You will start visualising such beautiful poetry, and you will be able to conceive such subtle things that you have not even thought of, seen or noticed in your attention. To get into this state, people used to try various methods, approached gurus, put in lots of effort but it did not help.

It is completely true that Kundalini awakening is very difficult. Once someone asked Ramdas Swami, who was Shivaji's guru, 'how much time is needed for Kundalini awakening?'. He replied 'instantly - the same moment. But there should be one to receive and there should be one to give it'.

I can see those who want to receive it, they are sitting in front of me. Also, now the time is such, in this time humans are in such a dilemma. This period is in fact horrible with people stricken by the phases of Kali Yuga with everyone hating, troubling and oppressing each other- be it on the home front or outside, whether in politics or any other field. Many people do not even realise that they are committing wrong, that they are oppressing someone or they are being violent towards someone. This is happening in all religions. There is no one religion where there is no violence, no disaster and people are not ready to accept that their religion is not superior to other religions and that it is not special. If your religion is special then why are you getting killed? Why are you in such a situation? Why are you in trouble? Our religion is supreme. If tomorrow you are born in another religion, then will you say these things for that religion. That means fighting in the name of religion is an insult to God. A very big insult. That was another time and based on the requirements of those times, people have spoken those things. There is no greater sin than manipulating, presenting different things and fighting in the name of God. Killing others in the name of God, beating others up in the name of God, who is forgiving, kind and an ocean of compassion. Taking his name for indulging in such heinous acts is an insult, for any religion. What are they fighting for? Some are fighting for land. Those who believe in formless are fighting for land. When you believe in formless, then you are fighting for land? Let it go. But by saying all this, nothing is going to happen. Those who said this, failed. No one listened to it and no one believed in it. It remained as a mere speech, as a mere talk, as a mere lecture. But it made no impact. The reason is that man is in the darkness of ignorance. Kabir (Indian poet) said 'how do I make them understand when the entire world is blind?'.

I want to tell you that was the case with Delhi. Earlier, I used to think my efforts here are totally useless. But in the same Delhi, in my lifetime I am seeing these seekers. I do have words to express my joy. In this place, no one had heard of Kundalini. If you talked about Kundalini, they would say, 'do you see horoscope? ('kundali' in Hindi), I will bring my horoscope'. Then I used to think how will it work out here, they have no idea about it? How will it happen here? But later I felt that there may have been some very

great sages and saints from previous lives, great seekers, great religious people who have come to Delhi and they are now desiring to attain their spirit. They had a desire in their previous lives, that has got awakened. I could not understand it.

I got married in Delhi and I used to think, 'oh God, what city is this'. Here people talk only of clothes, jewellery, money, power and nothing else. They do not talk or bother about anything else. In the same Delhi, today you have all come for your self-realisation. This is the ultimate destiny for this country. A good fortune. Because India is a great country, a 'yoga bhoomi'- land of yoga. But we do not know anything about it. If we do not know anything about this country, then how can we love it, how can we be vigilant about it?

I used to live in a place like London. England is so small. We can say there are very few people, unlike in India. I was surprised, every person knows everything about the country, with great pride. But it is true that there is nothing glorious there. I asked someone, 'where did you purchase this glass vessel?', then he immediately told me, 'there is a place in the North, and there is a factory and it is made there'. I was surprised. There, the neighbours do not talk to each other. But everyone knows his country. They know about everything, whether they are educated or not. There was a lady in the countryside. We went to her place. She did not know where Russia was. But she knew about London, though she lives in the rural part, knows about the entire country, what the country is about. It is very small, she knew everything about the country, about every issue of the country.

In our country, we all behave like lords (sahebs), though we live in India. I don't know what has happened? Nobody knows anything about anyone. They talk ill of neighbours. I am talking of earlier times not now, and if asked about anything they would say angrily, 'we do not know'. I asked a man, 'where does so and so live?'. He replied, 'Is he a clerk?'. I said, 'I do not know but this is the address.' He replied, 'that is the community where clerks live'. I asked 'who are you?'. He answered, 'I am a 'head clerk'. I said, 'OK'. People were so egoistical, so arrogant. Wherever I looked, even on small issues they would talk about themselves, 'I am this, I am that. I am so and so'. That was the situation in Old Delhi. That was the situation in New Delhi. I do not know what they were arrogant about, but in a way, there was such an atmosphere, possibly you can call it an illusion. Everyone was in an illusion. 'I am this, I am that, I am like that'. If you went to Old Delhi and asked a shopkeeper, 'where is such and such a shop?', they would reply, 'why saheb, is our shop bad? Sit here'. If you talk like this who will sit here? Such dilemma, such hatred, such evil.

The same Delhi today wants to be better organised. They want to love one another. That integration is to be achieved, which is the gift of God. You tell me how I should be feeling? I have seen a lot of this world and I greet these people a thousand times.

Now you realise your responsibilities also. You live in such a city due to which the glory of this country is known all over the world. Whatever happens in Delhi is known to the whole world. What is happening here? How are the people here? If one person dies in Delhi, it will be known in the whole world, but even if 25 people are killed elsewhere it does not count. You are important. Your importance is that you are the representative of this country. You are the representative of this Yoga Bhumi (land of yoga)- India. Today you have come for receiving your self-realisation. Many of you would have possibly already got it. You should know that you have your own special place. People of Delhi have also a special place. I agree that you are in the capital city and those realised souls in the capital city, those who have achieved their spirit, should display a special splendour within – of truth and love. Truth and love are one and the same. When you know the truth, you will become peaceful spontaneously. When you know the truth, what is the difficulty in becoming pure and what can disturb you? Nothing. Because you know what is the truth. Truth and love are one and the same. Those who know the truth can only know it through love. When you love someone, you know everything about them- you know what they like, what they don't, what you should say and or not say to them, what they eat and what they drink- you know everything. If you love them, you know everything about them. You will be diligent about them.

When you know the truth through love, then only it is the truth. If you try to remove love, the truth will extinguish, it cannot be there anymore because the glow at the pinnacle of truth comes only from the burning of oil of love. Love does not mean I love my daughter, my son, my brother, my home- this is not love. In Sanskrit, there is a word 'Nirvajya', 'nirlep' meaning 'alipt' – detached. You will say, Mother if love becomes detached, many things will be missed. It is not like that. Look at a tree. Its stream of love, its sap goes all over the tree- to the roots, the branches, the leaves, the flowers, the fruits. But it does not stop. Either it gets dissolved in the sky or goes back to earth. It does not stop anywhere. Supposing it stops, because it likes a fruit or it likes a

flower very much, the tree will die and fruits and flowers will die too. That is why give each one what is due. Give the sap- whatever is due to one- in your home, your family, your society, your country and the entire world. Give to each one what is due but do not get entangled in it. Getting entangled in a way as they say in English is an obsession, sticking. This leads to the power of love getting weakened, not strengthened.

It is said 'Udaara charitanaam vasudhaiva kutumbakam', meaning for a large-hearted person, the entire world, the entire creation is his family. This is the glory of love. If you know the glory of love, you will be surprised that this happens with the awakening of the spirit. I have seen that when people come to Sahaja Yoga, they first look for what shortcomings they have in themselves. They will come and tell me, 'Mother look I am stupid, I have done these stupid things. I have done this'. I said, 'I don't want your confession, write it and keep it with you'. 'Then I became like this, I cheated him, I oppressed him'. They tell me all this. 'Earlier I could not see. But now it is as if my spirit stands in front of me like a mirror and now I am realising my mistakes. And I think how was I so bad?' Then I said, 'whatever has happened is in the past. There is nothing like past, leave it and it is finished. Now you are in the present. It is all cleaned. And just the way a lotus comes out of dirty water, full of fragrance and filling the environment with fragrance, now you have become like that. Forget it. Hence what has happened, what is past. Forget it.' He forgets, but he forgets slowly. Slowly and slowly, as one progresses, one forgets.

I was in Russia and there was a coup and I asked the Sahaja yogis, 'are you not disturbed? There was a coup here and we do not know who will rule and what will happen!' They said, 'Mother, we are sitting in the kingdom of God, what are we afraid of?' They clearly said. We are sitting in the kingdom of God. This is a state- this does not happen with chatter. People will talk big, 'we will do this, we will do that'- not like that. The biggest quality a person develops is he/she looks at himself without fear, he does not have fear. He will not think about what he is. He is detached from himself. The old self is gone and the new one has emerged and this new life which has emerged is extremely beautiful and glorious. It is self-respecting. It is not that he becomes master of all, it is not that. There is self-respect, (swabhimaan), and 'swa' (self) in 'swabhimaan' is 'atma' (spirit). Knowing the mechanism of 'swa' (self) is Sahaja Yoga. He who knows this mechanism becomes independent. The mechanism of 'swa' (self) means knowing the mechanism of Atma (spirit).

So far, we were clinging to our intelligence or knowledge from our value system to understand it. Now our soul is awakened and with this awakening, we can see everything clearly. Firstly, we look at ourselves and then we look at our society. Now we have people from every religion- there are Muslims, Hindus, Christians, Buddhists, and followers of Mahavir. All kinds of people have come to this Sahaja yoga. And firstly, I have seen that they tell me about their society. Like if a Jain comes, he says, 'Mother, please correct the brains of Jains'. If any Sikh comes, he says, 'Mother, please correct the brains of Sikhs'. Some Christian comes and asks, 'Mother, when will You set these Christians right?'. I have seen this in everyone- immediately, they distance themselves and look at the society, their home, then at the country and then, the whole world. They get involved in all global issues. 'Mother, now we have this issue. Now, this is happening there. You have to do something or the other. You have to see.' 'I said now you are entrusting all the problems of the world to me.' 'Only You can do this, You have to solve it. This man is not right, fix him'.

They get involved in issues which concern the whole world. It's expected of a common farmer to talk about agriculture. But now he also started looking around and said, 'OK, these people killed Rabin (Israeli Prime Minister). Why did they kill him? Mother, please do something for his peace.' I was surprised and asked, 'where did you read about this?'. He told with me with tears in his eyes, 'it came in the papers that an ambassador of peace was killed'.

Who is the Ambassador whom he has never seen, does not know who he was. But he has read it in the newspaper. This way he identifies himself with the whole world. Atma (spirit) of the world is 'vishwatma' (world spirit) and he becomes one with it. When the spirit becomes despaired, he can feel it inside him.

He becomes large-hearted. He does not bother about small issues and difficulties. He will not think that he has this trouble or problem. He thinks how will these problems facing the world get solved. He becomes great. The power of God enters such a person. Even while he is thinking about it, the problem gets solved. The problem gets solved by itself because of his vastness. I have seen many people who said, 'Mother, we had an issue that in such a country there was a fight like this. Then we thought let

us pray, meditate, do something, wish, then the next day's newspapers reported that it is all peaceful'.

Nobody will believe that anyone can do this. But why does a human being not believe this? Because, he does not know his vastness, his greatness. until he recognises himself, he cannot know his potential, his dignity, his powers. You can get all this only after self-realisation.

You know about what Kundalini is and also what chakras are and their manifestation after awakening. If we say that with this, your health improves, then people will say have you opened a hospital?! It's no more the job of Sahaja Yoga to improve your health. Those times are gone now. Earlier, people used to request for curing even their distant relations, their alcoholism etc. Now it is not the case.

I am surprised how broad-minded people are becoming in this country. They are developing this broad outlook. Now you yourself see at one time in this country such people were there, such contemplating people, such visionaries- they used to concern themselves about world issues. They would not run after small, petty issues. Now you must listen to and see their explanations about issues.

In this country, we had such great people who always thought of great things, did great things. I do not know how we are trapped in such trough that we think such greatness is not possible at all. It is impossible. How can we be like that? Why not? There were people at one time who could fight the British. They sacrificed so much for the country, can't they return to our country? Which other country will they go to? They loved the country so much- can't they be born in this country again? Those who have sacrificed so much for the country faced so many problems for the country, today they will again get awakened through Sahaja Yoga.

I am fully hopeful that they will love the country reinstate order, and bring peace and serenity to this country. When this country gets corrected, then more countries will also follow suit. We will have world issues before us. But we have to see which country will lead, which country will be the flag bearer? Which country's people will say we will make such an ideal country, where people will be at a high spiritual level? In Sahaja Yoga, 'spiritual' does not mean deserting the wife and children and running to the jungles. Not at all. We should introspect and achieve that high state - the special state, which is made for us and which we can achieve. There is no difficulty, nothing to be sacrificed but for stupidity and foolishness. You have to run away from your narrow mindedness, which makes you have selfish temperament; you should identify the narrow mindedness things in you. After that, you will see that all your doubts will clear. You believe in God. Do you think that going to a temple or gurdwara and paying obeisance will help? It will not help. Whatever beliefs you have inside you, they should be a part and parcel of you. The greatness of this religion has made a large number of great people to come to this country. I say that no other country has produced so many great people. This means that our country can make a great contribution to the world.

I had been to China recently, I was very surprised that although Chinese may publicly nurse anti-India feelings, they say they have a lot of expectations from India, have lots of hopes. I asked, "what expectations?". They said, 'We know there is a minefield of spirituality. But till now nobody has told us about it'. In our Sahaj Yoga stall, there were long queues where people came to ask what Sahaja Yoga was. It was published in newspapers. Americans were wondering what was there in it? Why were so many people gathering there?

You are seeing so many people in front of you; even foreigners, those who have benefitted from Sahaja Yoga and are singing the praises of India. You should also look at it.

In Sahaja Yoga, you will have no problem in getting your realisation because you are ready like a seed. You put it in Mother Earth and it will flourish. The seed has the power, as has Mother Earth. But it takes time to become a tree. That is necessary because your vastness will be visible only when you become a tree. For that, you have to get into meditation. You cannot do Sahaja Yoga with shallowness. You will enjoy it only when you dive into it. You get deep into it and then only you will enjoy Sahaja Yoga and then you will know what you are and how vast you are. In spite of everything, such peace and clarity will reside inside, that through this power alone, with your attention you can set things right. I can tell you that your attention will become so beautiful

that wherever it goes, you can fix many things. So, if you have to bring yourself out of selfish mode and if you want to come to a higher state you have to meditate without fail, not without meditation. Only through meditation, everything works out.

People have said that men do a lot of meditation and women do less. It is surprising because I am a woman. I have a home, I have children. Everything is there. Whilst managing everything, through meditation, I have worked out a system, where thousands can be given realisation. So, I humbly ask that if ladies meditate, children will also meditate. A woman is the concentration of energy (shakti). Where ladies do not meditate, there, children also do not meditate. Meditation is necessary to manage children. The husband does it anyway because he runs the home. And the lady protects. So, if the husband is meditating, the lady should also meditate, children should also meditate. The most important thing about Sahaja Yoga is that it is collective and does not work out alone that 'I do pooja at home Mother, still I fell sick'. Not alone. When you come into the collective, when you believe in Sahaja Yoga collective, then it is the present-day Sahaja Yoga. Those days are gone when one individual somewhere is to get realisation. Thousands, lakhs (a lakh=100,000) and crores (a crore=ten million) of people have to get their realisation. So, we have to become collective and the power of collective is tremendous.

I am happy that Delhi has taken so well to Sahaja Yoga and understood it. People are very sensitive in Delhi. It is very surprising that in Maharashtra, where so many sages and saints were born, the people there have no wisdom, which you have in you and I am surprised at this. They think that they know everything. They have understood everything. There were nine 'naths' (great saints from the Nath ideology) there but in vain. There were so many sages and saints there but in vain. The way you have explained and developed, to spread this - you have to do individual meditation and participate in collective meditation.

