



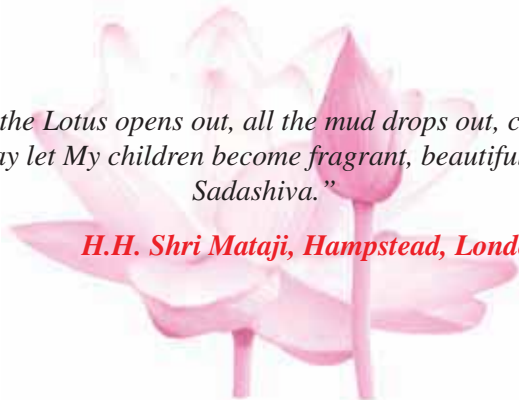
Nirmal  Fragrance

Nirmal Fragrance



“Like when the Lotus opens out, all the mud drops out, completely. In the same way let My children become fragrant, beautiful offerings of Sadashiva.”

H.H. Shri Mataji, Hampstead, London, 17.10.1982



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*“Sitting in the heart of the Universe,
We know Your love is flowing through us;
Shri Mataji we love You...
Shri Mataji we love You.”*



A Humble Prayer at Her Holy Lotus Feet



A Humble Prayer at Her Holy Lotus Feet

*Mother, thank You very much for this day
for You have given us the Sahaja platform to stay....
to enjoy the Divine bliss through our Self Realization.
We salute Thee and bow in obeisance
for You have been so kind, sweet and generous
to have come upon this Earth,
to salvage us from sins
and from the vortex of this materialistic world.
Mother, You have been so loving and caring.....
we know not how to express the bounds of joy,
when Your blessings unfold the thousand petalled lotus
of Your abounding space and abode
showering the Divine nectar of love and peace within.
O, Mother, our collective heart yearns
in the ocean of Universal love and happiness
to house Thy Holy Lotus Feet ...
in the hope that it widens its arena
and with the ultimate prayer to Thee!*

SABKO DUA DENA

*Shri Mataji, we the Sahaja Yogis of the world
pray at Thy Holy Lotus Feet ...
that the torch of Sahaja Yoga illumines
every nook and corner of the world to see....
the manifestation of the Satya Yuga coming
under the holy umbrella of Your blessings.*

AMEN!



“What can you give? That is what one should understand..... If you humble down, then it’s yours, is there, it’s just in your heart. There’s a saying that whenever I want to see my God I have to just bend my head towards my heart, that’s all.”

H.H. Shri Mataji, C.G. Jung Society’s Hall, American Tour, 16.09.1983



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 darlings,
How can you get peace by waging war
With yourself, with your being, with joy itself?
Enough are 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.*

Your Mother Nirmala



Mountain

*I see a mountain from my window
Standing like an ancient sage
Desireless, full of love.
So many trees and so many fowers
They plunder the mountain all the time.
Its attention is not disturbed
And when the rain pours like
Many pitchers of clouds bursting
And it flls the mountain with greenery.
The storms may come soaring,
Filling the lake with compassion
And the rivers fow running down
Towards the calling sea.
The sun will create clouds and
Wind carries on its feathery wings
The rain on to the mountain.
This is the eternal play
The mountain sees
Without desires.*

*Shri Mataji wrote this in Cabella, Italy,
watching the mountain from Her room*



Dust Particle

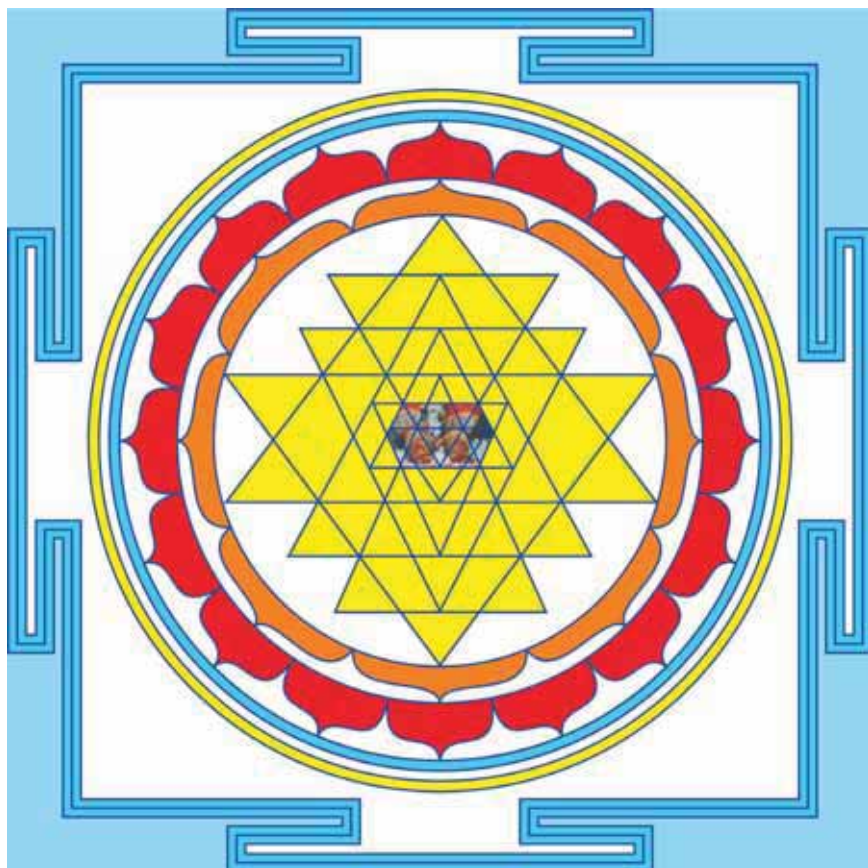
*I want to be smaller
Like a dust particle
Which moves with the wind
It goes everywhere
Can go
Sit on the head of the king
Or can go
And fall at the feet of someone
And it can go
And sit everywhere
But I want to be a particle of dust
That is fragrant
That is nourishing
That is enlightening*

Shri Mataji wrote this poem in Her childhood

“... Like the Dhulia means the dust. Dust. And one day I had written in childhood, a poem, I remember. Very interesting poem it was—I don’t know where it is now-but which said that “I want to be smaller like a dust particle which moves with the wind. It goes everywhere. Cango, sit on the head of the king or can go and fall at the feet of someone. And it can go and sit on a little fower, and it can go and sit everywhere. But I want to be a particle of dust. That is fragrant, that is nourishing, that is enlightening”. Like that, I had written a very beautiful poem, I was about seven years of age, I remember-‘Tobe adust particle’, I remember that very clearly, long time back, ‘that I should be adust particle, so that I will permeate into people,’ which is a very big thing– to become adust particle of that kind. To just whatever you touch, you see, that becomes enlivening, whatever you just feel, that is fragrance. It is such a great thing to be like that. And that was My desire and it will be achieved. At that young age, I had this idea of becoming adust particle and today just while talking to you, I remembered that I wanted to be that and that is what this place is.”

H.H. Shri Mataji, Dhulia, India, 14.01.1983

Shri Yantram



Explanation of the Shri Yantram

Adi Shakti is the integrated power of Mahakali, Mahasaraswati and Mahalakshmi and is the supreme power in the entire cosmos. The Shakti aspect in the Shri Shakti Yantram is symbolised in 5 triangles with inverted base which is balanced with Shiva tattwa symbolised in 4 triangles placed in upright position. The circles in the Yantram symbolise the Shakti 'par excellence' which has no beginning and no end. Petals signify the development, while borders of the petals indicate refuge in the domain of the Shakti. Central point symbolises the Shaktipada or the Lotus Feet of Shri Adi Shakti which is the ultimate goal of the seeker. The greatness of Shri Shakti Yantram is aptly described in the shastras where each and every constituent formation has its own meaning. Out of the 43 triangles, 9 symbolise Shakti, 10-senses, 5-vital breath, 5-natural elements, 10-matter and 4-causal. The quadrilateral symbolises the epithet of Brahma (*Trialokyamohanam/Trialokya mohana*). The fulfillment of desires through the blessings of the Devi (*Sarvaparipurakam/Sarva pari purak*) is denoted in 16 petals of the Yantram, where as salvation from difficulties and problems is indicated in 8 petals (*Sarvasanshobhanam/Sarva sanshobhana*). Satisfaction is related in 14 triangles (*Sarvasaubhagyadayakam/Sarva saubhagya dayaka*) and renunciation and devotion is shown in 10 triangles (*Sarvarthsadhakam/Sarvartha sadhaka*). Protection from all evils comes from 10 inner triangles (*Sarvarakhshakaram/Sarva rakhsha kara*) and good health from 8 triangles (*Sarvarogaharam/Sarva roga hara*). Absolute knowledge and accomplishment (*Sarvasidhipradam/Sarva siddhi prada*) and eternal bliss (*Sarvanandamayam/Sarva nandamaya*) is related with the central point. The Shakti Yantram symbolises the totality of the Universe and is highly auspicious and powerful in the Divine presence of Shri Adi Shakti Shri Mataji Nirmala Devi who has incarnated upon this earth as Mahavatara (*great incarnation*) to redeem Her bhaktas to their Spirit.

Interestingly, the geometric configuration in the Shakti Yantram is depicted by Nine major enclosures (*Avaraks/Avarans*). These *Avarans* have been depicted as follows.

The first one is described combining cluster of the six enclosures or six *Avarans* that appears as 43 inner triangles (already described). The Seventh enclosure or the *avarak* is the next circle that appears as in the inner periphery with 8 Petals and Eighth *avarak* is the circle that appears in the outer periphery with 16 Petals, and lastly the Ninth enclosure (*avarak*) appear as the quadrilateral in the Yantram.

Shri Mataji in Her Divine Revelation of 'beeja mantra', enlightens us with the names of the various presiding deities corresponding to their

respective Chakras in these Nine *Avarakas* (enclosures) calling them as the Nine Shakti Pithas or *Avarak Nama Chakra*. Also, She has described their individual quality and essence in the cycle of creation in Her divine message. The names and the powers associated with the various chakras and the enclosures as described by Shri Mataji is as follows:

“...~~from~~ that there are Nine Chakras on the sides like Shri Lalita and they have different Yoginiya, Yoginis means the powers, the Shaktis guiding those Nine Shakti Pithas or you can call them as *Avarak Nama Chakra*.

The **first** one is Shri Lalita. The Goddess *Shri Lalita*, which is the Goddess of beauty!

She is the joy giving, *Sarvanandamaya* - gives the joy from everything. In every created world, in every particle, in every form there is a power which gives us joy. This power is the power of *Shri Lalita*. She is called as *Maha-Tripurasundari*.

Para Para Ati Rahasya Yogini means *Para-Para-Ati-Rahasya*, one who knows the secrets. The *Para, Par* means the one that is beyond of the beyond; the secret of that area, the one who knows is *Shri Lalita*, who is the Yogini. At this stage she is *bindu-Sarvanandamayi*. She is the dot, which is joy giving.

Second power or *Avaran* is the enclosure, is like a triangle.

She is *Sarva-Siddhi-Prada*. She is the one who gives all the Siddhis. She has got three sides.

She is called as *Tripura-Amba*.

Kameshwari, Buddheshwari, Bhag Malini are the three yoginis.

Third one is called as *Ashtar Sarva Rog Hara*. This is another enclosure.

The name of the goddess is *Tripura Siddha Ati Rahasaya*, meaning these goddesses know the deep secrets of all the siddhis.

The Chakra is called as *Sarva Rog Hara* and

Enclosure is called *Ashtar*

The **eight powers** are called as *Vag Devta* meansthe ‘power of the speech’: First is

1. *Vashini* -means which attracts.
2. *Kameshwari* -which excites.
3. *Modini* -which makes you happy.
4. *Vimla* -which makes you clean.
5. *Aruna* -which gives you colour on the face.
6. *Jayini* -which gives you a feeling of victory.
7. *Sarveshi* -which connects you with every one.
8. *Kaulini* -is the one which gives you boons.

The **fourth** enclosure is called as *Antardarshar*.

The Chakra of this enclosure is called as *Sarva Raksha Kar* –the one that protects.

The goddess is called as *Tripur-Malini*.

The powers are:

1. *Sarvagnya*-the one which is all knowing.
2. *Sarva Shakti*–is all powerful.
3. *Sarva Aishwarya Prada*- giver of all the bounties.
4. *Sarva Gnyanmayi*–knower of all the knowledge.
5. *Sarva Vyadhi Vinashini*-the destroyer of all the diseases.
6. *Sarvadhar Swaroopa*-the support of all.
7. *Sarva Pap Hara*-the destroyer of all the sins.
8. *Sarva Ananda Mayee*-one who makes every one joyous.
9. *Sarva Raksha Swaroopini*-the one who protects all of us.
10. *Sarvechchhita Phala Prada*-the giver of all the phalas means- fruits, rewards.

The **ffth** enclosure is called *Bahir-Darshar-Sarvartha-Sadhaka*.

Bahir Dashar is the name of the enclosure.

Sarvartha-Sadhaka is the Chakra's name.

Tripura-Shri is the name of Goddess.

She has powers:

1. *Sarva Siddhi Prada*-She gives all the Siddhis.
2. *Sarva Sampat Prada*-She is the one, giver of all Wealth.
3. *Sarva Priyankari*-She is the one who is Beloved of all.
4. *Sarva Mangala Karini*-She is the one who gives all that is Auspicious.
5. *Sarva Kama Prada*-the one who gives all our Desires.
6. *Sarva Dukh Vimochini*-the one who is Destroyer of all our Pains.
7. *Sarva Mrityu Shamni*-the one who pacifies the Death.
8. *Sarva Vighna Nivarini*-She is the one who is the Remover of all the Hurdles.
9. *Sarvanga Sundari*-the one who is called, who makes every side of life Happy.
10. *Sarva Saubhagya Dayini*-the one who is the giver of good Fortunes.

The **sixth** enclosure is known as *Chatur Dashar Sarva Saubhagya*.

Chatur Dashar is the name of enclosure.

And the Chakra's name is *Sarva Saubhagya Dayaka*.

The Goddess's name is *Tripur-Vasini*.

The powers are:

1. *Sarva Sankshobhini*-the one who burns off everything.
2. *Sarva Vidravini*-the one who can perverse.

3. *Sarva Akarshini*-the one which attracts everything.
4. *Sarva Allahadini*-the one who is the giver of joy.
5. *Sarva Sammohini*-the one who can entice all.
6. *Sarva Stambhini*-the one who makes every one alerted
7. *Sarva Jambhini...Sarva Vanshakari (vashkari)*-the one who is the controller of all.
8. *Sarva Ranjani*-the one who entertains all.
9. *Sarva Unmadini*-She is the one who gives all the special joys.
10. *Sarvartha Sadhini*-the one who gives meaning of all the things.
11. *Sarva Sampatti Poorni*-the one who gives all the well being.
12. *Sarva Mantra Mayee*-the one who is residing in all the mantra.
13. *Sarva Dwanda-kshayan kari*-the one who destroys all the dualities of life.

The **seventh** avaran or enclosure is called the ***Ashta-Dala***.

And the Chakra of this Avaran is called ***Sarvo-Sanshobhankarak***.

Here She is called as ***Tripur-Sundari***, She is the one who gives beauty to women to be attractive wives.

1. *Ananga Kusuma Devi*-Shesmellsofmanyfowers.
2. *Ananga Maekhala Devi* -who is the solid like a rock in the family.
3. *Ananga Madna Devi*- the one who is attractive.
4. *Ananga Madana Tura Devi*-the one who gives desire to meet.
5. *Ananga Rekha Devi*-the one who draws the different boundaries.
6. *Ananga Vegini Devi*-the one which gives you speed.
7. *Ananga Ankusha Devi*-the one, who gives power of *Ankusha*, means the controlling of man.
8. *Ananga Malini Devi*-the one which is very gracious.

The **eighth** enclosure is called as ***Shodasha Dala***.

The name of the Chakra is ***Sarvasha-Pari-Purak***.

The Goddess's name is ***Tripureshwari***.

She is the one who has got **sixteen powers**.Thefrstis.....

1. *Kamaa* -means the attraction of body
2. *Buddhya* -is the attraction of brain
3. *Ahamkara* -attraction by ego
4. *Shabda* -attraction by words
5. *Sparsha* -attraction by touch
6. *Roop* -attraction by beauty
7. *Rasa* -attraction by Aesthetics
8. *Gandha* -attraction by fragrance
9. *Chitta* -attraction by attention
10. *Dhairya* -attraction by courage
11. *Smrutya* -attraction by memory

12. *Nama* -attraction by name
 13. *Beeja* -attraction through the seed
 14. *Atma* -attraction by spirit
 15. *Amruta* -attraction by eternity
 16. *Sharira* -attraction by the form of the body
- These are all the **attractions** which are subtle and are in the Goddess which act in a way that the *Sadhaka* is *attracted* towards Her.

The **ninth** one is called as the *Bhupur* - is the enclosure, while the Chakra's name is *Trailokya Mohan*.

Name of the Goddess is **Tripura**.

There are **ten powers** in this Chakra. The first is:

1. *Sarva Sankshobhini* - the one who burns off every thing.
2. *Sarva Vidravini* - the one who can perverse.
3. *Sarva Akarshini* - the one which attracts all.
4. *Sarva Vanshakari (Vashkari)* - the one who is the controller of all.
5. *Sarva Unmadini* - the one who excites as well.
6. *Sarva Mahankusha* - the one who controls, here the *Ankusha* means the weapon that is used by the elephant driver. So how he controls the elephant, in the same way She controls all.
7. *Sarva Khechari* - the one who attracts all.
8. *Sarva Beeja* - the one who is the seed you know.
9. *Sarva Yoni* - the one who exists in all the...ah...all the yonis.
10. *Sarva Trikhanda* - which exists in all the three dimensions. The Yoni means the ellipse - which is the power of the Mother.

Apart from that, there are other goddesses, which exists as the yellow line known as **Mukta Shaktaya**.

The Mother Goddesses are called as **Mahendri, Chamunda and Mahalakshmi**. The Siddhis that people can achieve are **Anima, Laghima, Mahima, Ishatva, Vashitva, Prakamya, Bhukti, Ichchha, Prapti, Mukti**

1. *Anima* - is to become like a Small Particle
2. *Laghima* - is to become Small.
3. *Mahima* - is to have a Big Form
4. *Ishatva* - is to create Thoughts out of human beings
5. *Vashitva* - is Attraction
6. *Prakramya* - is the Manifestation
7. *Bhukti* - is the Enjoyment
8. *Ichchha* - Fulfilment of Desire
9. *Prapti* - is the Attainment
10. *Mukti* - is the Salvation

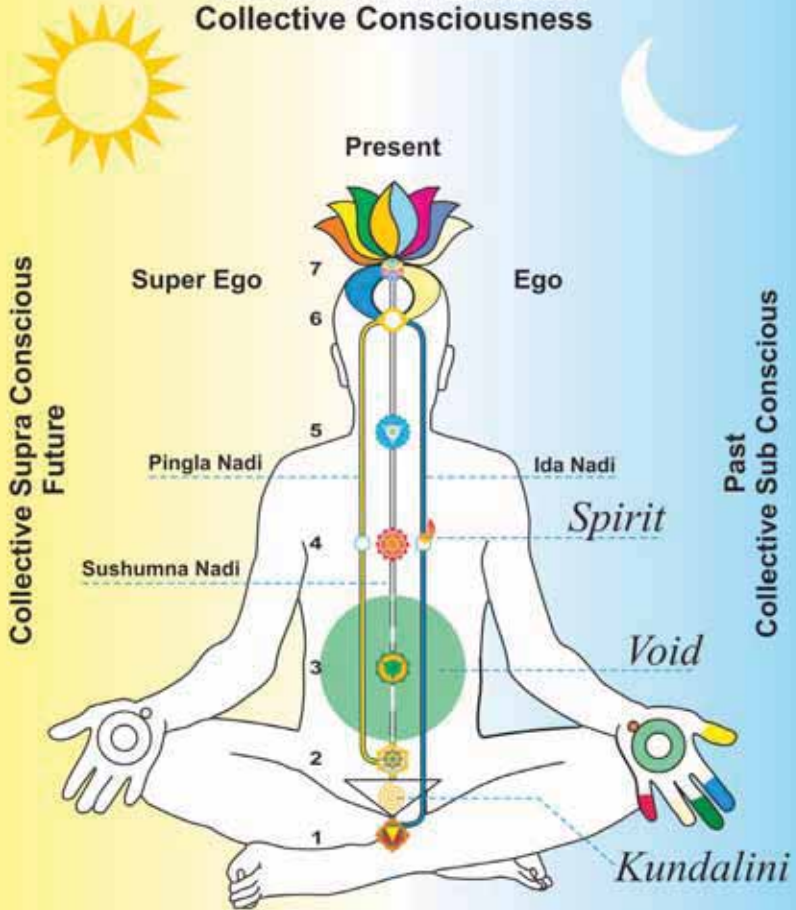
These are all the *Siddhis* that Sahaja Yogis can have".

H.H. Shri Mataji, London, 14.10.1978



Subtle System

Central Path of Evolution
Collective Consciousness



- | | | | | | | |
|-------------------|-------------------|------------------|-----------------|---------------------|--------------------|--------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Mooladhara | Swadisthan | Nabhi | Anahat | Vishuddhi | Agnya | Sahasrar |
| | | | | | | |
| <i>innocence</i> | <i>creativity</i> | <i>evolution</i> | <i>security</i> | <i>collectivity</i> | <i>forgiveness</i> | <i>integration</i> |

Position Within Subtle System

Position in Head



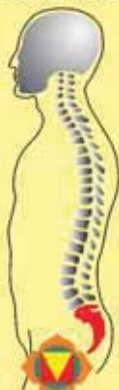
In Hands



In Feet



Gross Expression in vertebral column



Pelvic Plexus



MOOLADHARA

This four petalled centre is called the Mooladhara and is situated below the triangular sacrum bone. This centre is placed outside the spine and on gross level corresponds to pelvic plexus, which looks after all our excretion, inclusive of sex activity. Though the Kundalini has to rise through six centres, Mooladhara protects the purity and chastity of the Kundalini at the time of its awakening.

Mooladhara is for our innocence and one should know that innocence can never be destroyed. Too much thinking about and indulging in sex weakens this centre. Despite all arbitrary abandonment of natural laws, innocence, the power of Mooladhara, remains, in a sleeping or a sick state which can be cured and normalised through Kundalini awakening.

Correspondences

Colour	Coral Red
Element	Earth
Planet	Mars
Day	Tuesday
Stone	Coral
Symbol	Swastika
Quality	Purity Wisdom Innocence Valour
Organs controlled	Prostate Womb Sex Excretion Smell

Position Within Subtle System

Position in Head



In Hands



In Feet



Gross Expression in vertebral coloumn



Aortic Plexus



2° CHAKRA

creativity

SWADISTHANA

This six petalled centre is called the Swadisthana and is situated in the abdomen. This centre corresponds to aortic plexus, which supplies us with energy of creativity and abstract thoughts. This centre also provides energy to the brain by converting fat cells into brain cells.

Too much thinking and futuristic planning weakens this centre and one develops very weak attention. Liver which is seat of attention is governed by this centre. This centre also controls the functioning of pancreas, uterus and some parts of intestines.

When Kundalini awakens and opens this centre in a person, that person becomes very creative, dynamic and spontaneous in all his activities.

Correspondences

Colour	Yellow
Element	Fire
Planet	Mercury
Day	Wednesday
Stone	Amethyst
Symbol	Davidstar
Quality	Creativity Aesthetics Abstract thought Pure desires
Organs controlled	Liver Uterus Pancreas Sight

Position Within Subtle System

Position in Head



In Hands



In Feet



Gross Expression in vertebral coloumn



Solar Plexus



3rd CHAKRA

evolution

NABHI

This ten petalled centre is called the Nabhi and is situated behind the navel region. This centre corresponds to Solar plexus, which gives us the power to sustain things within ourselves.

This centre governs the function of digestion and assimilation and looks after stomach, Intestines and part of liver. The biological rhythm which is regulated by spleen is also controlled by Nabhi.

This centre looks after the welfare and evolution in the mankind. When Kundalini rises and pierces this centre in a seeker, he becomes satisfied from within and becomes extremely generous.

Correspondences

Colour	Green
Element	Water
Planet	Jupiter
Day	Thursday
Stone	Emerald
Symbol	YinYang
Quality	Evolution Generosity Righteousness Sustenance
Organs controlled	Stomach Spleen Intestines Liver (Part) Taste

Position in Head



In Hands



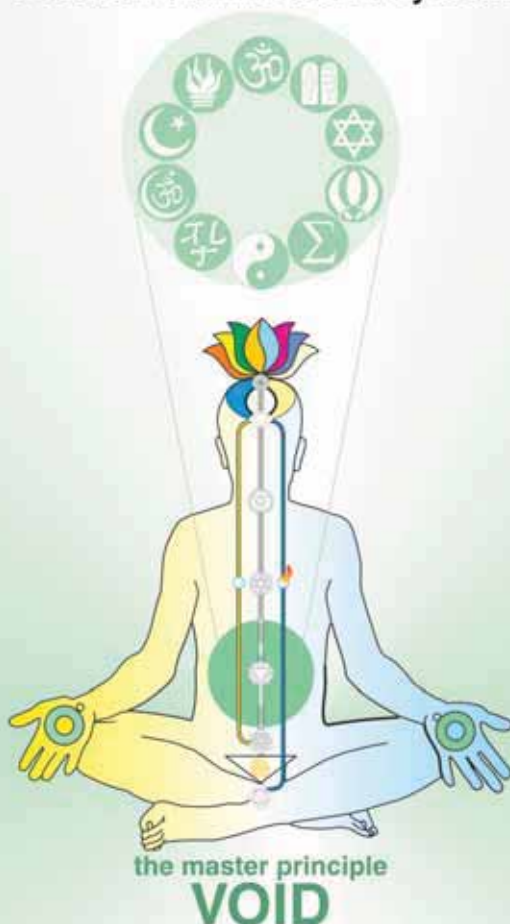
In Feet



The Primordial Masters

- 
RAJA JANAK INDIA
10,000 -16,000 BC
- 
ABRAHAM MESOPOTAMIA
2000 BC
- 
MOSES EGYPT
1300 BC
- 
ZARATHUSTRA PERSIA
1000 BC
- 
LAO TZU CHINA
640 BC
- 
CONFUCIUS CHINA
551 BC
- 
SOCRATES GREECE
469 BC
- 
MOHAMMED MECCA
570 AD
- 
GURU NANAK INDIA
1469 AD
- 
SHIRDI SAINATH INDIA
1856 AD

Position Within Subtle System



Surrounding the second and third chakra is a Void which incorporates all the aspects of existence such as personality, the effects of the planets and gravitational forces on our being, our behaviour pattern and our physical sustenance. This is an area of outside influence. It represents that vacuum which separates our level of awareness from the truth while we are still in the unenlightened state. When the kundalini fills this vacuum then our attention is lead out of the sea of illusion into the awareness of reality.

This is the centre of ten Primordial Masters who incarnated to lead mankind into the realm of truth and reality. When kundalini bridges this vacuum, one becomes the Master of the Self and all innate Laws of nature are awakened in that person. Such person becomes a very honest and able leader and has gravity in all his expressions.

Correspondences

Colour	Green
Element	Water
Planet	Jupiter
Day	Thursday
Quality	Gravity Ten Commandment Righteousness Sustenance
Organs controlled	Stomach Intestines Digestion Liver (Part)

Position Within Subtle System

Position in Head



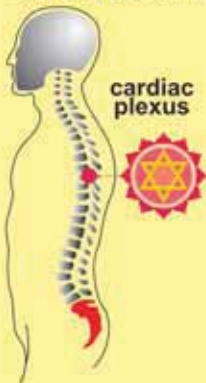
In Hands



In Feet



Gross Expression in vertebral coloumn



cardiac plexus



4th CHAKRA

security

ANAHAT

This twelve petalled centre is called the Anahat and is placed behind the sternum bone in the spinal cord. This centre corresponds to cardiac plexus, which produces the antibodies till the age of twelve. These antibodies are then circulated in our system which helps us to fight any kind of attack on the body or mind. When there is either emotional or physical attack on the person, these antibodies are informed through the sternum, which has a remote control of information. This centre controls breathing by regulating the functioning of heart and the lungs.

When Kundalini pierces this centre, the person becomes extremely confident, secure, morally responsible and emotionally balanced personality. Such Person is very benevolent and loves humanity without any self interest involved and is dear to all.

Correspondences

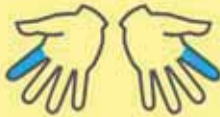
Colour	Ruby Red
Element	Air
Planet	Venus
Day	Friday
Stone	Ruby
Symbol	Flame
Quality	Love Security Compassion Benevolence
Organs controlled	Heart, Lungs Blood Pressure Touch

Position Within Subtle System

Position in Head



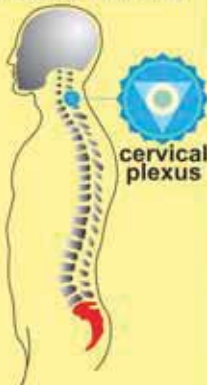
In Hands



In Feet



Gross Expression in vertebral coloumn



cervical plexus



5° CHAKRA

collectivity

VISHUDDHI

This Sixteen petalled centre is called the Vishuddhi and is placed in the neck region of the spinal cord. This centre corresponds to cervical plexus, which regulates the functioning of ears, nose, throat, neck, teeth, tongue, hands, gestures, etc. This centre is responsible for the communication with others, because through these organs we communicate with others.

On the physical level it controls the functions of Thyroid glands. Harsh speech, smoking and artificial behaviour and guilt feeling blocks this centre.

When Kundalini pierces this centre, the person becomes extremely truthful, tactful and sweet in communications and does not indulge in futile arguments. He becomes extremely diplomatic in handling situations without igniting the ego.

Correspondences

Colour	Blue
Element	Ether
Planet	Saturn
Day	Saturday
Stone	Sapphire
Symbol	Time wheel
Quality	Communication Truthful, Tactful Politeness Diplomacy
Organs controlled	Mouth, Ears, Nose, Teeth, Tongue, Face, Throat, Speech

Position Within Subtle System

Position in Head



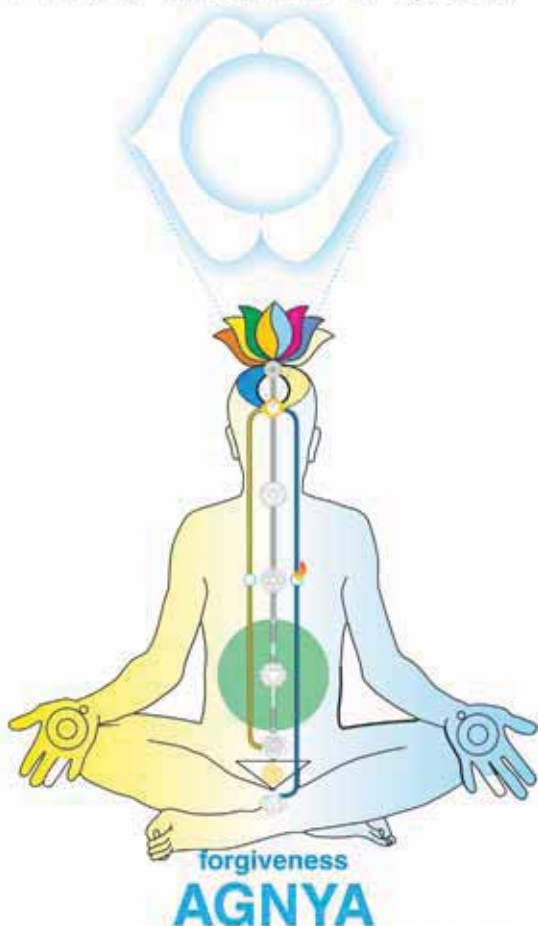
In Hands



In Feet



Gross Expression in vertebral coloumn



This two petalled centre is called the Agnya and is placed where the two optic nerves cross each other in the brain (Optic chiasma). This Centre caters to Pituitary and Pineal glands in the body which manifests the two institutions of ego and superego within us.

