





you, can depress you, but the para-sympathetic relaxes you, relaxes your heart, relaxes your body and you completely feel relaxed and sleepy in the lap of your Mother.

But there are many people who cannot sleep, because they are thinking about something they have to achieve. If you cannot sleep, then there is something wrong with you. And when you cannot sleep, I also cannot sleep. Whatever is collectively happening, also works on Me. Anything wrong that you do - especially collectively - that also works on Me. So, you cannot sleep because you are thinking of things which are of no value. Now, to overcome that, in Sahaja Yoga we know we have to go into thoughtless awareness. But when your ego is working or....

.....This child is very disturbing. I have seen him all the time running about. Better tell him. Whose son is he? See, in India you find children absolutely keeping quiet. Why? Because the mother takes up the responsibility to train the child. So many programmes we have had [in India]. Have you ever seen any child running about? Yesterday also they were running about here. The reason is that the mother doesn't take responsibility, as a mother, to see that the children are properly brought up. Even you are so grown up, but I have to tell you whatever is good for you, for your society. [And now] a new generation has come. In this new generation, if you still are not behaving in a proper way, in a normal way, how can you impress others? So Mother has to tell you....

The most interesting thing that the Mother has put in you is: "Ya Devi sarva bhuteshu, Bhramanti rupena samsthita". She puts you into delusion, because sometimes the children cannot understand unless and until they face the delusion. They have to face the delusion. She allows you to go wrong to a point where you discover you are lost. Very important it is [to understand] that She plays. This is the "Mahamaya" part of it. And this [idea] is discussed in every religion: that we get lost [in] delusion.

Now, what are the delusions we have? We have the delusions of ego. Ego for men, as if there are "very powerful", that they can "do what they like" and they are not going to be punished for it. For women, they too behave in the same manner. They don't understand that this is a delusion that the Mother has given to us, for us to find out that we are in the wrong. Because, if you tell somebody: "This is wrong, you shouldn't do it.", still they are not mature enough, so they'll go on doing wrong things. So the Mother says "alright, go on, very nice, very good, very good. You want to jump in the sea? Jump!"

Then, when you realise that you have been in a delusion, then only you can return back. Otherwise, without any problem [to face and overcome], you cannot return. So many of you are so obstinate, so self-conscious (self-willed). Whatever one may tell you, you will not listen. Whatever way you may try to convince them on a mental level, [they] won't [pay any attention]. So the "bhranthi", the delusion, is beyond the [rational] mind. It is beyond the mind to be able to. [This method] works out sometimes very well for difficult people.

Now, when you are in the position of the Mother, you don't want your child to be ruined - naturally. She feels responsible and She thinks that now they have got connection with the Divine, this connection should not be broken. That they should be blessed all the time and be happy. All this is within us, within us, built in from our very childhood. But we forget it. Slowly, slowly, we start losing it. Maybe the conditioning is such, or maybe the ego is such, and maybe they forget that they are realised souls. I am talking to you, to people who are realised souls. I am not talking to people who are already lost or who may be on their way to Sahaja Yoga. But [just see] the way you are brought in, the way you have been told, very sweetly with love, with affection, with kindness. And if you don't understand that, then you go into "bhranti".

For example it is also said [in the Devi Mahatmyam]: "Ya Devi sarva bhuteshu, Lajja rupena samsthita". "Lajja" - I don't know how to describe it. It's not "shyness". It's a kind of "shame" about your body. [But] now there are "Beauty Contests"! In India also they have "Beauty Contests"...

....Why are you writing? What is he writing? There's no need to write. There will be a tape [of this talk]. Alright?....

"Lajja rupena samsthita" means you have to have shame of your body. That especially for women. As a child, you will see, women are very shy. See, little girls, they are very shy. That shyness gradually disappears, but in the beginning they are even shy of Me. They come before Me, they "put down their head, they'll not even say "Namaste". Very sweet. And they don't like people wearing funny dresses [dressing in a funny way].

I remember my granddaughter once. She saw a magazine in which there was a lady in a swimming costume. She said: "What are you doing? Better wear your dress, otherwise my grandmother will come and smack you hard". To that lady [in the magazine] she was saying this. And then she opened [the magazine] and saw a man dressed with

Now, for example, I know that you [should] put oil in your hair. At least on Saturday, put sufficient oil and then wash it away. But you will not do that [because it's not the fashion] and then you start losing your hair! I can understand... if you "have no time", "you are a very busy man". But why? Why not do something, when it is needed, to look after yourself also? But you'll look after your body to thin down [or slim], you'll lose your hair rather than use hair oil, your eye-sight will be weak, your teeth will be falling [out] and you'll become very soon an old hag.