I agree that we have a shortage of space. And we have to do something about it. Slowly and slowly everything fall will in place. But wherever you become collective, then you will not talk about anything else, you will only talk about Sahaja Yoga. This is only the beginning and after this, we will have our programmes everywhere. Those who can come, please do come.

1996-1207, Shri Raja Lakshmi Puja: Don't waste your time in fighting

View [online](#).

7 December 1996

Lakshmi Puja

New Delhi (India)

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

Shri Raja Lakshmi Puja (Hindi). Delhi (India), 7 December 1996.

[Translation from Hindi]

Around the Delhi, Sahaja Yoga is growing very fast. Delhi is a capital, people are power and money oriented, but even if it is like this, still they are seeking their self-realization and it is very surprising. It is like a picture, in that birds are flying, flowers, the rain and so on. You are feeling happy to see the picture, but it is important to see what is in that. It is very subtle and to raise the subtle thinking is very important.

We have not achieved the truth and we are lost in these mythical things. Externally, because at ego one is thinking that he is very smart, and the others are thinking that they have achieved everything in life, so why should they need Sahaja Yoga? So, this way there are two kinds of people, some which are lost in their ego and others which are surrendered to wrong things. They both will never reach the truth.

Once I met a person and I told him that you don't have to do anything special to get your self-realization and the person replied "How come it is possible?". I mean, to get your self-realization you don't have to do anything special, you will get it very easily. So don't waste your time on the people who think that they will achieve it on themselves.

But not all are like this, many will transform in this Kali Yuga because it's a time to transform whether you desire or not. The ones that are seeking, they will transform.

For example I will say about Russia. They didn't know were about it, they were not aware of it, they were even not allowed to talk about it, not even about dharma. They were very oppressed. Even after that they turned to Sahaja Yoga. Why? It is because of introspection. If one will say that we are Sahaja Yogi and we are fine, it will not work out. You have to introspect and it is very necessary. Sahaja Yoga is spreading, it's all right, but a thing that is growing can be burst out because of small faults.

This time when I came to Delhi, I saw that there are two singing groups from Noida and from other places also. It is very dangerous. We will see how these groups are coming up. Christ said about it: "Beware of murmuring souls!". These people just talk about the faults of others and these groups are coming up like two, four, six and so on. If you came to Sahaja Yoga to find faults of others, it is better to go to newspapers. You came here for your ascent, here you can only correct your faults, not others. By looking at others faults, we cannot correct ourselves.

So these murmuring souls just talk about others, even in front of me too. So this kind of things are happening when Sahaja Yoga is spreading and we must take care of it.

Second thing is that they are thinking that they are the leader, and this and that. This leadership is nothing but a kind of joke and that's all. But they will go on fighting for leadership. It is nothing but a nominated place and still they are wasting their time on it. Because of freedom may be it will not happen here as it happened in Russia. So, the people who don't have anything to do, they are creating misunderstanding in between the Sahaja Yogis.

To feel competition in between us, to feel jealous about each other, this kind of things must not appear in Sahaja Yoga and if it is

happening it means that you are not in Sahaja Yoga. It is very necessary to be introspective and to clean your own faults. Us Indians are fighting together all the time. We are saying that this is a very great country, love and peace, this and that, but what is the use? So if one is talking ill about others, you must stop him because the one who is talking and the one who is listening, they are both not behaving according to Sahaja Yoga. So if we correct ourselves this way, there will be a great and beautiful organization and SY will come up and it will be possible to give realization to many many people.

We must understand our responsibility. If you read newspapers, there are just shocking things that are happening everyday and in this Kali Yuga you have received your realization, the highest level of your spirit. So your responsibility is to stop these things with your will power. There is nothing to fight, you can solve society problems with your will power or power of soul. And the second importance of SY is that the people who are doing wrong things and thinking that they are smart, they will get exposed.

The dharma does not mean that you have become saint and you are in samadhi. But the state you have achieved, the joy you have enjoyed, you have to give to others, you have to tell others. You have to show through your behavior that you are special. If you behave like normal people, it creates a bad impression of SY. By looking at your peace, tolerance and generosity, they will be surprised, you just have to do anything, just watch it, it will work out. So, we have to be introspective, where I am, what I am doing, whether I am useful for SY or not. People are getting benefits of SY through me or not.

Now the situation is much better than before. Before they used to write me, but it's better now. But still they are insisting that I should come here and there. I am going but I can't go everywhere now. They have some kind of attachments, like one is from Bombay or Delhi. If I will go to Bombay, the Delhi SY people will feel frustrated. I want to ask them why have you become so localized. Second thing, they want me to visit their house, if I will go to everybody's house I will need another birth to visit them. I must eat and after that: "this is my son, this is my husband", this and that. just "my", "my" things. As long as you are attached with this my, my things, you will not achieve the goal of SY. These are your responsibilities and you do it, don't force me to do it. Like, they are asking me to give name to their child, if I will go on doing it, I will need to make a dictionary of names. So this kind of madness is everywhere. If I say that I will not come, they will feel that it's the end of the world. They will come to me and cry and will ask me, what wrong we have done, and things like that. It is very simple that I can't come and you must understand it.

Kabir has given a very beautiful example of a goat, that when he is alive, he is just saying I, I and I, but after his death, they are making dhal (tabla) out of his skin and the sound is coming like Tuhi, Tuhi (you, you). So, until this Tuhi sound will come from your inside, nothing will work out for you.

If you think that you can do it yourselves, then do it. But if you will leave it to the Divine, everything will work out just like this. One fellow was telling me that everyday 20/25 miracles are happening to him. When you are in the kingdom of God, you are the citizens of his kingdom and all the ganas and deities are there to look after you, to server you. But you must understand the meaning of it.

The experience of Yatharth means Reality. And this experience is very subtle, but at the same time it is very vast. It's like a drop, when it is dissolving into the ocean, it is becoming the ocean and it will go where the ocean will go.

So, now our life has evolved and we are much better than before, but we have to give up this mamtwa (my things.) This Mamtwa is creating problems. In the foreign countries, they don't care for their children, they don't even want them. And if children are getting born, they feel it's better to die. But after coming in SY they are very much attached to their children. That child is everything for them, a very big attachment. It's a big problem, especially in India. They think that they are looking after their children. But they must understand that this whole world is operated by the Divine, so why the worry? You must look after your children but with detachment. So instead of giving up this Mamtwa, you will reach to level with SY. To reach up to level of SY don't run after the mythical things, be happy in the real joy of the soul and be in the witness state. And you will be surprised that you will give up and forget the things very easily, like you are watching drama and you are completely detached.

When you will clear your Vishuddhi, your vision will change and you will receive the help from the divine. You will help to change the situation, to join the things together. Like one person came to me and started telling bad things about another person and I

told him that that person was telling me so many good things about him. And the next day I found that they became very good friends. So this way we have to joy people, to make collectivity strong. If one is in problem we all must help. We are now part and parcel of the whole being. It should happen on the global level. I heard that Germans went to Israel to spread SY because they were feeling that Germans tortured Jews in the past and now it is their duty to give them self-realization. And this way Israel is in SY.

Another good story I will tell you that when I was in Egypt, twenty Sahaja Yogi from Israel came to meet the Egyptian Sahaja Yogis and they were like brother to each other. I never told them to do this, it is coming from inside. It's an innate bounding. But it will happen only when you are detached. In India castes are a big problem, Hindu - muslim problem. But in SY all are together and not bothered about it. Once I asked one Sahaja Yogi about another Sahaja Yogi that whether he is black or white, and he replied that he doesn't remember whether he is black or white. It is happening only when you are at that high level of SY and this is love. The mother doesn't differentiate her children, whether they are black or white. She just loves them. This is the power of love that brings us all together. And the negativity that is separating us will fall down. Before you used to feel jealous about other but by the awakening of Kundalini you will receive this power of love and you will feel love to others.

Many Indians are out in foreign countries and their problem is that there are very few Sahaja Yogis. So they want to spread SY and to be with many Sahaja Yogis. They are not going to clubs, night parties but they are spending time with collectivity. This is the power of love. The Mayor of Italy was telling me that in the church people want to go out as soon as possible, but here in SY they are sitting for as long as 10 hours, how come? It is because they are enjoying love and as they are enlightened, the people who are meeting them, they are also becoming enlightened.

So, today, I am telling you: Don't waste your time in fighting. Your job is to stay and grow in SY.

May God bless you!

1996-1210, Public Program

View [online](#).

10 December 1996

Public Program

Public Program

Lucknow (India)

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

Those people who tell you that you are a sinner, you are a criminal, they are totally in a mess.

Now....Now keep right hand towards me; You must bow your head. Definitely. Bow down your head and right hand towards me. But you are alert completely, not unconscious. Now keep both the hand towards sky and ask one question out of these three questions ask one questions; you can call me Mother or Shri Mataji; in mind ask in mind- Is this Paramchaitnya (supreme consciousness)? Ask this three times. Second questions you can ask this time is Ma is this the power of God's love? And third question you can ask – Mother is this the Ruh? Is this the Ruh which talks about being Ruhani (Spirtual)? Is this the Ruh? ask this question.

Now put your hands down. I am getting a cool breeze from you people. You are amazing people. People who have cold or hot air coming from their hand, palms, fingers or the top of their head, cold and hot air coming; Know that you have established a relationship, a connection with this power that is spreading all around. Like its (mike) connection if not with main (switch) then it is of no use like that we were but now the connection is done and it will flow all the time

People who have felt it: have experienced it, raise both your hands. (Seekers raising hand) Shri Mataji saying Wah !Wah ! To this Lucknow, to the people, Namaskar !. Now you have become saints. You have become saints, now don't go back.

A little courage is needed; a little time is needed to be given. The most important thing has happened, amazing.

Seekers: Shri Mataji ki Jai (Hail Shri Mataji)

This is what I saying, when they play song and you clap then vibration are opened by clapping.

1996-1212, Awakening of "DHARMA" (Religion)

View [online](#).

12 December 1996

Awakening Of "dharma" (religion)

Public Program

Varanasi (India)

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

[Translation from Hindi to English]

I bow to all the seekers of the truth. First of all, you should recognize the truth because the truth is immutable. We can not describe it, we cannot discuss it and until we experience it we can not understand it. Whatever I am going to tell you, you don't need to take it fully or agree with it (God save from this blind faith). Due to Blind faith, there is a very bad situation nowadays. Very bad...It may happen that many times the mind gets delighted by faith but it does not achieve the truth from it and we can not get the peace of our heart. Those people who use to come to earn the merit ("Punya") from Kashi (in Varanasi) were killed on the way. There were many dacoits and swindler who use to rob them... Despite this, there was a reverence (faith) to go to Varanasi. And by going there they had the faith that - 'we will wash our sins and we will become saintly'. It may happen by the grace of Mahadeva (shiva) that they become a little bit saintly... But whatever is achieved is the mere sight ("Darshan Matr") for eg- There is a very beautiful painting and in this painting, the painter has created a very beautiful creation of the world ... Get overwhelmed by seeing her beauty... There he has created- beautiful trees, mountains, flowing river, flying birds, trees with different colours of flowers. Just looking and enjoying it... But Seeing only makes one see. Whatever bliss and joy you gain from it get finishes by going to the mind. (the reality which the painting contains)... But As long as you do not participate in that rainy season, or you don't take a bath in it .. until then you will not experience it.

Similarly from outside you can do anything in the name of religion, saintliness, truth etc. it is from outside (not innate). Until you get the joy of the spirit or the self- realisation, that joy which we are considering is temporary and It does not give us the special result ...for eg- I went there in Pune in a very big conference (Peace Conference)... There the people were saying so many things like some of them were saying our Dharma (Religion) is good and another one was saying our religion is good ... Although I reached late and not listened to it ... I just said that -Any religion which is being followed by a human being... Can any religion stop from doing misdeed... Any person from any religion is free ...he has no restriction in doing any misdeed ...It is not seen that one dharma (Religion) people are doing the misdeed and the other one is not doing so ... From here to there it is seen that this language of dharma has to be changed ... Just by saying that we are Hindu, Christian, Jain, Muslim, Sikh, Buddhist etc... donot make sense ...It is just a naming business Unless there is an inner transformation of a human being... And behind this name, they all are fighting ...What's the benefit in it?

You did not found the real Dharma (Religion) ...You should understand this thing ...

Don't you lie?

Don't you hate it?

Don't you take things away from anybody?

Do you have a complete solution in your heart?

Is there complete peace in your heart?

Is love inside you is without expectations? It's not like that as old saints and Sufis..

That is not the case with you people So by taking the name of Dharma you can not find these things So first awaken this Dharma within you.

Until this religion is awakened within us, till then we are hidden in this pageant.

It is assumed that we are very religious and very good...I am not saying about good or bad ...but the truth is -the way you are in reality is very high.

Who are you?

You are not this body, mind, heart, ego and these useless idle rites. You are a pure spirit. And unless you did not achieve this

state of Atma till then you can not recognise the god.

In Koran, Mohammad Sahib has said that -Unless you will not find yourself till then you can not find the God. And in our scripture it is already written that - Know the soul ...Know your spirit! Recognize the spirit ...Similarly, it is written in the Bible -Know yourself ...Know thyself ...Don't know how many times ...it is written ...that Know thyself ...But it is not written to fight. It is not written to be quarrelsome. Don't know from where these contradictions are arising that we people are fighting in the name of Religion...And if not satisfied with that -then making money on the name of God, ... selling God ...Everywhere Can we sell god almighty?

The truth is we can not sell god...But we are doing that ...

And I don't know what they do like -someone chanting and going to Himalayas someone standing in one leg and some remain Hungry for one month, some giving labour to the body ...By giving pain to himself, he assumes that by giving pain he will achieve god.

The god, the father ...the ultimate god who is so compassionate more than your father, who loves you the most, in his heart, there is a lot of space for you ...Would he like that you give pains to your body for him, give trouble to your body like this? Don't know how such strange things were made

When I use to see it ...I got surprised...That what is the purpose ...But people are very intelligent in making these types of strange (abnormal)things ...You say to someone that you cut your fingers then Mahadeva will be happy...then they will cut their fingers ... Have you asked from Mahadev...Have you asked the god?

By giving this type of admonition, discomfort, trouble , trick, you can not find God.

Similarly, by deceiving others, by beating others - God can not be found ...

Similarly, you can see that Bosa whatever is written for him ...(He has not written himself)

So he had said that someone is going to come like this ...11:30

Then after Isa came ...he wrote about Bosa ...Just like that as if they are the ancestors ...very clearly he has written about him.

They have written that Isa MAsiha has said so ...

Then after Mohammad sahib, also said about is a Masiha ...very much ...Not only this he also said about his mother very gracefully and with full respect warning everyone that Beware if someone talks about the character of her. Now, these 3 types of books were made...Now I don't understand why these 3 are fighting with each other. When everyone has described everyone about them...then why are they fighting? By insisting hard and fighting ...Then, religion can not run with the strength...That if you do this type of sin then you will suffer from this type of sorrow or pain. And If you will do this, then you will get this ...All these are ridiculous talks...Or by saying that - "your hands and feet will be burnt off, your neck will be cut off" and Saying so, can that be a religion? When religion loves ...otherwise why there is a need of religion?