Since this centre governs our eyes, too much visual engagements like cinema, computers, television, over reading etc, weakens this centre. Indulging in mental callisthenics and intellectual feats leads to blocking of this centre and one develops the notion of I-ness and ego.

When Kundalini pierces this centre, the person immediately becomes thoughtless and forgiving, which is the essence of this centre, that is it allows us to forgive others.

Correspondences

Colour	White
Element	Light
Planet	Sun
Day	Sunday
Stone	Diamond
Symbol	Cross
Quality	Forgiveness
Organs controlled	Optic Thalamus, Hypothalamus, Sight

Position Within Subtle System

Position in Head



In Hands



In Feet



Gross Expression in vertebral column



Limbic area



SAHASRARA

This thousand petalled centre known as Sahasrara is the most important centre situated in the brain or limbic area. Actually there are thousand nerves, and if you take transverse section of the brain, you can see all these nerves beautifully arranged in a petal like structure to form lotus of thousand petals. This centre covers the limbic area of the brain, before realization, like a closed bud of lotus.

When Kundalini rises and pierces this centre, it awakens all the nerves thus enlightening every nerve centre and we say that the person is enlightened soul. Kundalini further pierces the fontanelle area and opens a gateway into the cosmos and we experience this as cool breeze on the head. This is actualization of the Union (Self-Realization) with the all pervading Power of Divine.

Correspondences

Colour	All
Element	All
Planet	Moon
Day	Monday
Stone	Pearl
Symbol	Bandhan
Quality	Integration Self realization
Organs controlled	Limbic Area

*...“Let Her cool breeze fow,
So that our world could grow.”...*



“Mother, You decided to descend from Heaven upon Earth to transform our Earth into Heaven...so that we Human could be transformed into Angels by Your grace.

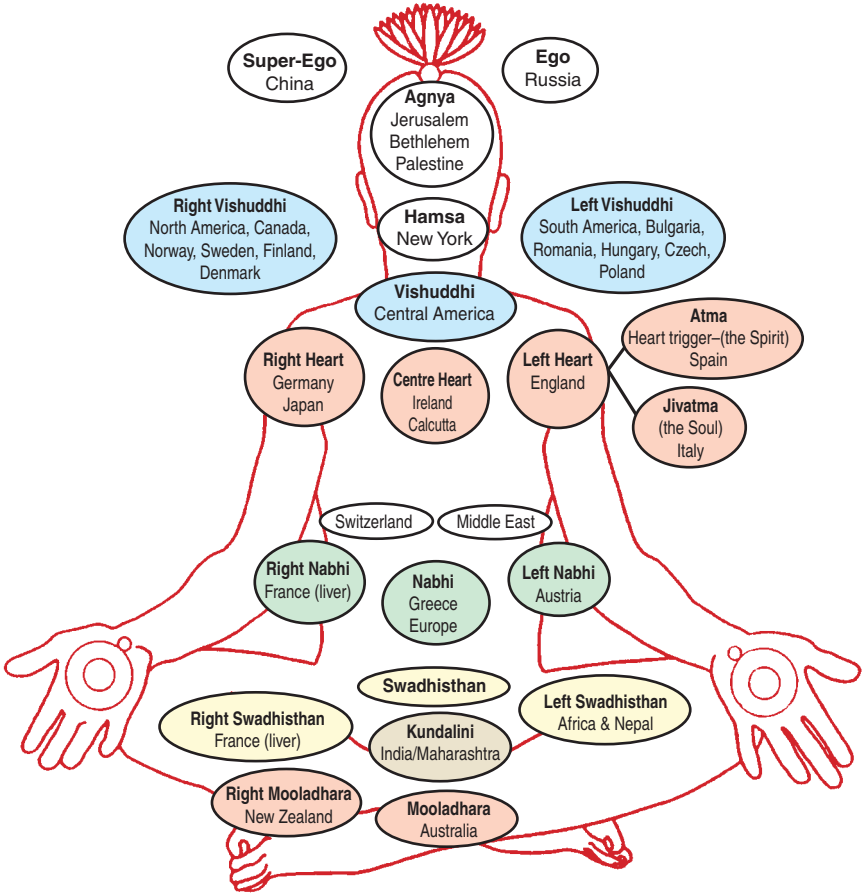
... Mother, kindly bless us Sahaja Yogis to be your effective instruments so that Your vision could be our ‘only mission’ in this life on Earth until the last of the human is transformed into Angel by Your Love and Compassion.”

—Amen

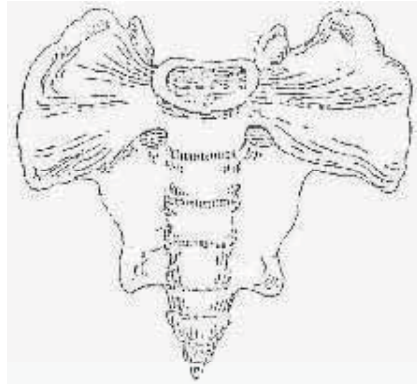
The Geography of The Virata

Ida Nadi - River Ganga
 Pingala Nadi - River Yamuna
 Sushumna Nadi - River Saraswati

Sahasrara
 The Himalayas

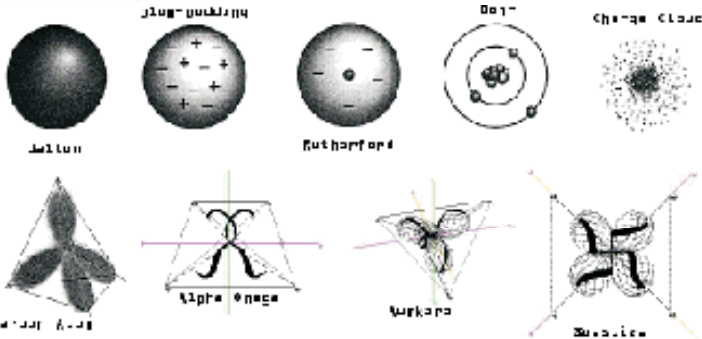


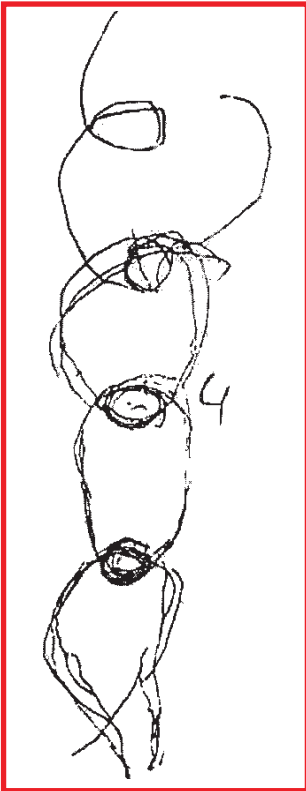
Sacrum Secret (Kundalini)



Here is an interesting Picture of the Sacrum Bone. As published in Taber's Encyclopaedic Medical Dictionary, Edition 17, amazingly it looks just like an elephant's face and trunk. Shri Ganesha Protecting Mother Kundalini in the Sacrum Bone.

Christ and Ganesha in Carbon Atom



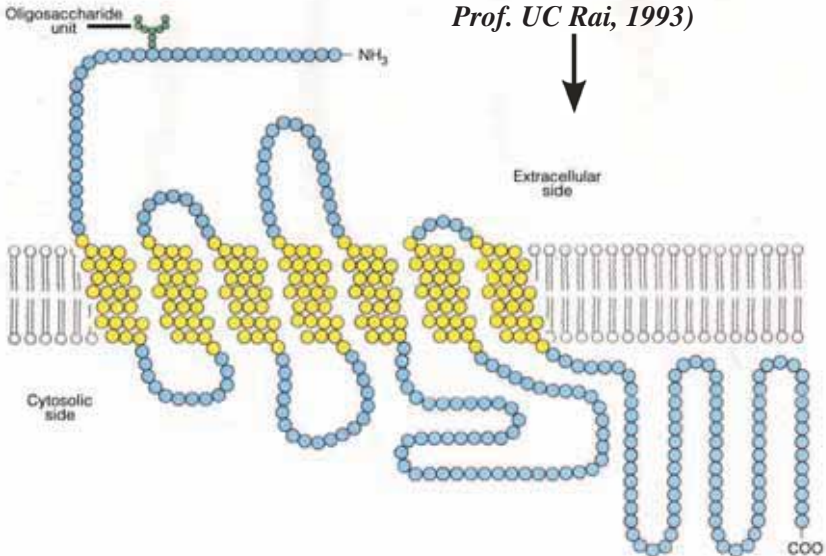


Original hand drawn sketch by Shri Mataji to depict the ascent of Kundalini in loops at every Chakra

(Pub. Nirmal Yoga Vol.4, No.22, Jul-Aug 1984)



Seven-Helix Motif in Trans membrane receptor resembling Seven Chakras
(Pub. Medical Science Enlightened, Prof. UC Rai, 1993)



The Science of God

♣ **Secrets of the sacrum bone**

Enlightenment (Self Realization) may be obtained through the awakening of the subtle spiritual energy called the Kundalini, lying dormant in the sacrum bone, the Mooladhara sacrum, which is placed close to the base of the spine.

The story of the sacrum bone is worth noting here. The anatomical name comes from hierónostoún (holy bone, Gr.) and was used in the time of Hippocrates, about 400 BC. It was translated by the Romans through sacrum (sacred, Lat.). Halyah (chain link or vertebra, Hebr.) has the Name of God – Yah, the short form of Yahweh, as its root. Why this bone was called a 'holy bone' was a mystery for centuries. Some thought that the bone was used in sacrificial rituals, others, that it played a role in the protection of the genitals, considered to be sacred in themselves, or that the Last Judgment would require this bone to be intact as a receptacle of resurrection. The ancient world believed that the sacrum was the last bone subject to decay after death, from a Jewish folk story [1].

This idea is also found with the Muslims, being mentioned in the Hadith. Abu Huraira narrated that the Prophet said, 'Everything of a human body will waste away, perish or decay except the last coccyx bone (Al-ajb, Arab.) and from that bone Allah will reconstruct the whole body.' [2] Thus, no one should be surprised at the Yogis, who consider Kundalini awakening as the same as resurrection.

Etzem (bone or essence, Hebr.; tz, vertebra, Egypt.) has etz (tree, Hebr.) for its root, a reason for which it was asserted that the sacrum (atz' Hebr.) is the tree (of life, we should add; ch. IV) in its seed form [3]. The double significance of the word etzem, in our opinion, makes possible the correct interpretation of Adam's sentence about the Feminine Principle (Eve): 'This time it is bone of my bones... this shall be called Woman' (Genesis 2:23) a sentence that becomes: 'she who is essence of my bones,' the feminine energy Kundalini, being the sacred essence of the respective bone.

The Mooladhara was shown to be controlled by Ganesha, the Divine Son, depicted with an elephant head in Indian iconography. Indeed, any anatomy book provides the image of an elephant head for the group of bones made up of the sacrum bone, an elephant's triangular face, having on both sides the iliac bones as its ears and the coccyx as its curved trunk at the base.

Likewise, the graphic sign of the holy syllable AUM, which is also closely related to Ganesha, depicts the elephant head seen from the profile: the ears on the left and the trunk on the right. (*Page 31*)

References: [1] Oscar Sugar, Journal of the American Medical Association 257, pp.2061-2063 (1982). [2]

Sahih Al-Bukhari, vol.6, Hadith 338. [3] Annick de Souzenelle, Le symbolisme du corps humain, Albin Michel, Paris 1991, ch. XII.

♣ Just a little breakthrough in our awareness

"There are seven centres, out of which six are on our central nervous system. In the base of the spine there is a triangular bone called as Sacrum. It is a Greek word. When I asked a curator in Greece why do you call it Sacrum, he said, 'Don't you know it is sacred bone?' 'How do you know it is sacred bone?' He said, 'Indians told us.' This knowledge went there from India. Now this is the bone which has got a power we call as Kundalini, kundal means coil and it is feminine power, which gives us our second birth. She is actually your Mother; own individual Mother and She knows each and everything about you. She knows your past, She knows your aspirations, but She is your Mother. And as She is your Mother, She gives you your birth without any pain.

Lots of things have been written on Kundalini awakening this happens, that happens. So far I have not seen anything wrong on Kundalini awakening, but if a person tries to force it, it can, because it is living process of our evolution. Unless and until we achieve it we cannot be peaceful and satisfied. We have to achieve that evolutionary process which is just a little breakthrough in our awareness."

H.H. Shri Mataji, Oberoi Hotel, Bombay, India, 27.02.1996

♣ Kundalini is like an enlightened rope made of small fibers

"Sahaja Yoga is a very subtle process. Few people know that it is a very subtle process. Sushumna Nadi is extremely small, extremely thin, exactly at the centre of Brahma Nadi; reason is man's attachment to his karmas. That extremely subtle channel Brahma Nadi is loaded with sin and dirty things and thereby gets so much narrowed, that very thin fibre of Kundalini could pass through it. Imagine that Kundalini is like an enlightened rope made of small fibers. Its very thin fibre could pass through Brahma Nadi. This is the condition. You all have seen that this is a very subtle, very deep process. Most of you have seen Kundalini's movements and pulsations. She tries to make, somehow a small opening at the bottom, so that it becomes possible to pass at least one strand through the extremely narrow passage of Brahma

Nadi and with that very subtle strand She pierces the Brahmarandhra. Initially this happening takes place very easily in most of the people. But She again coils down due to the pressure of the burden and then they even forget that the peace, serenity and cool vibrations etc. which they had once received are no more with them. They are shocked when they see in the light that these things are embodied in themselves. Then they get scared and become suspicious".

H.H. Shri Mataji, Delhi, India, 18.08.1979

♣ **Christ and Ganesha in Carbon Atom**

In the case of the carbon atom the electrons occupy four tear drop shaped clouds in a tetrahedron-like arrangement. These clouds represent the areas in which the electrons spend most of their time. They move so rapidly in this zone that they form a cloud rather than a specific flight path. Recently a number of researchers have suggested that within these clouds exist specific zones that the electrons favour. These zones form a spiral around the surface of each of the teardrop shaped clouds. *(Page 31)*

This new development came into the attention of a great Indian saint and mystic. Disciples were encouraged to develop the principle as it related to the carbon atom. In deep meditation one of those disciples, who was a chemist, spontaneously Realized the true significance of this theory. The electron's high probability zone formed spiral standing waves around the carbon atom's nucleus. When this configuration was viewed from certain angles the physicist was surprised to find that the spirals formed recognizable symbols.

In the first view a 3-dimensional Omkara could be seen. From a different angle that Omkara became a flat, 2-dimensional Swastika. The Swastika, he concluded, was actually 2-D representation of the 3-D omkara. Rotating the model to another angle shows those symbols change into the Greek alpha and omega. At a cosmic level the symbols of Eastern spirituality (omkara and swastika) are literally and only different aspects of the same spiritual truth that is also represented by the symbols of Western spirituality (alpha and omega). All people, objects and even energy itself are expressions of the same divinity that so many religions, cultures and philosophies have tried to claim exclusively as their own.

The carbon atom, by containing within it these universal symbols, demonstrates that matter is a manifestation of the same Divine consciousness experienced by the saints and sages of all history. Matter is innately spiritual. The Universe does not exist separately from the

Universal Consciousness; it is a direct expression of it. Living matter, which is carbon based, must have a unique role in this expression. A saint is one who lives in eternal experience of this all pervading divine purpose. All people, objects and even energy itself are expressions of the same divinity

The alpha and omega is traditionally ascribed to Christ. In India the Deity called Ganesha presides over the Swastika and Omkara." (Page 31)

♣ **He was the Omkara. He was the Logos and He was the Spirit**

"It is very significant for Sahaja Yogis to understand the great event of His resurrection, by which He showed that the Spirit does not die. He was the Omkara, He was the Logos and He was the Spirit; that is why He could walk on water. We have now made a film in which we have shown the Mooladhara, which shows the carbon atom, and if you see from right to left you see a proper swastika there and left to the right we see Omkara. From down below looking up you see alpha and omega that proves beyond doubt that what Christ says 'I am the alpha (α) and I am the omega (Ω)'; shows clearly that He was the incarnation of Shri Ganesha. We now have a scientific proof and we can tell people that it's a fact."

H.H. Shri Mataji, Magallano, Italy, 11.04.1993

♣ **"I am the Alpha and I am the Omega"-**

"The intellectuals can not understand why Shri Ganesha is our special God. The problem is that until and unless they become subtle they cannot know that all the deities are within us. Now Shri Ganesha has four hands and carbon atoms have four valences. When you view the carbon atom from the left, you see the Swastika (\swarrow): from right, you will see the Omkar (\ominus) and when you see it from down, you will be able to see the symbols of 'alpha and Omega (α and Ω). Jesus Christ has said that "I am the Alpha(α) and I am the Omega(Ω)"- Alpha(α) –means the beginning and Omega(Ω) –means the end. The symbols of Alpha and the Omega (as they are symbolized) are found in the atom. When I told this to the foreigners, in their all earnestness, they pursued research works on this subject. They took photographs of the Carbon atom from three different angles and found this exactly as I had described. From this it is proved that Shri Jesus Who said this, is verily the Shri Ganesha himself and also the Omkara (\ominus) and the Swastika(\swarrow)."

H.H. Shri Mataji, Delhi, India, 05.12.1993

♣ A scientific Proof in Laboratory in Cerritos, Los Angeles (USA)

".... Her Holiness Mataji Nirmala Devi made certain revelations based on Her divine vision, to a very renowned scientist of United States, Dr. Vinod Ram Rao Worlikar of Cerritos, Los Angeles, about the carbon atom. The details of that are mentioned below in his own words.

Dr. Vinod Ram Rao Worlikar of Cerritos, Los Angeles (USA) in a communication said that, 'In 1987 Her Holiness Mataji Nirmala Devi, while on Her visit to Houston, revealed that the carbon atom when viewed from bottom shows a cross (†) but when viewed from left and right shows an Om () and a Swastika () respectively. It was difficult to believe at the first instance. However, on my return to Los Angeles (Cerritos), I tried to verify it in my laboratory and to my surprise it was absolutely the same as She told me. The carbon atom model had all the four valences in dumbbell shape, instead of three valences in dumbbell shape and one valency in the spherical shape (Sp^3 Hybridization). While putting the utmost concentration on this point I adjusted and then discovered one of the valency depictions to represent a spherical orbit. To my surprise I was seeing Om () in the C atom model when I viewed it from the left side elevation. When I viewed it from the right side elevation, I was seeing a Swastika () is the two dimensional representation of the three dimensional sign Om (). Lord Ganesha and Aum represent the sound of creation and it is represented in C atom, three dimensionally with a symbol of Om () which in a two dimensional representation appears as a Swastika ().'

Medical Science Enlightened, Prof. U.C. Rai, 1993, p.150

♣ Who controls the energy in matter?

"Think that in the molecule of a substance there is an energy which is acting. One may say why is there energy in matter? If there was no energy in the matter how can you have all chemical compounds. Who pushes them? Say sodium chloride; sodium and chloride are attached to each other. But if the chloride has to go to some other atom then who does that? There has to be some energy, which is in built into matter. We know water has energy, that's how we have hydrostatics, even stones, gold - all of them have got energy in themselves. It is all controlled by the principle of Shri Ganesha. Though such a tiny little child how great is his work and how much He has to work out. From matter, one moves to living plants, then to animals, then to human beings and everywhere His energy works. At the level of matter we

might call it electromagnetic; potentially it is the energy of Shri Ganesha which is electro magnetic at that point. When it starts evolving, growing, that's how we have different strata of energies that we see in different growth of evolution."

H.H. Shri Mataji, Cabella Ligure, Italy, 19.09.1993

♣ **...symmetric and asymmetric vibrations are created by whom?**

"...So, even on the right side the vibrations we get in the molecules, as you know that we get molecules like sulphur dioxide, if we have the sulphur (it) has two oxygen and the oxygen goes on pulsating like that. They are asymmetric, symmetric type of vibrations, you all must be knowing about it. So, all these things, symmetric and asymmetric vibrations are created by whom? Nobody wants to know. Nobody wants to find out, because after all in an atom or – imagine, in a molecule that deep, who does that job? It's done by Shri Hanumana in His subtle ways.

So, He has another great, great *siddhi*, which we call as *Anima*. *Anima-Anu*, *Anu* means a molecule. And that means it can enter into a molecule or *Renu* - is the atom - it can enter into molecule or into atom. Now, many scientists think that they have in the modern times they discovered the molecules. It's not so, because it's already in our oldest scriptures description of *Anima* is there, is of *Anu*, *Renu* is there. So, it's already described there".

H.H. Shri Mataji, Schwetzingen, Germany, 31.08.1990

♣ **... all the ethereal connections have been done by this great engineer Shri Hanumana**

".....Also the communications... we know for this communication that we have, maybe we can say that there is a, we have got a loudspeaker, but we have a television, we have got radios – and all those things. Where we catch on to the ether, anything is all the blessings of Hanumana and are available to people who are right-sided. Only the right-sided people discover these things of the space which we call as a cordless telephone or a thing without... - we have also telegraphs where we don't use any wires. So without any connection, through the ether He can manage. So all the ethereal connections has been done by this great engineer Shri Hanumana. And it is so perfect, it's so perfect that you cannot challenge it and you cannot find faults with it. Maybe your instruments may not be all right, but as far as His ethereal work is concerned He's perfectly there. Now the scientists discover it and think that it is in the nature. But they never think,

"How can it be?" We say something in the ether and how is it, it is received on the other hand? They just take it for granted that it is so that we say something here or we relay something on the television and it is seen on the other side. But they never even think or search out how it is done, what is the way. And this is what is the work of Shri Hanumana who has done such a beautiful network and through that network all these things work out".

H.H. Shri Mataji, Schwetzingen, Germany, 31.08.1990

♣ Why is there a gap in the parasympathetic nervous system?

According to Sahaja Yoga hypothesis, parasympathetic nervous system corresponds to the Shushumna Nadi (Spinal Cord). This parasympathetic nervous system comprises of Cranio-Sacral outflow. Cranial outflow is from 3, 7, 9 and the 10th cranial nerves. The 3rd nerve occumulator is in mid brain, the 7th nerve is in the pons and 9th and 10th cranial nerves are in medulla oblongata. Sacral outflow is from S2 to S4 segments of the spinal cord. (pp.152) When the child is born and the umbilical cord is cut, a gap is created in the Shushumna and also outside. One can see this gap between Solar Plexus and Vegus nerve (pp.49). It is really strange as to why there is a gap in the parasympathetic nervous system! What is the secret about it? There is no explanation for this with medical scientist. However, this gap has been called as Void in the Zen philosophy and Bhavsagar in the Hindu philosophy. This gap in the parasympathetic nervous system (Shushumna Nadi) at the navel region has rendered all the search and entry into parasympathetic so very difficult and fruitless.

Parasympathetic nervous system according to Sahaja Yoga hypothesis is known to give vitality and relaxes the nerves, vessels and muscles. The activity of parasympathetic unlike sympathetic cannot be activated or inhibited normally. This is due to the gap in the navel region (Void). The simple method to fill this gap is Sahaja Yoga.

Medical Science Enlightened, Prof. U.C. Rai, 1993, p.152-153

♣ Rising of the Kundalini along Ida and Pingla Nadis and making four loops

"God has created fourteen levels within us. If you simply count them, then you know that there are seven Chakras within us. Besides these, there are two more Chakras, about which you do not talk much. They are the

Chakra of Moon (Lalita) and Chakra of Sun (Shri). Then there is 'Hamsa' Chakra. Thus, there are three more. Seven plus three makes ten. Then there are four Chakras above the Sahasrara. And about these Chakras also I have told you; Ardhabindu, Bindu, Valay, and Pradakshina. These are the four. After coming to Sahaja Yoga and after your Sahasrara has opened, you have to pass through these four Chakras, Ardhabindu, Bindu, Valay and Pradakshina. After passing through these four Chakras only, you can say that you have become a Sahaja Yogi.

And if you see from another angle, we have to cross fourteen stages in reaching up to Sahasrara. If you divide them then there are seven Chakras situated on the Ida Nadi and seven on the Pingla Nadi. When man makes his ascent, he does not do so in straight direction. He comes first to the left and then goes to the right, then again to left and then again to right. And when Kundalini ascends, it also does so, dividing Herself into these two. The reason for it can be understood if I take the example of two ropes. These two ropes together, side by side in the process of going up or coming down cross over twice. (Shri Mataji explains the rising of the Kundalini along Ida and Pingla Nadis and making four loops - two each in opposite directions, clockwise and anticlockwise - at every Chakra) When Kundalini ascends, you see on the Chakra whether the left is caught or the right is caught. Although the Kundalini is only one, but on every Chakra you see both the things - thus you know whether left is caught or the right. (Page 32)

Thus within us, if each Chakra is divided into these two, left and right, then seven twos are fourteen. Similarly within us first of all, fourteen stages have to be crossed before reaching the Sahasrara. And, if you understand this, that, these seven and seven above, this way also a path of fourteen is created. Therefore, this thing 'fourteen' is very important in Kundalini Shastra, very important. We should fully understand that we become entitled to the blessings of Sahaja Yoga only after rising above these fourteen stages."

H.H. Shri Mataji, Bombay, India, 05.05.1983

♣ And then It manifested on the surface of the Earth as different Chakras.

".....But we will come to the point where Adi Shakti started working on this Mother Earth. The first thing is, we must know, that She created Kundalini in the Mother Earth itself and She created Shri Ganesha out of Mother Earth. It is very interesting. So the Mother Earth becomes a very important thing for us. If you do not know how to respect the Mother Earth,

we do not know how to respect ourselves. The expression of Adi Shakti within you is the Kundalini no doubt. That is the reflection of Adi Shakti in you. But the reflection in the Mother Earth is also expressed as you all know, in different places, different countries, and different cities as the manifestation of Chakras and Adi Shakti's creations. It was very important first to create a very Holy Mother Earth for human being to be born on them."

H.H. Shri Mataji, Cabella Ligure, Italy, 25.05.1997

♣ It is easy to say there is no God, but very difficult to explain many things without saying that there is God

".....Every scientist who is open-minded can see for himself that this universe is a beautiful cosmos, is very well organized and has run very smoothly and can also deduce that the creation of this particular universe has led to the creation of this Mother Earth.

About five billion years back, this Mother Earth, which was in gaseous form condensed and well cooled down, how was it cooled down to the extent it did? Scientists accept this fact just as it is. They cannot find out because they have limitations. Why this thing happened? How it was started?

It is easy to say there is no God, but very difficult to explain many things without saying that there is God. That is, the time that was taken for this universe to create a human being, is so very short, that nothing else can explain it.

If you use the law of chance, we can find out how many times the permutations and combinations have to work to create even a living cell. For example, in a test tube if you have fifty red pills and fifty white pills, all arranged in such a manner that all the red ones are at the bottom and that white ones are at the top. You have to go on shaking them and the arrangement of the pills gets disorganized completely. Then to organize it back fully into the original arrangement, how many times one has to shake?

They have discovered a formula, that isn't raised to power something. According to this formula, if human beings are created by chance, it seems an impossibility because the time that is taken so far is so short that only, at the most maybe, some living cell could have been created.

Why a complicated human being has been created and so beautifully it is organized within him, that it is hard to believe that some juggler was not behind the show. There must have been some scientist who has achieved these results. It could have only been possible by some special hand to do

these things. I mean if there was no organisation, no thinking, no planning, no powerful personality, The Almighty behind it, it could not have been possible.

As science has its limitations, of course, we cannot find out how was it expedited, how it took place? Because we can see that we have achieved something in the field of science, by one method, perhaps similar to one that was used to trigger our evolution so fast."

H.H. Shri Mataji, Kovalam, Kerala, India, Feb 1979

♣ He is the one, who creates rain for you, who creates sun for you, He creates breeze for you.

".....So, He is the one who goes like a torrential rain or can go like a speedy, very speedy tempest and destroy things. So He works out all these things through His electromagnetic forces. So, all the matter, all the matter is under His control, all the matter is under His control. And He is the one, who creates rain for you, who creates sun for you, He creates breeze for you. He is the one who does all these things, just to have a proper Puja, to have a proper meeting, everything He works out so beautifully and nobody even knows that it is Shri Hanumana who has done it, and we should thank Shri Hanumana all the time".

H.H.Shri Mataji, Schwetzingen, Germany, 31.8.1990

♣ Seven spanning loops of adrenergic receptors share similarities with seven Chakras

Cell surfaces of all living cells contain a specific set of protein called receptors. Among a variety of receptors, the receptors for nor-adrenaline, adrenalin are found virtually in every cell of the human body. The receptors for dopamine, serotonin are found in brain cells and other tissues as well....

All the receptors described above are found in the cell membrane and are made up of several hundred amino-acids. When the arrangements of these amino-acids were examined by scientists in USA, Canada, United Kingdom and other countries it became apparent that they have one feature in common and i.e., 'Seven Domains' or 'Seven Spanning Loops'. The receptors protein is folded in such a way that it forms seven loops. Each of the spanning loops has a specific function. These receptors are linked to a protein called 'G-Protein' (Guanyl-Nucleotide Binding Protein) which acts as a communicator between the receptor and the inside of the cell. Having done so much research in drug receptor interaction it was not clear why these important receptors are folded in such a way that they always form

seven loops in the membrane.

Dr. Mishra further said that, "In Dec 1988 I attended a lecture of H.H. Mataji Nirmala Devi on Sahaja Yoga and immediately the mysterious arrangement in the cell membrane began to make sense. The description of seven subtle Chakras of human body in Sahaja Yoga not only explained the seven spanning domains of the receptor proteins but many other aspects of pharmacological and physiological principle, for example the communication between parasympathetic and sympathetic nervous system. Even today medical scientists do not know exactly as to how these two systems communicate with each other. It was only after Self Realization through Sahaja Yoga that I am able to feel the communication with these two systems and also I know the mechanism of coordination between these two systems."

The seven spanning loops of adrenergic receptors share similarities with the seven Chakras of the body, which have been described ages ago in our Upanishads and Markendya Puran. Perhaps it would be logical to say that the receptor itself seems to be a mini representation of the seven subtle Chakras in the form of seven spanning loops. The alterations or distortion of one of the seven loops could be responsible for the altered/abnormal function of the cell which results into the development of mental, neurological or psychosomatic disorder. (Page 32)

Medical Science Enlightened, Prof. U.C. Rai, 1993, pp.150-153

♣ **After Realization you can see many loops like going round and round like Chakras**

"In physical science you may have never heard of something. There is a Soul which is playing on the causal of all elements. It is attached in loops on the back side of our body. In all the seven centres plus the sacrum bone it resides. It makes seven loops. After Realization you can see many loops like going round and round like Chakras and one into another; sometimes many into it together, and sometimes only one. Also you can see little sparks like commas, which is Chaitanya or the vibrations. These are the dead Souls. Now this Soul is reflected on ourselves in the receptor area. Recently in America they have taken photographs of the receptor of a cell. It looks exactly like what you see after Realization. But when another Soul sits on the being then it is reflected on the cells. It affects the receptor also. This new Soul might get attached to anyone of the centres or to all of them. It affects the cells also and they give all this dopamine series which causes epilepsy, mental problems, cancer, etc. If they are viruses it's not so bad.