Same with men. Nowadays men are also going to beauty parlours I am told. Too much money, I think and stupidity together! There is no need, if you had a good, healthy life. You have to exercise and meditate. If you meditate you become peaceful. In that peace - you'll be amazed - you'll have so much energy. So much energy is wasted in thinking. And what do you think [about]? If you ask somebody: "What are you thinking [about]?", "Everything". But "everything" means what? Why do you think so much? What is the need to think? It's a habit. It's a human habit to go on thinking about everything.

For example, just now there are three carpets here. Now, if I put my attention on it, I just see how nice they are. I'll just enjoy, enjoy what the artists have done. That's all. No words. Nothing. Just the enjoyment within yourself. But if you ask somebody else, they just start saying "Oh, this is not good. That's not good. This one is so priced.... that price, this thing, that thing...." The joy of that artist is finished. You cannot get that joy, that joy which we are seeking. What we are seeking is joy and even when you have got a means of doing it, you do not achieve it. Because thinking is a reaction. You have a reaction to everything and it makes life so miserable. It makes the life of the person who thinks miserable and the lives of others also. I'll give you an example:

This whole thing [the hangar in Cabella], we got it done just because we get very heavy rains and also we sometimes have problems of flooding. So we thought [it would be] a nice thing to have a nice thing done and it is very well done. Now, there are "thinking" people in this Italy, lots of them. That's why [our application for planning permission] is not progressing. Now, we applied three years back - three years! They kept our money locked up in the bank. Imagine! At first they said: "Alright, everything is fine. It's alright. You can have it." It had 70 signatures of these Italian [officials] - so-called! And then they came round to say - the same people - "No, no, no. You must change [the roof] to copper". I said: "Why?" - "Because copper will be aesthetically very good". - But don't they know - stupid people - that copper will look the same as the [dark green] colour they are now looking at? After one month only they will have the same colour!

This is the idea of "aesthetics" and now I have told them: "We don't want your land. You keep it to yourself. Give us back [our] money". A simple thing like that - and yet it is being so difficult. Why? Because they have a Committee. There is the "regionale, regionale, regionale" [the Regional Council]. You have to go through all that nonsense. Because they all sit down on armchairs - very seriously. "We must discuss, we must consult, we must ask everyone and then decide." And ultimately, what comes out of it? No progress of any kind. There is no peace. Maybe - I don't know - maybe some understanding. [Perhaps] "something" is needed, which they are feeling shy to tell me about. I don't know what the "thing" is. But still I can't understand when the one office says "yes" and again when it comes back, it says "no". Three years! [This has gone on for three years!]

So, what I'm trying to say [is] that thinking too much is a sign of ego. But they don't find any solutions. No solutions of any kind. They'll never hit the solution. Because they are just discussing everything - thinking. They have no solutions.

Now it is important that Sahaja Yogis [should] do introspection. Introspection - inward. "Introspection" is "inward looking". Inward looking. "Why am I thinking? What am I thinking?" [But] what is the need to think? We [should] become "nirvichara" [in thoughtless awareness.]. Don't allow your mind to befool you. This mind is like a monkey, I tell you. It's really like a monkey. And when it starts working, it makes you jump from this end to that end. That end to [this] end. And if you reach some conclusion - so-called - and if [this] is not achieved, then you are "the most miserable person". I have seen people sinking down [from] only thinking about something which is absurd.

And you can see what comes out of this "thinking" on a global [level]. For example: what is the need to go to the moon? So many people are starving, are living out [homeless]. What is the need to go to Mars? What are you going to get from there? Because [the Western mind has] formed a habit. First they came to India. Then they went to China. Then they went to this. Then they went to that. They can't sit down, settle down. They can't settle down in their [homes] also. Especially men. If you are travelling by train, even if the train stops for two minutes, [the] men must get out. The wife will be worried now and [then when] the train [starts] moving, [only when]

just a small pair of shorts - I don't know why they do it - and she said: "This one seems to be absolutely a shameless fellow. He is going to have a bad time now." And she closed it and then she told the maid: "Burn this, burn this. I don't want to see it". Such a little girl [and yet] she knew that it was wrong.