Dharma is tied. Pashupatinath is holding it. if there is one snake then there is a snake's dharma ..If there is a scorpion then it will follow the religion of scorpion ...In human beings, you can find every one of them ...And nobody knows which one bites anytime ...13:57

By this way, the human being has been distracted and 13:57 ...

When we put a glance at our country then it is not understandable that what has happened in this world and where the "Desh Bhakti" (Patriotism) has gone behind which 1000's of the neck are being cut off...Whether they were Hindu or Muslim or Sikh or Isai ...

Now where these people have gone? And from where these Ghosts have come?From where are these people of demonic nature who just want money have come? What is the reason? What is the reason behind this?

The reason is this that those who choose, have no understanding that what to choose?

They don't have the power to choose...if 5 Rupees is given then they use to give a vote. Who can rule over a powerless country except for demons? That is why we have to become powerful...With the power of love, we have to fill ourself ...And it is very easy...You have heard that in you there is the power of Kundalini. In Koran it is called Asus but who reads Koran, even Mullah doesn't read it. And it is also said in the Bible, that this kind of shakti or power is there within us And when it will rise then the power spread all around will bring "ekakarita" of Chaitanya power. When the power of god spread all around Which we call as "Ruh"16:04 is felt then we should say the transformation has happened...And this is a lively process...If you put a seed in the mother's abdomen, then it grows. The seed gets sprouted... No need to stand on her head...The earth is itself so powerful and there is the power in the seed as well ...that it get sprouted. For that, no special efforts have to be done. By this way, you also have this power ...That power is sitting there, Whether you are of any religion or country, Whatever may be your colour ...It is

residing in all human beings...It is not that much on animals ...Like nowadays it is popular "Save animals and kill humans". This power is inside human beings...gets enriched completely ...It is also there on animals but not that much prosperous. This is the speciality of human being that it is prosperous in them ...And in that prosperity, if there is any known or learned person then the Kundalini gets awakened. Now tell that when you planted the tree then how much money you had given to that mother...How much money had you given to that land? So first thing you understand that -Giving money to anyone in the name of God, is a sin. Yes, you can give another work ...Like in preparation of "mandap" you can give, for lightening you can give, for giving the space you can give money but for spirituality or to get the spirit, you can not give money. This means that- it is all vain. Does this land know what is money? Or does God know what is money? This ...We have made a headache.If you understand this that nobody can give money then all the false gurus will return to their own places...This is the thing to understand. And understand that - that person who gets enlightened becomes Birla (rare)...he becomes a special kind of person. In the era of Kabir so many people became that but why do we remember Kabir only? In the Nanaka's era/period there were so many of them who became like that but why do we follow nanaka only? In this way, there are lots of saints in Maharashtra ...They were beaten and given a lot of troubles...These religious people on whose feet you live have deceived them a lot. All these pandits and Mullahs have cheated them ...And by cheating them they have beaten them. You can see Khwaza Nizamuddin Shah...You can see and open any bodies life wherever there were the talks of truth, they came for stalking.

But you should understand that by the money you can't find the truth and secondly if anybody will do like this then God " Vishweshwar " has awakened now and he will have to take actionand when the God gets awakened then you don't know from where to where.....

So going behind such people is also the wrong thing. By this, you also lose. Your children also suffer and your body suffers too. If you have any trouble then you can solve it on your own...By this Kundalini awakening, there are lots of miracles that have happened. But I will not talk of them because you have not to experience as its ridiculous to talk (for inexperienced).

But by kundalini awakening, all your bodily sufferings get finished all the problems of the body can get finished completely. Now in some people, it doesn't. But in most of the people, it finishes off ...You will say how?

Then, the chakras from where this kundalini passes through fulfilling the physical, mental, emotional and spiritual needs. And when there is any malfunction on these chakras then we get sick and our mind starts working fastor our brain fails ...or any type of problems are also caused by these malfunction of chakras.

Now you see a human being that every time he thinks too much Whether literate or illiterate ...Sees every advertisement ...newspaper ...And thinks too much ...What are you thinking?

What is the need to think? The mind from which you are thinking is a false thing ...This mind you have created! Because of your ego and sanskar ...Without going beyond this mind you can not go to that attention which I am describing, and you can't experience it ...So it's necessary to go beyond this mind. Where there are no thoughts. You see, that now you stand in present then you can't ...Either you are in future or in past ...

One thought will rise from the past and other with future ...and you dance above them ...When there is the awakening of the Kundalini then this thought process gets elongated and there is a gap in between Which is present. And Present is the truth only. It is the only reality. When you are in absolute Neutrality then there is the establishment of peace and you become peaceful. Now only see...Just like you go to one mountain from the large gathering and from there you can see what is happening and now you are afraid of this crowd...Like if you are standing on the tides and large tides are making you feel afraid off ...You are jittering. But anyhow you get boarded into the boat then you will not feel afraid off you will just watch and you will feel entertaining too by looking the tides ...But when you are a swimmer then you can swim miles...The time has come, to enlighten many lamps from one lamp ...You all have to get awake to improve the bad condition of this country. Then, only the real truth within you will be awakened ...And you will be surprised that all the dharmas are residing in it ...There will be only one dharma in the world ...But inside you if there is dharma, then this kind of person never tell lie, don't eat money (are not greedy in any way) and they remain in peace ...

In the name of Peace, there are so many awards achieved by people but they are very fighter kind off(quarrelsome). There can be the establishment of peace in every human being when they come in present ..then he witnesses the future and the past ...But I will sit in my pride...Now I am witnessing everything ...And When this situation comes then despite this peace there is one more thing that you become free from worries ...Stop worrying ...It dissolves. And the thing about which you worry gets dissolved. How?

Because your attention becomes enlightened. When your attention gets enlightened and your attention gets out of worry, then in that light, worry dissolves...Many people had such questions which got corrected ...They were sitting in peace Mother, we didn't do anything ...And everything got corrected ...He was angry with me ...He came the next day and shake hand with me. My Money was about to go...He told me to protect money...

Somebody told me that your son is going to die ...But he is alright and alive ...There was an accident but everybody saved ...nobody died.

There will be some disease ...And he will be alright ...These are all small things. I don't know from where to where the human being is reached ...

Because he gets the peace ...moreover he gets the solution...

Now you are listening that they have crore and crore of Money with these people ..I don't know what are they going to do ...Carved into the wall ...You will not understand- this is a disease, one of the diseases to add money like a mad ...To eradicate the disease of greed the best way is Kundalini awakening. Because Kundalini lightens the lamp of Solution (Samadhan)...People will say that he is very poor but you will be like King. The person who is not greedy is the King. And the greedy one is begger. This kind of personality you get from Kundalini awakening ...And then you understand that what are you? Such a great and graceful personality...What have you had? When these things come in front of you then you will be surprised to see yourself -This is me! Becomes the ocean of love. Just like one drop meets in the ocean and becomes the ocean ...You become the ocean ..You don't get tired...Now you know my age ...There would be no one elder than me here ...Day and night roaming in different countries ...I don't feel tiredness ...Because I am not doing anything...You fell like this ...Whatever faults there are within you which you don't like to get dissolve automatically. And just like a beautiful lotus flower spread the fragrance in the whole lake from bad and foul water... This all is within you ...India is a yoga land, Religious land, I believe..those who left India I know there condition But despite that there should be the enlightenment of deep as for spreading the light in every home, in every town ...When these light will be there everywhere then the darkness will vanish completely and Satyuga is standing near me. I will say one thing definitely that whatever I can see you are not able to see that thing. That is why people think that mother says so many things ...She has the habit to say so...

But the truth is this and you have to achieve this ...You will get the powers within you that you will be able to give realisation.

In Maharashtra, there was one person who gave realisation to 4000 people within one month. And see how these 4000 people are well-settled Sahaja yogis ...These are our relatives ...These are our own ...If one person gets a problem here then the whole world is shaken. It is so vast ...The garden of Sahaja yoga ...32:41

And everyone gets one in that...All these idiots who are fighting for religion are creating humour ...

Not only this our society is also trapped in small, small things ...Which you will be able to understand...And you will get realised on your own I will not have to say anything.

I will not say anything ...Even I don't say Don't drink ...I don't say anything ...When you will get realisation then this Kundalini will place you in the position that you get transformed on your own ...Like there is a cut in the diamond ...You can not be Dharmic by saying we are from this religion and that religion...There should be enlightened Dharma ...enlightened dharma of the world ...We have named it Vishwa Nirmala dharma It is being registered in Russia, America but it can not be in India because they say that there are so many dharmas here These many dharmas are needed so that they can fight with each othergood for politicians also...If there will be one religion then how will they fight They have come here they have a strong faith in Banaras, they respect and belive your Indian land so much...they touch your land and say that this is "yoga bhumi". They can see or feel the vibrations while we people don't. All are lost in Karma Practice ("Karma Kanda"). You can see in Russia, these people don't know about God anything but they have stuck in Sahaja yoga that doesn't ask ... And in Lakhs ...Our program conducts in Sweden and min 18 people 35:22...This work is done in Russia where they don't know about God, where there is no dharma/religious land like Banaras. But what about here ...Should understand that there is something wrong within us...We have to correct this wrong thing...And we have to reach the state of absolute bliss. Now I have said that your attention gets enlightened and wherever your attention goes it works ...will give peace ...and if anyone is sick will recover it ...your attention is enlightened because your relation with attention is with all-pervading power of love ... If it is not connected then what will I do? Just like radio comes from the ether element it is the subtle ether but it is so powerful that you get surprised by its working...How does this work? YOU can experience it ...you can feel it...and you should know that God exists...and there is very huge power that we call Param Chaitanya ...The Ruh...is present there and when there is a connection with this power, is yoga, in reality. And you have the birthright to get this

yoga. This work is being done in this Kalyuga and I should happen...In a sacred place like Banaras, this work should happen aloud ... That area where there should be more work, there is no work ...Due to fear, lethargy and due to lack of knowledge we are wasting our time unnecessarily. It is not necessary to do so...There are many sages and Sahaja yogis from whom you can get the knowledge ...First, you get sprouted then a tree is made...You have to become a tree...Why they have come here ...Because they think that there are many saints here and this land is very special...

Now I don't say the true thing to them...But you people have a lot of capacities than them I am telling. Because you have been born in this sacred land. And you are special You have to work hard. You don't know what are you (importance of yours)...this is the lack of knowledge you have ...First, you understand yourself then will understand everything...Blessings to all of you ...God bless you!

Will not take more than 10 minutes But one thing is that I am not forcing you and if you don't want then please leave. That will be better...

It will not take more than 10 minutes but at least for ten minutes please sit peacefully ...would be very kind If you can do this...39:49 You are sitting in this land and it's going to give you benefit but those who are sitting in the chair as well should remove their shoes from their feet...And all the people please remove the shoes. When we were in England for the first time and said there that please remove the shoes then half of the people left the hall...They were so stuck to the shoes God knows from where to where they have reached ...My father used to say that Do whatever you like but don't teach the Hindi language to English people and now you listen to their Hindi language. In three months they have become perfect ...they use to sing quwalli, in 3 months that ...This is all due to Sahaja yoga that all the good habits come in front ...Those who have not written one sentence are writing poems after poems Those who have never given lectures and who didn't come to the stage are now giving lectures.[unclear]...They never fight with each other never argues with each other ...NEver listened that the wife of other person eloped with the other person ...It never happens...Whatever goodness is there, whatever spiritual is there it automatically comes in front and displayed There is no need t give the certificate ...Yes, some times a person can come whose bad habits are not left after doing Sahaja yoga also then we say that sometimes remain outside from Sahaja yoga then we will see ...Neither annoyed with him, neither hands breaking nor touching his feet...Those who are truthfully seekers get deep no doubt ...For that, you have to first think that or we should say there is one hindrance that you forgive everyone at this moment. Even don't think that who have tortured you...Those who have tortured you are making fun of you and you are destroying your mind ...Forgive them at a one go ...

And then the second thing is Wherever you go like in Mandir, MASjid, or Gurudwara they will tell that you have done this sin that sin ... You are sinner And you people agree that you have done this sin ...YOU father has done that sin etc...Everything is written to them? See, I don't see any of you as sinner...For the mother, no child is a sinner ...So, kindly say that I have not done any mistakes if done also then also say that I have forgiven myself ...Why are you crying for the previous mistakes? The third thing I have also seen that people get shocked like if somebody loses his child, somebody lost his mother ...And after death, they use to cry every time...Then they use to weep all the time. Are you made for crying all the time ...You should value your life ...Now I am talking about the sea of joy so whatever happened has happened ...forget it ...This third thing I have seen in India that especially if the husband dies then ...No man is a widower in Hindustan only women does ...So this burden which society has given to us ...We should think that we are the beautiful creation of God and we are the very high level of the human race and by getting sad with these low level of things is foolishness. This is just like that, that everywhere there is happiness, there is joy everywhere and in between the man is weeping ...Why ...And if you like weeping then what can I do? There re people like this also ...[46:56 unclear]

But when you sing the song then why do you choose songs of sorrow/sadness...Then they said that she always writes the sad songs what could I do?

So with full faith, you sit down ...that is the joy of the palace you are sitting...And you forgive yourself ...Otherwise, your left Vishuddhi will catch By this catch you can suffer from Enzyme, Spondylitis and many more. And Kundalini will also not rise. And then this chakra (Agya) catches when you don't forgive others. This chakra can never get opened up if you don't forgive and the moment you forgive then it gets opened So you all forgive at this moment everybody at my behest..."Mother I forgive every one" says this ...and the whole work is done easily. This happens![48:41 unclear]

Now you all keep your hands like this ...Simply open your fingers and hands like this ...

I hope you understand what I am saying And hope you are doing the same without wasting the time. So Put your hands towards

me ...Little higher Now put your left hand (I use this left, right in English because in Hindi many people say it differently) So Put your left hand towards me and see from your right hand with your heads down ...That at the top of this fontanel bone area (Which is a soft bone in the head) are you getting the cool or hot breeze? Don't worry at all ...From you only this hot and cool breeze is coming ...If you have not forgiven yourself or others then you will feel the hot breeze ...To convert it into a cool breeze by forgiving yourself and the others. Now with another hand...Keep your heads down ...and see again from your left hand now that whether you can feel cool or hot vibrations ...Again forgive yourself and the others ...Now many people say that it's very difficult to forgive but no it's very easy because Whether you forgive or not you are not doing anything but when you are not forgiving then you play with the hands of the evil. So please forgive...Now again put your left hand towards me and feel from your right hand that whether the cool or hot breeze is coming from your head? Observe the Chaitanya Lehri ...Adi-Shankaracharya said this one as "spandh"...This is the shakti please understand ...I say it Kundalini! And it flows from your fontanel bone area (talus)... Now put both hands towards me ...Now see towards me...Look at me and think ...Don't think anything ...Now put your both hands towards the sky and put your head at the back. Now ask any one of these three questions in your heart ...Whether you say me Maa or Shri Mataji!

First question: Mother is this the param Chaitanya?

Or

the second one: Mother is this the love of all-pervading power?

or the third one: Whether this is Ruh mother? by which we get ruhani life?

Now put your hands down...

Now put your hands in front of me again. And don't think...

Please keep your eyes open.

Now those people who got the cool breeze from their hands, fingers or fontanel bone area, please raise both the hands up.

Please raise your hands if you felt the cool breeze. This is the blessing of Mahadev and endless blessings to all of you...All of you ...You all are saint now ...