Only one may go in and affect but it can travel from one to another. If it's a human possession then it's very difficult."

H.H. Shri Mataji at Medical Conference, Moscow, Russia, 29.06.1990

♣ **Quantum Energy; it flows - not visible, but it has light**

"Kundalini, when she breaks the Sahasrara you are connected to the Divine Love - the energy is all over - but what are these vibrations? A very subtle energy starts flowing if you keep attention on Sahasrara. It is called.... Quantum Energy. It flows - not visible, but it has light. The spiritual energy of love - it flows in bundles. It works physically - My connection with the Divine. It just works - you can work out your own energies. All people are to be given Self Realization - Atma Sakshatkar - the Absolute Knowledge."

H.H. Shri Mataji, Cabella Ligure, Italy, 06.05.2001

♣ **They make themselves in Swastikas as the four limbed symbol of innocence**

"... You get a new Chetana, a new awareness which is showered upon your limbic area. The working of these Chaitanya rays is very interesting. They are normally formed like small commas, but then they go into different forms. They make themselves into Swastikas () as the four limbed symbol of innocence, or they become the Omkara () which is the symbol of our being, our awareness. When they form the Swastika () they try to nourish the left side and when they form the Omkara () they nourish the right side. They nourish left and right sympathetic nervous systems."

H.H. Shri Mataji, Ischia, Italy, 05.05.1991

♣ **They have seen those miraculous waves of lights**

"This knowledge is so, so easy to understand. It is very subtle, no doubt, and as I've told you, that the quantum theory they're talking about now, the scientists, is that they have seen those miraculous waves of lights and they are trying to find out something about it."

H.H. Shri Mataji, Cabella Ligure, Italy, 03.06.2001

♣ **Vibrations start flowing through us, only after our Kundalini rises through the Brahmrandhra.**

"In our heart, there is a flicker of light, which is burning all the time, which is Atma, the reflection of Paramatma in our heart. When the Kundalini rises, She opens the Brahmrandhra. The seat of Sadashiva, the pitha, is in the Sahasrara, but Sadashiva is reflected in the heart as Atma. Pitha is created because it receives the subtle energy which is all pervading.

In the same way, the pithas are in the brain, and the pitha of Sadashiva is higher up in the Sahasrara, which is opened out, so that the subtle, the sukshma, passes into our heart, through a very subtle channel. Just like a gas-light, it has a flicker, and when the gas opens out, the Prakash (enlightenment) takes place. Vibrations are the passage of this subtle energy through us. These vibrations start flowing through us, only after our Kundalini rises through the Brahmastrandhra.

Vibrations gives us complete balance, correct our physical being, our mental being and our emotional being. They give us a sense of complete spiritual oneness with God. They integrate us completely."

H.H. Shri Mataji, 1980

♣ **He's so penetrating, that He encompasses everything: into matter, into animals, into human beings, into Realized Souls He penetrates**

"Another quality is a great quality of Shri Krishna, is that He is *Gauchara* means His element is firmament, what we call *Akash*, and He penetrates into everything. He penetrates into everything. He penetrates into the - what do you call that – *anu, renu, paramanu*, three things – atoms. Into little atoms it goes and it shakes them. Now, if you ask any scientist, he'll tell you that there is an asymmetric, symmetric vibration even in atoms. Now, how can this energy be existing there? Because He can penetrate into anything and because of this, He's so penetrating, that He encompasses everything: into matter, into animals, into human beings, into Realized Souls He penetrates. In the matter it is just a vibrations, in the animals it is just a guiding force, its tremendous guiding force.

Like birds from Siberia flying down to Australia: who gives them the sense of direction? We never think about it. There are so many things animals are doing. They have such a sense of understanding. Like a tiger in the, say, in the forest: all the animals know that there is a tiger in the forest, they are all quiet, respecting their king. He kills, say one cow or could be some animal, they just respect him. The thing what he has killed is left for one day, nobody touches it. See the protocol: now when he comes back next day, he eats to his own satisfaction, then the tigress, then the children, they eat. Once they have finished with it, then one by one, in the order of protocol, all the animals eat that animal, the last of all are crows which are perhaps vegetarians, I should say. But the protocol is maintained. If a lion is sitting, you can make it out there won't be even a little sound anywhere.

So, it guides the animals and animals keep their character. They are not like human beings. For example, a snake is a snake and a tiger is a tiger. But human beings can be snake, tiger, leopard - anything together. They might be dogs, they might be small little worms, they could be anything. Combinations of so many things, because they have passed through these Yonis, as they call them, these species. So, all these kinds of combinations, permutations, combinations inside of the past is existing. And if somebody can take you to your subconscious, I have seen this, people start barking like a dog, and sometimes they behave like tigers, this can happen. All this is within us, the past, with all these complicated personalities. Some are like owls, always very serious, you know, hawk-like, some are like chirping birds. But there are so many combinations they have in them, that it is very difficult, you know, to make them little straightforward."

H.H.Shri Mataji, New Jersey, USA, 02.10.1994

♣ ...you can see Sahasrara as a burning bundle of flames.

"So, this last center, the Sahasrara, is contained in the limbic area of the brain. Our head is like a coconut. The coconut has the hair, and then a hard nut and then a black covering and inside is white shell of coconut and inside is the space, the water. In the same way, our brain is made. That's why coconut is called as Shriphala, is the fruit of the power that is Shri. Shri power is the right side power and the left side power is the Lalita power. So, we have two Chakras – left side, here is the Lalita and right side, here is the Shri Chakra. These two Chakras are working out the right side Maha Swaraswati's power and left side Mahakali's powers.

Now, the central power is the Kundalini. That has to rise and penetrate through different Chakras, enter into the limbic area and enlighten the seven Pithas – seats of these seven Chakras. So, it penetrates through six Chakras, enters into the limbic area, and enlightens all the seven Pithas in the brain, which are placed along the mid-line of the limbic area. So, we start it from the back, placed here at the back, is the Mooladhara Chakra. Around it is the Swadishthana, and then is the Nabhi, then the Heart, then the Vishuddhi and then the Agnya. So, all these six centers are combining to make the seventh center. This is a very important point, which we should know. Now, the *Shri Chakra* is the right side working and the *Lalita Chakra* is the left side working. So, when the Kundalini doesn't rise then we do with our right side our physical and mental activities. So our brain is doing right side activity and that's why our brain is like *Shriphala*.

Sahasrara is actually the assemblage of these six Chakras and is a hollow space; on the sides of it there are one thousand Nadis. And when the light penetrates into the limbic area, then the enlightenment of these Nadis take place and you can see them as flames, very gentle flames burning and these flames have all the seven colors that you see in the 'VIBGYOR'. But the last one ultimately becomes again integrated and it is a crystal clear flame. All these seven lights ultimately become crystal clear. So, you have Sahasrara with one thousand petals, as they called it, but if you cut the brain in a transverse section or horizontal section, you will be able to see that all these nerves are built like this along the limbic area. All of them are like a petal, and if you cut it like this, (vertically) you will find that there are many nerves in every bundle of nerves. So, when it is enlightened, you can see Sahasrara as a burning bundle of flames.

This is a very deep subject. So when the enlightenment of the Kundalini takes place in the brain, then the truth is perceived through your brain. That's why it's called as '*Satyakhand*', means you start seeing the truth perceived by your brain because so far whatever you see through your brain, is not the truth. What you see, is just the outer side, say, you can see the colors. You can see the different aesthetics of the colors. You can see the quality of the thing. But you cannot say whether this carpet has been used by some saint. You cannot say whether this is made by a devil or a divine person. You cannot say that this gentleman is he a good person or he is an evil person. You cannot say if this Deity has come out of the Mother Earth or not. Also, you cannot say about any person who is your relation, whether he is a good relation or a bad relation, or what sort of a person he is; whether he goes to wrong people or to the right people, whether he has connections with wrong side or with good side. Here good means Divine. So actually you do not know anything about divinity with your mind, nothing. Nothing – it is impossible for you to judge a person about his divinity unless and until the Kundalini reaches at least this part, which is the limbic area. You cannot make out whether a person is real or not, whether a guru is real or not. Because divinity cannot be perceived through your brain, unless and until this light of your Spirit shines into it.

Now, the Spirit is expressed in the heart, is reflected in the heart. The center of the Spirit, we can say, is in the heart. But actually, the seat of Spirit is above here [Shri Mataji puts Her right hand above Her Sahasrara], and that is the Spirit, what we call of the God Almighty, whom you call '*Parvardigar*'. You call Him Sadashiva or you can call Him, ah, the *Rahim* and you can call Him by many names which are said about the Lord who is

God Almighty. *Niranjan*, they call It, *Nirankar*, every sort of words which start with *Nira*, *Nihi*.

Now, at every center in the body you'll receive a different type of joy. Every center has a different type of joy and there are names for every type of joy you receive at every center when the Kundalini rises. But, when the Kundalini comes into the Sahasrara, then the joy you receive is called as *Nirananda*, *Nirananda*. Now, 'Ni' means nothing else but Ananda (joy). *Nirananda*! Also, is surprising, My name is Nira – also, in My family I'm called as *Nira*. And *Nira* also means Mary, Maria, because it means marine. *Nira* is water. *Nira* means water in Sanskrit language. It is called as *Nirananda* in the brain."

H.H. Shri Mataji, Hanuman Road, New Delhi, 04.02.1983

♣ **Just the same principle Archimedes, if you know the Archimedes principle**

".....Such dedication for Shri Rama that by the time He grew up He got nine Siddhis, *Navadha* Siddhis. Nine *Siddhis* he got. These *Siddhis* are like this that He could become big; He could become so heavy that nobody could lift Him. He could become so *Sukshma* that nobody could see Him. He could become so subtle that nobody could see Him.

There are nine *Siddhis* that He got. So, a person, who has got the right side too much in him, He controls him with these nine *Siddhis*. Now, how will you control a man who is running very fast in his life? What He does is to control his movement, He makes him in such a way that he has to put down his speed. He makes his feet very heavy, now he can't do that much. Or He makes his hands very heavy so the person cannot work very much with his hands. So He can give a tremendous kind of a lethargic heaviness to a person who is a very right-sided person. He has got another *Siddhis*, which are very interesting is that He can extend His – He doesn't have many weapons, He has only one *Gada* (*Mace*) in His hand and He can extend His tail to any extent and He can handle people with His tail, He does not have to use His hands. Sitting down here, He can put the tail around anywhere. If He wants He can just make a mountain of His tail and sit on that. Like He has all these monkey-tricks as you can call them, you see. And all these tricks He has within himself is to control a person who is extremely right-sided, to begin with.

Then He can fly in the air. Just He doesn't have any wings, but He can just fly in the air. That means He can become so big that the amount of air He displaces has a much more weight than his own weight. Just the same

principle Archimedes, if you know the Archimedes principle. That He becomes so big that his body starts floating in the air. Like a boat, you see, you can call it. And He can fly in the air. And by flying in the air He can carry the messages from one to another through the ether. Now, the subtle of the ether that we have is under the command of Shri Hanumana. He is the one who controls, or is the Lord of this Ether, the subtle of the ether. Or say, the causal of the ether. And through it, it communicates. All the communications that you find like we have within ourselves also – ductless glands, which the pituitary is using that ductless glands is through Hanumana's movement. Because he can go into a Nirakar, He can go into formless state".

H.H. Shri Mataji, Schwetzingen, Germany, 31.08.1990

♣ ...dreams come to you from Kundalini itself in a way

"For another point I'd like to point out from Jung's point of view that he took to dreams as one of the very big, big experimental truthful manifestation of the unconsciousness. But what happens, how do you get dreams? Let's see. The dreams come to you from Kundalini itself in a way. So what happens- the Kundalini is not connected to the central path, but it is the record, is all our past, all our record is in there. Like a tape recorder has a tape, it is there. And what happens, that when you go very deep into 'sushupti' that's the stage they call it, very deep into you, then the symbolism comes through that down below and passes through that blue line (Ida-line) into your brain and that's how you start seeing the dreams. But when you are passing through that you see you pass through your all subconscious area, so the dreams get distorted, they get a funny symbolism, sometimes you don't understand what's happening, it becomes a sort of a mixed up expression and on that to depend may not be so much good.

Instead of that we must get the reality. The reality is that you become collectively conscious and you develop this vibratory awareness by which you can feel the All Pervading Power. But this is just what you get as far as your conscious mind is concerned. But actually what does it do, is the point? When it happens what happens"?

H.H. Shri Mataji, C.G.Jung Society's Hall, America, 16.09.1983

Geography of a few selected Swayambhus on Earth

A few interesting places on Earth (Heaven) expressed as Swayambhus created by Mother Earth and water element.

♣ **Whatever is created by the Mother Earth is what has come out of the Mother Earth which is the Swayambhu, is created by the Mother Earth**

"It is said that in the *Ten Commandments* that *whatever is created by the Heavens and by the Earth should not be recreated, reproduced and worshipped*. So the incarnations are created by the Heavens. Only in modern times it is possible to take a photograph of the incarnations. But in the former days there was no possibility. Now whatever is created by the Mother Earth is what has come out of the **Mother Earth** which is the **Swayambhu**, is created by the Mother Earth. Now we have everywhere we find the **Swayambhu** things. Another thing is some Realized Souls also have made some beautiful statues."

H.H. Shri Mataji, Madrid, Spain, 24.05.1986

♣ **She created a Kundalini in the Mother Earth itself and She created Shri Ganesha out of the Mother Earth**

"But we'll come to the point where Adi Shakti started working on this Mother Earth. The first thing is, we must know, that She created a Kundalini in the Mother Earth itself and She created Shri Ganesha out of the Mother Earth, it's very interesting. So the Mother Earth becomes a very important thing for us. If we do not know how to respect the Mother Earth, we do not know how to respect ourselves. The expression of Adi Shakti within you is the Kundalini, no doubt. That is the reflection of Adi Shakti in you. But the reflection in the Mother Earth is also expressed, as you all know, in different places, different countries, different cities, as the manifestation of Chakras and Adi Shakti's creations. It was very important first to create a very Holy Mother Earth for human beings to be born on there".

H.H. Shri Mataji, Cabella Ligure, 25.05.1997

♣ **Now can we say, say that Astavinayakas are living Gods?**

"At the Nirvikalpa state, the collective consciousness becomes subtler and subtler. At that stage you can understand the very deep significance of

things when the reality starts becoming clearer....

You give him a statue of a Deity and ask him all about this statue, whether it is alright or not? He might say that it is not alright. You can feel the subtle vibrations, whether it is in Dharma or otherwise. Now can we say, say that *Astavayakas* are living Gods? How do you know? *Jyotirlingas* are living? How will you know unless you know the integration of all the great Souls together and how are you going to judge them? That is why you must get Realization."

H.H. Shri Mataji, New Delhi, India, 15.02.1977

♣ **My photographs are so much more powerful than many statues put together, even produced by Mother Earth**

"There were no photographs before. Only in My lifetime the photographs have started for your information. These photographs also you have developed yourself on your own, of course with the help of Holy Ghost no doubt, that goes without saying, but you have developed it. I Myself did not know this photography would catch Me so much. I did not know Myself. You will be amazed that I started seeing that these photographs are more powerful than a statue, which is made according to what I was before. Because, this is the present thing, this is how I exist. I was amazed Myself that it was emitting vibrations and life that My photograph came up so well....

...And the photograph you think is representing Me. I think you are not expressing it fully. I was amazed that My photographs are so much more powerful than many statues put together, even produced by Mother Earth, because photography has so many element in it. For example, you see it has light element, it has water element, it has earth element and also air element. If the air is not all right, you can not take a photograph.

Also it has ether element. With all these five elements, you cannot produce a statue. Ether element it has because if you have a photograph here, you can transmit the photograph, but you cannot transmit a statue as it is anywhere, only the photo of a statue you can. So it has also ether in it. So photograph is much more powerful than any statue....

So there's a very big difference between a statue and a photograph because My attention is there. Of course, even the statues, which are created by Mother Earth also, have the vibrations and they also show they have vibrations, but they cannot give you the awakening of the Kundalini because My photograph has My desire also in it. They cannot. If they could,

Stonehenge would have."

H.H. Shri Mataji, Old Alresford, England, 18.05.1980

♣ **Some people, who have been to Nasik, must have seen Saptashringi.**

"...On this Mother principle in India people are very sure that it is the Mother who does everything. And thus we have in India many we should say 'Swayambhus' means the things that are created out of the Mother Earth. For example we know in Maharashtra we have got Mahakali's place, Mahaswaraswati, Mahalakshmi and also we have got a place for the Adi Shakti. Some people, who have been to Nasik, must have seen Saptashringi. How many people have been to Saptashringi out of you? It is good. So, this Saptashringi represents the Adi Shakti, which is the fourth dimension of this power which gives you the ascent, and ultimately through Mahalakshmi Channel only you get your Realization. All this is a process. All was created by the power of Adi Shakti. It is a tremendous task, though previous ones were not difficult because there, for nature to create was very easy. The Mother Earth is one with the Adi Shakti. The whole atmosphere is one with the Adi Shakti. So She could create all that without any difficulties."

H.H. Shri Mataji, Cabella Ligure, Italy, 21.06.1998

♣ **It is Saptashringi because She has seven Chakras on Her head**

"He was a very wise person, he said: "No, I know someone, I know Adi Shakti. And he went to this place, where you go to see this Saptashringi. There he prayed to Her. Nobody had prayed to Adi Shakti. They would pray to Jagadamba, they would pray to all others. To Adi Shakti, who is the God, he prayed to Her. She appeared there and Her face is just like Me. It is Saptashringi because She has seven Chakras on Her head. "Shringa" means on the head, like what you call the *Shikhara*, peak - "Seven Peaks". She was born with seven peaks. She came there, appeared from the Mother Earth, She just came out and he prayed to Her. He prayed to Her and then the whole place became so vibrated that Shiva could not touch him.

Then he wrote all this Markandeya-things, I mean he was the first who wrote about Adi Shakti. All these things that you read about Shankaracharya, he took it from Markandeya. He was the first who wrote about Kundalini, the first about Realization; he was the first who did all that. Even today they say that there is a gap between two hills and people used to cross that gap on a bullock cart and the bullock cart was carried over to the

other side. Now of course you got a place to go up, but at that time there was nothing like that, so they used to go up on a bullock cart and the bullock cart was carried over without any tension by Adi Shakti. And She is the complete, because we have got, as you know, Mahakali, Mahalakshmi, Mahasaraswati, three of them in Maharashtra. Mahakali is in Tuljapur, then Mahalakshmi is in Kolhapur and the third one is in Mahur. In Mahur there is one mountain where is Mahasaraswati. And Adi Shakti is Ardha Matra, on top of everything and this is it. Markandeya was actually the dearest son of Adi Shakti, because he is the one who incarnated Her".

H.H. Shri Mataji, Vienna, Austria, 09.06.1988

♣ **We have Saptashringi also in Pune, but Saptashringi is only there, where all you people go, near Nasik**

"...In that way India is very much blessed, I should say, with these things, but the difference between the saints and the public is so much, that they never understood. They know it is a very great place and Saptashringi is there. We have Saptashringi also in Pune, but Saptashringi is only there, where all you people go, near Nasik, that's the place".

H.H. Shri Mataji, Vienna, Austria, 09.06.1988

1. Astavinayaka, Maharashtra, India - the eight Swayambhus of Shri Ganesha. (<http://www.astavinayaktemples.com>). Interestingly these Astavinayakas – the eight Ganeshas geographically surrounds the Pune city as if guarding the Mother Kundalini from eight directions. The Astavinayakas expressed in Maharashtra are as follows:

- | | | |
|----|----------------------|------------|
| 1. | Shri Moreshwara | Morgaon |
| 2. | Shri Chintamani | Theur |
| 3. | Shri Siddhi Vinayaka | Siddhatek |
| 4. | Shri Mahaganapati | Ranjangaon |
| 5. | Shri Vighneshwara | Ozhar |
| 6. | Shri Girijatmata | Lenyadri |
| 7. | Shri Varada Vinayaka | Mahad |
| 8. | Ballaleshwara | Pali |

2. Siddhi Vinayaka Temple, Mumbai, Maharashtra, India - Shri Ganesha Swayambhu (Shri Mataji personally vibrated the Swayambhu).

2a. Mahalakshmi Temple, Mumbai, Maharashtra, India- Shri Mataji personally vibrated the Mahalakshmi, Mahaswaraswati and Mahakali in this temple.

3. Three and half seats of Kundalini–(Shri Adi Shakti) Swayambhu.

Shri Bhavani (Mahakali)	Tuljapur, near Sholapur, Osamabad Dist.Maharashtra, India
Shri Mahalakshmi	Kolhapur, Maharashtra, India
Shri Mahaswaraswati	Mahurgarh, near Akola, Kinwar Dist. Maharashtra, India
Shri Saptashringi	Near Nasik, Vani Dist. Maharashtra, India

Kundalini of the whole universe of the whole world, is expressed by Mother Earth in Maharashtra–

"Kolhapur is regarded as one of the *Deities* Temple, which have three and a half *Deities*, or you can say three and a half coils of the *Kundalini*, so it is said that, in this triangular bone of Maharashtra, because it is surrounded by on all three sides by mountains, and the plateau is in the center so all the three sides make a nice triangle–is the *Kundalini* of the whole universe, of the whole world, is expressed by Mother Earth in Maharashtra.

These are three and a half energies, which are coiled together. The first one is of *Mahakali*. This *Mahakali Power* is expressed in Tuljapur, as *Bhavani*, and Shivaji Maharaj used to come on a horse all the way for miles together, to get the *Darshan* of this *Bhavani* at Tuljapur. He knew this, and he had a sword which was called as *Bhavani talvar* and people said that the Goddess Herself has given this sword to him. Now the second one is *Mahasaraswati*, is at Mahurgad. We always sing Mahurgadawari song, that is the one, is *Mahasaraswati*, which is also called as *Renuka Devi*, that's the right-sided *Mahasaraswati*. Then the third one is *Mahalakshmi* that is at Kolhapur. Here, very bad demon called Kolasur, was killed by the Mother, so this place is specially very holy for all of us, because you got your Realization as the *Kundalini* went through your *Sushumna nadi* which is being nourished by *Mahalakshmi* Principle. So in the temple they sit down – it's a *Mahalakshmi's* Temple, but they sing that: 'Oh Ambe please rise, please rise, please rise.' This comes with the full understanding of the *Sushumna nadi*, but ninety-nine point nine percent people don't know, because all the knowledge about *Shakti* is being lost due to the different timings and people never worried about it."

H.H. Shri Mataji, Kolhapur, India, 21.12.1990

4. Delphi, Greece - Shri Ganesha Swayambhu.

"Athena has the *Kundalini* in Her hand and She was the *Adi Shakti*. In Sanskrit language 'Ath' means 'Primordial'. Because there was no connection left between the Greeks and Indians, this translation was not there and people did not know what Athena meant. Indians know that

this is the place for the manifestation of the Adi Shakti, because in the Devi Mahatmayam they have described Greece as 'Manipur Dweepa', means the 'Island in the Nabhi Chakra' where the Goddess resides. When I went to her temple I found there was a little temple, for the child God that was Shri Ganesha. In Delphi they said this is the 'navel' (Nabhi) of the whole Universe. When I turned around I saw Ganesha statue there. You are the Nabhi. You are sitting here in the Nabhi of the whole Universe." *H.H. Shri Mataji, Greece, 1993*

5. Uluru and associated rock formations in central Australia - Shri Ganesha Swayambhu.

6. Matterhorn, Switzerland - Shri Ganesha Swayambhu. (See inset: Mother in the background)

7. Stonehenge, England - Shri Ganesha Swayambhu.

"You do not know how much has been done in this country also by God. For example I went to see Stonehenge; Stonehenge is the creation of the Mother Earth. You can see the vibrations. You can feel it. There are so many things done in this country. Kingston itself is so vibrated, I was amazed." *H.H. Shri Mataji, Kingston, England, 11.06.1980*

8. Ganapatipule, Ratnagiri, Maharashtra, India - Shri Ganesha Swayambhu

"In India as you know we went, some of you to Ganapatipule where it is the Ganesha which has come, the Maha Ganesha - that is Christ that has come out of Mother Earth, Maha Ganesha. So the lower portion of the body you see there and the head is the whole of the mountain and there the water of the sea is also sweet and there are many sweet water wells."

H.H. Shri Mataji, Madrid, Spain, 24.06.1986

9. Amarnath Caves in Srinagar, Kashmir, India-(A water element) Swayambhu of Shri Shiva.

10. Mecceshwar, Mecca - Swayambhu of Shri Shiva.

"Why did Mohammad Sahib ask that you should go round that stone? So many statues were there, made of stone. And people started worshipping all kinds of statues as they do in India also. But this stone was a Swayambhu. And it is mentioned in the Indian scriptures that there is Mecceshwar Shiva. We have Shivas everywhere in India, there are 12 Jyotirlingas. Now, if I tell you, you need not believe Me, but you can see and verify on your vibrations if it is a Shiva or not; same with this black stone. So Mohammad Sahib found out that this is a Mecceshwar Shiva and so the people have to go round to achieve Shiva's blessings." *H.H. Shri Mataji, Istanbul, Turkey, 23.04.2000*

".....What is about Mecca? Mecca is *Mecceshwar-shiv* - it's a Shiva. Why did Mohammed Sahib ask people to worship a stone - he didn't believe in stones, he was against all kinds of idol worship, then why did he say this black stone, which is there, has to be worshipped - for that people have to go there. What was the reason? Because he could feel the vibrations, he could feel that it's a *Swayambhu* - so he said it".

H.H. Shri Mataji, Cabella Ligure, 25.05.1997

11. **Lions (Sentinels), Vancouver, Canada** - Twin mountain peaks in Vancouver. The mountains are called The Lions because they reminded Englishmen of the statues of lions in Trafalgar Square in London. The native people here called them the Sentinels (or the equivalent in their language) as they guard the harbour and (now) city. The Lions are north of Vancouver and visible from most of the city. We know this is a *Swayambhu*, as Shri Mataji first told us during Her visit to Vancouver in the 1980s.
12. **Mount Blanc in the Alps** - *Swayambhu* (possibly the *Agnya* of Shri Ganesha).
13. **The Olgas, Australia** - *Swayambhu* of Shri Gauri.
14. **Canajoharie, New York, USA** - Shri Ganesha *Swayambhu*.
15. **Mount Kailash, India** - Shri Shiva *Swayambhu*.

"...So the reflection of the *Adi Shakti*, as *Kundalini* first, was on the Mother Earth. *Kundalini* is a, we should say, is a wee part of the *Adi Shakti* or we can say that She is the desire, pure desire of the *Adi Shakti*. So *Adi Shakti* is the desire, complete desire of *Sadashiva*, and *Kundalini*, *Adi Kundalini* is the desire, complete desire of *Adi Shakti*. Now this one was first expressed in the Mother Earth the *Kundalini* came up in such a way that it cooled down the inner part of the Mother Earth as much as it could, and then it manifested on the surface of the Earth as different *Chakras*. So it's tremendous similarity that we have with *Virata*, the Mother Earth and the human beings. If all of them are being reflected by the *Adi Kundalini*, so there has to be a great connection between them. It is not understood by human beings how they are connected to this Mother Earth. This *Kundalini* passed through different centres in the Mother Earth and ultimately broke through *Kailash*. And I don't know how many of you have been to *Kailash*? You will see tremendous vibrations flowing out of *Kailash*."

H.H. Shri Mataji, Cabella Ligure, Italy, 25.05.1997

16. **Darjeeling, India** - Shri Ganesha *Swayambhu*, (Shri Mataji refers to this, See text on the Himalayas).
17. **Arunachala, Tiruvannamalai, Tamil Nadu, India** - Shri Shiva's

Swayambhu. (It is said that it is not a Swayambhu, but Lord Shiva Himself.) This is quite different as the word 'Arunachala' means 'Shiva'. The Temple in Tiruvannamalai is very ancient - more than 1400 years. In this temple many saints have meditated, and there are Shiva's and Devi's Swayambhu. As the popular myth goes, when Brahma and Vishnu began to quarrel, being deluded by pride and egoism, Lord Shiva appeared before Them in the form of a column of fire, thereby vanquishing Their egoism and teaching Them true knowledge (it was in Tiruvannamalai). When Shakti, Goddess Parvati, wished to attain a state in which She could do no wrong, Lord Shiva sent Her to Arunachala, where She merged and became one with Him. Thus, even to Brahma and Vishnu, Arunachala was Guru, and to Parvati it was the place where She lost Her separate individuality. Several kilometres away from the city there is a more ancient temple, which is thousands of years old. This temple is significant, in that the Lingam situated here was created by Brahma Himself.)

Above all, the Sole Witness to the Greatest Spiritual Event in the History of Mankind

18. The Great Tree at Nargol, Gujarat, India - It is said that this was the tree under which Shri Mataji rested in Nargol, on 5th May 1970, which still stands strong and compassionately spreads its branches for the shade.

"It is a great day for all of us, the seekers that the last work of the Divine of opening the last centre in the great primordial being, was done on the 5th of May 1970. It is the greatest event of all the Spiritual happenings of the Universe. It was done with very great care and great adjustment. It is not in the limits of human understanding, how things are worked out in the heavens. It is your fortune and God's love that has worked out this wondrous miracle. Without this happening, there could not have been the possibility of giving mass Realization to people. One could have done it for one or two persons here and there, but to have given such a mass awakening would not have been possible."

H.H. Shri Mataji, Le Raincy, France, 5.5.1982

A wonderful Russian Sahaja yoga website archives a few of the photographs of the above Swayambhus:

http://eng.library.sahajayoga.ru/f_IndiaSva.htm

http://eng.library.sahajayoga.ru/f_Sva.htm



Lion (Sentinel)–Twin Peak in Vancouver, Swayambhu



Olga, Australia, Shri Gauri Swayambhu



Stonehenge, UK, England Swayambhu of Shri Ganesha



Uluru, Australia, Swayambhu of Shri Ganesha



*OM Parvat Near Mount Kailash,
Himalaya, India*



*Canajoharie, New York, USA
Ganesha Swayambhu*



*Great Tree at Nargol, Gujrat, India,
(Site of the Opening of Sahasrara on
5th May, 1970)*



*Matterhorn, Switzerland,
Swayambhu of Shri Ganesha*



*Siddhi Vinayaka Temple,
Mumbai, India
Shri Ganesha Swayambhu*



*Delphi, Greece
Shri Ganesha Swayambhu*



*Amarnath, India
Shri Shiva
Swayambhu*



*Saptashringi, Nasik, India
Shri AdiShakti (Kundalini) Swayambhu*

The Spiritual Significance of the Himalaya

It is said that meditating on the Himalayas brings liberation in the form of true knowledge dispelling the darkness of ignorance and helps attain a pure state of the ultimate. They are not just the seat of the wise and source of waters that keep life, but the very fountainhead of 'Smriti' or knowledge and cognitive memory. As a proverb it is said 'just as dew disappears with the morning sun, all sins get washed away at the very sight of the magnificent Himalayas'.