But the way, nowadays, we are going about showing off our body and sometimes I feel that all these designers will die [Nb- The "gay" Italian designer Versace was killed recently] or will get bankrupt, because people wear such a scanty clothes these days. [Nowadays] there is no space for any real artist to show his work or to show his art, how he can dress you [properly].

In Japan I asked them - this is long time back, now Japanese are Americans, but at that time I said - "How is it that you wear these dresses, these "kimonos", which are done so well. Very expensive. And it takes time [to put them on] to wear that. So they said: "You see, if God has made a beautiful body, then it is His art and we have to make our art decorate it. So what we do is to make our art to decorate it". I really liked that. Because in India it is the same thing. If there's a lady, she has to wear a sari which has been made very artfully, very beautifully, just to decorate her body, just to respect the body. But this [respect for the body] seems to have gone - with the influence of America, I should say. They are brainless people, absolutely brainless. Nothing to learn from them. Only 200 years old people and we start behaving in their manner. We don't even see what is happening to their country. What sort of people they are, how they live, what sort of ideas they have, what is their goal in life. Every false guru has exploited them, because they are brainless people. If they had brains, they would never have accepted them. They do have brains [of course]: how to run a computer and how to run a television. Mechanical things. But as far as their own body is concerned, they don't know how to manage it.

In India they had a "Beauty Competition" and many sensible people opposed it, because its like "selling" your body and making money. [Is there any real] difference between prostitution and this? If you get money by selling your body, then it's prostitution. You are not supposed to sell your body. That is not what the Goddess has done for you. But you should dress well. Different, different occasions are there. For those occasions you have to wear [the appropriate clothes], the way it is.

The other day, I gave a very nice sari which we call "Paithani" to one lady as a present. And we had a function, for a book which was being inaugurated and this lady came there. So I said, "why didn't you wear the Paithani". She said: "There is no wedding on. How can I wear a Paithani for this function. There has to be a wedding". Very, very sweet. "At a wedding I can wear". It is all, you see, occasions, places, which are to be celebrated. Like in India - when women go to the temple or to worship the idols, or any of these - then they will wear all that is necessary to appear before the Goddess.

After all, imagine if people came for this [Puja] programme here, wearing - I don't know what they call it - but like "jute" - jute clothes [sack cloth], like hippies. What would happen to Me? I would disappear into thin air. I can tell you this much. So, one has to have respect for the body.

That is what She has said first: "Lajja rupena samsthita". Now you might say that there are other people [non Sahaja Yogis] who are [bathing] in the river [and who are scantily dressed like that] and this and that... every justification. But you are Saints, you are Realised Souls. You don't have to [look to] those people who are not yet realised and who are misbehaving. You must do what a Saint should do.

There are so many qualities that the Goddess has given you. Another is "Kshudha rupena samsthita". She is the one who has given us hunger. We have to eat our food. Nowadays there's a fashion for becoming thin, [slim] or whatever you may call it. And you know so many diseases have developed: Anorexia, this thing, that thing - because women want to eat little. [Of course], you can change the things that you are eating. But it's not the aim of the life to only look after your body. The body is not the only important thing. What is important is your Spirit. And She is the one who gives you - the Kundalini- She is the one who gives you a method by which you'll ascend. But all the time they are worried about their body - this is something I can't understand - especially the women, who are the "shakti".

Then another point is that they follow fashion. Fashion is madness. When I was young I used to wear my blouses like this. But in India also "fashion [consciousness]" started. They used to increase the size of the sleeves, then decrease the size of the sleeves. Then some went up to here. I thought: "What is this nonsense, why waste money like this? You have a particular design and this is a traditionally accepted design that you should have. Why do you want to go on increasing and decreasing the size of your sleeves according to the "fashion"? "This is the fashion"! [But] who makes the fashion? The Devi? The Devi has made the fashion? Who has made the fashion? These hungry, greedy people [the entrepreneurs] who are befooling you. And you are trying to follow "fashions"!!

the train [is] moving, then they'll jump [in]. It's a crash brain, I think, like that. Eventually, say, it's like a monkey - [but even] monkeys won't do that - it's [simply] that they cannot remain in one place. Now, in meditation you have to sit down in one place. Not to jump from here to there, there to there. [But]: "This is very difficult."