This is very joyful And now it should be spread everywhere ...In Banaras, In Varanasi and all-round ...It s very easy ...The human being is very Turbulent...When this all-pervading power will work then all our question will get corrected ...Blessings to all of you ...

1996-1221, Shri Kartikeya Puja: The spirit of Kartikeya

View [online](#).

21 December 1996

The Spirit Of Kartikeya

Kartikeya Puja

Vashi Health Centre, Mumbai (India)

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

[Marathi to English Translation]

Today you all have expressed the desire to do a puja to Shri Mahalakshmi, but here in Maharashtra, Shri Mahalakshmi is worshipped regularly and she has appeared here in Maharashtra but I had an immense desire to tell you all about Shri Kartikeya because he took birth in this Maharashtra, he was Shri Gyaneshwara himself, I have not said anything about this until now because Maharashtrians find it difficult to understand it. Shri Kartikeya himself took birth in this Maharashtra and he wrote such great and deep scriptures like Gyaneshwari and Amrutanubhava. You can ask a question by putting your attention to see if Shri Gyaneshwara was an incarnation of Shri Kartikeya and you will find yourself in an ocean of beautiful, joyful cool breeze. I never told such a big thing like this in Maharashtra, because of the change in nature of Maharashtrian people now. Maybe because of all the horrible politicians we had here, and it might have influenced the Maharashtrians, (and Shri Kartikeya means, being in here, quite simple Maharashtrian..... a bit unclear.)

We are someone great, it was very true what these people were telling me just now, that there were 40 IAS officers had come and there were three policemen on horseback, from where I came, so I asked who had come, they told me that the chief secretary himself had come. The Governor himself of that place said to me that if I don't pay proper respect to you Shri Mataji, then these people would throw me out. This is the level of understanding in those people, and there Shri Gyaneshwara did not take his birth (unclear about the place Shri Mataji was talking about). Now I understand why he wanted to take his birth in Maharashtra. By the age of only 23, he had enough of Maharashtra and decided to take Samadhi. The way the Saints were tortured in this Maharashtra, nowhere else they were tortured like that. They feel that they have done something great, but after The Saints has died then they will build temples for them, and sing songs in their name. All this is just a nonsensical business to pass the time.

All these years, this Maharashtra is my Motherland, my mother tongue. Shivaji Maharaj has said to awaken the Dharma of oneself and then Gyaneshwara himself has already said that the world should see the sunrise of the Dharma of oneself. And then Shivaji Maharaj said those same words and that same work I am carrying forward. So that the universal religion of oneself should be awakened, and it should take place in this Maharashtra first, because Gyaneshwara has told that to people in Maharashtra first of all. Whatever I said about Maharashtra yesterday, you do not feel bad about it, I mean to say that you go on thinking that Shri Mataji was talking about this person or that person. You need to think about yourself, that means 'Introspection'.

What great work have we done to feel so great about, thinking that we had Saint Namadeva and so many great Saints here, and saying, 'Shri Mataji herself has said it', but you are not the Saints. It will be like there is a beautiful Lotus in a pond and a frog living inside it thinking that 'he is somebody so great because he lives in such beautiful lotus'. Exactly that kind of thinking is quite a lot in Maharashtra, you should all take a note of that. The kind of behaviour I have seen here (in Maharashtra) never seen it anywhere else in the world. The first thing is the tendency of quarrelling, I get so fed up some time, that I said now going to allow only one puja, and no more. We have built this beautiful Ashram here in Ganapatipule, so they have got a problem with that, such filthy people, they do not understand anything. They think 'they live in the land of Saints', and also have 'Ashtavinaykas', also have 'The three and half Swayambhus of The Goddess'. All these people must have dared to appear here to cleanse this place, and I also have dared to work here.

I am so surprised to see what these people been up to, one gentleman who I never even seen his face, without my permission he

arranged a procession, someone else has puja done to himself under my name, I never seen such kind of nonsense anywhere else, not even in Madras, or in Bengal. There is no fear of God, they will go on doing whatever they feel like. There were some bad people, they could have behaved according to Sahaja Yoga, I told them that they should not stay in Sahaja Yoga, for now, they should put themselves right first. So they did not like that, they said, 'Shri Mataji talks about love and then why does she get angry with us'.

I am a Mother and I have to tell whatever is good for you, and I do, at some places, I do not have to tell anything, there is no need for it. Some 'great' people, who always have to be in the front, they will make a point of showing that they have specially come from Thaanne with one flower in their hand, and I am going to give it to Mataji myself, they look like they have just come from a mental asylum, so why is it like this in Maharashtra, I do not understand.

The land is so pure here because there have been so many Saints, and even more so because of Ashtavinayakas and top of all that there are three and a half Swayambhus of The Goddesses, it is such a pure land, so why then do such horrible things happen here? There was one gentleman who was possessed, so I told him to keep away from Sahaja Yoga, so he started his Sahaja Yoga of his own, he did not want to see that there is something wrong with him, but go on thinking that he is somebody very great, thinking that, 'now I will show them'. His wife went on telling everyone that 'my husband is much greater than Mataji' I was really surprised to know all these strange things. Such a thing never happened anywhere else. Also we have these Marathi Newspapers, Hindi and English newspapers are much better than that. They go on writing whatever they like (Marathi Newspapers) Quarreling amongst each other is the nature of the Maharashtrian. OK whatever it was, but now you are in Sahaja Yoga! Still, there is so much jealousy, fighting, pulling each other down, snobbish behaviour, so they will say that 'we are old Sahaja yogis', and these are new in Sahaja Yoga, so they don't know anything.

Slowly the people from North India have started to come to Sahaja Yoga, but after seeing the situation here (Maharashtra) they started to go away. When I went to Pune, there were some people from Punjab, who had come to Sahaja Yoga, so they said Shri Mataji what are you doing with these Maharashtrian people, they just want to create problems for everyone. I felt very bad to hear that, I thought how can these people say this? I said to them (Punjabis) what do you think of yourself? But today there are about 8 to 10 very good strong Sahaja yogi's. They have built an Ashram in Delhi, and you will be surprised to know that every day, before going to work, from ten miles away they will come by car or by bus, there are at least 100 people come for meditation.

We are very blessed here, blessed by The Goddess! We are very clever in doing the work perfectly well outwardly, but when are we going to get awakened from inside? Without getting awakened from within, you are not going to understand yourself. You are not going to be able to know the intensity of me without getting to know yourself first.

Just now what he told you, which I asked him to tell you, because I could not get myself to say these things. Now, these people (foreigners) who have gone much deeper in Sahaja Yoga, who used to take drugs, take alcohol and all kinds of things, have such great heights, and the Maharashtrians just busy fighting among each other, so what to say? They say that Mataji gets angry with us, so what should I suppose to do? If not get angry, should I suppose to garland you? Not just experts in quarrelling but they are also experts in gossiping. Just to pass the time they will go on gossiping. Then if nothing else, they will start saying that Mataji does not give any money for anything these days, so we have to pay extra money. I have myself been paying for everything, right from your food, accommodation, I have tried to pay for everything, and still you people go on saying such things. Do you think I am some politician or what? And then they will ask me that Mataji why do we have so many earthquakes and other disasters?

I have never seen so many drunkards anywhere else as much I have seen in Maharashtra, you will not find it in Delhi (drunks) not even one, not even in a foreign country, but in this Maharashtra where ever you go you will find drunks. It is like this from the beginning, when I went to Rahuri once, there was a big road going up, and when we stopped the car there and what I could see, they were dropping dead like flies, I thought what is going on here, is there some disease like cholera or something? Wearing a white hat, white Kurta, and dropping dead like flies! I said what is going on here? So they told me that there is a place called Indira Nagari where you can buy very cheap alcohol. Big number of people here drink alcohol. If you go to Delhi, you could see not so many people drink alcohol, some people even avoid going to places where people are drinking alcohol. But here

everybody drinks, where ever you go, to any party, anywhere if they do not get drunk then they won't be Maharashtrians! You know, we did not even know what alcohol was when we were growing up, did not know what colour it was supposed to be. So, if you question anybody about their drinking, they will say, look such and such person was 70 years old and he used to drink alcohol, so I said is that so, then go and put up his statue. This is the situation here now. When we were very young at the age of seven we took on a fight to close the shops where they sold alcohol. Here leave alone alcohol shops, some such people can't live without alcohol. If I say a word against alcohol, then people will be after my life, you can not say a word against it. These are all the journalists, and there are all people in business, it is really surprising.

In a place like Lucknow, where there was a person like Wajid Ali Shah, he was a Nawab, there they have such softness in their nature, their language is full of humility, their nature is so humble. I was so surprised, they will talk ill about this person or that person, (talking about Maharashtrians), they will send me letters after letters, and such horrible letters, about someone's character and this and that, I am so fed up of it. If a letter has come from Maharashtra then I just tell them to burn it. Now what to say in front of Saint Gyanadeva here, at the age of just 23 years he took Samadhi, they say that Gyaneshwara never criticized anyone, why would anyone do that, there was no point in wasting time doing it, that is why he did not criticize anyone, but he talked about the situation there, he talked about people in that situation, but who is going to understand that, it is not something these Maharashtrians will understand. I am not saying that I have anybody from Maharashtra, but compared to the hard work I have done here and compared to the size of the state, there should have been a lot of progress here.

They will tell me I have come specially, I said why did you come, who asked you to come? There was no need to come. And then when I come, instead of my 'Darshan', they will give their Darshan, and they will be fighting to be in the front, I have to look at their horrible faces, whatever you may think, need to understand that you people have a lot to learn. And I don't understand where has all the pride gone, but there should be some humility, that we have to achieve this, we have to go higher, where have all those Saints and Sadhus have gone?

I think all the Hardcore Brahmins have come over here, because, it is like this guru that guru, if you want to have an expanse of some wrong people then you can either do it in America or Maharashtra. They are so stupid that they do not know what is right and what is wrong. You should go and tell them, that if you do not even know the difference between right and wrong then what good are you for? Today I want to tell you that if you are real Sahaja Yogis, and then, ' we are Maharashtrian and related to Gyaneshwara and all that' wherever they go, they will say we are descendant of Gyaneshwara, with such pride, I said is that so? And don't even read the Marathi newspapers, they are all very complacent, do not even know what to write and whatnot, what will be good for people, OK I understand that there have been some bad politicians, but are you all going to be like them? Now I request you all not to argue amongst each other, and whoever has left Sahaja Yoga, you do not pay attention to them. They have nothing to do with us.

Somebody came to see me the other day, he had big-big bumps on his head, so I asked what was the matter? he said, "Mataji I am dying", I said what happened, he told me he had gone to see such and such Sahaja Yogi, I said why? There are so many centres, you should go there. Now nobody should interfere with other centres, I want to see how everyone is managing their centres, I have decided that now. Nobody should interfere, people keep saying that, because of people keep interfering we have all the problems. Whoever is running the centre, that person is in charge and also the leader. And if anybody writes to me against the leader I will throw you out of Sahaja Yoga, that's it. Christ has called them murmuring souls. 23:08 It is all just nonsensical stuff, in old days Grandmas use to go on gossiping like that but the young people do the same thing then what to say about that? Talking against each other, or go on saying that why does such and such person do this or do that? How do you even have the desire to do such things? I want to take you to a much higher place, I want to give you that status of a Saint, I have given it to you, but you have to behave like a Saint!

Yesterday I spoke about Warkaris (people who walk for miles bare feet, chanting gods name to visit some temples), but I did not speak. To put all their faith in completely the wrong things, is a speciality of Maharashtrians, Americans are also the same. I am talking about the Americans here because they have not got that maturity yet, they don't have that depth, but here live all the mature people, then what has happened to these mature people to behave in such a way?

Now at the time of the puja, I am telling you at the beginning, the ground you are sitting on, there The Saints have shed their blood, and it is not difficult for you to become Saints also, that is the reason you have taken your birth here. You have an experience, but even then if you boast about to say that we are "Sahaja Yogis", then what kind of Sahaja Yogis are you? This language (Marathi), there isn't another language as spiritual as Marathi. There has been so much spiritual work that has been done here, can't praise this spiritual work enough, and you have taken birth here, is that without any good deeds (punyas) in past lives? But it has been a waste, I did not take Samadhi at the age of 23 like Gyaneshwara, and even with having so much on their side, they are too clever for their good.

Yesterday, there was somebody who came saying that I am working to demolish the blind faith in people, so there is that thing, whatever anybody comes up with people will start following him, they will follow in their thousands, to such filth. They have made so much money, Shri Mataji, and his wife has run off with Rajanish, 'is that so' I said, maybe he did not give her any money. 'We used to worship him', 'really'? Then you carry on doing so. What do you mean by saying that 'we used to worship him', 'who are you'? You should ask yourself 'Who are you', humility should start right from here, who am I? I am a Sahaja Yogi. 'Who has become the Spirit (Aatma), I am a Sahaja Yogi, and how should a Sahaja Yogi behave? You have an example of Gyaneshwar in front of you, you have an example of Tukaram in front of you, Ramdas and Ekanatha's example is in front of you, did you not hear what they had to say? have you not witnessed that? Namadeva, who Shri Gurunanaka embraced, wasn't that Namadeva also a tailor from this Maharashtra? But what I see here, that they are busy singing in his temple! Even if there will be just ten tailors come to Sahaja Yoga then we should think that Namadeva's existence has been worth it. Today I just want to pray to all those Saints that please take your birth here again in Maharashtra and put these people right.

Sahaja Yoga has not progressed here as much as it should have, only Sahaja Yoga is growing (in numbers), as they say, that if something is weak and if you spread it too thin then it will get torn. I don't hear all this over there (in a foreign country) that this is a different group and that is a different group, I do not see all this kind of quarrelling at all there. How can you have different groups in Sahaja Yoga? Shri Kartikeya himself took his birth here, they call Shri Saraswati, as 'Skandhamata'. Actually, she was not his mother, she was a virgin, but she had embraced Shri Skandha as her son. That Kartikeya chose this Maharashtra to take his birth! The whole world is inspired by what Gyaneshwara has written down, but here it is the opposite. They said that someone has come from America here, to build a University, 'Peace University', here in Aalandi, so then what happened, they will not do any such thing here in Aalandi! Then they came and surrendered at my feet and said that Shri Mataji please now you do everything, we leave it to you now, we don't want anything done by people in Maharashtra, we don't want to deal with them.

So, what happened was, there was some great person, who grabbed two and a half Crore rupees, from these poor Americans. Another person grabbed Three and half Crore. They ran away from there, they had enough of this Maharashtra. They said Shri Mataji wherever you will do it we will follow you there, please you do it, and give it your name. We had only met for two hours. They were shocked by the behaviour of these people, and it was not that these people who fooled them and took their money were politicians or anything. Absolutely everyone is running after money. The reason for telling you all this is because to achieve that depth, you have to look at yourself first (correct yourself), you have to pay attention to yourself, and see that, have I got any of those qualities that Shri Mataji is talking about?

I tell everybody that when the Kundalini is awakened, all your problems and all your status drops away, you get detached from everything and you bloom like a lotus, but I don't see that in Maharashtra, and again their biggest concern will be that what 'status' am I going to get? They will complain that who is this person to give us orders, who is he to correct me? We don't believe in leaders, and then he will write to me against him. They will tell me about his character, telling me that, Shri Mataji, you threw me out of Sahaja Yoga because of such a person, but he has a very bad character. Do you think I do not have a brain of my own? If I had to do things using your brains then, I don't know what would have happened!