The whole of the Himalayas are viewed as the abode of Lord Shiva. He rests in different forms on these mountains with Mount Kailash being his permanent residence. He even married the daughter of the King of the Himalayan Mountains; 'Sati' or 'Himavati' or the 'Daughter of Snow'.

There are innumerable stories related and buried deep into these mystic snow white peaks of this creation of Divine, the Himalayas. It is said once the Pandavas, the five heroic brothers of the epic, Mahabharata, visited the Lord here in these recesses of mountain. When Lord Shiva saw them coming he, however, changed his form into one of a buffalo and tried to run away. The five brothers managed to get hold of him, but only his posterior. It is believed that in Kedaradesa only the posterior part of the Lord remains. His body was separated into five parts and spread all over the Himalayas and these five sites are together known as 'Pancha Kedaras'. The path to heaven it is said runs up the Himalayas. Yudhishtira, of the Mahabharata, is said to have climbed these peaks in his progress towards heaven. The one leading to the heavens is called 'Swargarohini', where 'Swarga' means heaven and 'Arohini' means ascent. Chomolungma is the 'Goddess Mother of the Earth' in Tibet.

Romel Verma, Shri Mataji's son-in-law, when narrating an experience of his trek to the Himalayas referred to Arjuna, who had to travel to the northern part of India separately from his other four great brothers, who travelled out in the other three directions. He travelled across the Himalayas and met Lord Shiva in the form of Kirata (Hunter), who in turn, bestowed upon Arjuna His special powerful energy. Eventually, in the pages of history this made Arjuna the most great and powerful man on Earth. Later, we learn how he fought and defeated the Kauravas with great ease. Relating to this encounter of Arjuna and the blessings of Lord Shiva with His special powers, Mr. Verma said that we can also absorb this special energy of Shri Shiva, and possess these qualities like Arjuna, and counteract any negativity

in our path with full powers of Shri Shiva. The Himalayas, abode of Lord Shiva are like a living dynamite of power, (14th February 2004 on the Eve of Shivaratri Puja 2004, Pune, India).

Since ancient times, the Himalayan peaks have always held an attraction for seekers of knowledge who come to renounce the world and meditate in the solitude of the vastness of the mountains. The gorgeous beauty of the Himalayan Mountains embellished with silver snow makes a magnificent paradise on earth. Where else on Earth do two of the massive tectonic plates that form the surface of the Earth overlap to form a wide, sky high plain than in the spectacular Himalayan region?

These majestic Himalayan ranges are located in the sub continent of Asia. The Himalayas are erected as a protector for the countries like Nepal, Tibet (China), India, Pakistan and Bhutan. Himalayas are the world's highest mountain chain crowning the snow-capped peaks at 26,000 feet (8000m). The Himalayan range forms a curvature of 1,500 miles through southern Asia. The curved shaped Himalayas stretch out ahead of the unbroken northern boundary of India and chisel across the Indian subcontinent as they carve intensely into the life encircling them. The Indian pilgrims who wandered in these mountains in ancient times fabricated the term "Himalayas" from a Sanskrit word 'him' (snow) and 'alaya' (home) also means 'The abode of Snow'. For centuries, the Himalayas have had a strong impact on the inhabitants of India, their emotions being guarded by the blend of esteem, wonderment and apprehension.

The Indian Himalayan range stretches from west India to east India and includes 5 Indian states - Jammu and Kashmir, Himachal Pradesh, Uttaranchal, Sikkim and Arunachal Pradesh. With double thick continental plates as a base, the peaks of the Himavat raise up yet another two and a half vertical miles culminating in the tallest of the Himalayan peaks - the 29,028 foot peak of the Lapchi Kang (Everest). The great Himalayan peaks that ring the Tibetan plateau to the south, catch the snow and form the rivers that water the plains below. Tibet itself is a magical place, the Land of the Gods and the location of the fabled Shangri La. Most of the Himalayan ranges are raised up to more than three miles above sea level.

The Ganges, the Indus and the Brahmaputra, the most sacred rivers of India, flow from the snow clad mountains from the foothills of the Himalayas that are the major rhizome. It also treasures the adventurous trekking excursion, lush green meadows and exhibits the imperial power, splendor and zest of nature.

In the Rig-Veda and the Atharvaveda, the Himalayas are mentioned by the name Haimavata.

No wonder then that mountains of so many aspects are viewed in Indian mythology as having a 'Divine Soul'. It is called 'Divyatma' in the Sanskrit poet Kalidasa's works. That Divinity, as an all-pervading idea, can be seen by the fact that there is a reference to a situation where a sage catches sight of the mountain ranges in Krishna's stomach.

As the famous 5th century AD Indian poet Kalidasa writes in his poem Kumarsambhava:

*Astyurasyam Dishi Devatama
Himalayo Nam Nagadhirajah
Purvaparo Toyanidho Vagahaya
Sthita Prathivya Iva Mandandah*

Meaning, in the northern part there is a mighty mountain by the name Himalaya - the abode of perpetual snow - fittingly called the King of Mountains, enlightened by the Divine presence. These awesome heights spanning the wide landscape of the Indian Peninsula from eastern sea to the western sea stand as if it were the measuring rod of the earth.

Thus the Himalayas are a continuous source of inspiration as well as life itself. These mountains defy description, not only because of their grandeur and expansiveness, but also because of the overpowering role played by them in the story of the world.

Once upon a time, there lived a king called Milinda. He asked a sage called Nagasena about the Himalayas. The sage replied in a single verse, which when translated reads, 'The Himalaya, the king of the mountains, five and thousand leagues in extent at the circumference, with its ranges of eight hundred and forty thousand peaks, the source of five hundred rivers, the dwelling place of multitudes of mighty creatures, the producer of manifold perfumes, enriched with hundreds of magical drugs, it is seen to rise aloft like a cloud in the centre of the earth.' In fact, a text called the Sama Veda (Sam Veda) does describe the mountain ranges to be the centre of the earth.

To the sage's description may be added that these ranges are the youngest in India and one of the youngest mountain systems of the world, with many peaks yet to be christened.

The geological significance speaks of a collision between the Indian subcontinent and Eurasian continent, which started in Paleogene time and continues even today, producing the Himalayas and Tibetan Plateau, spectacular modern examples of the effects of plate tectonics. The Tibetan

Plateau itself is a collage of microplates or continental fragments that were successively added to the Eurasian plate during the Paleozoic and Mesozoic eras. Paleomagnetic analysis indicates that these older microplates were in the southern hemisphere during the Paleozoic era. Each older fragment, like the larger Indian plate, made a long northward journey as the intervening ocean (Tethyan regime) was subducted, and was accreted to the Eurasian continent. The resulting sutures are marked by scattered occurrences of ophiolite, ocean floor material that was caught up between the crustal blocks during accretion. The collision that produced the Himalayas was only the latest, albeit climactic, episode in this long series of collisions.

The Indian plate continues to move northward relative to Asia about five centimetres per year. Given the great magnitudes of the blocks of the Earth's crust involved this is a remarkable rate, about twice the speed at which your fingernails grow. This movement has caused the rocks along the leading edge of the Indian plate to deform and fracture. Immense slices of Indian crust were pushed southward and stacked up to produce the Himalayan orogeny.

With the spiritual essence of this evolution of Nepal and the position of the majestic heights of the Himalayas Shri Mataji enlightens us saying..... "Nepal was named after a Rishi called Ne-Pal. Christ also came to Nepal. It is a special country created by Mother Earth. It was only a sea and after the amrut - manthan, the Himalayas started pushing up till it reached a certain point called the Everest. It was created to shield India, the Kundalini of the Universe. It was necessary to protect the Kundalini. It is the brain of the Virata. They had to fence some country to preserve the ancient culture. Shri Ganesh had to be placed in India. That is why I had to take My birth in this country, at the Tropic of Cancer."

H.H. Shri Mataji, Kathmandu, Nepal, 30.03.1989

The Himalaya has immensely influenced the life in the Indian subcontinent in more than one way since the ancient times. Its mid continental position acts as a barrier between the northern cold front and the southern subtropical warm belt, and prevents the monsoon crossing over its heights into Tibet. This formidable attribute of the Himalayas, forces the winds to lose their moisture in its folds which subsequently provides source to a multitude of rivers held sacred by devotees since the dawn of human civilization. As the legend goes, King Bhagiratha prayed intensely to Shri Ganga to appear on Earth. Impressed by his prayers She agreed to appear from the cosmic world, but the Earth could not bear Her fierce flow upon which Bhagiratha prayed to Shiva to seek His blessings. Pleased by his

prayer Shiva held the weight of Shri Ganga in His matted hair, but She got entangled and thus could not reach the Mother Earth. On this, Bhagirath once again prayed and Shiva was pleased to liberate Shri Ganga from His matted hair after which Shri Ganga branched out on the Earth in ten different directions. The various branches finally converged at Devaprayag to form the Shri Ganga for Her joy-giving journey to the Bay of Bengal. Shri Ganga with the highest BOD (Biological Oxygen Demand) value among all the rivers, is called as the life-line of India in general, and northern plains in particular. Shri Ganga symbolizes the shudha ichha aspect at the subtle level, on which various pilgrimage centres are located at the gross level on Her banks.

Rising hills, snow-clad peaks, deep valleys, rushing streams, lush green woodlands, salubrious climate, enchanting silence, all blend the Himalayas into a serene beauty and divinity of the highest order. From time immemorial seekers have been making pilgrimages to the Himalayas in search of truth and peace. In the evolutionary process, Himalaya epitomizes nature's creation on the Earth. As Shri Mataji once said:

"India had to move to the north so that Kailasa could rise to complete the seventh Chakra of the universe."

(Informal talk by H.H. Shri Mataji, Dehra Dun, India, March 1979)

This quotation of Shri Mataji's not only provides strength to the contemporary scientific thought on the evolution of the Himalayas, but also gives a deeper meaning to the spiritual realm for the seekers. In Sahaja Yoga terms, the Himalayas correspond to the Sahasrara Chakra, the pinnacle of human existence.

That is why Shri Mataji once enlightened us when She revealed "The Himalayas are the Sahasrara that Mother Earth has created for you. This Sahasrara is to be worshipped. This Sahasrara is very great. I don't know if you can see vibrations emitting from it. I am completely engulfed by their vibrations that I cannot see anything else. There are only vibrations and vibrations, nothing else. Those who are residing here are swimming in vibrations and seem like fish swimming in the ocean of vibrations. You cannot distinguish one from the other. I cannot describe in words the splendour of the beautiful vibrations that are spread here. This is indeed the blessings of the Himalayas.

Foremost we recognize the ocean as our Guru. The ocean is our Father. When the ocean leaves behind all the dirt of the World that is dumped into it and rises in the sky as clouds, then it becomes completely pure and

beautiful. Floating in this state it reaches the feet of the Himalayas and spreads as 'Him.' The word *dhaul* means 'completely pure', nirmal. *Dhar* means 'range.' The mountain range is called *Dhauladhar*. Like these pure ranges in the Himalayas, they are also to be found in our brain, where they support an opening of the Sahasrara. After this I cannot describe any further but I can say this, that the auspicious opportunity has come today of this connection; try to avail it and go to its depth. Think that before it, we are a dot of sand, an innocent child. There is nothing so special in us that we can stand before its majesty. What are we? It is so awesome.

The Himalayas are the Sahasrara of the whole Universe. They have given the whole Universe so much comfort and joy after which there is nothing more to be attained. With the help of this Sahasrara, I have opened your Sahasraras. With the help of this Sahasrara, I have Realized that till the peace of the Himalayas settles in you, till its greatness penetrates your behaviour, it is useless to open your Sahasrara. Otherwise your Sahasrara will burn like a furnace. When I see a furnace burning inside some people I wonder, 'O God, why did I open his Sahasrara?' There is so much smoke and negativity coming out that it is better that his Sahasrara closes. Like the opening of Pandora's Box, one does not know what all is coming out. It is shocking to see snakes, scorpions and all the possible negativity being thrown out of it.

Today we worship the Himalayas and the seven Goddesses whose blessings are here, and pray to them to bless us with Devi Shakti. We have received the blessings of the Devi Shakti from a Mother. That is why, in the form of Mother, let us come to the feet (Sharnagat) of the Himalayas.

..... We have gotten our protection from Himalaya's peak. From it we received the streams of Ganges, Yamuna and Saraswati. All these streams flow within us, nirmal, despite all the negativity we throw in them; despite the way we disrespect them. Yet, Himalaya unhesitatingly flows His purity in them. But all such things will soon end, they cannot go on forever.

(H.H. Shri Mataji, Talnoo, Dharmshala, India, 26.3.1985)

Man has veritably witnessed the rise of the Himalaya when evolving from ape stage to the present form. Evolution of both Himalaya and man has been coincidental in terms of time and is very significant from spiritual ascent point of view. There is an intimate connection between the Mother Earth and the origin of Himalayas as Shri Mataji reveals:

"Thousands and thousands, millions of years back, the Mother Earth started producing Her Ganesha. It was first a huge ocean where Himalaya

stands. Himalaya gradually started coming out of that ocean, in flat way, like a Shiva-Lingam, which is the expression as the manifestation of the animals; they have the brains which are flat. But when the Himalayas started coming out of the sea, the Mother Earth was pushed on the sides. And the Mother Earth started giving folds to Her sari, you can say. Now, when that movement started, the sari gave waves of vibrations in such a way that at certain points it rose up to a point becoming like Shri Ganesha. And it was, to begin with, of flat, again the same type.

But then, still more folds started coming up, much later, when human brain started developing its ego. So the whole of that land was pushed up and another land joined it in such a manner that it formed an apex. The super-ego was pushed in and was brought to the climax. That synchronizes with the human brain, because the whole universe is represented in our body as well. Now, the central axis of the Mother Earth acted as the spinal cord. By this happening in the Himalayas, again there was a big push on to all the mountains which were to be created as Shri Ganesha and they got into their final forms. And the apex was created.

So, the Mother Earth as Gauri created all these Ganeshas. At the other end of these ranges, must be the highest mountain because it is pushed the most. Mount Blanc should be higher than this. You see, when they pushed on the right hand side more the ego went expressing in Mount Blanc, you see for example. And on the other side, it was created another Ganesha at other end near Darjeeling. So Shri Ganesha was expressed even in Darjeeling, and you get the same kind of redness on that. I have seen another Shri Ganesha created in Delphi where they say is the Nabhi of the Mother Earth.

Also when Shri Shiva Lingam is created, along with Himalayas, there is a Shri Ganesha created, as in Amarnath, where a drop of water falls on a particular area and creates the lingam. Plus that, another drop falls on another side and creates Shri Ganesha exactly like the face. Now the ocean is the father, and the Mother Earth is your Mother. But when the Mother Earth becomes a mountain, She is called as the Father. The reason is, She at that height can catch the Father on top of Her head, as snow or as rain.

That is how a mother becomes the father, and so She can perform the complete function of a father and a Mother. In that state only Gauri, the Daughter of the Mountains, conceived Shri Ganesha without the help of the Father, immaculate. The purity of snow is a hundred percent, and that covers the Mother Earth, gives the formation of innocence. All the filth and dirt goes into the ocean is clarified by the sun, which is also Shri Ganesha,

and is brought on the top of the hills and mountains to cover it."

(H.H.Shri Mataji, Riffleberg, Switzerland, 02.09.1984)

The Divine praise of the Himalaya is beyond the words to express. Abode of Gods, the Himalayas have been frequented by sages and saints, philosophers and philanthropists, ascetics and mystics, travelers and tourists, pilgrims and pastors since the immemorial past. And now, for the Realized Souls - the Sahaja Yogis, the Himalayas are held in high esteem for their significant correspondence with the Sahasrara of the world. A visit to the vibrant Himalayas and reverent feeling for the holy river Shri Ganga is an unexpressed yearning for the Sahaja Yogis.

Place of Salvation

The extensive highlands of Tibet are elevated skyward as one continental plate sits on top of another to form the enormously large Chang Tang Plateau. By contrast, the tallest mountain peaks in the continental United States and the tips of the mountains of the majestic Alps of Western Europe would barely rise above the elevated Tibetan plateau. One may get some idea of the place through the eyes of a pilgrim first setting foot in Tibet after the long trek up from the valleys below.

It is said that the sacred River Ganga that flows through India, tumbles down from the heavens to the Earth falling first onto the head of God Shiva to soften the impact. In this legend the mountains of the Himalayas are Shiva personified. The melting snow from the mountain peaks form rivulets that consolidate into the major rivers that fall thence to bring life to the arid plains below. Most holy of all the rivers, the Ganga is considered pure and sacred, a holy Tirtha, meaning water sanctified by the touch of a God, in this case God Shiva, the ancient name for one of the trinity. According to legend, Shiva resides at the renowned Mount Kailash also known as Mt. Meru (or Sumeru in ancient texts) - the center of the world, and the most striking and unique mountain in the highlands. A glance at the topography of Tibet will show how, more than any other peak, Kailash stands uniquely at the center of the region.

Mount Kailash is unique in that it rises up from the highest point of the Tibetan Plateau, like the hub of a giant wheel. From this hub four mighty rivers form and flow in four different directions like spokes radiating outward from the hub of the wheel. Unlike the range of Himalayan peaks to the south, Mount Kailash stands isolated on the Tibetan highland so that the pilgrim can walk around it in less than a week's time. The mountain itself

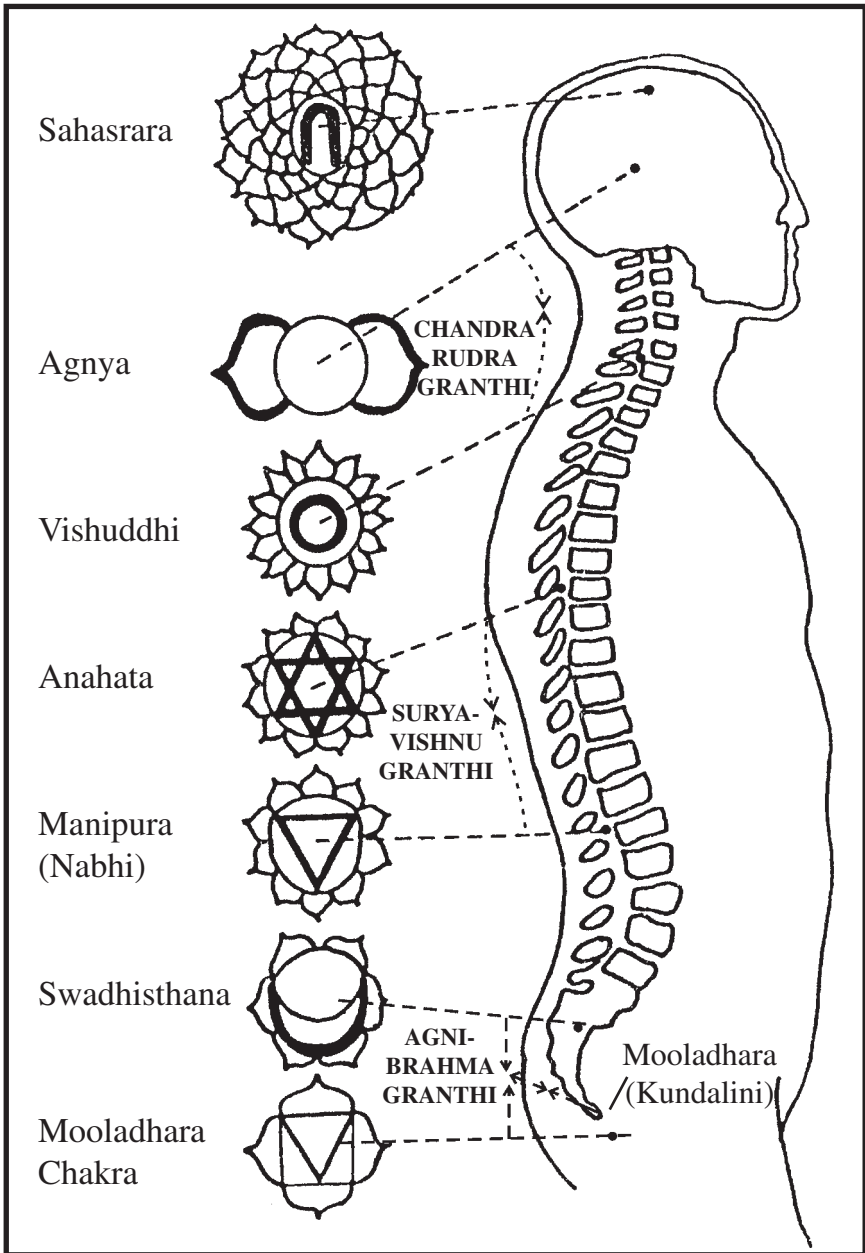
appears like a great symmetrical domed temple coated with ice and snow, shining white and dominating the landscape in all directions around it.

To further enhance the symbolic mysticism of the mountain as a sacred place, two lakes are situated at the base of the mountain. The higher lake, *Manasarovar*, is round like the sun, and a lower lake, *Rakastal* is the shape of the crescent moon. The two lakes represent the solar and the lunar forces respectively. The inner consciousness of man, the solar force, is often compared to the *Manasarovar Lake*. When the thoughts of the mind are stilled, the reflection of the higher *Buddhic* mind and *Atmic* awareness is seen. *Mana* means 'mind' in Sanskrit. The crescent lake, *Rakastal* partakes of the lunar or dark forces and this is reflected in the name which comes from *Rakshasas* or demons; beings who are totally under the sway of the lower desires and impulses, the lunar forces.

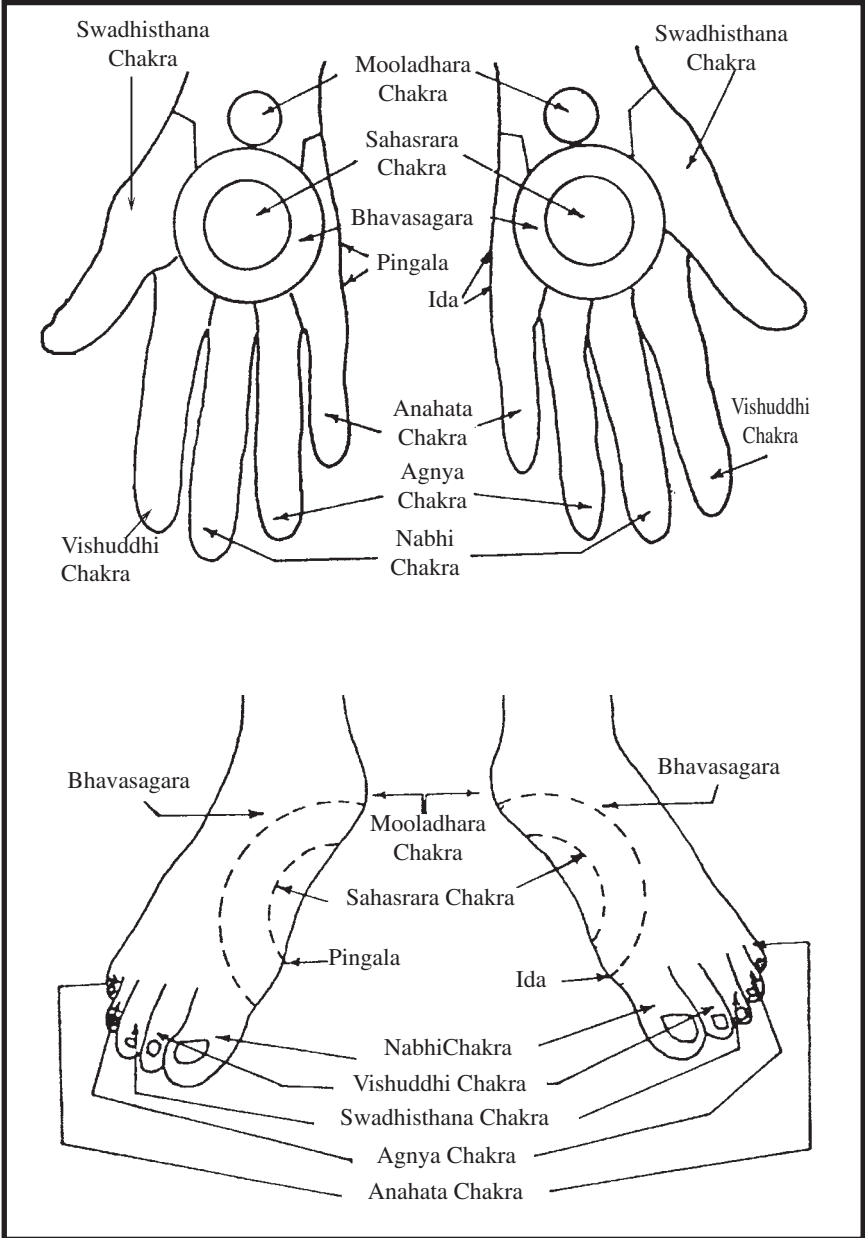
The outside world knows chiefly of the tallest peaks of the Himalayas—Everest, Annapurna, and the like which the egoistic mind of the modern age is motivated to 'conquer' by ascending the summit. But the ancients, the religious pilgrims, and the devotees of Shiva pay homage to Mount Kailash in a much different way - by walking around the sacred mountain. They would never dream of desecrating the home of the Gods by setting foot on the mountain, much less attempting to climb to the summit.

Shiva, who embodies the destroyer aspect of the trinity of God (Creation, Sustenance, Destruction) is said to reside on Mount Kailash. According to tradition Shiva wears the bones of the dead as decoration and smears Himself in ash - signifying the burning of the lower desires. The higher significance of the destroyer aspect is that He cuts asunder the bonds of the ego, liberating the Atma within from the darkness of ignorance. Coincident with this theme of death is the presence of two large hollows on Mount Kailash so that from one particular angle the ice covered dome of Mount Kailash appears as a skull with two large eyeholes peering out from beneath the skull-like dome.

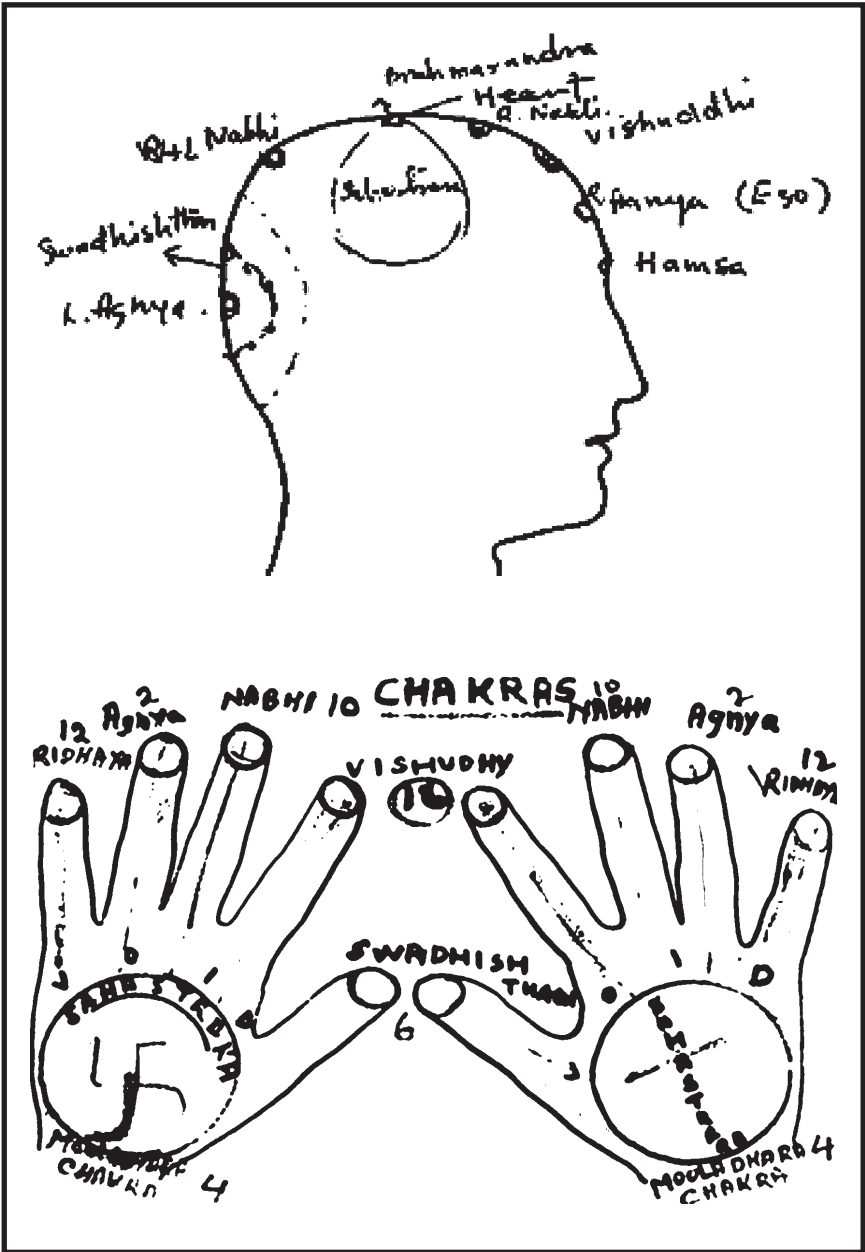
*Position of Chakras and knots (Granthis) in
Our Body*



Position of the Chakras in Hands and Feet



H.H. Shri Mataji's Original Drawings of
Chakras on Head and in Hands



Suf and Islamic Names of the Chakras

<i>Name of Chakras</i>	<i>In Sufsm</i>	<i>In Islam</i>
Sahasrara	Latifa-Haqqiyah	Alam-E-Lahout
Agnya	Latifa-Kafyuah	Alam-E-Jab-Rout
Vishuddhi	Latifa-Ruhiyah	Alam-E-Malakhout
Anahat	Latifa-Sirriyah	Alam-E-Sahout
Nabhi	Latifa-Qalhbiyah	Alam-E-Lahout
Swadhisthan	Latifa-Nafsiyah	Alam-E-Masout
Mooladhara	Latifa-Qalabiyah	Alam-E-Fa'ani

Tese Chakras are known as 'Alam' or 'Latifa' in Islam and Sufsm respectively. One of the names of Allah is 'Al-Latif' which means the 'subtle one' or the 'one who knows all subtleties'. Hence, the word for Chakras used is 'Latifa' which means 'subtle Centre'. (From "Islam Enlightened")

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## *Corresponding Raga, and Instruments on the Chakras blessed by H.H. Shri Mataji (After "Music and Sahaja Yoga")*

| <i>Chakras</i>          | <i>Ragas</i>                      | <i>Musical Instruments</i> |
|-------------------------|-----------------------------------|----------------------------|
| <b>Mooladhara</b>       | <b>Shyam Kalyan / Bilawal</b>     | <b>Shehnai</b>             |
| <b>Swadisthan</b>       | <b>Todi / Yaman</b>               | <b>Veena</b>               |
| <b>Nabhi</b>            | <b>Lalit / Gunkali</b>            | <b>Santoor</b>             |
| <b>Bhavsagar (Void)</b> | <b>Malkauns</b>                   | -                          |
| <b>Anahat (Heart)</b>   | <b>Bhairavi / Durga / Bhairav</b> | <b>Tabla, Mrudanga</b>     |
| <b>Vishuddhi</b>        | <b>Jai Jaywanti</b>               | <b>Flute</b>               |
| <b>Agnya</b>            | <b>Bhup / Bageshri</b>            | <b>Sarod</b>               |
| <b>Sahasrara</b>        | <b>Darbari / Bhairavi</b>         | <b>Sitar</b>               |



## *Unique to Sahaja Yoga*

In essence, they are the same, even though the methodologies differ radically. Descriptions of the Channels and Nadis and Chakras, the number of Petals on each Chakra are the same. Yet there are some interesting differences. A few selected are highlighted for interest.