Women have other problems. While cooking they'll meditate. They have "no time". They have "their friends". They have to "go shopping", to buy things and fill the house with all kind of rubbish. They have "no time" for anything. They are also very adventurous. They want to "do business". They want to do this, they want to do that. For meditation they have no time. So, settling down is very important. Settle down with yourself. [But then] someone told me: "Mother if we settle down, we'll become very fat". Alright - doesn't matter. But you settle down. All sorts of excuses are there not to meditate. "Yes I [have] meditated. Mother, but you know it's so difficult in these modern times". The "crises" in our lives, the "problems" in our lives.... But, actually, you'll be amazed, when there's a crisis, say in the family or in Sahaja Yoga, immediately I become thoughtless, spontaneously I become thoughtless - because the problem will be solved by the Param Chaitanya. The Param Chaitanya is going to solve the problem. Why should I think? Forget it. Let the Param Chaitanya look after it. If you don't depend on your Param Chaitanya, it doesn't tell [you what to do], it doesn't help you. It doesn't give you any solutions. Then, you go on round and round with your brain [trying to] work it out.

What you have to know definitely is that you are connected to the All-Pervading Power of Divine Love. This is no love which is stupid. [It is] love that thinks, love that is Truth, love that is Joy. All this is built-in within you and now you have got Realisation. But you set off, involving yourself [in things]. You just jump into things which are of no value. And so many Sahaja Yogis get lost. I was recently told by someone that we have lost about 100 Sahaja Yogis because they started following another Sahaja Yogi who began "seeing" things. They all wanted to "see". If you can "see" something, that means you are not there! This is a simple thing. If I am, say, on the top of a mountain, then I'm there [and I can't see the mountain]. If I'm away from the mountain, I can see [it]. The more you see something, [the more] you are away from it. Do you follow this point?

So the subtle, the "sukshma", is the state in which you are yourself that. See yourself! This is the point that Sahaja Yogis must understand. Anybody who can..... "Mother, no, no, he can "see". He saw auras around you. He can "see" these things" So how can you "see"? But because you are that, you can't see. So, all such people, who are very popular sometimes, in the beginning of Sahaja Yoga, try to control you and befool you and then you are spun out.

Now, this is not because it's the Judgment Time. There are sieves and sieves and sieves through which you have to pass. Where you get enamoured by this or that or you fall for this or that, all these things are buried step by step. How you are [progressing], arriving? Who are arriving at that point where [their] destruction is sure? Because you have to become the Spirit. You have to rise in spiritual life and if your movement is downward, who can help you? These are very interesting times!

As I told you, it's the time of Judgment and at this time you have to be careful, because we are our own judges. Nobody has to tell you that you are catching on this chakra or catching on that one. You yourself can feel what chakras you are catching on. Whatever I can I try on my own to suck in all your problems. I do whatever is possible to keep you rising and rising and rising. But what I feel is that this method of helping you will not make you so strong, because you'll always think: "[it doesn't matter,] after all, Mother will suck in my problems".

If I get 100 letters, out of them 99 are from Sahaja Yogis suffering from this trouble or that trouble. I'm amazed. You have all these qualities [spoken of in the Devi Mahatmyam] already awake in you and [you] never use them. One will say, that fellow is troubling me, my wife is troubling me, my husband is troubling me. "Just forgive, just forgive. Your power of forgiveness is poured. Moreover more than what the saints have done. Did you [know that you] have got the power of truth? You know Reality - much more than those saints who have praised the Goddess. If you could just [understand at] what level you are sitting, you wouldn't fall, you wouldn't go down as much [as you do]. The only problem is, you have to know that your ascent has to be spiritual and [that] already these qualities are very well balanced and placed within you, even more [securely] than dharma. [Your] dharma - maybe you have the power to give [it] up or to fall down, but these powers are never destroyed.

I remember when I went to America [for the] first time and I met one gentleman. The next day he came and told me: "I'm changed, I'm changed, I'm changed!" - What happened? "I use to hate my uncle. I never wanted to talk to him, and was very angry with him. But, just imagine, yesterday I met him [and] I went and hugged him and kissed him and I said: "Now I've forgiven you completely, forgiven you. Now, don't think about feeling guilty, about it." He started looking at me [open mouthed] - like this."