The biggest problem here is people are very ritualistic, like they will get up at 4 o'clock, have their bath, and sit in front of Shri Mataji for meditation, and then they will say that Shri Mataji, I do so much meditation and all that then why nothing goes right for me? I said look at your heart, you have not given me your heart? You have to give me your heart. Without having your heart, how should I fill it with anything? To fill it with love you have to have the 'Heart'. I don't think that the quarrelsome people have a heart.

So the reason I have told you all these things in today's puja that, you don't have to be over smart, Marathi language is like a sword, I mean to say that you have to light a lamp in your heart (awakened the spirit) as soon as the light in your heart, you will find out everything about yourself. When we were young, our Mother used to say, where is your attention? Now I understand its meaning. 'Where is your attention? What is your aim?' 'To become a Saint!' All the anger, irritable behaviour, bringing in something new, all this kind of thing, will not be allowed in Sahaja Yoga.

You should be peaceful by nature, take the example of Amrutanubhava, how amazing it is. How Gyaneshwara has explained it to people, but where are those people now, who would understand it? They do not understand what he has written. So take to Amrutanubhava don't go on reading scriptures in a ritualistic way. Read every word from it (Amrutanubhava) to see if you are anywhere at that level. A Sahaja Yogi who is completely satisfied, and joyful, become one with himself, he does not want any power or money, he has reached that level. He becomes the joy himself, he has a very special kind of personality. But here in Maharashtra there are some very great people in Sahaja Yoga, like especially chiselled diamonds, great very great (a bit unclear), but the rest of them are just ordinary. There should be no rivalry amongst each other, nobody should write to me criticizing others, I do not like that at all. Not only me but nobody likes it, and there will be consequences of it, so please do not write to me such dirty letters. In your opinion, it might be very good, but just keep it to yourself. You don't need to tell me anything I know everything. But you all have to know everything, out of you people will come jewel, I know that because this is a mine, and if you could only see the coal in the mine, there are some real jewel. I have worked hard here for so many years, if but you have not recognize yourself then what can I do?

The life of Gyaneshwara was so very important, just 23 years of life, but very important. How must have he lived his life? He took his birth in a sanyasi (Ascetic) family, he did that on purpose, because he wanted to show people that, all this is just artificial, he took his birth against all odds, to expose all pretentious and artificial nature. And he was tortured by all these pretentious people. Don't let that happen in Sahaja Yoga. Just try and remember one thing about Mataji that I know everything about everybody. I do not need to be told anything. The only thing is that you have to recognize yourself. Instead of recognizing me, if you recognize yourself, then we should think that today's Puja has been worthwhile (meaningful), but I doubt it.

In North India, the work has started in a very big way, I don't have a doubt about that, and there, the IAS officers has made an association amongst themselves, and if they find some people who are corrupt, whoever it may be, on any higher position, they will take an action against him. They will find out everything about his background, where has he come from, how he is making his money, everything, and then they will take him to court. I was asking these IAS people that, how did you come to Sahaja Yoga? They said, Shri Mataji, it is such a big problem (corruption), we are very honest people, we don't know how to be dishonest at all. We are also the same, my Husband is also the same, also my Son-in-law is the same, we can not be dishonest. So they thought now what to do, how to live with these corrupt people? They tell us to be dishonest, but then we found the way, when we came to Sahaja, all of us like-minded, honest people formed a unity. Nobody fights with each other, nothing of the kind. And just like that, you all should also unite as Sahaja Yogis. Because we are standing on truth, and no one could make move away from the truth, and the light of that truth is love.

Gyaneshwara has clearly said that, where there is love amongst each other, only those people will be your true relatives. But no, they will say we have Haldi-Kunku (a ritual at Sankranti time, where women go round each others houses to put Haldi-kumkum on each others forehead) program at our house, so I asked who will be coming? They will tell me my aunt who believes in such and such god or another aunt who worships such and such guru are coming, are there any Sahaja yogis coming? Who are your relatives? These are your relatives (Sahaja yogis). These are your brothers and sisters, instead of talking against them, or go on fighting with them, fight with yourself. Today in the whole world, people have come together (united) through Sahaja Yoga, the thing I call collectivity is in real sense has been established all over. I could hear it echoing through all 65 countries. But I can not see anything like that in Maharashtra. You have to truly come together, whatever happens, we are Sahaja Yogis, and all others are strangers for us, until and unless you realize this, you will not go deeper in Sahaja Yoga, because you are not collective. It is not going to happen unless you become a collective being.

Now if you look at the sea, if there is a wave, it goes around the whole of the sea, because the sea itself is collective, all the drops stays together, if one drop goes outside, then it will evaporate with the heat of the Sun. It is exactly like that in Sahaja Yoga, if you

are in then you are properly in, otherwise you are not. Talking against each other, talking ill about each other, does not suit you, today on the Puja day you have to cleanse your heart. And let the Ganges of love flow in such heart. Maharashtrian needs to get rid of their snobbishness. 'I need to see Shri Mataji', 'Send a message to Shri Mataji', no there is no need for that, if you have to see me, then you can see me in your heart. Only there (in the Heart) I will meet you. All this is just too much. when they come to Pratishtan, I get bombarded with everybody wanting to see me, they feel as if they are 'somebody special', therefore they have to meet Shri Mataji. 'I am a doctor', OK you might be a doctor, go and sit in your dispensary, 'I am a Barrister' 'I am this, I am that', 'I am a peon of a Chief Minister'. The variety of egos you can see in Maharashtra, you won't be able to see anywhere else. It should not stick on to you (ego).

The very reason you are called Maharashtrian, the very reason you are Maharashtrian, you are great people for being born in this Maharashtra, then why are you stuck in this mud? Wanting to be in the front all the time, showing off. These people who have come here (from abroad), you would not be able to tell who is the leader out of them! It is just not in them (showing off), because they know what humility is in Sahaja Yoga. In today's Puja, I am giving you infinite blessings that you experience the oneness with your spirit, don't be half-hearted (half baked), become complete. I am giving you this infinite blessing.

[English Transcript]

I am sorry, I had to speak in Marathi language because I had to tell them something which I don't want you to know (Laughter). Today is a great day, I should say in a way, because I am going to tell you one thing great. That is Shri Gyaneshwara - in Marathi they call it 'Dnyaneshwara' - He was the incarnation of Kartikeya.

And Saraswati, who was a virgin, she looked after Him like Her own son. He was the brother of Shri Ganapati but She looked after Him. And then also there's description how He was born and all those (things), is very interesting.

But here in this place, in this Maharashtra, He took His incarnation. And also there were many great, great, very great saints in so many numbers took place, took their birth in this Maharashtra. But such horrible people, they tortured their lives. Worse than Christian Inquisition I tell you; worse than any inquisition anywhere. Individually they attacked. And that same people are born again in this great country of Maharashtra.

They are very talented people; they write very well. Their language is so rich. You can see that, what description of a realized soul, given by Gyaneshwara, is so beautiful.

He says that, "The moon doesn't run after moonlight, the sun doesn't run after sunlight.

In that way a realized soul doesn't bother about his own glory. The sun shines till it shines, then it takes back all his rays.

Whatever work the rays have to do they do it. And the sun is just watching, watching all the work, then he takes them back.

And he gets completely contained within himself". Samavun ghene, completely contained within himself.

The description He has given of realized souls is so beautiful, if you could just experience it. Namadeva, who was born much later, said that even one line of Gyanesha [MEANS Saint Gyaneshwara, fondly called by a short name] if you could experience, you had that.

I wish you all could read Amrutanubhava in English, understanding how He describes a realized soul, and you'll find that within yourself it has happened.

You are different from others very much. You'll be amazed how you have got such beautiful description of your Self.

I was talking about Maharashtrians; they are extremely talented people.

See their music. In music no-one can beat them. See their drama. In drama no-one can beat them.

You can see from films. In Maharashtra only great films were created.

The another one is Bengal, which is, I would say, different but of the same level. It's such a talented people here, it shows that God has a special blessing for these two, and, should be, Maharashtrians should rise very high.

But all the time complaining about others, talking ill of others, and something very low they do.

I'm surprised it, I hope you don't pick up anything from them. And also the fussiness that is of the North Indians; that's also not a very good thing.

It's surprising how you people have adjusted yourself to this country, which has all kinds of parasites. Because you live with vibrations, you feel the vibrations. It's something so great to see you all here, and I'm telling them that they should try to understand you people.

Really I'm very proud of you all who have come all the way here. In this puja I am thinking of so many great saints who were born, who were great gurus, mahagurus.

Of course Gyanesha, I must say, is the king of all those high, highly evolved souls, no doubt.

So we are now having a puja on the twenty-fourth of December because it's a Datta Jayanti, Dattatreya's birth.

And so we'll be having on the twenty-fourth night. In any case it's a Christmas Eve. We could all start with that. And also Dattatreya, who took His form in Maharashtra. Maharashtrians understand Dattatreya. They understand the Nath Panthis.

These Nathas went all over. They went to Kiev. You'll be amazed, they went even up to Bolivia, those who are from Maharashtra, from Rahuri. Can you imagine?

Such great people they were, and that is what I expect to happen in this Maharashtra. And I'm sure one day I'll be very much happy with all of them; not few.

There are some very great Maharashtrians, no doubt, but all of them have to join together because I talk of synthesis, not of divisive method.

I hope they understand the inner feeling that I have, otherwise all the good diamonds will be selected and the ones which are defective will be thrown away. What's the use? But all of them are capable of achieving any height. They may belong to any caste, community, doesn't matter; but they are born in Maharashtra, which is such a great country.

So today they wanted to do Mahalakshmi, this thing, we already have Mahalakshmi temple. And they have a great blessing of Mahalakshmi also, in a way, but they lack: one is the wisdom, and the second the spirit of Kartikeya. The spirit of Kartikeya - that pure, absolute dynamism which doesn't indulge into nonsensical things and useless things; which shows the results.

May God bless you all!

[The puja continues with the leaders who go to wash Shri Mataji's Feet.

Bhajans: Ganesha Sthuti, then Tujhya Pujani, Tuzhe Rupa Pahuniya, Nirmala Kiti Varnavi Tujhiga Sthuti.

Then Devi puja begins, with more bhajans, Vishwa Vandita. Then decoration with the sari.]

[Video ends]

1996-1225, Christmas Puja: The Mother's Culture

View [online](#).

25 December 1996

The Mother's Culture

Christmas Puja

Ganapatipule (India)

Talk Language: English | Transcript (English) – VERIFIED

Christmas Puja. Ganapatipule (India), 25 December 1996.

Today, we are celebrating the birth of Jesus Christ. The birth of Jesus Christ is very symbolic, because he was born in such a manner that even the poorest of poor won't be born in the stable. And he was put in the bed which was made of dried grass.

He came on this earth to show people that for a person who is an incarnation or who is a highly evolved soul, is not bothered about the comfort of the body. His message was so great and so deep, but he had disciples who were not prepared for the battle they had to fight. Is the same thing that sometimes happens with Sahaja Yoga. He had only 12 disciples, we too have 12 types of Sahaja Yogis, and all of them, though [they] try to dedicate themselves to Christ, fell a trap, some of them, to the worldly aspirations or to their own hankerings.

His message of love and forgiveness is the same even today. Preached by all, all the saints, all the incarnations, all the prophets. They all have said about love and forgiveness.

If it was challenged or people felt that this won't work out, they were asked to have faith in what he said. But they were simple people in those days so they obeyed him. Some of them definitely were very good, some of them half-baked and few of them were people who were doubting.

He came on this earth to prepare for us our Agnya chakra and despite all his efforts one finds very difficult and the people who follow Christianity have the worst type of Agnya. Worst type! Extremely aggressive, extremely planning type, futuristic. I mean all the troubles of the right side are found in those countries who claim to be Christians. Even the early Christians who were Gnostics, 'gne', 'gne' in Sanskrit means 'know', though [they] had the knowledge, the beginners were also suppressed and tortured by the people who were supposed to be in charge of Christian religion. And so many Christians were massacred by the so-called Christian priests and Christian churches, and still it is going on.

What you find in the west is a great influence of these churches on the minds of the people. Otherwise they are supposed to be intellectuals, otherwise they are supposed to be analytical, otherwise they are supposed to be something very brainy. But when it comes to temples and churches, when it come to religion, when it comes to Christianity, I think their brains are blocked, completely blocked, by some sort of a mesmerism. They just can't think that there could be something very wrong with these people.

When living in Italy, I found or I was shocked how this catholic church was working out and what the priests were doing and all kinds of scandals much more than we have in our country! Money bungling and molesting women and having children - I mean every sort of dirty habit they had. Supposed to be priests. They were called 'fathers', they were called 'mothers', they were called 'sisters', they were called 'brothers'. And to me it was really a shock - I didn't know that such things are happening in the name of Christ. What Christ tried to show through his birth: there is no need to have very comfortable, great birth in a big hospital in London, no!

The simplicity of his birth should have made all the Christians extremely simple and not at all money oriented. For money they went all round, crushed so many people all over the world, when you go to Brazil or to Chile or to Argentina, you do not find a

single man belonging to the aboriginal people and they're so unkind to them. Unbelievable how aggressive these people are. Even in England, where there's protestants I find the same thing among them. You must go on saying "thank you, thank you" morning till evening, otherwise you are finished.

Racialism. What was the race of Christ? Was he a fair man? No! Was he a white person? Not at all! What was His colour? He was brown like Indians. From where does this racialism come to these Westerners? I just don't understand. It has nothing to do with Christ or if it is real Christianity.

You go anywhere, you'll be surprised, how the faithful, simple-hearted people are misused by these churches. They're used for voting, they're used for money, for everything - to such an extent that money was made, artificially counterfeited in billions, by the church itself.

Such autocracy, such control, such authority they had that whatever they did was, the pope is infallible, whatever he does is alright. No idea of sinning, no idea of hell, no idea of Christ - which was nothing but purity and innocence.

Christ had taken a hunter and hit all the people who were selling in front of the temple, because God cannot be sold. They were not selling God, they were selling only goods, but he said the respect of the temple, talked about the respect of the temple.

Another great thing Christians have done, is to blame Jews for killing Christ. Wonderful! Put all the blame on others, this is the speciality of Christians even today, is to put the blame of what wrong you are doing on others, very common. And this is what you see very clearly in those countries, who call themselves Christians. They blamed Jews. First of all, those who were Jews at that time might have been Indians later on. Alright, so they don't believe in reincarnation. I mean to say the same Jews who were there are born again.

Thirdly that the Jews never killed Christ, never, because in the multitude how can you decide? Is the judge who decided and ordered, he was a Roman. So the Roman empire didn't want to take the responsibility of His death so they said Jews have killed Him. So Mr Hitler got after them and he really tortured them, really it's too much, one can't even understand how can - he believed in catholic religion, how could he kill small little children, in the gas chamber?

But now the same people who were tortured are also becoming very aggressive and now they are against the Palestinians and the Palestinians on their own are Muslims and the Muslims are playing a havoc all over.

So when you go through the history, and see the life of Christ, what do you find is aggressiveness from one to another, from that to another, passing from one to another. If somebody slaps somebody, the another person will try to kill that person.