### **A. The subtle instrument:**

Mooladhara, the abode of Kundalini, and the Mooladhara Chakra (Shri Ganesha - the ruling Deity of this Chakra) have been combined in most classical texts. According to Sahaja Yoga, the Mooladhara is inside the Sacrum bone, while the Mooladhara Chakra is slightly below it, between the anus and the genitals, on the gross expression. See the sketch for reference. Shri Mataji enlightens us with Her own words about Mooladhara Chakra.

"Gauri is the mother of Shri Ganesha, and She produced Shri Ganesha to protect Her chastity. In the same way Kundalini is the Gauri and we have got Ganesha sitting in the Mooladhara Chakra. We have Mooladhara as the abode of the Gauri, of the Kundalini, and the protection of the Kundalini is done by Shri Ganesha. He is the Deity for our innocence. Only Shri Ganesha could be in that position, because the pelvic plexus looks after all the excretory functions, and only Shri Ganesha can stay there without getting dirty by the surroundings. He is so pure, so innocent, while the Kundalini is the virgin Mother of Shri Ganesha.

*H.H. Shri Mataji, Auckland, New Zealand, 08.04.1991*

"Without the help of Shri Ganesha, Kundalini just can not be awakened. Kundalini is the Gauri Shakti and at every moment of its ascent Shri Ganesha is there to protect it. Not only that, but after the Kundalini pierces through each Chakra, it closes that Chakra, so that the Kundalini doesn't go down again. Now within us, Shri Ganesha is situated at the Mooladhara Chakra. That is the reason why many people have made this mistake, because in Mooladhara which is triangular in shape, only the Kundalini resides there, while below this, on the Mooladhara Chakra Shri Ganesha resides and you all are aware of His various functions.....

".... Sahaja Yogis should always try to invoke Shri Ganesha, think of Him and whenever is encountered with any wrong thoughts, should always pray to Him for His powers to overcome it and seek His help.

With His hard work and purity, a human being is able to scale such great heights that it would appear like a dream to him in reality. Initially, those who saw Shri Ganesha in Mooladhar Chakra mistook it and took it for granted that it was Mooladhara, the abode of Kundalini. Because of this, the Tantriks had created a lot of problems".

***H.H. Shri Mataji, Delhi, India, 05.12.1993***

"...Mooladhar is one of the most delicate, and the most powerful Chakras. It has so many folds and it has so many dimensions. If your Mooladhara is not alright your memory will fail. If your Mooladhara is not alright, to begin with, your wisdom will fail. You will have no sense of direction. The insanity that is now crawling up in America before they become forty years of age is because their Mooladharas are out. Most of the diseases which are incurable come because of weak Mooladharas, on the physical side. On the mental side, most of the mental problems *we saw* there, I would say 90%, are due to weak Mooladhara. If a person has a strong Mooladhara, powerful Mooladhara, it doesn't get into trouble. Because you know there's a very strong hold of the Mooladhara in the back there. And when your mind goes off, you blame the brain. It's not the brain, mostly it's the Mooladhara. So for physical safety and for your emotional safety also, you have to have a sane type of attitude towards Mooladhara".

***H.H. Shri Mataji, Birmingham Seminar, England, 20.04.1985***

In Sahaja Yoga, the element of the Nabhi Chakra is water and the element of the Swadhisthan Chakra is Fire, where as opposite views are held by others. Swadhisthan revolves around the Nabhi in Bhavasagar (Void) as we know from Shri Mataji.

"I will tell you about one Chakra, which is Swadhisthan, which moves around the void. This is the one, which is responsible for producing or manufacturing the aortic plexus that's only in the physical side. When we think the energy we use in our thinking is used up. We are using our brain all the time. What is replacing it is this center. You know the brain is made of fat cells. This center converts the fat of the stomach for the use of the brain and that how those who think too much go into imbalances. Futuristic people are planning all the time. The poor center which has to do other jobs like looking after liver, pancreas, spleen, kidneys, intestines, so with a right-sided futuristic person the first problem can come is with the liver. In the medical science I don't think they have much knowledge about the liver. It is a very important

organ in the body"....

***H.H.Shri Mataji, Doctor's Conference,  
Meridian Hotel, Delhi, 25.03.93***

The Bhavasagar (Void) around the Nabhi Chakra being the abode of the Primordial Masters is a discovery of Shri Mataji's. There is a gap in the Sushumna in this area. Perhaps, only a guru could bridge this gap in the ancient times. Sahaja Yoga makes one their own guru (master), as this gap is bridged by the ascent of Kundalini from Mooladhara to Sahasrara through Self Realization, by the blessings of Shri Mataji.

Concept of the left and the right component of each Chakra with qualities and Deities typical to each, is unique to Sahaja Yoga. This knowledge is helpful in cleansing the Chakras and balancing the system.

- B.** Sahaja Yoga closely accords with the theory of the evolution of human being from unicellular beings. The entire creation started with the 'Omkaara' (AUM. Bible uses the term 'word'), which is represented as the Deity, Shri Ganesha. The four petals contain qualities in their seed form which evolve and express themselves at higher Chakras.
- C.** Location of Shri Jesus Christ at the Agnya Chakra (sixth chakra) is typical to Sahaja Yoga. His resurrection symbolizes the ascent of Kundalini from the material to the spiritual world. He controls the narrow gate at the Agnya Chakra and hence His declaration, *"I am the way, the truth and the life; No man cometh unto the Father, but by Me."* In Shri Mataji's words.....

"This Agnya Chakra is a gate, is the door of heaven, and everyone has to pass through it. Now on this Chakra resides the great incarnation of our Lord, Jesus Christ. In our Indian Shastras He is called as Mahavishnu, the son of Radhaji. And His essences are made of eleven Rudras, means eleven destroying powers. But the governing essence the main essence is that of Shri Ganesha means innocence. So he is the embodiment of innocence. Innocence means complete purity. And His body was not made out of Mother Earth, in the sense that He never had a body that was perishable. It is Aumkara. So when He died, He ascended. That is the fact, He ascended. And because, He was a person made of Aumkara. Now as He is the son of Radhaji, you can see the relationship between other deities very easily. About Mahavishnu, it is written in Devi Bhagvat"....

"...Because Christ has been described 'very clearly' in Devi Bhagvat. And we can prove it in the Kundalini, that when Kundalini rises and

stops here, at the Agnya, here you have to say Lords' Prayer, otherwise, it would not open. To awaken Jesus Christ, if you do not awaken Him, it would not open. You have to take His name otherwise it would not open, proves it was Christ who was ruling. Or even if you take the name of Mahavishnu, it opens. So Mahavishnu and Jesus Christ are the same. So you must see the 'proof' of it. And just because you want to believe that Christ is your own and discard everybody else heathens, you are sadly mistaken. Absolutely you are sadly mistaken..."

***H.H. Shri Mataji, Delhi, India, 03.02.1983***

- D.** Location of the Seat (*Pithas*) of all the Chakras inside the head region is also typical to Sahaja Yoga, as depicted in the picture drawn by Shri Mataji.

"Now first She creates these Chakras in the head we call them the Pithas of the Chakras, and then She comes down and creates these Chakras, which are in the body of the Virata. Now once this has happened then She creates human being but not directly".

***H.H. Shri Mataji, Cabella, Italy, 26.06.1998***

- E.** Another new and most vital discovery is the location of the eleven destructive powers, Ekadesha Rudras, in the forehead region. In Sahaja Yoga the effect of bad Gurus and the deadly diseases they cause with their shadows on the seeker, is eliminated by this power through the blessings of Shri Mataji. In Her own words Shri Mataji explains the essence of Ekadasha Rudra in human beings and their ascent in spirituality.

"...... So this Kundalini, when it arrives here (at Agnya level on forehead), the first hurdle the Kundalini has, to enter into the Sahasrara, is 'Ekadasha Rudra'. These are 11 Shaktis, 11 destroying Shaktis placed here. Five on this side five on the other side and one in the centre. These are obstructions within us, built by two types of sins we commit. If we bow our heads to wrong type of gurus and submit ourselves to their vicious ways, then we develop Rudra – problems on the right hand side- these five go out. If you have bowed- because I've never bowed to anybody wrong type of person and who is anti God, then the problem comes on this side of the thing, on the right side. If you have, the sense that 'I can look after myself, I am my own guru, who can teach me, I don't want to listen to anybody and I don't believe in God, who is God, I just don't care for God'. All such feelings if you have, then your right side doesn't catch. But the left side catches.

Because, right side moves this side and the left side this side. So these ten things and one is Virata-Vishnu, because also in the stomach we have got 10 Guru *Sthanas*(places) and one that of Vishnu. So the seeking is also wrong, as well as these 10 Gurus are out. Then you develop this Ekadasha Rudra. When this thing is set-in within you, as I've said, one on this side and one on that side. So those people who have bowed to wrong type of people develop a temperament or a kind of a personality which is very vulnerable for incurable diseases like cancer or any such thing- those who have bowed to wrong types of people.

Now those who think, "I'm better than anybody else. I don't care for God, I don't want God, I have nothing to do"- all such people develop a left side Ekadasha. And, left side Ekadasha is extremely dangerous too. Because such people develop the problems of the right-side-heart attacks, physically I am saying, and all other problems of the right side. So, one of the greatest hurdles of Kundalini entering into Sahasrara is the Ekadasha Rudra, which comes from the Void. And which covers the '*Medha*' (is the plate of the brain). And that is how it can not enter into the limbic area. Even those who have been to wrong gurus, if they have reached the right conclusion and surrender themselves to Sahaja Yoga, accepting their mistakes and saying that 'I'm my own guru' they can be cured. And those, who have been speaking that 'I'm above all, I don't believe in God, who is God, I don't believe in any prophets or anything-anything against God or prophets is the same –anti God personality, who talks like that develops the problems, gets alright if he humbles down himself and accepts 'Sahaja Yoga as the only way of entering into super-consciousness'.

***H.H. Shri Mataji, Hanuman Road, New Delhi, 04.02.1983***

- F. According to Sahaja Yoga, there are various points located on one's arms, palms, legs, feet and gross body which correspond to various Chakras, as shown in the picture. When the Chakras are in a healthy state, coolness is felt at these points which may or may not have been felt initially. Problems in Chakras are indicated by a pricking sensation, heaviness, heat etc. Human beings become the living antennae to receive such signals which can be decoded only with the knowledge of Self Realization by the blessings of Shri Mataji, in Sahaja Yoga.

## *The Revelation*



*“...It has been found out and now as I am telling you that frst you have to awaken within you the Deities that are still asleep, by worshipping them. But as these Deities, primordial Deities are with Me, you worship Me, and every Deity in Me is awakened by which your Deities are awakened. So frst your vibrations must improve to receive.”*

***H.H. Shri Mataji, Brighton, England, 19.05.1980***

## *The Science of God*



### **when you recite Mantras through the Sanskrit language or Devnagri pronunciations only, you can excite them better**

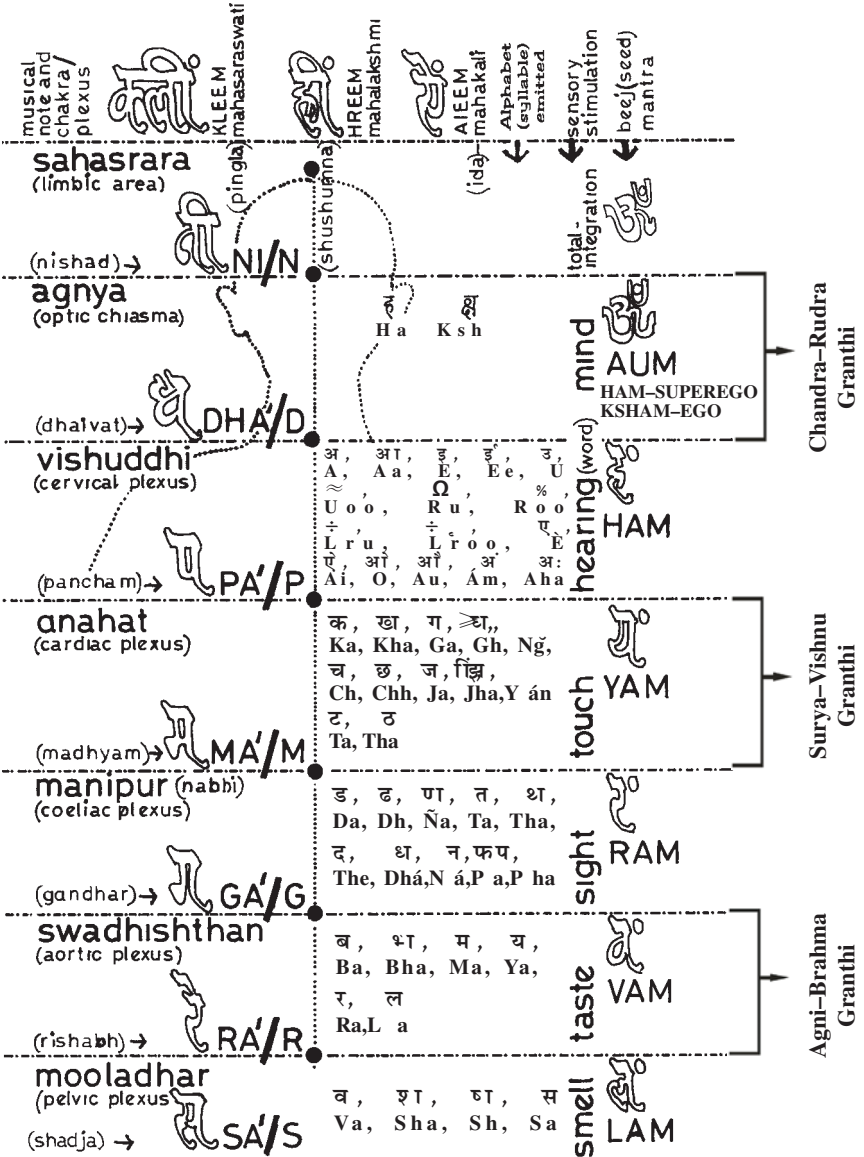
"Does everybody follow My Hindi? If I say in English will you all follow? I am not in opposition for English language, but the language of Atma is Sanskrit. They have never bothered about the Spirit. So we have to use some language which speaks about Atma. English language is not adequate enough. They do not have those experiences since so far they have not gone deep enough. We are very old ancient people. Our culture has been to know God. Everything has come in Sanskrit, because Sanskrit is really a Devavani. Apart from that, when the Kundalini moves, She makes vibrations. She makes special sounds, which are Devnagri sounds on different Chakras. If I have time, I will inform you all about it.

Even when you recite Mantras through the Sanskrit language or Devnagri pronunciations only, you can excite them better. Try to learn, if not Sanskrit at least Hindi, because, it being a phonetic language, it has a sound and that sound gives that vibratory effect. You try to learn this language. Hindi is not My mother tongue. My mother tongue is Marathi. I speak Hindi because after all I know the importance of Hindi. I also know a little bit of English. So it is better to know at least Hindi. What I want to say is that for speaking in Marathi is all right for Me. Bengali I know a little bit. You can convey it in Tamil or Telugu or in any other language of this Yoga Bhoomi.

This is a great country of Yoga. Every particle of this Bhoomi, you will be surprised, is vibrated. The scientists cannot understand all this. When we start accepting all that the West is saying, we will lose all that we have, which is so great. Of course it is not going to be lost, but we are not going to utilize it for our purpose. We have to ignore all that on one side, and we have to accept something which is just a foreign alien thing and nothing so much comprehensive. It is not '*Samagra*'. It doesn't envelop everything. Therefore, I will request you to learn a little of Hindi language also. One speech of Mine, which was in English has been translated into Marathi, and what a tremendous thing it was! What a poor show it was in English! Maybe My English is very poor, be it so".

***H.H. Shri Mataji, New Delhi, India, 15.02.1977***

**♣ Beejshar (Seed Syllable) and Musical Chakra/Plexus Notes on**



**Ref.**

- ⌘ HH Shri Mataji, Delhi, 03.02.1978; London, 18.12.1978; London, 14.10.1978
- ⌘ Devi Bhagvat : Book-7 Chp:35; Nirmala Yoga : (03-04) 1983, (01-02) 1984 (Hindi)
- ⌘ Music and Sahaj Yoga, Arun Apte, 1997
- ⌘ Divine Knowledge Through Vibrations, Rajashekharan et al.1992



## *The Science of God*

### ♣ **My Chakras do not respond until you recite the couplets (shlokas) in Sanskrit....**

"...But the specialty of Sanskrit language is that every letter of alphabet is a mantra. Like in Devnagri script each alphabet (akshsar) we have like 'a', 'ksh'; like what we pronounce as á, ã, ì, ee etc. etc. they are all the letters of alphabets (Sanskrit) that move within the Kundalini, that which emanate out from there. We have learnt these alphabets, letters and syllables in our meditative contemplations and then inscribed them in scripts.....

....We have learnt language from the flow of sound notation emanating from Kundalini within the human beings. When Kundalini moves like this it emit sound notes like Sha, Sh, Sh, here in the middle (Mother points at the Mooladhara Chakra). At every place (Chakra) it emits different notes, different sounds. Like, here at this place (Mother points at the Agnya Chakra) two syllabic letters have emerged as 'Hám' and 'Kshám' (Notes are 'H' and 'KSH'). It happens. The syllabic word that we pronounce as 'Aum' (in Sanskrit).., that which we inscribe as 'Aum', like we write as 'A'..... What you inscribe in script as 'Aum' (in Sanskrit), you can visualize the word 'Aum' (in Sanskrit) here, when the Kundalini is awakened then its light falls on this particular Chakra exactly the word 'Aum' is inscribed here as a script, as you write it....is also reflected on this Chakra.

And whatever the letters of alphabet á, ã, ì, ee etc. is written....as you write them in Devnagri script in Sanskrit language..., that too, when the Kundalini strikes there (Chakra), within us, and when its ninad (sound note in form of reverberation) is produced; it is at that moment of time that simultaneous happening of that ninad (vibrations) along with its inscription (of that alphabet) takes place.

It is so subtle.... You should understand what is your heritage and from where they have come. They have all come up and originated through meditative contemplations. It is nothing artificial that we learnt from outside....but, in fact here, the Sanskrit language has become like the language of the pundits (erudite), fools and donkeys, who even do not know its proper pronunciations and also do not understand the essence of it, because we have all become English people as we study Shelly and Keats.

This language is generated and also gets inscribed within us. Each and every individual alphabet and in its inscription holds its own meaning. How was the word 'Aum' created? How was its creation done? What is the mechanism of creation of this word 'Aum'? Inscription of the letter is

expressed exactly as the word 'Aum' only. Look, I am moving My finger and your Agnya is also moving. It is so scientific because, it has relation with the reality. What could be more scientific than this?

My Chakras do not respond until you recite the couplets (shlokas) in Sanskrit. It is indeed surprising! If you recite in English it does work but only in the Agnya, where Isa Másih(Jesus Christ) had Himself written it. Because, here in this Chakra, it is His place and on that whatever He wrote is in Hebrew script as Lord's Prayer. However, recital of the same in English also works out, yet, it is Ksháma Swaroopini (forgiving personality). Here, one has to pronounce the syllabic word 'Ksháma' only, because this place has the note 'Ksh' here. For that reason one has to forgive, pronounce the word Ksháma. In spite of pronouncing or reciting all these one has to say Ksháma (forgive). Just see our Sanskrit language and its foundation, how deep and subtle it is.

Now regarding these three..... that I told you, Mahakali, Mahalakshmi and Mahaswaraswati, which are there within us. These three likewise have three powers within us, which we call as Aeim, Hreem and Kleim. Because, their corresponding sound notes (Ninad) are Aeim, Hreem and Kleim.

'Ree'... R...R. is the word of energy. 'R' like Radha - 'Ra' means Energy and 'Dha' means 'Dharán' ('that holds/sustains'), 'Radha' - 'Ram'. Krishna. The word 'Krishna' as I told you comes from word 'Krishi' (reaping or farming). Just, with the initiation of pronouncing the word 'Kri' of 'Krishna', at once it starts working on the Vishuddhi Chakra. So Krishna is the word one has to say as Shri Krishna has His connection exactly at this place. It has a connection with the Vishuddhi Chakra only. So 'Krishna' can only be His name. Just imagine how scientific it is and how subtle is the subject. But Sahaja Yoga is basically our path of love. And in love there is no need to fathom (interpret) or go into that much of depth. Just by mustering of a single letter of word (Prem) love, one can become a Pundit (knowledgeable). (Shri Mataji quotes a phrase from Kabir) 'Ek hi ákshár prem ka páde so pándit hoye;' this is our Sahaja Yoga. There is no need for you to become a great Pundit (intellectual). (Again, Shri Mataji quotes another phrase in Hindi) 'Pádi pádi pándit murákh bháye'; with too much of reading, an intellectual (Pundit) becomes a fool (Murakh). Therefore, may God save from the Pundits (Shri Mataji remarks in continuation to the phrase in Hindi), may God rescue us from those Pundits (intellectuals) who have come here after a lot of reading and studies."

*H.H. Shri Mataji, Delhi, India, 03.02.1978*

## ♣ **When the Kundalini rises it makes sounds**

“When the Kundalini rises it makes sounds, and the sounds that are heard in the different Chakras can be pronounced in the following way.

These pronunciations are being used in the phonetic language of Devanagri, which means language spoken by the Devas.

● At the **Mooladhara**, where there are **four** petals the sounds are: *Va, Sha, Sh, Sa*. Out of which the last, ‘*Sh*’, and ‘*Sa*’ sounds are very close but the difference is when the snake hisses it makes this, ‘*Sh*’, the third sound. So:-

1. **Va** (as in ‘*Avert*’ / or *Shri Ganesha Atharva Shirsham*)
2. **Sha** (as in *Shri Ganesha Atharva Shirsham*)
3. **Sh** (as in ‘*Show*’ or *Shri Ganesha Atharva Shirsham*)
4. **Sa** (as in ‘*Sun*’ or *Sakhshat, Satya*)

● At **Swadhithana**, where there are **six** petals it makes six sounds:

1. **Ba** (as in ‘*Bag*’ or in *Shri Brahma Deva*),
2. **Bha** (as in ‘*Abhor*’ or in *Twam Bhumi Rapo.... In Shri Ganesha Atharva Shirsham*),
3. **Ma** (as in ‘*Mother*’ or in *Namoh, Namaha, Namaste*)
4. **Ya** (as in ‘*Yard*’ or in *Yogi*),
5. **Ra** (as in ‘*Run*’ or in *Ava Data Ram, Ava Dhata Ram in Shri Ganesha Atharva Shirsham*)
6. **La** (as in ‘*Luck*’ or in *Shri Lambodara -one of the names of Shri Ganesha*)

● **Manipur**, it has **ten** petals. It makes the sounds

1. **Da** (as in ‘*Den*’ or in *Kundalini*),
2. **Dh** (as in musical instrument ‘*Dholak*’)
3. **Na** (न) (as in ‘*Under*’ or in *Pashankush Dharinam in Shri Ganesha Atharva Shirsham*), *Sarva-dharmanam*
4. **Ta** (as in ‘*Namo Vrat Pataye Nam Ganapataye*’ in *Shri Ganesha Atharva Shirsham*),
5. **Tha** (as in ‘*Thumb*’ or in ‘*Namah Pramatha Pataye*’ in *Shri Ganesha Atharva Shirsham*),
6. **The (Da)** (as in *Ek-dant, Dayavant* or in ‘*Ava Data ram* or in *Dattatraya*),
7. **Dh** (as in ‘*Breathe*’ or ‘*Vakratundaya Dhi mahi*’ in *Shri Ganesha Atharva Shirsham*)
8. **Na** (as in ‘*Not*’ or in ‘*Namo Vrat Pataye Nam Ganapataye*’ in *Shri Ganesha Atharva Shirsham*)

9. **Pa** (as in 'Pen' or in 'Sarvato mam **Pahi Pahi Samantat**' in Shri Ganesha Atharva Shirsham) &
10. **Pha** (as in 'Loop**h**ole or in 'Sukh Karta Dukh harta....Mukta **Phalanch**'i in Shri Ganesha Arti)

● At **Anahata** there are **twelve** petals. It makes the sounds:

1. **Ka** (as in 'Keen' or in 'Ek Dantam Chatur Hastam' in Shri Ganesha Atharva Shirsham),
2. **Kha** (as in 'Block**h**ead' or ' Twameva Sarvam **Khal**vidam' in Shri Ganesha Atharva Shirsham ),
3. **Ga** (as in 'Go' or in Shri **Ganesha**)
4. **Gh** (as in 'Log**h**ut' or Shri **Ghor-roopa** in one of the 108 Shri Mahakali's name)
5. **Ng** (as in ' Singer' or ' Twam **Vang**mayans Twam Chinmaya' in Shri Ganesha Atharva Shirsham )
6. **Ch** (as in 'Ch**ai**n' or in 'Ek Dantam **Chatur Hastam**' in Shri Ganesha Atharva Shirsham)
7. **Chh** (as in 'C**at**ch' or in Shuddha **Ichchha**),
8. **Ja** (as in 'J**u**dge' or 'Sarvam **Jag**didam' in Shri Ganesha Atharva Shirsham,)
9. **Jha** (as in 'H**ed**gehog' ' **Jhan Jhan** Jhinjhit' ...in Sahaja song Aie Giri Nandini)
10. **Yan** (as in somewhat 'F**re**nch' or in **Niranjana**).
11. **Ta** (as in 'T**e**n' or 'Jag Mein Sank**at**a Kaaran Kitane Liye Avatar' ... in Arti Song) &
12. **Tha** (as in 'An**th**ill' or Shri **Neelkantha** in one of the 108 names of Shri Shiva).

● At **Vishuddhi**, where there are **sixteen** petals, it makes the sounds of all the vowels: \_

1. **A** (as in 'S**o**n' or 'Ava Shrotram **Ava Dataram**', in Shri Ganesha Atharva Shirsham),
2. **Aa** (as in 'M**as**ter' or 'Ava Shrotram **Ava Dataram**', in Shri Ganesha Atharva Shirsham),
3. **E** (as in 'I**f**' or 'Shuddha **Ichchha**'),
4. **Ee** (as in 'F**ee**l' or 'Twam Guna Traya **Teeta**h' in Shri Ganesha Atharva Shirsham),
5. **U** (as in 'F**u**ll' **Guru, cuckoo**),
6. **Uoo** (As in 'B**oo**t' or 'Gakarah Purva **Roopa**m' in Shri Ganesha Atharva Shirsham),
7. **Ru** (As in **Hrudaya**-heart, **Krupa**),

8. **Roo** (longer pronunciation of **Ru**),
9. **Lru** (Pronunciation equivalent of **L+Ru**),
10. **Lroo** (Longer pronunciation of **Lru**),
11. **É** (As in 'May' or 'Ekdantam Chatur Hastam' in Shri Ganesha Atharva Shirsham),
12. **Ai** (As in Sahaja Song 'Aie Giri Nandini'.),
13. **O** (as in 'Oh' or 'Ava Shrotram, Ava Data ram' in Shri Ganesha Atharva Shirsham),
14. **Au** (as in 'Now' or Shri Gauri- one of 108 names of Shri Lakshmi),
15. **Ám** (as in 'Ek Dantam Chatur Hastam' in Shri Ganesha Atharva Shirsham),
16. **Áha** (as in 'Anushwaraha Parataraha' in Shri Ganesha Atharva Shirsham).

● At the **Agnya** Chakra it makes:

1. **Ha** (as in 'Hut' or 'Ek Dantam Chatur Hastam' in Shri Ganesha Atharva Shirsham) &
2. **Ksh** (as in **Kshma**-forgive, Shri Lakshmi)

At the **Sahasrara** one becomes **Thoughtless** and no sound is made, but the pure 'Ana-hata'. Meaning the throbbing in the purest form - as in the heart is of **-Lap-Tap, Lap-Tap, Lap-Tap**

When, all these sounds are sounded together and pass through the spiral of the body, if the body is made a conch, the sound that comes out of this synthesis is ...**O...OOO**. Like the seven colours of the Sun ultimately become white rays or you can say the Golden coloured rays". (Page 80)

**H.H. Shri Mataji, London, 14.10.1978**

### ♣ **There are three Granthis, means the knots...**

"There are three Granthis, means the knots-the Brahma Granthi, the Vishnu Granthi and the Rudra Granthi. With **Agni** means fire, when the Brahma Granthi meets between the Kundalini, Mooladhara Chakra, and the Swadishthana means Mooladhara Chakra, Mooladhara and Swadhishtana Chakra then **Agni-Brahma Granthi** is established. Vishnu Granthi when mixes up with the Surya that is between the Nabhi and the Hrudaya Chakra then **Surya-Vishnu Granthi** is established. When Vishuddhi and Agnya auras ...meet then **Chandra-Rudra Granthi** is established". (Page 69 & 80)

**H.H. Shri Mataji, London, 14.10.1978**

## ♣ **strength of a person comes through the Vishuddhi Chakra**

"Now let us see how is Vishuddhi Chakra made. All the vowels that we use come from Vishuddhi Chakra. And like in Devanagari language it is ...A, Aa, E, Ee, U, Uoo, Ai, O, Au, Ang, Aha. So as you know you cannot compile a word without a vowel, it is so important. A consonant is weak, without any strength, without the vowel. So the strength of a person comes through the Vishuddhi Chakra in his speech. But it can be absolutely stiff also, the strength could be absolutely stiff. Supposing you have a very strong weapon but you can't lift it, so what is the use of having a weapon like that?"

*H.H. Shri Mataji, Vienna, 04.09.1983*

## ♣ **'Ham' and 'Ksham' is the beeja**

"Now the mantra of the Agnya Chakra is Lord's Prayer. It has got two sides 'Ham' and 'Ksham'. 'Ham' means 'I am' and 'Ksham' means 'I forgive'. So if supposing this is catching, you have to say, 'I forgive'. If there is ego within us, you should say, 'I forgive'. If there is superego within us, we should say 'I am, I am'; so it is 'Ham' and 'Ksham' is the beeja, is the seed. It is the seed of the prayer, Lord's prayer."

*H.H. Shri Mataji, New York, USA, 30.09.81*

## ♣ **... there is only one ego and that is the God Almighty, Mahat Ahankara.**

"Actually when you turn your eyes here and there, when your attention is here and there and there is nothing but your ego that is trying to overpower you. But actually ego is absolutely falsehood because there is only one ego and that is the God Almighty, Mahat Ahankara. There is no really any ego that exists, it's a myth. It is a very big myth, because if you start thinking you are doing everything – you are doing this, you are doing that – which you are not doing; then this nonsensical ego comes in and you start working it out, it can project in every direction. When it projects forward, it overpowers others, it tries to dominate others, tries to kill others, becomes Hitler. When it moves to right side, it becomes supra conscious. It starts seeing things which are absurd, which are foolish, which is stupid. When it moves to the left side then it starts talking- I mean seeing things-yourself as a big man, as a big Christ, or as a big Devi or something like Adi Guru and 'I am a great personality', that is left sided. When it moves backwards, that is the dangerous one. Then people become Gurus which are ruining other people.

When their ego moves backwards then they become Gurus, they themselves have a lot of defects in themselves and they try to pull people into those horrible stuff which is described as absolute *Naraka*. *Naraka* is the movement of ego on all sides.