So this religion has created this divisiveness; people are just killing each other in the name of God, in the name of religion. Even in Sahaja Yoga, you'll be surprised, I have seen people taking advantage of my name, and trying to get into some mesmeric groups. I can't understand. Using my name, using my photograph! So beware this should not happen to you people. Using the name of Christ, the Incarnation of Divine Love, they are doing all these works of violence, hatred, of cheating, I mean very debased people. And from one to another it passes, to the another it passes.

Same thing happens in Sahaja Yoga. If I told somebody that you are no more a leader, somebody else is the leader, immediately that person gets angry, he forgets what good sahaj has done to him, he just forgets. If I tell him the leadership should pass to somebody else, finished! Then he forgets that whatever good was done to him, whatever Sahaja Yoga has done for him, he's living only because Sahaj has helped him. So this leadership goes into the heads of people.

Sahaja Yoga is not here to make leaders out of you, no never. It is just for convenience we have leaders and if they become inconvenient we have to change it, that's all, as simple as that.

But still I find this idea of authority is something very great and they start using it left and right, everywhere it is happening practically in every country, has happened and still happening which is a very sad thing. This will never bring forth my efforts.

My effort is to synthesise the whole, not to divide, by no chance to divide. Only thing, whatever is wrong, whatever is unholy has

to be brought to your notice. See as a housewife, when we clean the rice, there are some white stones in it, we take them out. We don't cook rice with that stone, do we? And such stones have to go out. So some of them are just like stones. You cannot change them. Namadeva has said that they are like a fly, who when lives gives us trouble by coming on our food and by making us feel nauseated and if by mistake we take her inside in our stomach, she is dead but still she troubles us. These are all rakshasas, I should say. They can never understand Sahaja Yoga and they will always try to trouble us.

But what must the people who have achieved Sahaja Yoga should do. Should they also take to such methods? I have never blamed anyone for anything. Like, people say, "Mother he didn't give any money to Sahaja Yoga so he has lost all his money." I never say like that "He should have donated some money!" I never ask for donations, I never ask for money. Every time I say it's all sufficient. Don't need. I have never asked for a single pie from anyone to be given to me even when I needed because I know I don't have that problem.

From the life of Christ one has to understand. He had no problems. He was fearless. He knew he was the son of God. He had no problems at all. He faced everything, even his crucifixion. And people, I think, liked his crucifixion or what? They carry the cross. Of course is the transformed symbol of Swastika no doubt but still.

He had to sacrifice his life. He sacrificed his life for all the human being not for only white or black, brown or blue but he sacrificed his life for all of us so that we could cross over our agnya. The condemnation we should do is not of others but of ourselves. We can call that as a crucifixion of ours by which we see as Sahaja Yogis where are we going.

I'm told there are some 80-90 Sahaja Yogis who have come, who were mesmerised by some people. How could Sahaja Yogis be mesmerised? Is it possible? They never must be praying, they may not be doing meditation. How can they get into it? And now they are asking for forgiveness. I forgive but that doesn't mean they will be alright. We cannot fix them anymore.

We do not put spoiled apples with the good ones, do we? This [is] no wisdom. They are already spoiled, and they should keep out till I say. They should not attend any centre, they should not come to any puja. They should let them cleanse themselves. Though a rotten apple cannot get well they can.

They should try to understand that they were not Sahaja Yogis. If a Sahaja Yogi can get mesmerised, then what's the use of doing Sahaja Yoga. What's the use of getting your Kundalini raised? That means that they are very poor Sahaja Yogis. Surprisingly I have not seen this kind of a phenomena in the west, very surprising! Western Sahaja Yogis, whatever they were, they are great Sahaja Yogis, I must say if you consider the number of good people there. They have given up so-called Christianity, they have given up all this nonsense, drinking, drugs, womanising, everything they have given up. And I haven't met one person who has taken to drinking again or who has taken even to smoking.

This Yoga bhoomi of yours, which is India. How could it happen here? Specially in Maharashtra. I think some devilish people are born in this Maharashtra all the time because how is it they tortured each and every saint? How?

How is it, they have been so much enticed by somebody who is saying something which I have never said? Shows a very low type of people, very low. And they must have been always being born in this Maharashtra, I am sure and again they are born today.

I never wanted to talk about this at the jubilant time like this when Christ was born. Yes, it's a thing of jubilation because He came as a Saviour. He did everything that is possible under the sun. For us it's alright but what about Him, what did we give Him?

In the same way many Sahaja Yogis go on demanding, Mother we can't even meet you, we can't even shake hands with you, we can't even fall at your feet. We can't do this, we can't do that. It surprises me. "You must do this, You must do that." All the time lecturing to me.

What you must do? You must do, is to meditate and to believe that this Paramchaitanya is My power and that you have felt My power within you. The more you are away from you the better you will be. Absolutely, I can't understand the demanding nature of some Sahaja Yogis. They have got their Jagruti (awakening of Kundalini) which would never have happened.

If Christ wanted, He would have killed all of them and lived very well, but I think He must have been fed up with the stupidity all around.

So at this time, we have to understand that such a great Incarnation came on this earth. Of course he couldn't give Realisation. Imagine the people who were about to crucify Him, how could he give realisation? Supposing somebody comes with the dagger at Me, can I give them realisation?

It's all right. Nobody listened to Them, nobody thought anything of them but not you!

You people have got your realisation. You are born again people. You are great people. Your potential is there. Instead of utilising that now, what are you doing? How many people are really involved in Sahaja Yoga? Introspect. They have their own business, they have their own this thing, they have - How many are really involved in Sahaja Yoga?

He had only twelve disciples, except for one or two, all of them dedicated without realisation, dedicated fully to the work of Christianity and which spread because they had not much idea about the whole thing. The Christians that they had were just converts, useless people and I would say that if they did not do any justice to the birth of Christ, one can understand.

But what about you people? Who are born twice, who have got their self Knowledge, who are so equipped with all the powers, who are connected with this all power, what you can call the power of Divine Love? All your powers can be utilised, can be known. It's like some dynamic machine which has started. Few wheels are moving but there are so many wheels after wheels and so much you can do. I cannot blame the Christians who are so stupid because after all they never got their awakening. Only some priest would bring some water, put it on their head and baptised them, finished. But what about you people?

I have lived because of you, because I wanted to see that you people mature. That's the idea of the Mother is. There are many who are matured, I would not say, but still many have to be matured. Doesn't mean that you should be able to give big lectures, or write books or anything. But within yourself you should mature. Your own personality should flower into the fragrance of love of divinity.

This is what I would say is the difference between Me and Christ. He said "Baba I had enough, No, No, No more! With these stupid people."

Not Me, I knew what was the world like. I knew what had happened to this world. Today the world is much worse, because all the religions are fighting among themselves, firstly. All the politicians are trying to be very badly corrupt, competing in that corruption. Nobody has sense of truth and honesty. Everybody is involved in the advertisement, newspapers, media, this, that, which is the most corrupting influence today.

With all this background, I know by the year 2000, Sahaja Yoga will come out in the whole world as something very great...(applause) - You did not allow me to complete the sentence - if you people become real Sahaja Yogis. All of you. All of you who are attending to Me here. Even this much group if it becomes real Sahaja Yogis. It doesn't matter if I cannot meet you personally. It doesn't matter if I cannot go to your places. It doesn't matter, nothing matters. Christ's disciples worked when he never existed.

So it's not important, what is important is that you are the people who are responsible for the emancipation of this world, for the synthesis of this world, to bring peace and joy and happiness to people.

Just now when I was coming, people spread the shawls. It reminded Me of Christ when he came, they brought palms leaves to wish him and spread their shawls on the ground for him to go, and where does he go? To Gallows. He goes to cross, he goes for his death.

When you show your love for Me, you have to know that you have to love the whole work of Sahaja Yoga. It's not some personal relationship with Me that is going to work out. All these western countries in the influence of Christianity will go down, you will see. They are going down already because there's is no morality. There's recession, all kinds of problems, their children are wavered, they are drinking, smoking, doing all kinds of things.

Even their influence on us is corrupting us. Antichrist activity, throughout if you find. It's nothing but antichrist activity. Who is the Antichrist? They are describing he is the antichrist, that fellow is the Antichrist. That's not the thing. There is an antichrist within us, who accepts all these things which are against the purity and love of Christ. So first of all among yourselves.

What is he going? Sit down! You must teach your children some manners. This girl who was drowned is because you neglected the child. The father, where was he? I don't know. I can't understand how can a child be left like that. It's important to discipline your children.

...if you have a neighbour, you've had it. He will try to find out where you go, what you do. He will have a binocular to see and you make any noise, you are finished but even if you sing, you are finished. In that way, Indians are better. They don't have that noise difficulty. We don't have. Indians can live in the noise. I wanted to find out why Indians are so adjustable to noise. They don't mind noise. I found out the reason is that in the west people are under stress and strain and that's why they can't bear. But in India, people don't know what is stress and strain is. Still that has not developed, I don't know how to that extent. That disease has not come.

That might be the reason that they are so much frightened of noises. People will come from villages here. They'll sleep on the station, nothing happens. The trains are coming and going, nicely sleeping. Imagine in the west, thank God, in Italy we have neighbours little far away, we had a little trouble. But in England, we had to go on changing our ashram from one place to another, run away from here to there, because of great neighbours, we had one of them had the name Mr Peace. I don't know who gave him that name. Such contradictions in life. Such horrible contradictions. I don't know how will they learn how to love their neighbour. But Indians do. Somehow they don't have this problem, not much. Sometimes they have but not so much. But if there is a music supposing, all the neighbours will join, bring tea, bring this, they'll be enjoying the music.

But there the collectivity is so little I think, I can't understand how can they call themselves Christians. Only they go to church, well dressed and our Mayor told Me that for fifteen minutes hardly we can sit. We start looking at the watches. Fifteen minutes. And after half an hour, we all run out of the jail and how is it these people are sitting with you for hours together. I said, I must be mesmerising them.

I mean they are not so collective, unless and until they drink, they cannot be collective. Unless and until they get intoxicated, they cannot talk to each other. They are all the time tired. They are supposed to be Christians. They are so tired, you see them in the films or anywhere, they come and sit down "hah!". What has happened? Young people. All the time thinking, thinking, thinking, which comes from Agnya. Which comes from anti-Christ activity! Anti-Christ activity, thinking, thinking, thinking. What should we do tomorrow? What is to be done and all that.

Still we have to hope that this kind of religion will finish. All such religions must finish. They have to go now, it's too much. you cannot support them. They are so much full of anti-religious temperament that you just can't bear them. Better to finish Islam, Hinduism, Christianity, Sikhism, Buddhism, Jainism, all isms one after another. To what religion did Christ belong? I don't know. You belong to one religion which is Sahaj. Which is the universal religion, which is the pure religion, which is born within you. You don't belong to any other religion because there is no religion in that.

So by the time 2000 years, I hope all these religions will run away from this earth. (applause). All of them fighting for nothing at all, killing each other for nothing at all. They want, they want to fight, they like to fight. Why blame Koran, why blame Bible, why blame Christ, why blame anyone. They want to fight. They are of divisive nature. They want to have separate nations, separate communities, separate this. Once you start separating you are antichrist. Absolutely.

In Sahaja Yoga also I say that you are one identity, you are not separate country, separate organisation, separate this, doesn't exist in my own idea. Doesn't exist. I never thought of it. We are all children of one Father and of one Mother. We have no business to think we are separate. Even now, I have seen groups are made very easily. How? The groups are made. Like I find Maharashtrians are sitting together (Mother talks briefly in Marathi.) Then we have group of the North Indians. Indians are quite separatist I tell you, somehow, by temperament. North Indians also have separate separate ideas. "You must come to Indore." Why? Is it not a part of India? They can't come to Delhi? "You must come to Kanpur, You must come to Allahabad, you must come to Indore." You must go to every village, every place. Why? You are born today in Delhi, tomorrow you will be born in some horrid place, then, "This place is mine. This is my house..must come to my house."

That's another headache. "You must come to my house." Mine, mine, mine, mine. Once you start that, you are finished, you are no more belonging to Christ, no more. This is a very, very common programme - even today that, if you see around yourself, must be people from your own country. Just see around yourself, are you sitting with another people? Who is the other? In Sahaja Yoga, who is the other? We are all one and this unity we have to learn, if you really love Me and Christ.

All this groupism and all this has to end now among Sahaja Yogis, must end. We are all one identity, we are all one living body. We are all one living organism. We cannot say we are separate. Can this hand separate from the body, can it exist? Once you start giving it up, you will be surprised, you will have real enjoyment. But once you have all these ideas about my, my, you can't even enjoy Sahaja Yoga. Cannot enjoy anybody else - "my wife, my children, my house", my this, my that. That awakening has to come within. "I don't belong to this country."

Many girls you see and boys have written, "We'll have Indian marriage." Only the age of the woman is 35 years. Only! Now where will I find a husband for her in India, must be some widower or somebody. Must have an Indian marriage! Can you beat that? Such people, is impossible to marry them. I give you choice, all right have a choice. I also have a choice - I can't marry you! That is My choice! You have the freedom to say where you want to marry - alright marry. But as far as I am concerned, I can't marry you like that. You have to marry wherever there is a good match for you. Many Indian girls have married with Indians boys, and have suffered a lot, such a lot, you won't believe! (talks in Hindi briefly).

Not in Sahaja Yoga any more! We have not been able to organise even one marriage of a Hindustani with an Hindustani - not possible. That's not the desire of the Divine. Why don't you find in your own community somewhere [the] same thing. As in India, is very particular. Very very particular. Like when my daughter was to be married, they said "No! He his not a Shrivastava. If he is a Shrivastava also, he is not the same Shrivastava. Even if he is the same Shrivastava, his this thing is different!"

I mean. I said, "Now this is going to finish". Because I had all my elders living and they were after me. I said "Whether he is a Shrivastava or not Shrivastava I am going to marry them, finished!" My husband agreed. Same with my grandchildren. If you get Shrivastava, well and good, otherwise forget it. Maharashtrians also same. Maharashtrians who have become Christians [are] also the same, you be amazed, Christians! Now they are saying we are Dalit Christians, means who were converted from the lower caste into Christianity. Now there is a new caste that's come. Once you have become Christian, what is your caste? You are Christian, not that. They are Dalits and they are higher Christians. They will not marry in the Dalit and Dalit won't marry in the higher. Supposed to be Christians, following Christ, going to church regularly, well dressed. Even if they do not have a proper suit. They must wear like English some suit, borrow it, and go to church because according to Indian Christians, Christ was born in England. (laughter) Really, you won't believe. Unless and until you wear a suit and a tie, you can't go to the Church. Can you imagine, anybody, going with a dhoti to church? (more laughter) Impossible situation.

Even in my time, thank God I didn't marry a Christian, but my own sisters and all were forced to wear veils and not the saris, wear the frocks and the veils. Can you imagine the wedding dress. We, Indian women, can't do without the saris. But they were forced. So many women married the way English marry. And I was amazed even the Japanese who are Christians come to Australia and dress up like these English brides and get married - because they are Christians. That shows that they believe that Christ was born in England or what?

Actually, for Christians it's not necessary to worry about any dress. All this nonsense comes from the West that you must dress up like this, you must have your spoon here, fork here. Did Christ eat with fork and spoon? He was born in the manger. It's

impossible to understand these people are Christians. So much worried about the spoons and forks and they came to your house for dinner, they lift the plate to see from what company you have bought it. [That's] very important! Such silly people! I tell you they call themselves Christians. Christ was born in the manger and [they are] so particular about nonsensical things.

You see one must understand the greatness of His birth, in which he has shown that he was born with the cows tied there and the calves were there. He was born in the manger.

Not only the Christians abroad but they are also in India the same - you can make out a Christian in no time. See them on a Sunday morning. That way my father opposed it - he used to wear kurta, because Christ wore kurta. He didn't wear suit, did he? And so superficial they are. Nothing to learn from them. They will put here on top [a label written] "Saville Row", On top of the suit!! Such stupid people, I tell you, and the Indians are following them left and right, I can't understand. They are anti-Christ. Don't follow them on these points.

Indians have at least certain sense of dignity. If you have any, why should you wear a suit on a May day here? In this heat? We are Sahaja Yogis. We have to wear a common dress of a common man. Whom are we going to impress except for this Paramchaitanya? They are extremely superficial extremely meticulously particular about their dress, how they live and it's really horrible.

I have seen this and that is the reason I think I should warn you. Don't take to that culture, that is anti-Christ culture. Absolutely anti-Christ in every way. In every way they have insulted Christ out and out.

You people should not anymore insult Christ. In a simple way you live. I mean now this sari, they forced me to wear is like a big bag for Me but what to do. Yesterday also they forced Me, today also they forced me. I am supposed to wear all this because I am Adi Shakti, supposed to be. If I was Christ, I would have been better off. He was much more free than Me!

Now, with all this what we have to know, what is the message? What is the message of Christ? That you develop your spirituality, your divinity by which you know what is the dignity of a Sahaja Yogi is. He was your eldest brother I should say. His lifestyle you should follow. Absolutely not afraid of anything, not worried about any job, nothing, not worried about any business anything, absolutely free from all worries.

So many examples we have, beautiful examples of his life, but when we see Christians, we try to reflect it as an expression of the life of Christ and that is where we make mistake. They are, by no means they are for Christ, they are, by no means, following Christ.

So as Sahaja Yogis, we have a different culture. We have a culture where we respect morality. We have dignity, we have our own personality. We are fearless, we don't tell lies, we don't cheat and we can never get mesmerised.

So we have to have, now we can call it "the Mother's culture", and which is not in any way showing off, or in any way taking to artificial things. The whole thing will change, the whole concept will change, whole idea will change, once you understand that you are now in "the Mother's culture". Now they have forced me, so I am wearing all right. You want me to wear, alright I'll wear. But normally if you leave it to Me what do I wear, you know that. Secret is out already!

If you want to give me presents, give me, I never asked you for presents, nothing! Forcing the presents on my head! Alright, for your joy's sake you have it. What to do? But one thing I must request these Maharashtrians. They are not going to give me anymore, anymore, again anymore what they call is the oti part. My oti is overfull. Absolutely, nobody has to give me oti. If somebody gets married, if somebody has a child, somebody has anything, they'll bring the oti. There is no need to give me any oti, you can go to the temple, you give your oti there it is resold and resold and resold in between the sellers who are Gujaratis, the brahmins who are the pujaris make money. So no more oti, nobody is going to give Me any oti whatsoever.

On a Christmas day I have to say one thing - what did we give to Christ. And the second question what are we going to give to Mother. This is very important. I don't want anything from you, nothing. I am fully content with Myself.

What I want is that you must dedicate yourself to Sahaja Yoga, to truth and to love. I will be very happy and also not to talk like,

what you call, Christ has called them, "murmuring souls" - talking here there, one saying there. All this. I don't like at all. I don't like it and it should not be done. If you do like this, you will fall, fall very badly.

This is the last judgement. Either you'll go to heaven or you'll go to hell. It's already working out like that. So let's see. Where are you? So I have to again and again tell you as your mother, I have to correct you and tell you that remember this is the last judgement and please, do not take anymore to the activities which are anti-Christ.

You can judge within yourself - [whether] whatever you are doing is not good, and for that, best thing is to dedicate yourself to Sahaja Yoga. But not to make money out of Sahaja Yoga. Not to make politics out of Sahaja Yoga. But make Sahaja Yoga like a big, huge, big tree and it will work out. I know it will work out. You have the potential. That's why you are here.

May God bless you all!

...

They believe in the most expensive sari: You see My conditions.

1996-1229, Haldi, Weddings and Talk on Marriage Vows

View [online](#).

29 December 1996

Wedding

Ganapatipule (India)

Talk Language: English | Transcript (English) – VERIFIED

Talk on Marriage Vows at start of weddings, Ganapatipule, India, 29 December 1996

There is a divorce possible, both for the husband, also for wife. But that's very very rare, extremely rare, so far I have seen is very rare.

So one should marry with a very open heart because you are marrying in Sahaja Yoga. Is no other binding force for you but your love and affection and care for each other.

Now as you have got a bride and you have got a husband I will tell you one thing that Sahaja Yoga will grow much more now because of you being there as couples who follow Sahaja Yoga, and who will have children of very great spiritual character. There are many saints who want to be born on this Earth. All these saints will be born to you because you are Sahaja Yogis and you are at a level of that great consciousness which we call as Atma Sakshatkar (Self-realisation).

Or they call it (Bali?) in their language, (Bali?) or (?) all these words are there depending on the quality. So, with this idea you are doing a great work, great thing to allow these great souls to come on this Earth, but your life also should be absolutely clean, Nirmala. Try to be very kind to each other and nice to each other, is very easy in Sahaja Yoga, because as you know that everything that you think, everything that you do is all Sahaja. So there is no question of any problems coming in.

I wish you all very great love, prosperity and joy and that you all develop in Sahaja Yoga in a very great love and understanding; forgetting what is what was your past what was your religion, what was your caste, what was your country. Forget everything! We are all really human beings and now we are realised souls so there is no difference like this.

And all of you should prosper in such a manner that other people should see you and try to follow you. It's a big, very big responsibility. I hope you understand and realise.

Thank you, may God bless you.

Now, first thing you have to do is to accept the the Vishwa Nirmala Dharma. This is the religion which is a universal religion which encompasses all the religions, respects all the great incarnations, knows about them and all the good things that are told in all the religions it accepts. It's one religion which is not outside. Outside religions have created problems. You know they just create differences and divides people, it's divisiveness, divides people. But this is one religion. But this one religion was there amongst sufis among all the saints. All those people who were born realised souls, they had the same religion and that religion of humanity we follow. This religion is not outside it is inside. It's inside, within yourself; is awakened. And here we respect all the great incarnations. All the great religions we respect, not only that [but] we follow [them]. But we do not believe in any differentiation or superiority. So, first, we have to accept that you belong to this religion then there won't be any fights about small things, like, "I belong to this caste, this community, this religion, this country," nothing. You are beyond that, and that's what we have to establish if you want to have real peace and joy and blessings of the Divine. So this is the first thing that we have to do [in the marriage vows], is to accept.

And this we do it in the presence of fire. Fire, because the fire burns out everything, The fire rises above gravity, that's the only thing that rises above gravity. And that, we worship fire, we have worshipped innocence We make it a witness of what we are doing. So that this fire can completely clear all our problems, all our difficulties in life by giving this light. Same fire can enlighten

your life. But if you go wrong the same fire can burn your life. So be careful, this is what it is, it is to give you light and (show) you the right path.

1997-0316, Mahashivaratri Puja: eleven rudras

View [online](#).

16 March 1997

Eleven Rudras

Mahashivaratri Puja

New Delhi (India)

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

First of all I will speak in Hindi language, and then in English. We have such a cosmopolitan people that I do not know which language to take to.

Translation from Hindi

Today we are going to do the Puja of Shri Shiva. The form of Shiva within us, is verily the reflection of Sadashiva Himself. This form of Shiva resides in the Heart, at all times, as the Spirit. Is there, established, immovable and permanent. But I will not say it is enlightened. When the Kundalini is awakened, it touches the Spirit, and then the Shiva gets enlightened within us. And that light shines on our nerves. Chaitanya is called Medhe Stithi, means the first light shining in our brain. For the first time, the union between our Heart and our Brain takes place. The Yoga.

Under normal circumstances, man's Buddhi (intelligence) goes in one direction, and Mann (mind) goes in another direction. When this Yoga or union takes place, the light which has begun to shine inside the spirit, becomes manifest or apparent, and takes the form of Chaitanya, vibrations, and flows out of the hands and the fontanelle bone area on top of the head. You have already experienced this.

What you have to know further is, that when this light comes inside us, we realise that slowly, and steadily, our life begins to change, to transform. Our inside anger and other Shadripus (6 enemies of the soul), gradually start diminishing. Gradually everything starts working, and faith and reverence gets established in the mind. In this state of (shraddha) a desire to surrender and relinquish all evil, starts awakening. Nothing seems to be important any more. We behold a new aspect of Shri Shiva as an ascetic of the highest order; unconcerned about appearance; no fixed likes or dislikes; hair matted in coils; no consciousness about decorative dress or ornaments; no unnecessary thoughts. He has given all these concerns to Shri Vishnu; and Himself is a free personality. He wears the skin of a tiger and roams. His conveyance is Nandi, the Bull, who is not easy to control. He is not like a horse that can be controlled with reins. Wherever Nandi decides to go, Shri Shiva allows Himself to be carried. He is never conscious or concerned with others' opinions. What will people say, what will they think. Because He is completely absorbed in the Self. He is sitting in His Own contentment. He is not concerned about the world and its opinion. He does not care about public opinion. He is sitting, anchored in His own glory.

You must have heard the description of His wedding. That when He came for His wedding, Shri Vishnu (Who is Parvati's brother) was embarrassed, that what kind of a bridegroom's party has arrived to marry My Sister. How can I get my Sister married to this personality. But Parvatiji knew that only such a personality could be Her Husband. A carefree, easy going person (mast-moula). No formalities about anything. When a person goes beyond; then for him everything is the same. He becomes (Chittpadarth) blissful beyond material possessions. Anchored in His Self. His attention does not stoop to all these things. This manifestation of Shiva's personality that we see, makes Him very endearing and enchanting, and proves that all His nature and activities are definitely of a very special category.

When the light of Shiva falls on a Sahaja Yogi, then his life also begins to transform. I have seen that, before coming into Sahaj, the people, men and women, used to be very particular about their appearance. Always well turned out. The whole attention used to be absorbed in "what shall we wear today; what shall we wear tomorrow". And nowadays a new genesis has emerged in the form of beauty parlours and clinics; and fashion salons. These have mushroomed all over, and women especially, have got

entangled in this temptation.

But, the inner cleansing starts reflecting on the outside in such a beautiful way that all these outward appearances have no meaning. Even the peace starts settling on us, and the concern for comfort reduces. Actually the search for comfort, is really a search for comfort of the Spirit. Just take a look at these people who have come from other countries. They have come from a very luxurious lifestyle of fancy houses and cars, and other comforts. But when they come here they live in any situation, without complaining or feeling discomfort.

But this is not so with our Indian yogis. Wherever they go, they demand proper bathrooms. Attached bathrooms! I don't know why they have not been able to rise above all this. I am really surprised that in this poor country like ours, even now there are a lot of selfish desires still lingering. It is very surprising.

Sometime ago someone said Shri Mataji let us buy a large plot of land for an Ashram. Our Indians just don't want to live in ashrams. After the ashram was built with a lot of effort and expense, no one was willing to live in it. I said, "We will pay a salary to someone to come and live here" but no one accepted.

Now, in My birthplace which is in Chhindwara, so much money and effort was spent to develop it. I suggested that some retired yogis can live there, because the environment and air is very clean, as it is a hill station; but there also no one was willing to live. Everyone is only worried about their own comfort. But look at these people. This problem does not exist with them. They happily live in ashrams. "My house; my land; my family; my wife, only this kind of food is to be cooked; we will only eat this kind of food"! We are addicted to the taste of food. This is not the case with them. They even eat our Indian food with great relish. But I am fully aware that when Indians come to Cabella, they pack and bring chapattis, parathas, and pickles and snacks. Otherwise food will not pass through their tongues. The whole attention is still attached to the tongue and taste.

So, inspite of meditation, if these habits don't leave us, you cannot rise above Dharma. One thing we have to recognise, that even in surrender, we fall short. This time when we bought land, these people said, Shri Mataji, a lot of money has been spent, so why not raise the puja samarpan. God knows how many letters poured in, begging Me to reduce the puja money, reduce the puja money, reduce the puja money.

Such a puja happens only once in a year in Delhi, and still the begging. " My husband will pay, but please excuse me, I cannot pay". These same people will spend on paan (betel leaf) and spit it. It is important to pay puja samarpan. I have made all the arrangements at My own expense. I have never asked for help. But just by raising the puja money, the puja pandal (marquee) is half empty. Why. Because they do not want to pay money for the puja. They will telephone and say "please excuse us from paying puja samarpan", and not because they do not have proper jobs, or they are not earning. My husband will pay, but I cannot pay. This astonishes Me a lot.

Now if you had a false guru, he would have shaved your heads, divested you of all your possessions and dressed you in a single saffron dress, and made you stand on your head on the road. But I don't do these things. Because it is a matter of Sahaj. Everything should happen in a Sahaja way.

I have seen many people practising renunciation in their lives. But nowadays we cannot find such people. I know about My mother. She used to have only six sarees. If she got a seventh saree, she would immediately give away one.

Even when people come there, to Cabella, it is surprising that they all want separate rooms, or separate houses. They cannot live collectively with others. Those who cannot live in collectivity, are not Sahaja Yogis. He is a Sahaja Yogi only in name. He still thinks he is a great or special person, and special arrangements should be made for him. Such a person cannot be a Sahaja Yogi. He is a Sahaja Yogi only in name.

The person who is a devotee of Shankarji, should be like Shankarji. Make Him sit anywhere, make Him sleep anywhere. Give Him anything to eat. He is not bothered. He is not tied to His watch. He is beyond time. He has no demands. This is the kind of

personality He is. As a Sahaja Yogi should be.

In other organisations, even before something is achieved, strange things happen. They pull out your hair, snatch everything that you have, and leave you high and dry. But this is not so in Sahaja Yoga. But these tendencies must be given up. We should strive to see what all bad habits we can give up, and get rid of. Until and unless this fervour comes within us, we cannot become a bhakt (devotee) of Shri Shiva.

Now in the case of Shri Mataji, there are all varieties of bhaktas. It is not deemed necessary to have distinctive qualities or traits. All kinds of devotees are there. After all She is Mother, and She will forgive. But by getting forgiveness, you cannot achieve that state. As far as forgiveness goes, Shiva is a person you should ask for forgiveness. Every morning we should ask Him for forgiveness. Because at every step we are always doing things that we shouldn't be doing. We should really beg him, that O Shambho, Please forgive us. We keep making this mistake, and that mistake; and within us all kinds of desires and requirements arise – I want this, and I need that, and so on. All the time wanting. As long as these wants are within us, we should keep asking for forgiveness.

And also, "this is mine. This house is mine. This is my wife". All kinds of feelings of ownership and possessiveness. Until we get rid of all this, we cannot become devotees of Shri Shiva.

In these matters it is surprising that people of other countries have achieved mastery over their wants and desires. Those who have never heard the name of Shiva. Whereas we are still stuck in the mire of outwardly worshipping Shiva. It is universally known that if we are to worship Shri Shiva in our hearts, we have to renounce all anger, hatred and corruption. But the human being, even after coming into Sahaja Yoga, is not able to introspect and see himself.