*H.H.Shri Mataji, Vienna,04.09.1983*

♣ **Breathing, sight (seeing), hearing, smelling, taste...  
Everything can happen from here**

"...But after the Realization these problems do not exist. After the Realization it is here where I have pierced, every things goes out from here. Today if you release, forsake your attachment from a thing, it goes out from there. By itself, automatically it goes out from here, as you release it. In this process it is not going to enter anywhere else. As it is pierced (of the fontanel bone area) here at this place, it has this benefit. Whatever is there as habit or conditioning (adát), just pick it up on the thought process (Vichar) in the mind (Máná), placing it here and then throw it out. Wherever is the conditioning, it will give you a heavy sensation. Maybe on the Nabhi. Now, someone has a habit of eating a lot, a lot; it does not look nice to see some one eating so much. You must focus your attention on the Nabhi, on the Nabhi. Now, the Nabhi is here. Now, from the Nabhi, one must lift it and push it up and then slowly, slowly, slowly drive it out. All filth will be driven out from here. Now, it is in the opposite direction. The wind is blowing from the opposite direction... from the opposite direction.

Just now Bewde Saab told Me that 'I can breath from here'. It is true! Breathing, sight (seeing), hearing, smelling, tastes... everything is from here. After all everything happens due to the awareness (conscious state) only. As the consciousness (sensitivity) itself comes up at this place, everything will also happen from here. The heart beats (Spandan)...Every activity of the body emanates out from here. From here... anything that you desire to take it out, from within; you must press it and then take it out from here. It will be driven out of you. All habits and conditioning of yours will vanish as it is goes out from here."

*H.H. Shri Mataji, Mumbai, India, 03.09.1973*

♣ **"...When I speak, every word is a mantra.** As I speak, people start getting alright. Now all types of people are coming up. Some are coming up very fast. As far as I am concerned they have put Me aside as Devi and that I cannot be reached. Now, it will be one of you only, who will stand up and

whom people will see and come into Sahaja."

*H.H. Shri Mataji, Mumbai, India, 27.02.1987*

♣ **...how we invoke all the Deities...**

"...Then like this you should understand how we invoke all the Deities in us by doing these small things, by saying things, by saying their mantras, because now you are awakened, now is 'Siddha Mantra'.

*H.H. Shri Mataji, Brighton, England, 19.05.1980*

♣ **...even when I'm speaking it is a mantra, when I am not speaking, is a mantra flowing**

".....Now there is another method when you talk to Me, like saying... "No Mother". It is very common, if I say anything, the first reaction of people could be "no Mother". After all you see there is a course going on, even when I'm speaking it is a mantra, when I am not speaking, is a mantra flowing. And suddenly you come out with your "no Mother", you create a ripple back in the whole thing. Now at that time, if you just listen to Me what I am saying, the saying itself will work out, you don't have to do anything".

*H.H. Shri Mataji, Vienna, 04.09.1983*

♣ **Every Deity in Me is awakened by which your Deities are awakened**

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

*H.H. Shri Mataji, Brighton, England, 19.05.1980*

♣ **The essence of Beeja (Seed) Mantra as explained by Shri Mataji**

"...Beeja Mantra means say the 'Vaikhari'. Vaikhari is the power of speaking. This power of speaking is made into mantras by people who have power of Realization. Now, so, for them to improve, supposing they want to improve their centre, or they want to improve their left or right. They have to say the Beeja Mantras. If they say the Beeja Mantras, that area gets the 'beeja'. Then the 'beeja' has to sprout and has to grow. So the first step they have is to say the 'beeja mantra' and they have to say the different mantras of the different Chakras. So, one is the 'beeja' and then is the tree. So if you know the 'beeja' first of all, you can implant a 'beeja' into yourself by saying



that, and then you start saying all other. So, that's how you make it grow.

The word 'Sanskrit' has come out of Kundalini's movement. When she makes a sound all was recorded by the great saints and like that every Chakra has got vowels and consonants according to the number of sub-plexus they have, you can say petals they have and all of them make all the alphabets of Sanskrit language."

*H.H. Shri Mataji, Pune, India, 1988*

### ♣ Sanskrit is made holy

"This language was made holy. First it was one language, out of which two languages were born. One was Latin and the one which was made holy was Sankrit. The Sanskrit language comes from the saints, who heard all those things and they made this and this is the energy of the 'Vaikhari'. Now the script is there, the 'Vaikhari' is there. The energy is there and this is the way you should say the instrument, but to make it work in a divine way, you have to make it into a mantra. To make it a mantra, any mantra you want to do, you must know first the 'beeja' mantra. Supposing, you want to raise your Kundalini, then the 'beeja' mantra is 'reem' and from 'reem' you should go on to 'Om Twameva, Sakshat Shri Reem'. Then you should go on saying the mantras of all the Deities that are there. You all have become 'Vidyawan' now.

Now you try to understand that how this 'vidya' has been penetrating into you slowly. Not with any teachers or anybody sitting with a stick in the hand. The whole 'Vidya' is exposed from within and without. Whatever I say, you can tally it on your vibrations. So it goes into your hand. You don't accept it because I am saying but it is so, that's why you accept it. Supposing I say, this is water, then what, you will drink the water and you will see if it quenches your thirst. Then only you are going to believe that this is water, otherwise you are not going to believe. In the same way it is. We are 'Swayama - Siddhas'.

'Ra' is the energy, Radha. The one who sustain the energy is Radha. She is Mahalakshmi that is why She sustains the Kundalini. 'Eee' is the Primordial Mother, and 'Ra' is the energy that is Kundalini. So the 'Reem' means that you have the energy passing through, towards the Primordial Being. So 'Reem', that is why the Yogis, because they believe only in connection. Yogis believe in Yoga and so they have to look after the energy and also the Primordial Mother. This is very important because that is how energy should be there; Kundalini, as well as Primordial Mother. Fourteen

thousands years before, they have written all this which is the truth, which you know now. Now when you read this book (Devi Saptashati), you will understand."

*H.H. Shri Mataji, Pune, India, 1988*

### ♣ **Knowledge on (Emission of sounds) Para...Pashyanti... Madhyama, Vaikhari and Paravani**

"...'Paravani' starts from here. (Shri Mataji explains, keeping Her Hand on Her Nabhi). There is the sound, which is silent. Then it comes to the heart, when it becomes 'anahat', it's called as 'Pashyanti' because it just witnesses. The 'Vani', the energy of Vani, the energy of that sound just witnesses and is Anahata state. Then it comes here (Vishuddhi level), so it's called as 'Madhyama', still in the middle stage, up to the throat, but when it comes to the mouth, it becomes 'Vaikhari', means then it speaks, speaks. So, this is how the Paravani means the Paravani is the - say, if God has to say something - then he says it in Paravani, which you can't hear it. So, in the same way you have got your Paravani within you, which is of course, the human (we should say) reflection of the same Paravani, which you can't hear it. You can't hear the 'Vani' in your stomach, but say you get some troubles, specially cancer or any such diseases, you get a problem. That causes 'spandan' throbbing, is vibrations that you get, is the effect of that Paravani, which shows you that there is some trouble. That trouble you can see, then it starts throbbing. Even the Kundalini, when She starts, She doesn't make any sound, but She comes here (Sahasrara), and if there's any problem, She makes a throbbing. As long as there is obstruction, she goes on making throbbing. It's like a - it's like a smooth water, when it runs, it doesn't make any sound, but when there is obstruction, it makes a sound. So, there is a sound innate. This sound is due to percussion in the water, but there is innately sound built into the 'Vani', this sound which is silent sound, which rises from these four stages and when it comes to the mouth, then only it becomes 'Vaikhari'. In the case of God, see, when He speaks, whatever He is speaking, nobody can hear it, unless and until you have reached the state of Paravani. Unless and until you have felt your Paravani, you cannot hear it.

So what happens, that, God Himself has to come on this earth and has to use His Vaikhari to explain things to you. So by that you start going down and down. Then you come to madhyama state, where you enjoy your silence. Then you come to Pashyanti, there you enjoy your witness state and then you come to Paravani, where you get the sound or you can say that you

get the information, just information, but it has no sounds, no noise, nothing, just the information like a thought. Thought doesn't have sound, so the inspiration comes to you from Paravani. But thought has no sound. In the same way, it is a soundless thing that comes."

**Sahaja Yogi** - "Is this in the Void or the Nabhi or some special place?"

**Shri Mataji** – "Nabhi. This Lakshmi Tattwa, the Mahalakshmi starts, with that all these things work out, but when you start rising higher to the Agnya, then this 'Vani' goes as 'Anahata'.

'Anahata' means the sound of the vibrations. I can hear. I mean somebody who puts hands on me, can also hear. All kinds of sounds you can hear then it comes up to the head here (Sahasrara). When it reaches, then it starts making throbbing, then the 'Brahmarandhra' is opened out, the 'Vani' becomes the sound, becomes one with God. But this state, up to this state it comes up, in a human being normally it comes out from here. It is, a part of it, from God, but when it is given, the Agnya is opened out and then when it crosses this Sahasrara, then this Vani, this sound of vibrations also comes out. Main thing is one has to understand, that when you have reached a state of 'Nirvikalpa', then the inspiration comes to you through this 'Vani' in your brain. This same 'Vani' gives you inspiration in your brain and that inspiration gets you understand. Like I say you should know something between the lines. So, because you have become a subtler sensitive person (Sookshma), so you can also start understanding the 'Sookshma' and also saying things which are 'Sookshma'. Like people have become poets."

**H.H. Shri Mataji, Pune, India, 1988**

### ♣ **Mantras are the essence of what one says**

"....But the worst of all in the left Vishuddhi, is the mantras given by wrong gurus. Because that is the essence. Mantras are the essence of what one says. So what happens to you, that if your left Vishuddhi is not all right, even if you say mantras, they are not effective. Whatever mantras you say with your left Vishuddhi are still half-baked, are not fully vibrated, because of left Vishuddhi problem. But if you say mantras without the left Vishuddhi problem then the mantras become absolutely complete, or most effective, or as you say, that Purnatwa is the completion. It has the full effect."

**H.H. Shri Mataji, Shudy Camps, England, 20.08.1988**

### ♣ **Mantras are the words of your Kundalini**

"A puja or a prayer grows from your heart. Mantras are the words of your Kundalini. But if puja is not performed from the heart, or if the

Kundalini is not associated with the recitation of mantras, then that puja becomes a ritual. Best is worshipping in the heart. You should say mantras in puja but with great faith (Shraddha). You should perform the puja when Shraddha goes deep, so that heart itself gets all the puja performed. At that time, waves of bliss start flowing because it is the Spirit that is saying.

People pour their wine in the glass. Your puja is like that. In that, wine is your faith and the glass is the recitation of the mantras and the worshipping. When you are drinking that wine forgetting everything how can a thought come? Then only you are bathing in the ocean of bliss. However, the joy that you get after drinking the wine is eternal and ever-present."

*(Sayings of H.H. Shri Mataji, Nirmala Yoga, vol.5 no.29, Sept- Oct 1985)*

### ♣ **A mantra is nothing but a thought, which is vibrated**

"What is a mantra? It is that power of the word that expresses Spirit. A mantra is nothing but a thought, which is vibrated. Any thought that is vibrated is a mantra."

*H.H. Shri Mataji, Vienna, Austria, 4.9.1983*

### ♣ **Mantras are to be such that they should not be mechanical**

"Your mantras are to be seen. Mantras are to be such that they should not be mechanical, just saying something mechanically. You should say it from your heart. Again, if you do not say mantras through your heart, the mantra is not siddha. Means you may go on saying one hundred times, it will have no effect. Siddha mantra is that, that you say, that it has an effect, it works. If it does not work, then your mantra has no meaning."

*H.H. Shri Mataji, London, England, 6.11.1983*

"There should be complete purity in the recitation of mantras to awaken the Deities and your heart must be involved in it."

*An undated Marathi letter by H.H. Shri Mataji*

### ♣ **This mantra is a very powerful mantra**

"Now, the name of your Mother is very powerful. You know that is the most powerful name than all other names, the most powerful mantra. But you must know how to take it. With that complete dedication you have to take that name. Not like any other name. You know that in India when they take the name of the Guru, they hold their ears to take the name of their guru; means, 'while taking the name, if I am making any mistake please forgive me.' It means that. This mantra is a very powerful mantra. Only what you

need is the dedication, the dynamite, of dedication."

*H.H. Shri Mataji, Cowley Manor Seminar, England, 31.7.1982*



### ···Why do you need a guru for a mantra?

"You must know that you must keep yourself alert about it that we are not going to accept anything but real. But, you can be hypnotised. You can be brainwashed because you don't know all these things. Somebody says some words in Sanskrit language you get so enamoured by that as if Sanskrit language is something out of the blue. For example some of the disciples who went to certain gurus, got mantras which if you tell an Indian, he will laugh out his stomach. Like a mantra given 'aienga'. Now tell an Indian he will laugh and that people had paid three hundred pounds for such a nonsense like that which means nothing, which cannot be a mantra. Why do you need a guru for a mantra? There is a science about it. Because we do not go into the understanding of it, and just jump onto it.

*H.H. Shri Mataji, Kingston, England, 11.06.1980*



### Horrible things like 'inga, pinga, tinga', these are no mantras

"... We have a great organization in this country, and everywhere else where they give a mantra. Now just think of it! There are six centres. These are the basic centres, there are many more, I don't want to tell you the number, otherwise you will be surprised. But six main centres and two on the left and the right are sun and the moon. And at the bottom is the seventh one. So you can see there are nine centres, basically we have to know and there are nine Deities on these nine centres. How can you give somebody one mantra? Supposing you have to pass through six gates and you have only one pass, of the fifth one and you are at the first gate, how will you pass through? These people have no idea! And they have given such horrible mantras I was surprised. One of them means 'tinga' means thumb. Can you imagine this could be a mantra, like this? It is such a ridiculous thing to say. Horrible things like 'inga, pinga, tinga', these are no mantras. This is nonsense. And it is a mafia going on. They come and tell you in your ears, you see you are not to tell it to anybody. I was most surprised that at the end it was the 'fallopian tubes'. I said "What? Fallopian tubes? How that can be a mantra?" And we take it, we pay for it, people had paid £ 3,000 and they are given to eat for one week, for £3,000, the boiled soup of boiled potatoes. Just that water, for 5 days and one day the rind and one day the potatoes, to make them weak so that they could become completely out of their mind

and then they can be mesmerized very well. Be careful of these horrible people."

*H.H. Shri Mataji, Maccabean Hall, Australia, 22.03.1981*

♣ **Puja is one of the things by which you can excite the forms into formless**

"...Because worshipping any Vighraha, any statue of self-created vibrations of Mother Earth, people had big problems. They had to first of all do a meditation, which was called as Sarvikalpa Samadhi. That means in that state you had to concentrate on such a statue, Vighraha. Vighraha means the one, which is a vibrating statue, and try to raise your Kundalini. And Kundalini used to come up to your Agnya, but the jumping beyond the Sahasrara was an impossible task because one has to go from form to formless. And it was so difficult to get out of form to formless, and even to concentrate on abstract or formless was another impossible task, as the Muslims did, or many others tried to do. Under these circumstances it was necessary that the formless had to take a form so that there were no more complications. As soon as you concentrated on the form you became formless. Like you have ice before you, as soon as you start touching the ice, it melts away and you start feeling the cool.

So the problem is very easily solved now. Puja is one of the things by which you can excite the forms into formless. Now your centres are the centres of energies, but they too have a guiding Deity sitting on all these Chakras. They are also the formless made into forms. And when you do the Puja, the form melts into formless energies. And these formless energies start flowing, and then blows the wind. And that is how these misidentifications, these superimpositions on the Spirit, are removed."

*H.H. Shri Mataji, Paris, France, 18.6.1983*

♣ **Shri Mataji is not your sister, but the epitome of music**

"...It was these circumstances that I was standing under a mango tree listening to the conversation of Dr. Rustom Barjorji and Rajesh Shah who were discussing their growth in Sahaj and the speed at which Shri Mataji was now taking them to their ascent. Seeing a mused smile on my face, Rajesh Shah told me that since I was not self Realized it would be difficult to understand their conversation. Rustom was surprised to know that I did not have my Self Realization. He asked me as to why I was not getting my Self Realization. I counter questioned him, saying that would he have accepted his own sister as Adi Shakti or the Divinity? He said that he would give me

Self Realization in two minutes. I thought he was talking through his hat because Shri Mataji Herself had tried for well over 13 years and had not succeeded. Anyway, taking him on his words I said that I challenged him to give me Self Realization. He asked me to sit down under the tree and put his hand on my dead ruffling hair, which I did not like. Anyway, I said that his failure would be my triumph and I was so confident that he would fail in giving me Self Realization. He started asking me questions. The first question he asked me was as to what I loved the most. I said Shri Mataji, obviously. He said other than Shri Mataji what did I love the most. And I said music obviously. Then he asked me a very innocent question. He asked as to what was the epitome of music, the highest point, the pinnacle. I thought for a moment and replied, "That note which is created by the artist and accepted by the audience fully, without any loss to the music created by that note." I thought I had answered marvelously and I expected Rustum to be floored by my answer. To this Rustum suddenly said, "**Think that Shri Mataji is not your sister, but the epitome of music that you just described so beautifully.**" That sentence of his did the job. The link of brother-sister relationship had been so strong and the bond of love, so unshakable, that I had not been able to get out of my conditioning of the relationship, but in identifying Shri Mataji as that note which is the pinnacle of music, this bond was broken. The shackles were removed and suddenly I found a new identity of Shri Mataji which was totally formless, which had no prefixes or suffixes which was put and unmaligned by the stains of relation or any bond. I felt strange experience within myself, as if the identity of this formless note of music. I knew then and there that a transformation was taking place within me. Suddenly, I felt very cool all over, particularly in my hands and on my head and my eyes started to dilate. I had become thoughtless, involuntarily, and nothing seemed to register with me, as if I was in a trance in some other different world."

*(Babamama in his book, My Memoirs, 2000, pp.178-179)*

## *The Liver Diet*

The body depends on the liver to perform a number of vital functions which can be divided into the following basic categories:

- i) Cleansing blood:
  - \* metabolizing alcohol, drugs and chemicals
  - \* neutralizing and destroying poisonous substances
- ii) Regulating the supply of body fuel:
  - \* producing, storing and supplying quick energy (glucose) to keep the mind alert and the body active
  - \* producing, storing and exporting fat
- iii) Manufacturing many essential body proteins involved in:
  - \* transporting substances in the blood
  - \* clotting of blood
  - \* providing resistance to infection
- iv) Producing bile which eliminates toxic substances from the body and aids digestion
- v) Regulating the balance of many hormones:
  - \* sex hormones
  - \* thyroid hormones
  - \* cortisone and other adrenal hormones
- vi) Regulating body cholesterol by producing it, excreting it, and converting it into other essential substances.
- vii) Regulating the supply of essential vitamins and minerals such as iron and copper.
- viii) Performing literally hundreds of other specific functions.

In fact just about everything that we swallow that is absorbed into the bloodstream ends up passing through this essential organ. As well as being the largest organ in the body it is also the only one which is capable of self regeneration.

Whilst there is still much that is unknown about the full functionality of the liver it is probably fair to say that it is central to the body's metabolism, or the process by which living matter is produced, destroyed or maintained.



## *Traditional Medicine*

With the obvious importance of this organ to our overall physical well-being it is no accident that the ancient practices of Ayurvedic and Chinese medicine have endowed the liver with such importance in both our spiritual and material makeup. Because so much of the liver's activity is concerned with keeping the body and brain free of harmful toxins and the hormonal flow in balance, most ancient medicinal practice sees the liver as an important part of the functioning of the whole being.

Oscillating mood swings caused by fluctuations in blood sugar levels or hormonal imbalance, the relationship of bile to proper digestion and therefore overall energy levels, and the detoxifying functions of the liver offers obvious mind-body correlations.

There is one area, however, where modern Western medicine deviates from ancient lore and that is in relation to the significance of heat in the liver. Both Indian and Chinese medical practices acknowledge the effect of a 'hot' liver on the individual, and in fact offer specific remedies with which to 'cool' down this important organ. One such, herb, gardenise jasminoidis, (zhi zi), otherwise known as the 'happiness herb', is renowned for its effectiveness in removing the internal 'heat' which can cause irritability, restlessness and insomnia.

In India, a herbal drug named Liv.52 is considered good in the case of an affected liver.

Sahaja Yoga also acknowledges the importance of the liver in the overall subtle system, both in terms of affecting our meditation and in helping us to achieve a continuing sense of balance in our lives. For this reason Shri Mataji long ago formulated a diet specifically designed to cool the liver.

Shri Mataji has said that the liver is the seat of the attention, and that a 'bad' liver can therefore result in a fragmenting of the attention. This can manifest in a lack of focus and concentration of the attention, and inevitably this will prevent the sufferer from going deeper. One of the first signs of a problematic liver will probably be difficulties with meditation; too many thoughts.

Shri Mataji has also said that the liver nourishes the Joy which comes from the Spirit (Atma) that resides in the Heart, and that if it is damaged it is very difficult for someone to develop this feeling of Joy within themselves, or feel it for more than a few moments at a time. These are among the reasons why Shri Mataji has paid particular attention to this physical

problem and has given us a special diet to follow which brings about a very quick recovery.

Those suffering with liver problems are usually catching on both the right Swadisthan and right Nabhi Charkas, which are responsible for the liver organ in the body. They may experience a feeling of heat or even pain in extreme cases, in the region of the liver itself, on the right hand side of the body, some seven inches below the right armpit. They may also experience a lack of appetite or nausea.

As well as giving us a prescribed diet, Shri Mataji has explained that one of the most effective ways to remedy this problem is to direct vibrations to the liver directly with the left hand. We can simply sit as we would for meditation, in front of the photo and candle, and place the left hand directly on the location of the liver while holding the right hand opened out on our lap as usual. If we do this for a few minutes each day, or each time we meditate, the problem can soon be overcome.

It should be noted that having a liver which is in need of treatment does not necessarily indicate wrong doing. We are all constantly bombarded with an environment which may cause the liver to go out of balance. Fast food, a stressful job and even things like planning complex holidays can add to the work the liver has to do. The key is in recognizing the signs and taking remedial action so that our meditations do not suffer and we stay in balance overall.

A very good test if you feel that your meditations are not all that they might be, is to meditate one day with an ice pack placed over the liver area. If the meditation is improved, this is an indication that the source of the problem may be the liver. If the problem persists or becomes more severe, then is the time to consider using the diet to correct things. Try it for seven or ten days and at the end of that time you should be able to notice a marked difference in your meditations and overall state of balance.

The diet is not so much a regime of food intake, as a list of things which are cooling for the liver, and things which should be avoided if possible whilst we are undergoing the remedy.

## ***The Diet***

### **Cooling for the liver, proved beneficial, and recommended for intake.**

***White Sugar*** - Shri Mataji has said that sugar is the food of the liver. This is cane sugar, not beet sugar. Tate & Lyle and Sainsbury's sugar is cane sugar with the others being almost always beet sugar. There is also a type of sugar known as sugar candy or rock sugar, which is available from most

Indian shops - its use is described under Black Kokum below.

**Sugar Myth** - Just because it is sweet does not mean it is good for you. Leave out the cakes and icecreams.

**Sweets** - 'Amla' fruit treated in sugary syrup called 'Amla Murabba', in India, is good. However, amongst sweets available in India, the Bengali sweet called Rusgulla is okay.

**White Rice** - White rice is very cooling for the liver. Rice! Rice! Rice! is a wonderful food which can be prepared in all sorts of ways. Combined with Chick Peas or Moong Dal, one has a complete protein. In Shri Mataji's cookbook there is the best recipe for making the best rice.

**Yoghurt** - This is probably the most effective coolant. However it must not be eaten in a cold climate or during cool times of the year such as winter and spring. Cucumbers are wonderful and wonderfully cooling. Combined with yogurt and garlic they give a double cool treat with rice and moong dal. It is very cooling but to be avoided at night-time and in the winter. It must be sweetened. Lassies are wonderfully cooling for a hot summer's day. Prepare in a blender with water and sugar. Buttermilk is also okay.

**Ginger** - Ginger in almost any form is good for the liver. In particular we can take some in the morning in a spoon mixed with sugar and followed by a glass of water. This mixture should not, however, be taken in hot climates or hot times of the year such as summer. Crystallized ginger is also very good for the liver.

**Fruit** - Generally most fruit is good for the Nabhi Chakra and the liver. In particular grapes are good, and grape juice in its pure form is also very beneficial. All berries are good. Holunder (Elderberry) juice is also great. Rhubarb is good. Stay away from all acidic fruits such as lemons and oranges. Acid in any form aggravates the liver. Coconut water is good.

**Fresh Vegetables & Salads** - All are good in general. Radish in particular, and radish leaves, can be taken and boiled with sugar candy and drunk as a beverage which is very good for the liver. Tomatoes are actually acidic so eat in moderation or not at all. All vegetables should be steamed or boiled. Salads or any uncooked vegetables should be eaten at midday as they are harder for the liver to work on.

**Radish Leaf Tea** - Use organic radishes if possible. Boil leaves with candy sugar for a while and drink cooled throughout the day. In an extreme case of liver one can drink only this, for three days.

**Chana** - Known also as chick peas, can be made into dhal (dal) or soup. These chick peas are very good for the whole Nabhi Chakra and the

liver.

**Chick Peas and Moong Dal** - These are the only beans or pulses which cool the liver. All others are heating for the liver. Prepare chick peas by washing and soaking in salt water overnight. In the morning cook until soft, with fresh ginger pieces which prevents gas in the stomach. Mix or mash with herbs or vegetables of your choice.

**Black Kokum** - This is a type of fruit which can be bought from most Indian stores. They look like prunes but be warned, they are not sweet. The best way to use them is to make a drink out of them by pouring boiling water over a small handful of Kokum placed in a jug, and adding about the same quantity of sugar candy. The mixture should then be left overnight and drunk the next day as a normal beverage in place of tea or coffee.

**Vinegar** - Substitute for salt. Toss your salad with a good olive oil first and then toss with vinegar. Tastes great!

**Olive Oil** - Can be used cold on your food after cooking. No food to be cooked in other oils or butter. Foods must be boiled or steamed only. Sunflower oil in moderate quantity is okay.

### **Harmful for a suffering liver, and to be avoided.**

Alcohol, fried foods, fatty or oily foods, greasy foods, ground nuts and oil, heavy meat such as red meat, butter and cream, ice cream, very spicy foods, fish, mushrooms.

**White Bread** - Breads must have absolutely no refined flour. No white breads and no cakes or cookies. Whole grain breads are the best but without nuts in them.

**Non China Teas** - Try green tea or Red Bush tea (Rooibush). They both give energy but do not harm the liver.

### **Not advisable for a suffering liver.**

**Pickles and Spices** - All are acidic and should be eliminated from the diet.

**Mushrooms** - Never use.

**Cheese** - You may try mozzarella or goats cheese in extreme moderation. Best not at all.

**Coffee, especially if strong** - Coffee, black tea, Coke-Cola, chocolate all aggravate the liver. Stay away!

**Milk products** - Are heating to the liver. Stay completely away.

**Most Dairy products** - Like stale paneer, especially, are not to be eaten.

**Too much milk.**

**Too much salt.**

**Colas, sodas and all soft drinks** - Leave out of the diet completely. These have too many chemicals which disturb the liver. They also rot the teeth.

## **Ok to be eaten in small amounts**

**Chicken** - A typical meal using this special liver diet, could be a simple chicken and white rice dish, without any rich sauces or spices and with salad, fruit or yoghurt to follow. In general it is simply advisable to cut out all the harmful foods during the diet period and try and eat the beneficial foods while paying special attention to our liver in our meditations. Chicken is the only meat that is neither hot nor cold and can be bought as ground chicken. The skin should be removed. The Indian method of marinating the meat in herbs and yogurt without the skin lets the flavors penetrate into the meat. It is invariably much tastier.

**Eggs** - Only soft or hard boiled, and then in moderation.

## **Above all the best liver care is:**

**Meditation at 4 a.m.** - This helps a lot, but, actually the sun is already rising and the birds are awake. Apparently it is the time of day when the liver is at rest, making it easier to meditate.

**Eating** - Best in small quantities so the liver works less. It is better to eat a light meal in the evening, but not too close to bedtime.

**Worrying** - Not allowed

**Thinking** - Not allowed

**Meditating** - The best liver diet of all!

*Did We Know....???*



*“Science deals with only a very little portion, I will also tell you which part of this power deals with our physical being and out of which how much a scientist knows. You will be surprised that if knowledge is an Ocean, the scientist knows only a drop. **And to know the Ocean, the drop is to be dissolved in the Ocean. But a drop cannot by its own effort become the Ocean; the Ocean has to dissolve the drop.**”*

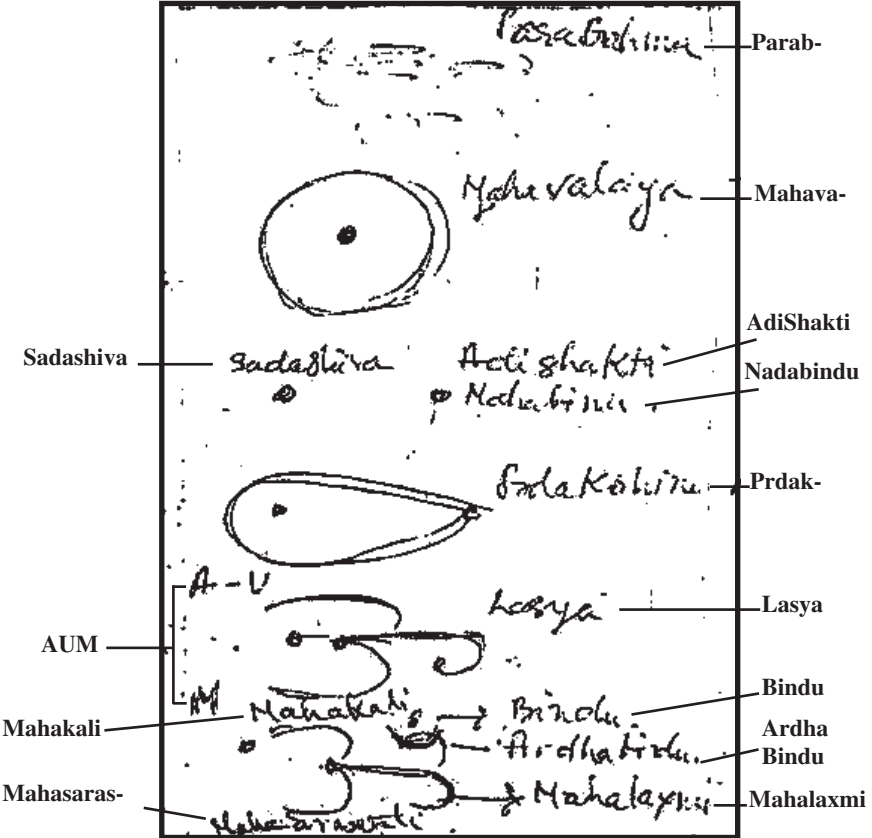
*H.H. Shri Mataji, Feb, 1979*

♣ 'Gocreate!' Hesaid.....

This was in Frankfurt in 1988. Shri Mataji was there for the first visit. We had an embarrassingly small ashram, and we were all with Mother in the evening after the public programme, when She returned to the ashram.

'Bring me a piece of paper and a pen,' Shri Mataji said 'I want to show you something.' Then She started drawing. She started off with a dot.