I have heard that there is a mother-in-law who is troubling her daughter-in-law. When I asked her why she was doing this she blankly said "I have never ever troubled my daughter-in-law". When these same people go for a movie and see the mother-in-law torturing the daughter-in-law, they will shed tears. And then they come home and torture the daughter-in-law. Or the daughter-in-law ill treats the mother-in-law. But they will glibly say "We have never ever troubled anyone". This kind of screen if you harbour in your mind, you cannot ascend in Sahaj.

Because Sahaj changes your whole life. It refines you into gold which cannot be tarnished. Nothing can smother it. That is what you have become. So you must attain that state. Then why this slavery to worldly attachments. This is the trait or distinguishing feature of Kundalini, that it completely cleanses you in every way.

Seva (worship or homage). Yes, you must do seva also; But I do not want seva of any kind from you. I am Mast Moula (engrossed, or in joy, within Myself). So what seva can you give Me. Only thing is, you must bring this divine Mast Moula state within your Self. When you see that you can be in this state of joy without any effort, then why do we need to indulge into worldly enticements.

After giving a lot of thought, I have reached the conclusion that Sahaja Yoga is very easy, and because of that it is very difficult to follow. If one takes a rod in the hand and orders – that you shave your head; wear saffron cloth; fast for many days, then it works. But in Sahaja Yoga it has to be out of pure desire that one embraces a way of life which is pure and holy. It is a system where we willingly introspect to find out what is wrong within us, and get rid of bad habits to purify ourselves. And you will realise that you are (Samarth) self sufficient and complete.

The most surprising thing is that once Param Chaitanya knows that you are desireless, with no more wants and requirements, it will, on its own, serve up everything on a platter, without your asking. Thus it will demonstrate to you that there is nothing that it cannot provide, as and when required. We just need to have complete faith and surrender.

You have so earnestly and lovingly invited (avahan) Shri Shiva, that He cannot refuse. He likes such genuine people. The difference between Him and Me is that I like all kinds of devotees; but He does not. He only likes those who have got rid of all

their attachments and outward show. We have all kinds of hang ups, like what kind of clothes shall we wear for the puja. If you don't have fine and fancy clothes what will happen? Nothing!

This "sanyasi" saffron dress is only an outward show of renunciation. The real renunciation should come from within. Once you are completely detached and surrendered from within, then where you go, how you go, what you wear – nothing is important. You are absorbed into your self.

In past times there were Naths (members of the sect of Gorakhnath). They used to travel extensively; and preach and teach spirituality. I was surprised to see how far they had been able to travel. When I went to Colombia I learned that they had travelled to Bolivia also. Now if you go to Colombia in an aircraft you feel giddy with the altitude; and in those days travelling was all done on foot. So it is impossible to figure out how they reached such a far away place, at such a high altitude. Even in certain parts of Russia and its surrounding places they had been preaching. And no one knows where they lived, how they lived, what they wore in those cold places; and what they ate. When one reaches such a height in spirituality, then you become a super human being.

Like Sainath of Shirdi. He would go anywhere; he would be seen in all places helping people in trouble. Some people have actually met him. Yes, some people can actually see him in person. Such people become (Amar) immortal and can be seen eternally. Because all the destructible mortal things in them, fall off; and there is nothing left that can be destroyed. They become indestructible. And this is the state one achieves when worshipping Shri Shiva.

English Talk

I am talking to them about Shiva's worship – what should happen to you. But today, I am going to tell you about the internal happening within us when you get your Realization. There are eleven rudras placed here – eleven rudras. They are particles, we can say, anshas, they call it, of Shiva's powers, and all of them try to take out or to remove all the false ideas we have about life. When the Kundalini rises, they all get enlightened, eleven of them. And say, for example, Buddha had a part of that, Mahavira had a part of that.

Now, all of them what they do is to control us from falling into the prey of various things, like we have an ego. So, Buddha will look after the ego part. He will see that you get shocked by your ego. You will be quite amazed how you could be so egoistical, and so insulting, and so humiliating. But when this rudra is not awakened, when there is no light in this rudra, then what happens? You start justifying yourself. You think whatever you do is correct, whatever you've done, whatever you've said, whatever you have achieved, you think is your right. You've done nothing wrong. For that, this Buddha's rudra has to be awakened.

On the contrary, if you go on pampering your ego, if you go on becoming egoistical, you become absolutely a right-sided personality. Once you are a right-sided personality, you will know what all the symptoms there are of such a person. Now, for that if you just watch and introspect and see for yourself what ego has done to you, what wrong ideas you had about yourself. So that's why Mohammed Sahib has said, "Beat yourself with shoes." He didn't know what else to tell. Because this ego business can really burst you, your head completely, and you may land up into so many difficulties.

Ultimately, I have seen people developing this yuppie's disease where the conscious mind becomes absolutely useless, cannot move. Consciously, people cannot move. Unconsciously they will, but not consciously. And this disease is so horrible. A person becomes like a reptile. You have to carry them on your body. They can't walk on their own. They can't sit on their own. In a very young age, this can happen. This is happening in America also. I have seen two, three cases here, in India also such a thing is happening.

So if you do not try to see your ego and control it, and feel repentant about it. In Sahaja Yoga, there is nothing like repentance, we don't believe in repentance. Because we believe that you all have got your Realization. You are beyond any mistakes. It's not true. We have to repent.

There's a, in English, there is a word – sorry. Sorry for everything, they'll say sorry. Even telephone if you pick up, they say "sorry." I say, "Sorry, for what?" But this sorry itself is very empty. It has no meaning. It has no depth. When you say "sorry", you have to see why you are saying "sorry" and what is to be corrected.

This is a very big problem of today's generation where people have developed such tremendous ego, because all our economic growth, all our industrial developments, all our big, big organizations, all of them have given us a way that we should all develop our ego. If we don't develop our ego we will be lost, we are nowhere. And that's how we start pampering it, and then this right-sided problem starts.

Then, as a reaction, it goes to the left side. Actually, in the head it is on the right side. Here is the right side, ego comes up, so the left rudra is that of Mahavira. So people do things, which are sinful, which are wrong, which are against Shri Ganesha.

Then also there are controlling powers of Mahavira who controls. He says, "You will go to hell. This will happen." He describes all the hell, all kinds of hell, that you'll go to hell and you'll be burnt alive - I don't know, all kinds of things He describes to frighten you. But that hasn't helped.

So, people start getting more onto the left side and I should say, through this rudra, when this rudra gets helpless, then a tremendous depression comes in. One feels very depressed.

"Oh God! What a depression I have! I am so sick. I am this thing." And then, you try to frighten others with your depressions. You show sort of a, what you call, emotional blackmail you do. All kinds of things you will do, and beat your head and do all kinds of things. Could be through ego, could be through this left side problem of the left rudra.

These two rudras are very important because they are directly connected with our left and right sympathetic nervous system. So, is very important to see that you don't fall a prey to these rudras. These rudras are to be satisfied. So to be normal, at least, look after these two rudras, which are: one is one who controls the ego, and another is self-pity. "I just can't do it, I'm this, that" and all kinds of depression.

All this works out into physically, also into very serious problems like cancer. If the rudras are caught up, you develop cancer. But all this portion gets swollen up. It's called as the medha. This all portion gets swollen up and you can see a cancer patient having a swelling all over. At least would be here or may be there. Because such a swing in the nature of a person that you can't say from which rudra they have developed these psychosomatic troubles.

Psychosomatic troubles, all of them, come because the rudras have become ineffective. It can be due to the depressive nature or oppressive nature. It could be due to many other factors also. But all these factors are nothing but part and parcel of Shri Shiva's or Sadashiva's powers. He is the One who is full of karuna - full of compassion. He is the ocean of compassion. If you ask Him forgiveness, He will forgive. Whatever you do, instead of feeling guilty if you ask for forgiveness, then He forgives.

But if you think you, whatever you've done is good, you've never tortured anybody, you have never made anybody suffer. Then, it knows. Shiva knows everything, isn't it? And, because it knows, it starts giving up. So, there's a big combination of your will power to be there and the combination of the blessings of Shiva. When the Shiva blesses you, your will power also heightens. But you must have full will power to know that you have to be of a higher level of personality.

He was not at all a mundane guy. I mean, He was... supposing, ask Shiva to go to some party and all that. How will He look there? People will laugh at Him. When I met some hippies, I said, "Why are you having this kind of hair?" So they said, "We want to..." They are all primitive. So he said, "I want to be primitive." I said, "But the brain is modern. What's the use of having primitive hair?"

So, deception! Deceiving yourself is not going to help. Best thing is to face yourself and understand what wrong you have been doing. If it works out, I tell you, so many sahaja yogis you are sitting here. If you correct yourself and become that, I am sure, all

the problems – political, economic – and all stupid problems we have, will be finished. But today it's such a mixture, due to Kali Yuga, that even the worst people are carrying on.

Now, we have a responsibility to save this world. We have a responsibility to create a great, honourable life, which is not superficial, which is not just to show off. But inside, it should develop so that this light of your Spirit spreads and enlightens this world. It's very important to understand. All these troubles and, I should say, diseases, psychosomatic diseases, and all other problems, which are- in a collective way we can call - of the Kali Yuga, like political, economic, all these problems only are created by human beings. They are not created by the Divine Force. But Divine Force tries to neutralize them, if there are many Sahaja Yogis, who are practicing Sahaja Yoga in the real sense of the word. If that could be done, if that could be achieved, then I think, we can do a lot – a lot for the betterment of humanity, and that's why we have got Realization. It's not only for yourself, it's not only for your family, it's not only for your city or country, but for the whole world Sahaja Yoga is going to work out.

Now, if you have to do competition, you must only do competition in your ascent and in nothing else. But people are so superficial, that they think by showing off or by becoming something – a big Johnny – they will achieve something of a very great level. It has to be a very humble attitude towards yourself also, so that you understand that whatever you are doing is for the betterment of global problems.

Absolutely, we can solve because you are the channels of the Divine. If I could do it alone, I would have done it. But I can't. So, that's why I had to gather you all and to tell you that you become all the channels. But in the meanwhile, you enjoy, you enjoy life, every second becomes a joy, which is also the gift of Shiva. Shiva is the One who creates this great admiration and great appreciation of every moment, everything that is there.

And, that is the state we have to achieve by not condemning yourself or not by pampering your ego, but by seeing what you are. That's the main thing one has to see – what problem you have and what is troubling you is yourself. If you could just come to that point of understanding, I am sure - I am very, very sure that you will be such an asset to help to make this world look at itself and change; because superficially you cannot change such deep rooted problems. And, you are being so blessed by Kundalini, that you can really become a great torch, I should say, torch on the path of truth, love and joy.

May God bless you!

1997-0320, Birthday Felicitations

View [online](#).

20 March 1997

Birthday Felicitations

New Delhi (India)

Talk Language: English | Transcript (English) – Draft

Evening Program, Tabla Kathak Qawwalies, Tabla by Shafaat Ahmed Khan

talk starts at 1:37:10

Please give a big hand to Baba Mama

Baba Mama: Thank You very much!

We will now begin the proceedings by the solo tabla recited by none other than the great Maestro of Tabla, Shafat Ahmed Khan. So I request him.

Only yesterday Khan Sahib was saying how blessed he is that Shri Mataji ...When he was not so well known Shri Mataji gave him the blessings and now I think he is definitely number one or equal to number one in India. A bigger applaud I think ...So I would request you to please watch the [unclear 03:23] he plays with the left hand.

The very difficult art ...The way he plays you could hear music through it.

(After performances)

Sahaja yogi: Shri Mataji, Can we say Happy Birthday to you ...It's 12 o'clock.

(Everyone wishes mother)

Shri Mataji: Please be seated ...

Sahaja yogi: It is Sir C.P birthday so we will also sing for him ...

Shri Mataji: Please be seated ...

I don't know what to say on the birthday but I was taken aback to see ...At this time I never expected ...You are so conscious of it ...So aware of it! I don't know you first ever done in India before to celebrate Birthday or anything like that ...But of great man, they did.

Now the purpose behind this is to remind the great person that now you are getting old ...that you should do whatever you like as soon as possible. No time is to be lost. And also that you must look after your health. Perhaps I do all these things already. But one thing sometimes surprises me ...Which I will tell you tomorrow, about Sahaj yogi's that you also have to grow. Grow out of it. All nonsensical things we have been doing Which we have seen, which are around us, to show to the world that we are very matured Sahaja Yogis. Tomorrow I am going to tell you about this thing, though the occasion is not so good for telling you some of the things that can be very hurting to me. And which you should be very very careful about. Today or tonight I thank you very much all of you ...for having such understanding and appreciation of Indian Music, Which is classical music. Normally, foreigners, westerners don't enjoy. Indian's, of course, do it. Most people in India don't understand, appreciate or know anything about classical music ...But When they see the western people taking so much interest into it, they get competitive I think and try to learn more about it...It's very important you must know about Classical Music. For example, I have never studied music in my lifetime. I had no time to study ...But in my family, people use to sing all the time all around the day ...around the whole year ...so you can't help it. You see your ears get used to it ...And that's how I picked up classical Indian Music but somehow I feel that for Sahaja Yogi it's important to understand that [unclear 1:40:48] Indian Music. So I am announcing today, another promising day for me that we have started a very nice academy in the name of my father in Nagpur to educate people, Indian classical music.

So far we have mostly westerners who are coming there. But also I should say Indians should come and stay because we haven't got any place like that in our country. You still have to build it up, the residence but school [unclear 1:41:27] and the teachers told Baba Mama that better take to huts because people are fed up of cement and all the cement jungle. So it's time to make like Gandhi Ji's ashram some hut and I am sure you really love it to be there. You enjoy each other's company & you enjoy classical music training ...It is one of my dreams to make this academy for the whole world and I also promise my father that one day will come when people will appreciate this divine music of our country. So I hope some of you, the Indian's will go and join this academy though it has just started...Let it grow a little more... You can send your children there... And I am thinking also starting this, dancing of India there and also the art ...What you call it ...paintings ...Also another art of embroidery and all, everything that is artistic ...We are going to get to that place. It is a very good land which has a very nice liver, where I use to go to my childhood with my father ...So I am sure you will be interested in as you have taken interest in Sahaja yoga and you will try to help to build up the new concept of having a Sahaja Music Academy. Thank You very much. Thank you.

Sir C.P: How can I thank you all for the affection and kindness. I have mentioned you the last year and I won't repeat the important thing today is that it is the birthday of your mother. And that is what we all are celebrating. We are celebrating her birthday as marking the beginning of a new yuga, a new age, a new era. Buddha was born 2005 years ago, Lord Jesus came 2000 years ago, then came Mohammad Sahib and now she is here among ourselves. And it is my prayer that her dream, your dream, that Sahaja yoga should spread out the world, may come true...as soon as possible. When she talked of old age, I have no doubt at all that she was really thinking of me. Look at me, and look at her and you will know who she was talking about. She is as young as she was when I married her 50 years ago. And she will always remain young. Because she is eternal. So thank you very much once again. I am old, I am getting old ...But I enjoy being old ...It's nice to be the oldest person in the gathering as I am here today. Thank you very much! Thank you And Thank you, Baba, very much! He is my sala, He is always ecstatic about me.

Baba Mama: I will share with you, that before you became the children of Shri Mataji Much beforeI was chosen to be her child and after marriage, I don't know for whatever reason I would know because a man of his wisdom why did he accepted me as a son but he has been always treated me like a son ...So I am very grateful to both of them...

[Then Baba Mama calls Debu Ji on the stage]