'See, this is Shri Shiva,' She began. 'When there is one, it is just a



*Hand drawn sketch by H.H. Shri Mataji to explain the evolution of Cosmos and Omkara*

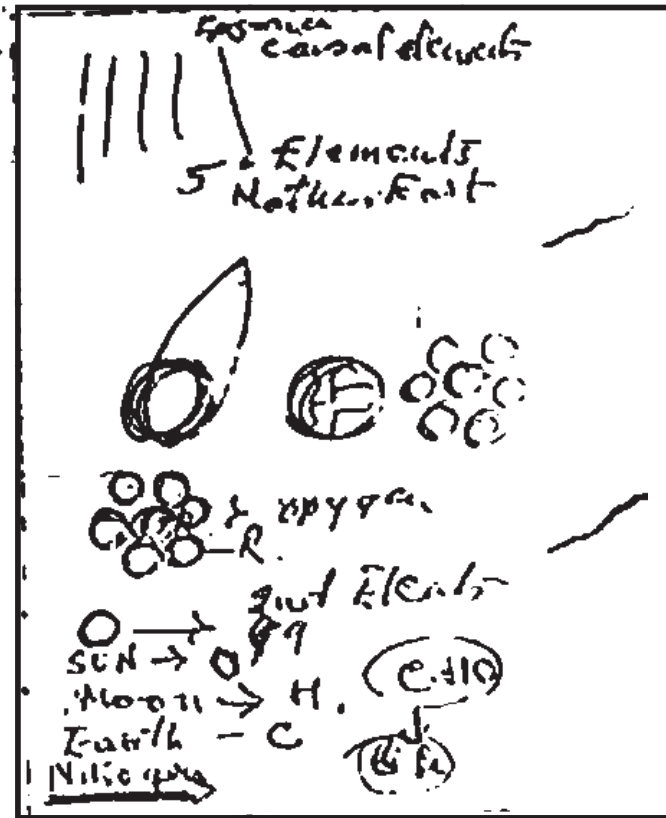
dot. There is nothing else existing. But then Shri Shiva wanted to witness Himself, in the sense that there needed to be another. So there can be a mirror and He separated Himself from His Shakti. But because the love between Shri Shiva and Shri Shakti is so deep, the Shakti was not very pleased that She was pushed out.' So Shri Mataji then drew a circle around the dot, and

went a few more times round and made the circle like an ellipse. And the ellipse is there because the Shakti wants to come back to Shri Shiva, and He pushes Her out again.

'Go create!' He said. So that is why all the circular movements in the universe are not perfect circles but ellipses and that is one of the manifestations of the love between Shri Shiva and Shri Shakti.

Once She had accepted what She had to do, She separated Herself into three: Shri Mahakali, Shri Mahasaraswati, Shri Mahalakshmi. They started on the subtle level, started manifesting on the subtle level, started manifesting. There was not yet any material creation. The causal bodies for anything that exist are these three powers, and then Shri AdiShakti created Shri Ganesha, the fourth one.

First Shri Mataji explained the 'Om'. The one line is Shri Mahakali,



Hand drawn sketch by H.H. Shri Mataji to explain the evolution of 'Causal elements' and the basic units of life



the bottom one is Shri Mahasaraswati, and the other is Shri Mahalakshmi. Then there is the bindu (dot) of Shri Shiva. Then She said that the creation went into the material creation also, you see that on the left side is hydrogen, and on the right side is oxygen and in the central channel is nitrogen, and in the Mooladhara is carbon. And with these four atoms you can create amino acids, and these amino acids are the basic building blocks of life. Shri Mataji wrote this down on the paper. (Page 104)

*Herbert Reininger recollects his memories for the "Eternally inspiring recollections of our holy Mother -East European Volume-3" and the hand Drawn Sketch (Image) by Shri Mataji is provided by Brijbala (brigitta)*

### ♣ **Then the Adi Shakti went into three forms and with one form She created all the element...**

*Q. from Sahaja Yogi.*

*Shri Mataji* - "When in the beginning Sadashiva and Adi Shakti separated, that time the 'Tunkaar' which took place that is the main thing that started. Then the Adi Shakti went into three forms and with one form She started all the elements. That Tunkaar (OMKARA) which is auspiciousness, which is holiness. The Tunkaar is the one which has spread into the whole atmosphere, is the auspiciousness and the holiness. Went with everything that was created, but it was created by the right side. So though it is surrounded by it, like this house is made but its surroundings are different. So the surrounding air supposing the Omkara, then this house is made. So this is not that the Omkara has made this, but it surrounds and because of its surrounding also it moulds, it moves, because the Chaitanya which is actually the Omkara, we should say, is all the time guiding, penetrating, organizing, improving everything."

*Sahaja Yogi* - "It is only the Devi that does, Shri Mataji?"

*Shri Mataji* - "She does everything. No doubt about it. She does everything. She is the doer. She first created Ganesha, through which auspiciousness is controlled through which holiness is controlled and through which all universe gets surrounded by Her. Then it also enters, like supposing I touch anything, it becomes holy, because the Chaitanya goes into it and it becomes holy, it becomes auspicious. So it can pass into it, it can pass into anything. But anything dead, it doesn't have Omkara. It has got electro magnetic forces and then electro magnetic goes into higher stage when the nitrogen enters into it, then it becomes 'Prana'.

So at different stages it goes, then it becomes a human being. Still is a

human being till he becomes a Realized Soul, then its different story. So the evolutionary stage, every stage in Omkara, which you call Chaitanya, which goes into everything. Now this Chaitanya also is used by all these three powers. That's why it is called as Omkara -A -U -Ma, because the Goddess uses different types of powers of this Chaitanya to do other work. So the whole of 'Aum' is not used. Quite a complicated stuff; better not to understand. The more you try to complicate yourself like this, the more your Agnya will be catching. Better you keep your Agnya down. I should say keep more to 'Bhakti' than to Agnya. This will all come to you very soon."

*H.H. Shri Mataji, Pune, India, 1988*

♣ ... .. revelation by Shri Mataji of the creation of the Trinity, the Cosmos, the Universe and the World, in such a short time with all the diagrams made me speechless

".....She then said that if one goes with the Bible, in the book of Genesis, it is written that in the beginning there was darkness, the Spirit was hovering everywhere. That Spirit She said could be called Sadashiva, or the Creator, Who is All pervading. The power of the vibration of the sleeping Sadashiva was hovering around the Cosmos in a clockwise circular pattern. The energy of Desire (Ichchha Shakti) which was located within Sadashiva was quite tired to this orbiting (Parikrama) of Sadashiva and expressed the desire to be independent of Sadashiva. So Sadashiva acceded to Her request with the condition that She should remain in Her orbit (Parikrama) and not return to Sadashiva unless He desired. The Ichchha Shakti agreed and Sadashiva put Her in Her own orbit, which was also clockwise. After millions of years the Ichchha Shakti got tired of Her loneliness and wanted to rejoin Sadashiva, ignoring His condition that She could only comeback to Him when He wanted Her, and not at Her free will. As Ichchha Shakti started coming closer to Sadashiva, He held out His hand to stop Her, and it hit the orbit (Parikrama), which was shaped like bangle. The orbit then disintegrated into three parts with a sound and rejoined to form the 'AUM'.

This was the first sound (Naad) created or, as Shri Mataji said, the first musical note that was created.

I was listening with rapt attention as She explained that the dot that is shown on top of the third disintegrated part is in fact 'Sadashiva' Himself. In fact, Shri Mataji went on to say that these three disintegrated parts were the three energies, the Mahakali, the Mahasaraswati and the Mahalakshmi, which is now known as the Trinity. These three energies wanted to do

something good for the Cosmos and They requested Sadashiva to allow them to manifest. As a result, Lord Shiva, Lord Vishnu, Lord Brahma and Goddess Saraswati, Goddess Lakshmi and Goddess Parvati manifested through these three energies. Out of which Shiva married Parvati, Vishnu married Lakshmi and Brahma joined Saraswati. Even after the creation of the six deities They had no work to do, nothing that could benefit from them. Therefore AdiShakti decided to create human being.

Shri Mataji went on to say that She went round and round with all the energies which thickened. It was broken into pieces with a big bang (this explains the theory of Big Bang) and a piece which had a Mahalakshmi energy, now known as the Earth, fell apart, and was moving with a momentum staying in a revolving motion. Also the other pieces like Sun and Moon fell out with Mahasaraswati and Mahakali powers. The Sun which was another piece was very hot but became bearable because of the distance, but the Moon which was another piece became very cool, and the Moon and the stars were also visible from the Earth, though they were also part of the Cosmos. Now the Earth was moved from the Sun towards the Moon. The coolness of the Moon cooled the Earth and thus ice was formed and when the Earth was moved towards the Sun the ice melted and water was created and the Sun was closer to the middle part so it became hotter while the two poles became covered with the ice.

Sadashiva created Adam and Eve in His own image, and they were split image of God Himself, He did not put knowledge of Dharma into the system of the new world. As you all know, Adam and Eve ate the prohibited fruit of knowledge at the request of AdiShakti Who came as the Kundalini or serpent and because they had no free will. They were like superior animals. Many different types of species had to be destroyed, more so since there was no knowledge of the Dharma installed in the system. As a result the famous deluge was created and, barring one species of each creature, everything else was destroyed. This meant again that there was no work for the deities, as all the species were without the knowledge. AdiShakti decided to evolve a human being rather than to create one. The deities started to function. They established different centres or Chakras in human beings which evolve the human beings who were previously just like animals.

Shri Mataji went on to say that from atom of a carbon to the present day state of human being it would have taken million of years more than it took. In fact She gave the example of the sputnik missile. The evolution She explained in a very clear manner. One capsule carries many other capsules

one in another. She drew the first capsule of the body, inside it was evolving emotions and third the intellect. When the first capsule exploded the other two were thrown into the space with a much greater speed. Then the second exploded so the third one was thrown with greater speed and it entered into the area which had no gravity pull. So eventually, by a process of the evolution the Human Being was created and along with him came the evolution of the knowledge of Dharma.

Dharma according to Shri Mataji meant the limits in which the activity could not be carried out. Animals have dharma but they do not know about it. To illustrate She gave the example of the tree. She said the tree could never grow downwards, and She said that it could not grow beyond a particular height because its Dharma did not allow it. But the tree has no knowledge about it. In the same way a human being was also bestowed with Dharma and its knowledge, manifested initially through the conscious, the subconscious and the supraconscious and later on through the wisdom and spiritual enlightenment. To know the ultimate knowledge of Dharma, the Kundalini which is the reflection of the Adi Shakti was ignited from its state of dormancy. This Kundalini, when awakened, establishes a direct connection with the All Pervading Vibrations (*Paramachaitanya*). The first thing that happens is that you become thoughtless, yet aware of thing around. Since this energy is Divine energy of love, it can, when allowed to flow, do things which appear to be humanly impossible.

The very detailed revelation by Shri Mataji of the creation of the Trinity, the Cosmos, the Universe and the World, in such a short time with all the diagrams made me speechless".

*Excerpt from 'My Memoir' by Babamama (Mr. H.P.Salve) Chapter -9, 1986: The Creations of the Cosmos. Pp. 187-191*

## ♣ Shri Adi Shakti created the whole universe with the power of OM

"Musical notes are the carriers of Chaitanya and through these the seekers have to acquire spiritual knowledge and growth.....

The manifestation of Adi Shakti and OMKAR simultaneously took place at one single moment of time. When Adi Shakti manifested Herself, a particular holy sound was created which can be meaningfully called 'OMKAR'-(ॐ).

Shri Adi Shakti created the whole universe with the power of OM.

OM is the manifestation of three primordial powers which are 'A' 'U' 'M'. These powers created the universe.

'A' — The power of Pure Desire - Shri Mahakali

'U'— The power of Action - Shri Mahasaraswati

'M'— The primordial power of Evolution - Shri Mahalakshmi.

This 'Omkar' is the beginning of music and for this very reason music has become a universal language. This 'Omkar' is also the Adi Sangeet which Adi Shakti gave to Lord Brahma. The four Vedas are nothing but the continued manifestation of this Adi Sangeet.

Lord Brahma gave this music to Devi Saraswati. The veena in Her hand is the symbol of this music. Devi Saraswati is not vidya alone but music as well. From Devi Saraswati music went to Maharshi Narad and it seems to be a musical irony that the connecting link between the two is the Veena. Guru Narad taught music to the Gandharvas, Apsaras, and Kinnaras.

Music was destined to come to man. Music was still in heaven and those who brought it to Earth were great Rishis and Munis who were great scholars of music, great inventors in music and great researchers too. This heavenly Sangeet Ganga has been brought to Earth by equally heavenly powerful and knowledgeable ancients. They can be called Bhagiraths. The relentless and continued efforts of talented musicians are solely responsible for this. God gave music to Rishis and Munis and in their own turn they handed it down to man. Talented and gifted men contemplated and meditated on it. It was sort of mad worship of the Goddess of Music. These musical scholars and performers discovered science, scientific rules and methods, the example of which is the classical music. The classical music is the scientific form of folk music....

'Naad' is a combination of 'Nakar' meaning life-breath (air) and 'Dakar' meaning fire or energy. Thus the breath when energized gives rise to a musical sound and hence a musical sound is called as 'Naad'. This definition ought to be looked upon as correct and complete to explain the human voice which in India at least, is considered to be the prime source, the origin of music.

The Spirit wishing to express itself prompts the mind or the will. The mind on its part awakens the heat or the energy in the body which again in its turn prompts the breath dwelling in the Brahmagranthi. This breath, thus prompted rises up higher and higher steps and comes out through the chest, the throat as a musical tone. Thus the human voice is the prime source for all

music."

*(Music and Sahaja Yoga, By Pt. Arun Apte, 1997, PP 2-3&30)*

**♣ Now see how Mother Earth herself was created.**

"...But today when we are in this modern Sahaja Yoga, we are actually at the level of Mother Earth, because this is the age of Aquarius, and Aquarius is the same as the *Kumbha* – is the Mother Earth. So we are at the level of Mother Earth. You can also see in the consciousness of the human beings – I'm saying not only men, but women also and men. The consciousness is moving more towards the feminine expression of the life.....

...The whole preparation has been made for this Aquarius age to come in to bring in the Kundalini upward and to make the whole thing work out in such a way that the left and right meet and you all become ignited, enlightened. It was a question of our being, sharing the whole job in a proper understanding.

Now see how Mother Earth herself was created. It is also a very simple thing. First, the movement of the energy started flowing. Now this is a combined energy, alright? Then the combined energy went round and round and round like that, and when it consolidated there was this big bang. When big bang took place – now this the manly work, I should say in a way; manly style, because still the Mother Earth is not produced – so then these little fragments again went round and round. With the momentum, they became roundish. Out of them Mother Earth was selected for one job....

...On the Mother Earth out of the water came the life – the carbon came in. Everybody helped there and a human being was created. Then the men went round, to improve their societies and whatever they have done to it, whatever was possible with their ego is done, finished now. Now they have done their job. Now they are on dole. Now the woman, or we can say Kundalini which has been waiting all these years, was resting, waiting for that time, isn't it? So we call it 'the blossom time has now come'. At that time Kundalini has to rise and ignite, in such a way, that the completion of the whole work takes place – it is simple. Do you understand now"?

*H.H. Shri Mataji, Surbiton, 21.8.1983*

**♣ ... when we were just animals our brain was flat, so was the Himalayas**

Human mind is a very wonderful mind. English word mind doesn't explain much though what mind means, but in Sahaja Yoga it has been very

clearly explained what human mind creates. Here as you see very clearly that on top of the head there, you see a lotus. You can say how can there be a lotus on top of the head Mother, this sounds very poetic and something fantastic and is a fantasy; of course I wish everybody had that lotus blooming. But very few have it but still they have no doubt. Now this one, when you see the lotus, before that you can see the brain in Sahaja Yoga is just shown as a hollow thing. There's nothing like brain tissue. But there are two, one is blue the other is yellow. Two balloon like structures in the brain. Now when the first balloon only existed, when we were just animals our brain was flat, so was the Himalayas. Himalayas represents our brain in the gross life. So the Himalaya was also flat and our brain was also flat. Then man started hitting with branches when the animals attacked them, they learned how to hit back and another line started which we call as the sun line, but we see another side started developing and the brain got transformed into a new formation of a triangle... This triangular brain now is like a pyramid I've seen, and sometimes I find it swollen very much more on one side.

So all our problems started from that point where we decided that we can do it, we have to and then we started doing it that way. This yellow stuff which we call as ego started pushing the superego in such a manner that the brain became a prism-like structure. But it was important, [unclear] this prism. Of course with this Himalayas also developed a triangular structure. It was very important that it should have happened in the human brain, that we had developed this ego within ourselves. We could have avoided it if we had not committed the mistake at the stage of Adam and Eve, but we did commit, so now we have it, and that short circuit got elongated and our evolution started going on a different line where we wanted to find out ourselves, what is the truth".

*H.H.Shri Mataji, Hampstead Town Hall, 02.07.1984*

### ♣ **Shri Mataji chose to be born in this family**

"...I then asked Her why She had chosen to be born in the Salve Family, to which She replied that I was not aware of the virtues and the human qualities that our family has. The first priority of our parents was the proper upbringing of children; they were selfless, with a very high sense of self respect and dignity and were bestowed with an ocean of knowledge, both spiritual and non-spiritual. They were very pious and virtuous human beings. The family belonged to Royalty; to the warrior caste of the Chittorgarh where Padmini did the *Johar* (she burnt herself with thirty two thousand ladies who wanted to save their chastity from the lust and greed of

a Muslim king Adil Shah Khilji). Therefore they were strongly nationalistic and patriotic towards the nation and their culture was deeply embedded within him.

Both my father and mother were symbolic of simple living and high thinking, specially my father who was very fond of Arts and Artists. Above all, their sense of honesty and intolerance of injustice to other human beings was their strongest point, a quality that is rare. They were both mentally and morally incorruptible, and would never compromise on their values. They were also exceptionally brilliant and humble; at the same time they were perfectionist in doing anything and expected the same qualities from their children. They loved their children; equally all those known to them and met everybody with the same warmth and love. Our parents were very fond of music and sports and did not have any bad habits of addictions. They had a lot of respect for all religions as they had all the knowledge about all the religion and never forced their children to accept any religion, including Christianity in which they were born. They both had scholarly habits and were very well read. Our father was a great linguistic and had a photographic memory.

As such they were perfect people and without any stigma or stain on their characters. Shri Mataji chose to be born in this family because of such pure, perfect parents".

*Excerpt from 'My Memoir' by Babamama (Mr.H.P.Salve)Chapter -9, 1986: The Creations of the Cosmos.Pp. 192-193*

### ♣ .....we have to talk like 'we' and not 'I'

".... Last of all is the attachment to your children, to your wife, your, your, your .... whatever is mine is not 'I'. My house, that's not 'I'. My, my, my, my, must be given up, is to be destroyed. Instead of that, you should say 'We'. 'We' is a good word. I , so many times say 'We'. And people start wondering what they-somebody asked Me, 'Mother, when you say 'we', what do you mean? How can You make us feel that way, that we are all one, the way You say 'we'. "I said why not? You are all part and parcel of My body. Aren't we, 'we'? Do I separate my finger from my heart? If you are part and parcel of My body then I have to talk like 'we' because I am conscious of this collective being sitting here.

So we have to talk like 'we' and not 'I', 'my' and when you have to address about yourself speak in a third person, like you can say: "This Nirmala is now going to London". Really is true because this body is going there but My heart is going to remain here. So to say that I am going is not true- if I am AdiShakti where am I going? I am going nowhere; I am every



where. Where can I go? There's no place where I don't reside and if I have to go such a place, is hell only where I don't want to go. So what I say that "This Nirmala is going now, leaving Australia". Tomorrow I'll be leaving. So what happens? Just this body has to go—that's all. Like that, you start saying about your body. This mind of mine, this mind of Mr. so and so. Is better to address yourself as Mr. or Mrs. or Miss. "So Miss, will you please get up now"? Better address yourself. Children talk like that. Like a third person. You will be amazed; you will know how to laugh at yourself. "O Mr. so and so, come along now, he's behaving like this." And you'll really become master of yourself, because you know how to handle this baby. It will give that sense of maturity.

So to say this is my child, this is my wife; of course you have to look after your wife and your children because they're your responsibility but do for other children more than you would like to do for your own child. So this complete identification with your children, over-protectiveness, will give you trouble. You have to believe that your family is the family of your Father and your Mother is looking after it. If you think you can look after your family by yourself—go ahead! So don't be over protective, don't be too worried, too upset about your family'.

*H.H. Shri Mataji, Sydney, Australia, 21.08.1983*

## ♣ **How Param Chaitanya worked within each of us**

" ... It is like you have to accept a hypothesis that there exists an all pervading power above the human brain. This is the only hypothesis. The human brain is in the form of a pyramid. The Param Chaitanya or the all-pervading power is coming from all sides and striking the brain of a fetus, soon after its formation. What actually happens is that, at the apex of this pyramidal brain, the Param Chaitanya passes unhindered and settles down the spine in the inverted triangular bone area, at the base, in three and a half coils as the Kundalini Shakti. In the process it leaves its mark called the 'Vacuum Channel' in the spine. Now the Param Chaitanya hitting the sides of the triangular brain has to permeate the grey and the white matter. These have their own densities, and so governed by the physics Laws of Refraction, the Chaitanya refracts from left to right and from right to left. This is also called the Prismatic Refraction Effect. This phenomenon exists mostly for human brains and not so much in animals.

During the refraction process, the human attention is pulled out to both the sides and is driven in the outward direction. Both the attention and the refracted Chaitanya cross at the Agnya Chakra from both the sides on their

way out. As a result of this pull, an additional force called the resultant force is created. Now the theory of the Parallelogram of Forces (of Physics) comes into play. The resultant force is divided into two parts, each being at a 90-degree angle to the other on both the left as well as the right side. The resultant force acts in the centre of its two counterparts. One part creates the left and the right sympathetic channel of the fetus by pushing its way down the body. The other part pushes its way out through the senses, dragging with it the human attention both to the left and to the right. The second part is also known at the action in the outer world. From the outer world, this action brings back a reaction; (another famous law of Physics) the path followed by the action and reaction is the same. On the left side this reaction builds one's Conditionings, while on the right side it builds the Ego.

In short, our Chitta accompanied by the resultant Brahma, Chaitanya's living force went to the outer world, collected a reaction and brought back with it a conditioning from the left, thereby forming the *Manasa or the mind*. Both the action and reaction pass through both the Agnya and the Vishuddhi Chakras. The Chitta, being dispersed in nature, has the ability to flow from the whole body. The reaction of the left is the desire element, the potential of which gives birth to the Ida Nadi on the left Sympathetic Channel. Similarly, the reaction of the right side is the action element, the potential of which forms the Pingla Nadi. The overflow of the Ida Nadi forms a balloon like cloud at the back of the Agnya Chakra called the Super Ego; while the overflow of the Pingla Nadi forms a similar cloud in front of the Agnya Chakra called the Ego. The Agnya remains directly in between these two balloons. The front of the Agnya is controlled by the Pituitary of the brain, while the back is controlled by the Pineal."

*H.H. Shri Mataji's talk with Dr. Talwar, Bombay, India,  
26th /27th February 1987*

### ♣ **Keep your attention in the centre**

"...Take another example of a piece of cloth. It represents the attention. Before Realization it is all spread out and in all directions. Now take a finger and poke the cloth in the center from the bottom and raise it upwards. What happens? The cloth is pulled up to a point and in the process it just wraps or falls around the finger. In the same way, when the Kundalini rises, it pokes the attention, raises it to the Sahasrara, where it gets enlightened by the light of the Brahma Chaitanya. It then just wraps and falls in line with the Kundalini's path on the Sushumna Nadi in the centre.

What has actually happened is that on Realization, our Chitta is pulled inside from wherever it is spread out in the outer mundane world. The Chitta is thereby enlightened. This is the so-called state. But in reality we humans are slaves of our habits. We out of sheer habit do not allow our Chitta to stay put in that state permanently. Actually the Chitta should not go out. Here is a simple situation that I find Myself to be in with you. I am putting you in the boat to sail off, but you are resisting My help by constantly sticking your one foot in the water. Your attention is on the frivolous things you see, out of your habit you put out your leg, knowing very well, I am sitting inside to sail you through. I also happen to see that your leg may be swallowed any time by an alligator. But you, in your own habits are blind enough not to notice the alligator. Now can you imagine My plight? Imagine how I feel!

That is why I say - do Satsang - meaning spend time with other Sahaja Yogis with the object to keep your attention in the centre. It is very important to constantly keep your attention in the centre. With the Realization our left and the right Nadis relax upon receipt of Divine energy. Due to the release of the tension, the Chakras open out still further. It is a cycle. More Kundalini fibres can then rise and so on. At this stage the attention develops a quality to remain in the centre."

*(H.H. Shri Mataji's talk with Dr. Talwar, Bombay, India,  
26th and 27th February 1987)*

### **♣ How Shri Adi Shakti created the universe that we live in**

"The whole atmosphere that we know of is very artificial. But when you understand what She has done - the first thing She does is to (in My book also I have written down about it but I would like to tell you) that Her first, we should say, manifestation, is on the left hand side. That is the Mahakali's manifestation. So She comes on the Mahakali's system, the left hand side, and that is where She created Shri Ganesha. Shri Ganesha is created because of His purity, His innocence and auspiciousness. This had to be created before She created the Universe. So the first thing She does is to create Shri Ganesha and She settles down. Then She goes up, of course in the body of the Virata, and there She goes round and goes up on the right hand side in the other way, and there She creates all the Universes, as you call them 'Bhuwanas'; one universe. There are fourteen Bhuwanas means this many many universes makes one Bhuwana. And She creates all these things on the right hand side. Then She goes up and then She descends down creating all these Chakras - Adi Chakras or the Pithas. She comes down, makes all these pithas and then She settles as the Kundalini we can say,

Kundalini is a part of it. The rest of the work is much more than this. So all the residual energy means after going through all this journey, then She comes round and She goes up as Kundalini. Because of this Kundalini and the Chakras, She creates an area, which we call as Chakras in the body. Now first She creates these Chakras in the head we call them the pithas of the Chakras, and then She comes down and creates these Chakras, which are in the body of the Virata. Now once this has happened then She creates human being but not directly. Through the evolutionary process, She goes through, and that is how the evolution starts, and then it starts developing from the minute small little microscopic organism in the water and then it starts evolving. So when She creates water and She creates all the universes, She chooses this Mother earth as the best place to play Her evolutionary process. And there She makes this little microscopic thing."

*H.H. Shri Mataji, Cabella, Italy, 26.06.1998*

**♣ They cannot give you the awakening of the Kundalini because My photograph has My desire also in it.**

"... there's a very big difference between a statue and a photograph, because My attention is there. Of course, even the statues which are created by Mother Earth also have vibrations and they also show they have vibrations, but they cannot give you the awakening of the Kundalini because My photograph has My desire also in it. They cannot. If they could, Stonehenge would have.

If you go to these statues and if I am there, they make no vibrations, only you have to put one hand towards Me and the other towards them, then they start emitting, but they have to accept My permission. Even the statue you have of Ganesha-now it's all right, but in the beginning, it never used to give vibrations until it was worked out this way. But they do not lack authority. So the protocol of those photographs is important to start developing that faith. You should keep one photograph with you all the time in your pocket; respect it. As many as possible, respect them. Not for decoration, but to be respected.

In the morning you see the photograph. Now I'm telling you because of faith problem. I have to tell you it Myself, the whole thing. That's the worst part of this incarnation because other things you have done, for example, those who follow Christ, they will have his photograph in the morning.

Especially if they're Hindus, they'll touch the feet morning time, evening time, before sleeping, going out, coming in, they'll do that. In the same way, when you have a photograph, you work on that with that understanding that Mother's with us. You'll be amazed how things work out."

*H.H. Shri Mataji, Old Alresford, England, 18.05.1980*

♣ **Feminine Ghost came as a serpent and told that better you taste the fruit of knowledge ...**

"...So when this Adam and Eve business started she thought that they will be just like other animals or angels. What is the use? They must know what they are doing; they must know why they are doing. They must have the freedom to understand what is the knowledge and like fixed machine like life, that these animals are having, why would they have? So in Her arbitrary power which was conceded of course, She is the one who came as a serpent and told them that you taste the fruit of knowledge. Now for people who are not Sahaja Yogis you can not tell this. They will be shocked. But, this serpent that came for them to test, and then to tell them that you better taste this fruit. This serpent told the woman, not the man, because woman is supposed to accept things easily. He may even accept bhoots, he may even accept nonsense but she is the one who accepts; while the man does not accept easily. He argues, he discusses, that is why She came and told the woman. She came and told woman, I should say. This Holy Ghost actually is a feminine and so move nearer to a woman. This feminine Ghost came as a serpent and told that better you taste the fruit of knowledge. Now it was the job of the lady to convince her husband because woman knows how to do that. Some times they may convince them wrongly, tell them something which is very wrong, very sinister, as you know in Macbeth what happened? So many places we have seen, women have misguided their husbands. But, men can be misguided or could be guided or could be emancipated, if they have a proper wife. So he had all faith in his wife, believed in it and they tasted the fruit of knowledge under the guidance of this Holy Ghost who was a feminine personality of God. This can not be conceived that the people who are just getting a glimpse of Christ or a glimpse of Mohammad Sahib or glimpse of Nanak Sahib. They cannot understand. They just had a glimpse of them. If they have told the people would have said, 'Wah! What is this?' they would have never listened to them."

*H.H. Shri Mataji, Cabella, Italy, 06.06.1993*

## ♣ He is witnessing the play, the game that Holy Ghost is playing

"... Now let's see who is this God and what am I talking about? In the beginning, it was just a Silence, complete Silence. And out of the Silence, when it awakened, the Silence was awakened. The Silence is called the *ParaBrahma*. I am sorry, I have to use Sanskrit language; it does not mean it is something Hindu. These ideas you must get rid of it. India people have meditated much more. They did not have to fight the Nature, like we had to fight today, while coming to this hall. The atmosphere is so nice and warm there. People could sit and meditate under a tree. They did not have to fight the nature so much. They had a long time to meditate. In their meditation they have found out a lot of things for which they have used Sanskrit language. So, this *ParaBrahma* or you can say, the 'Absolute Silence' was awakened, got awakened because it itself got awakened; like we sleep and we get awakened. And then the Silence became what you call **Sadashiva**. When it was awakened or when this Sadashiva started breaking in the sense that **It** wanted, It desired to create. As we say, that the morning sun is breaking through the dawn; in the same way when this desire started manifesting, the desire became His power and got separated. Now, whatever I say is just a story for you; you need not believe it, but I will reach a point which you can believe into and then step by step you can believe into this theory. This is just a hypothesis for you. So, use when this desire became a power, this power was called **Shakti** or **Maha Shakti** or **Adi Shakti**. Means Primordial Power. This Primordial Power assumed a personality and entity; it had to, if it had to act. If you have only a desire in your heart, it is no good. We have to transform it into some form, otherwise the desire will rise and fall. So, this desire got into a form, we can say, into an entity, which we call in the Bible, the **Holy Ghost** and in the Sanskrit language - **Adi Shakti**. This desire then created out of itself two more powers, one to act and the other to improve upon its own creation. So, three powers started acting and thus these three powers were created. Now, as we know, that people have not talked much about the Holy Ghost in the Bible. Many scriptures that have talked about the Father have not been able to talk about the Holy Ghost, especially, when Christ's Mother Herself was an incarnation of Holy Ghost. He did not want to endanger Her life. He did not even say She was the incarnation of the Holy Ghost, because, if they had crucified Her He would have come out with His own destructive powers. But, the drama was to be played and She remained a silent person. Now this Holy Ghost is important for us, because Father is just a witness. He is

witnessing the play, the game that Holy Ghost is playing. He is going to enjoy Her creation. He is the only witness of that game and She is trying to please Him by creating this because it was His desire to create. So She created with these forces, that we have got, which are called, the first one, the Desire; Mahakali, the second one, the Action; Mahasaraswati, and the third, the Sustenance or you can call it the Evolution; Mahalakshmi. These three powers acted to create us human being. Here we have reached this stage, when we can talk about this. Even at the time of Christ, one could not talk of the Holy Ghost. What could we do with the fishermen? Just tell Me, how could you tell them about these things? That was just a preparatory thing but you know, what a mess is there, and people can't understand those who call themselves religious. How could they be fanatic? Fanaticism and religion are at dagger's ends. They can't be one thing."

*H.H. Shri Mataji, Brighton, England, 15.11.1979*

### ♣ **How our Saraswati tattwa transforms into the Mahasaraswati tattwa**

"...This feeling that you are Hindus, Muslims, Christians, Brahma samajis etc., has no base. You are nothing but a human being, you are born a human. You have branded yourself that you are something. You are neither Bengali nor Marathi. You are just a human being. By branding yourself you create more problems. This brand becomes so important that you cannot see anything beyond it. Till this catch does not release, this blindness will not go because you see everything in such a way that only your way is right. In the west it is even more so. If you put anything into their brains and tell them that are good, then they will follow it blindly. The critics there also criticize every art form so much. Another critic will refute what the first critic has refuted. Nothing comes to you from within yourself and your brain. Whatever others have filled in is accepted. Each is branded. By this the ego rises and a person thinks that he is very great personality and very unique from others. He becomes an individual. The essence of truth is that we are all one, are a whole, are a totality. When we go in the opposite to it then you become individualistic and go on becoming more and more separate. This is true that one leaf does not resemble another but all of them are on the same tree. They are all a part and parcel of the Virata. When we separate ourselves then the Saraswati tattwa, which should become Mahasaraswati tattwa does not.

When you live in the Mahasaraswati tattwa you start seeing in your daily life that you are the whole, and we are one. So when an artist creates,

he makes some such things that one accepts from the heart. All the works that we do of Saraswati should be dedicated and surrendered to the Divine. If this happens then all such works will be immortal. All poems, music, songs, art forms which were offered in the name of God are still living today. Like today's film music comes and dies down. But the songs of Kabir, Gyaneshwara are still remembered. Through their Self Realization they obtained the Mahasaraswati Shakti and whatever they wrote or created, that light was of a unique kind. These were creations that united the world into one. One should not only move on Saraswati tattwa as this limits you. One should move on the Mahasaraswati tattwa. If Saraswati tattwa is the seed then the tree is Mahasaraswati. Till you do not make this seed into the Mahasaraswati till then you cannot merge with Mahalakshmi. The gift of Mahalakshmi within you is that you get your Self Realization. All the three, Mahalakshmi, Mahasaraswati and Mahakali meet at Agnya."

*H.H. Shri Mataji, Calcutta, India, 03.02.1992*

### **♣ How the Heart goes mental? And how to attain Divinity and Spirituality**

..."Another way is that you start seeing the blessings and you start seeing how you feel physically, emotionally and spiritually. Still on the mental level most of the people recognize but unless and until it is recognized in the heart it is no recognition. Already the heart is surrounded by seven auras of the seven Chakras and the Spirit (Atma) resides in the heart. As it is on top of your head resides God Almighty Sadashiva. When Kundalini touches that point your Spirit starts spreading and it starts acting on your central nervous system because automatically the vibrations, the Chaitanya flow into your brain, which enlightens your nerves. But still recognition of the heart is not there. Even without that you start feeling the cool breeze. You can raise Kundalini of others. You can cure people. You can do many things but still it is not recognition because recognition is mental activity of the heart. How can heart have a mental activity? This is another problem you face - i.e., the mental activity of the heart. Say you are a Christian born in a Christian family; as soon as you see the photograph of Christ you feel something in the heart. If you are a Hindu and you see a photograph of Shri Ram, immediately it's recognition in that heart.

But the recognition of somebody living with you is very very difficult and you live on the cusp of your mental activities only. But to go deep down into your heart, what should be done? How can the mental activity be performed through the heart you must remember that heart is absolutely



connected with the brain? When heat fails the brain also fails. The whole body goes out of order. So this mental activity of the heart is to be understood this way that as soon as you see danger, without even thinking, in a reflex way your heart starts pumping more blood and you get palpitation. It is a reflex action. This activity takes place because it is built in within you. That as soon as you see emergency your sympathetic nervous system goes into activity and you start feeling the fear, the desire to do something about it, but you do not think, you just run. The fear is built in the central nervous system. Any reaction or response is built in. But the response to the Spirituality is yet not manifested. It will manifest. Through your past you have learnt that you have to be afraid of this or that. With the experience gradually you build in reaction of reflex within you so that you try to save yourself. What experience should you have to build that in your heart? This experience is of your own Divinity and Spirituality. Once you start developing that experience then you know that you are Divine person.

Unless and until you are fully aware that you are a Divine person, whatsoever faith you may have in the recognition is not complete because the one who is recognizing me is a blind person."

*H.H. Shri Mataji, Ischia, Italy, 05.05.1991*

### **♣ When your Kundalini rises, one or two strands out of this come up**

"Now, we say that it is pure desire, but we do not know what purity means. It means your chaste desire. It means it has no lust, greed, anything in it. That power is your own Mother and is settled in your triangular bone. She's your own mother. She knows everything about you. It's like a tape recorder. She knows everything about you and She is absolutely the knowledge because She's so pure. And whatever Chakras She touches, She also knows what's wrong with that Chakra beforehand. So She's quite prepared and She adjusts Herself fully so that you do not get a problem by Her awakening. If any Chakra is constricted, She waits and goes on slowly opening that Chakra.

Now, this Kundalini is the primordial power which is reflected within you and within you, in a human being, it is like many strands of energy. So it's like a rope and these energies are all twisted together to form this Kundalini. In a human being these strands are three into seven; that is twenty-one raised to power of one hundred and eight. But when your

Kundalini rises, one or two strands out of this come up and pierce the fontanel bone area. Only one or two, because, it has to pass through the inner most nadi, known as Brahma Nadi. It's all a spiral throughout because Kundalini is a spiral and these nadis are also are like a spiral like this. So the inner most nadi is the Brahma Nadi. The outermost nadi is the right side and the second innermost is the Ida Nadi.

So, through the Brahma Nadi, She starts sending those threads. By that, they relax the centre. By the relaxation of the centre, the sympathetic nervous system also starts relaxing and when it goes to the Agnya Chakra, then your eyes start relaxing, your pupils start dilating and your eyes can become like Mine, very black, absolutely relaxed.

So, you can easily see in a person how far is the Kundalini. If it has pierced the Agnya, then the eyes will be completely dilated and will be shining and then She enters into the Sahasrara.

Now, it is absolutely pure light of knowledge, love, compassion and attention. All these three things are in that energy. We know of many energies, like electrical energy. We know of light energy. We know of other energies. But these energies cannot think. They cannot adjust. They cannot work on their own. They are to be handled by us. But this energy, itself, is the living energy and knows how to handle itself. It thinks. If you see a seed being sprouted, you'll find at the tip of the seed there's a small little cell which knows how to go around the soft places and then how to encircle the stones and then how to find its way to the source. That cell has got, I would say, a little Kundalini it, the way it moves. But within you a tremendous force of Kundalini exists.

So, you have a storehouse of compassion, which can be enlightened by the spirit. You have the storehouse of love, compassion and knowledge and ocean of forgiveness. When people get Realization, they do not understand that they have to now grow. And why they don't grow, because, they do not ask for these energies. A person who is a Realized Soul, if he says, "I have to have more compassion. My compassion is not all right. My concern about others is not all right. My generosity is not all right. I'm exploiting others. I'm exploiting their love," then this energy starts moving, giving you that greater dimension of love and compassion. But if you do not want to be growing in your awareness, then She says, "All right. He is a half-baked Sahaja Yogi. Let it be." She doesn't supply that energy which is stored within you. I told you, three into seven, that is twenty-one, raised to power hundred and eight."

*H.H. Shri Mataji, Germany, 11.8.1991*

**♣ All viruses are dead plants or dead animals, may be microscopic, which have gone out of circulation of evolution**

".....The third type of diseases is psychosomatic. Those who are psychosomatic have more problems with the psyche than with the physical. Cancer is psychosomatic. All viruses are dead plants or dead animals, maybe microscopic, which have gone out of circulation of evolution. They reside in the area called collective sub-conscious. Doctors have reached a certain understanding that they say that this cancer is caused to a person when he goes into a shock and the attack comes from the left in the area which was built within us since the creation. This is the same area as the collective sub-conscious where everything that is dead is there. So there are humans who are dead hanging around there".

*H.H. Shri Mataji, Medical Conference, Moscow, Russia, 29.06.1990*

**♣ ... left Nabhi becomes hectic and you develop blood cancer**

".....As a result of all this misbehaviour of men, women become very insecure and they get insecure as a result the men suffer and the women suffer. A man who neglects his wife and treats like that will consequently get blood cancer, and the woman who behaves like this, in this manner and if she ill-treats her husband will get asthma or of a very serious type of sclerosis – could be brain damage, could be paralysis, could be complete dehydration of the body ... because left Nabhi is so important. If the left Nabhi is made hectic as you know by your running about and jumping about and by being hectic, that left Nabhi becomes hectic and you develop blood cancer".

*H.H. Shri Mataji, St George, Switzerland, 14.08.1988*

**♣ Whole Universe is moving in a spiral way**

"Now, the Kundalini moves like this, say for example, from the heart it starts, goes up like that. This is a three and a half coil. Now if you can make a spiral and cut it half, three and a half, we get seven points. Three and a half. You take a spiral ... from the heart moves. One, Two, Three, and the half, that ends up at Mooladhara. Now, you cut it half. You get seven points. Do you follow the point? And, that's how one after another these Chakras are there within ourselves.

So, the Kundalini itself represented on the Mother Earth and which is

readjusted now, adjusts itself within ourselves in such a manner that it creates this 'pinda', this body in its own form. But it's still residual because it has not acted, it has not awakened. So, it is still residual. But that seven Chakras are such created by the same Kundalini as I told you.

But once upon a time, the earth was placed that way and made like that. But then it changed. And, it cannot explain it without showing you a proper mark. That you might say that "Mother how is it that Australia is there and India is there and this and that?" But if you see a spiral going like that, then it sprouts up. Its own personality comes up at a point which looks odd but it is in the spiral way placed in. Even this world is moving in a spiral, this universe is moving in a spiral. There's an ascent. That's how it is achieved, your ascent. If it was just moving round and round, this earth, it would not have evolved. To go up, it goes round ... but it is ascending.

And, I'm sure science will find it out very soon that the whole universe is moving in a spiral way. I don't know how far has science gone to find out what. Is there already findings like that?"

*H.H. Shri Mataji, Birmingham, England, 20.04.1985*

### ♣ **Swadisthana, which moves around the Void**

"... The right side looks after our intelligence, thinking etc. the left side looks after our emotional side. I will tell you about one Chakra, which is Swadisthana, which moves around the Void. This is the one, which is responsible for producing or manufacturing the aortic plexus, that's only in the physical side. When we think, the energy we use in our thinking is used up. We are using our brain all the time. What is replacing it is this centre. You know the brain is made of fat cells. This centre converts the fat of the stomach for the use of the brain and that is how those who think too much go into imbalances. Futuristic people are planning all the time. The poor centre which has to do other jobs like looking after the liver, pancreas, spleen, kidneys, intestines, so with a right-sided futuristic person the first problem can come is with the liver. In the medical science I don't think they have much knowledge about the liver. It is a very important organ in the body.

The function of the liver is to absorb all the poison of the body and convert it into heat, which passes through the blood stream. When you start thinking too much, you neglect your liver and then the poor thing does not know how to do this job. So the whole is saturated in the stomach. The

person has heat here, then the heat starts passing upwards through the right heart. It creates problem and that problem is called Asthma. Then this heat passes into the throat, which creates a kind of a cold where you will sneeze twenty times in the morning. There are two types of liver. One is lethargic liver and the other is overactive liver. I am talking of the overactive liver, where a person develops cold, sneezing, temper, anger, acidity and tension. Then this heat passes over and can go to the heart at a very young age. Supposing there are boys who are playing tennis or exercise of a vigorous nature and drinking, this might affect and can cause a massive heart attack at a very young age. The same heat when it passes to the throat we develop throat trouble, hoarseness etc. When it moves down to your pancreas then the poor pancreas is also suffering because it has no energy from the centre. Then a person develops diabetes. Too much of thinking gives diabetes. People who think too much, sugar gives diabetes. In Maharashtra people drink tea where sugar is so much that the spoon stands up. Nobody gets diabetes because they are villagers, living simple lives, not thinking of tomorrow, how to do this or that. Only the people lives simple, not thinking of tomorrow, how to do this or that. Only the people who are sitting on their seats, planning, thinking, worrying gets diabetes."

*H.H. Shri Mataji, Delhi, India, 25.03.1993*

♣ ..... **The brain is the Virata, heart is Shiva, and the liver is Brahmadeva.**

"...The best part of the organization is, which is made, that consciousness is vertically placed. Sub-conscious and Supra-conscious sort. Supra-conscious, right-hand-side of yours and the Sub-conscious, left-hand-side of yours. And in the central the path is left on. This is the Sushumna path. It is the Mahalakshmi's path. It is the path, which leads you to the state of Virata, to the state of your brain.

So now, the combination of three things work out. The brain is the Virata, heart is Shiva, and the liver is Brahmadeva. All these three powers are there. But at that time, when you are Realized, then your brain surrenders to Shiva, to the principle of Shiva that is the Spirit. Brain is surrendered, surrendered not by force or anything, but to absorb the power of the Spirit, the brain gets surrendered completely to the Spirit, so that the Spirit enlightens the brain. It is the enlightenment of the brain that gives you all this subtle understanding. It is to make your brain understand, there are so many blissful happenings, people are blessed: once, twice, thrice - then they are surprised, the brain starts thinking. "How did I get this blessing,

how did it happen to me, how could I get my transformation?" So slowly-slowly they start trusting their heart, means they start trusting their Spirit, they start trusting their devotion. And this is how the *bhakti* is absolutely done without any desire, without any asking, without any obligation, just in oneness. Because the brain joins hands with the heart, we can say. Now, also the Brahmadeva becomes surrendered. As a result, what happens: that your liver is surrendered to your brain. When this happens - when your liver is surrendered to your brain - whatever you do is all enlightened work. Whatever you do: whether you sing, whether you're a government servant, whether anything - whatever you do with your brain, anything through the Swadhithana or through the Brahmadeva, it is an enlightened work.

As it is the brain which is enlightened, which is connected with this All Pervading Power, whatever you are doing, whatever your ideas are, being absolutely enlightened means that you achieve them. Enlightened brain, whatever it thinks, it is thinking as well as achieving - both together. It's a thing to be understood that an enlightened person has the power to achieve anything. But at the same time his desires would be Divine."

*H.H. Shri Mataji, New Jersey, USA, 02.10.1994*

**♣ ... .. if Ganesha gives us the wisdom then Shri Hanumana gives us the conscience.**

"Now, then, whatever wherever you see the electromagnetic forces working it is worked through Hanumana's blessings. He is the one who creates electromagnetic forces. So, now we can see that as Ganesha has got the magnetic force in Him, He is the magnet, He has got the magnetic force. Then we can say the electromagnetic is the one which we call as Hanumana's force, on the material side of it. But from the matter He goes up to the brain. So, He rises from Swadhithana up to the brain. So, in the brain also He creates the co-relationships of different sides of our brain. So, how much He gives us, I mean, we can say, if Ganesha gives us the wisdom, then He gives us the power to think. He protects us also that we should not think of bad things. That is, we can say that, that if Ganesha gives us the wisdom then Shri Hanumana gives us the conscience.

I hope you understand the difference between the two. Wisdom is where you do not need conscience so much because you are wise: you know what is good, what is bad. But conscience is needed in a personality, where he is to be controlled and that control comes from Shri Hanumana. It is the

conscience in the human being. Now, this conscience, which is Shri Hanumana, is the subtle form of Him, which gives us – is in Sanskrit called as *Sat-asat-viveka-buddhi*, means, Sat means truth, *Asat* means untruth and *Viveka* means the discrimination and *Buddhi* means the intelligence. So, intelligence to discriminate between the truth and untruth is given to us by Shri Hanumana.

In the Sahaja Yoga system, if we say that Ganesha is the one who gives us, He is the *Adhyaksha*, means He is the, I call Him as the chancellor of the university. He is the one who goes on giving degree to us, "Now, you have crossed this Chakra, that Chakra, that Chakra." And He helps us to know that what state we are in. So, the Ganesha gives us, say, *Nirvichara Samadhi*, which we can call it as the thoughtless awareness, and *Nirvikalpa Samadhi*. He gives all that and also He gives us joy.

But the understanding that "this is good, this is for our benevolence", - mental understanding - comes to us from Shri Hanumana. And it's very important for western people, because it has to be mental otherwise they won't understand. If it is not mental they cannot come into abstract, it has to be mental. And so the mental understanding of whether it is good or bad is given to us by Shri Hanumana. Without Him, even if you become a saint, you will be, of course you are a saint and you will enjoy the saintliness - but whether this saintliness is - all right, if you live on Himalayas, or is all right when you go across to people to give them realisation. All the scanning, this *Vivekabuddhi*, all the scanning, all this discrimination, all this guidance, all this protection is given to us by Shri Hanumana."

*H.H.Shri Mataji, Schwetzingen, Germany, 31.8.1990*

### **♣ Anything passes through My mind He just takes it up and it's done**

"He is an angel as you know, according to Christian, we should say, according to Bible, that He is the angel called Gabriel. Now, Gabriel is the one who brought the message, because He is always the messenger to Maria. And surprisingly the words He used were "*Immaculata Salve*". That's My name. My first name is *Nirmala*, means *Immaculata* and surname is *Salve*. He said those words to Her. And today also I was surprised when it came to giving Me a present they found a tea-set and dinner-set which is called as "*Maria*". So, Maria has to do quite a lot with Hanumana all Her life. That means Maria is a *Mahalaxmi*. *Mahalaxmi* being the *Sita*. *Sita*, then *Radha*. Hanumana has to be there to serve. And that is why, you see, sometimes people say, "Mother, how did you know? Mother, how did you

come to know? Mother, how did you send the message? Mother, how did you work it out?" Can you imagine, this is Shri Hanumana's headache, He does it. Anything passes through My mind He just takes it up and it's done, because as I told you that His whole organisation is so well planned, all these messages, from where do they arrive?"

*H.H.Shri Mataji, Schwetzingen, Germany, 31.8.1990.*

### ♣ ...what is Vishwa Nirmala Dharma

"...One thing you must ask in your prayer in the evening "What have I done for Sahaja Yoga?" Just this one question. Person like Me or Shri Krishna or anyone, don't even feel we are doing anything. So what can we ask? If I want to analyze or think about Myself, I get lost. It's beyond Me. But you better know yourself. As far as I am concerned, I only think that as long as I live, I don't know, I may live forever. I am living forever may be but as long as I am on earth, I will see that Sahaja Yoga is fully established. This is My promise to you. 'Sansthapanarthaya' He comes again and again to establish the religion; not only religion but Vishwa Nirmala Dharma, which is much higher religion than the ordinary religion of human beings. The Vishwa Nirmala Dharma will establish in a very short time on this earth."

*H.H. Shri Mataji, Ipswich, England, 19.08.1990*

### ♣ What Is Tension?

"...In these modern times we have something called tensions. It was never there before. People never talked of any tensions. Now everybody says, "I am in tension, you give me a tension". What is this tension? This is because of My Advent. The limbic area wants to know about Me. As Sahaja Yoga is expanding the Kundalini is trying to rise in other people because you people have become the channels. Wherever you go you generate vibrations, and these vibrations give a challenge to the Kundalini or a message in various people and it rises. It may not rise up to the Sahasrara or may rise and fall back due to lack of recognition. So every time they do something the Kundalini comes up and gives them a pressure because their Sahasrara is not open. It is a closed door. Because of the closed door it gives them a kind of pressure in the head, which they don't understand and they call it a tension. Actually the Kundalini is trying to push out itself but it cannot. Those who get their Realization but do not make the Sahasrara arlight, face the same tensions."

*H.H. Shri Mataji, Sorrento, Italy, 6.5.1989*



## ♣ **When your Spirit comes into your brain, then you become the fifth dimension**

"Shiva represents the Spirit and the Spirit is residing in all of you in your hearts. The seat of Sadashiva is on top of your head; but is reflected in your heart. Now your brain is the Vitthala. So to bring Spirit to your brain means enlightenment of your brain. 'Enlightenment of your brain' means, the limited capacity of your brain has to become unlimited in its capacity to realize God. I will not use the word 'understand'; to 'realize' God. How powerful He is, how miraculous He is, how great He is. Another is the brain of man can create, of course out of the dead, but, when the Spirit comes into the brain, then you create living things, living works of Kundalini. Even the dead start behaving like living, because 'you touch the Spirit in the dead'.

Like the nucleus inside every atom or a molecule, has the Spirit of that molecule. And if you become your Spirit, we can say the 'brain' of a molecule and an atom is like the nucleus; body of the nucleus. But the one that controls the nucleus is the Spirit that resides within the nucleus.

So now you have got the attention or the body, the whole body of the atom, then the nucleus, and inside the nucleus is the Spirit.

In the same way, we have this body, the attention of the body. And then we have the nucleus that is the brain. And the Spirit is in the heart. So the brain is controlled through the Spirit. How? That around the heart there are seven auras, which can be multiplied into any number. Seven raised to power sixteen thousand, which are the ones which watch the seven Charkas, raised to the power sixteen thousand.

Now the Spirit is watching through this aura; watching. I am again saying 'watching' through this aura. This aura is watching the behaviour of your seven centres in your brain; is also watching all the nerves that are working the brain. 'Watching'; again. But when you bring the Spirit into your brain, then you go 'two' steps ahead. Because when your Kundalini rises, She touches the Sadashiva and Sadashiva informs the Spirit. Informs in the sense, reflects in the Spirit. So that's the first state where the watching auras start communicating to your different Charkas in the brain and integrating it.

But when you bring your "Spirit" to your brain, this the second state, then you really become Self Realized, in the full way. In the full way. Because then your Self, that is the Spirit becomes your brain. Action is very dynamic. It opens then, the fifth dimension in the human being.

First when you become Realized, collectively conscious, and start

raising the Kundalini, you cross the fourth dimension. But when your Spirit comes into your brain, then you become the fifth dimension, means, you become the Doer. Our brain, now, for example says "Alright, lift this thing up". So you touch it with your hand, you lift it up. You are the Doer. But when the brain 'becomes' the Spirit, the Spirit is the Doer.

And when Spirit is the Doer, then you become a complete Shiva; Self Realized. In that state, if you get angry, you are not attached. You are not attached person to anything whatsoever. If you possess anything, you are not attached. You cannot attach, because Spirit is detachment. Complete detachment. You don't bother about any attachment whatsoever. Even for a second, you are not attached."

*H.H. Shri Mataji, Pandharpur, India, 29.02.1984*

**♣ You are not supposed to get into these muddles where the spirits capture you**

"So all these experiences in which people think, they are flying in the air or they are having extraterrestrial movements and people are going in the air and seeing things—all these are very dangerous things. Such a person may ultimately become lunatic. Absolutely lunatic. Because he loses complete control over himself. These are called as Para psychological experiments in America, to give it a big name 'parapsychology'. Of course, it is 'para' because it is beyond the psyche of a person; but is very dangerous. You are not supposed to get into these muddles where the spirits capture you and you start behaving in a manner that you can not explain."

*H.H. Shri Mataji, Delhi, India, 03.02.1983*

**♣ ...supraconscious business is very dangerous, no doubt, but also the subconscious is very dangerous**

"So this is the movement not crossing the Agnya but moving, floating on the left or the right, whether you go to subconscious or to the supra conscious. Effects may be different but is the same thing to Sahaja Yoga. The people who go to the supraconscious area may start seeing Me also in different forms like the people who take LSD they can not see Me. And they just see lights coming out of Me. And those who go to the subconscious area they start seeing forms and things in such a manner that they think, they have reached heavens. But they are seeing past of evolution, past of everything. So this supraconscious business is very dangerous, no doubt, but also the subconscious is very dangerous. Because all incurable diseases

like cancer, malaitis, all that comes from the movement of the attention to the left side. So, one should be very careful before going to any of these tantriksas. Or to these people who are trying to control you or trying to tell you something about the future or the past.

There is no need to know about the future or the past. What is the need? How does it help? Actually if I start telling you how I came all the way from there and how I was held by the jam or anything, will you be interested? How do you get interested in your past glory or past life, which was of no value at all today? But it is human weakness that he wants to add to his personality something that is extremely artificial, non existent, and of no value. And then he says that I did this, I did this, I happened to do this, I never got it.

In India people normally go more to the left side with this Agnya. Because they say, worship God. Now if they have to worship God, they have no connection with God. See I had no connection to microphone; I could not speak to you. So without connection to God they start worshipping God. Then they will sing all kinds of Artis, fasting, this, torturing their own lives. This is left sided people. And singing the praise, all these things. Going to the extremes, 24 hours they are like that. So some body sucks them to the left side, if they go on saying Rama Rama, Rama... like that. You might say that Valmiki was told to say. But who told him? It was Narada. Narada was an incarnation, Narada. You are not Narada. So how can you tell yourself or any body tell you take this name? You take any name, you cannot go to God. So where do you go? You go somewhere. There may be a servant called Rama, he might capture you. And people start behaving in such a funny manner that they look like mad, insipid people.

Same thing about supraconscious! People who are very ambitious, they too can get into a mad condition where they do not think of the collectivity of the whole, but they just start thinking about themselves. And when such a situation comes in, it is impossible to convince them that they are wrong till they reach their waterloo and finish off.

*H.H. Shri Mataji, Delhi, India, 03.02.1983*

### ♣ ...to see auras is not a good sign in Sahaja Yoga

"...You might get colours, you may see the auras and one has to understand here that these auras start coming to us because we shift, we disintegrate from our being. That's how we start seeing something else separated from us. To see auras is not a good sign in Sahaja Yoga. If you are

seeing auras, we have to bring you back to the same position because you have to be in the present and not in the future. You get disintegrated. For example if there is machine, say which takes the aura, auras, I was talking to someone who has done that work of aura picturing. Now after Realization you don't get any auras in a person, can't see aura in a person because he is integrated, completely integrated. But when he is in a mess, he starts getting the auras. Like, if he has cancer he will get auras. If he is alcoholic he will get auras. A kind of crazy auras. A normal person may have auras, not so much crazy, but auras you cannot see, when the whole thing is integrated. You can see in a light which has no aberration that means it is good light. If there is aberration then it is a bad light. All the seven colours, colours of the light, have to be concentrated and have to be integrated. If they are prismatic and if they are giving it separately, then it is not one integration, and when it is one integration then you cannot see seven lights. So the person is not integrated.

Now all the auras come to us because we are made of seven types of tattwas within us. But the people who are on the right side only believe in the five tattwas. They call them Koshas. I don't think I have a type for that, but these are the Koshas that are created by the first centre, by the second centre, by the third centre. These are the physical words, by the fourth one, then the fifth one and the sixth and the seventh and they do not create auras outside. They create inside near the heart. And these are created near the heart but as soon as you get Realization, they all become one. They all merge into one and that is the Spirit. So as if you can say, when the Spirit exist in a prismatic way, then you get the auras of seven, but when it becomes integrated then you become one. So integration is the aim of Sahaja Yoga as now I think I have told you that you could also go to the subconscious area, in the same way. The subconscious area is there on the left hand side. If you move into collective subconscious area, you can be triggered into cancer. By this triggering you might get heart attack, something like that, diabetes."

*H.H. Shri Mataji, New York, USA, 30.09.1981*

### **♣ Male 'Avatars' are the kinetic side. The potential energy is the female energy**

"One has to realize that the man is the kinetic thing. I mean the male 'Avatars' are the kinetic side. The potential energy is the female energy. So, even when Krishna had to kill Kansa, He had to ask Radha to help Him. So,

is the Shakti. Without the Shakti They have no existence. It's like without a light the lamp has no existence. So these are main forms, but behind Them are the Shaktis, which have performed all these acts.

That's how the Shiva becomes ferocious and killed the demons, because that energy goes into Him. She didn't come with any male power Herself and say, if you conquer something or you do something good, you get a badge or something like that. You might be garlanded with a medal. So She used the 'rakshasas' whom She had killed, their heads as Her garland to frighten other 'rakshasas'. That I will kill you, take your heads and put them around. Just to frighten."

*H.H. Shri Mataji, Pune, India, 1988*

♣ **...because she is the potential. He is the kinetic...**

"Without the man, woman can not express herself, she can not express because she is the potential, He is the kinetic. It's absolutely relative terminology. You can not exist without a man, you can not. Even if supposing, if you have all the fragrance in the Mother Earth, unless 'n' until you have the flowers how will you know that there is fragrance in Mother Earth? Men are most important otherwise what will they do, all their energy will be all rotten.

So if women are the Mother Earth, you are the flowers. ....you are the people — everybody sees you (laughter)".

*H.H. Shri Mataji, Holzkirchen, Germany, 13.07.1986*

♣ **Radha was the power and Krishna was the one who was expressing it**

".....This balance has been created long time back – a very long time back. Say, even when Radha-Krishna existed, Radha was the power and Krishna was the one who was expressing it. It's as you say, the potential and the kinetic. People only know about Krishna, but Radha was the power. When He had to kill Kansa He had to ask Radha to do it. It was She who did everything. She had to dance and he pressed her feet and He said now You must be tired. Why did She dance? Because without Her dancing things could not work out. So it is so interdependent, it is so interdependent, as you can't have only a wick and you can't have only the light. You can't have these two things separately. If you can understand that then this balance is completely harmonious, it is between God and His Power; absolutely One – you can not imagine how it is One! – What God and His Power. His Power,

His desire is the same as God, there's no difference at all".

*H.H. Shri Mataji, Dollis Hill, London, 8.5.1980*

### **♣ Animals have nine while the human beings have ten valences**

".....So what is the religion we come to that point, is that a religion is a valence of human beings. Just like carbon has four valences, human beings have ten valences, which matter does not have. Animals have nine while the human beings have ten valences. And when these ten valences go out of balance then, they go out of the quality of a human being. But still, one can ask, why should we have this ten valences? Because you have to ascend, because in the evolutionary process you have to ascend and you can never be satisfied with yourself unless and until you have achieved it. Especially the seekers, that's why I say they are the special category because in this special category, men of God will have to become prophets and they will have powers to make others prophets, as said by William Blake".

*H.H. Shri Mataji, South Bank Polytechnic,  
London, UK, 22.06.1984.*

### **♣ Sahaja Yogi should never be afraid of death**

"So actually, if you see, in the death resides the life. If there is no death, imagine if all the people who were born since long would have been living today, we would not have been here. It would have been so difficult to manage ourselves with all these people.

But so many animals have died and those animals also have become human beings. So many human beings have to die to get other people to come on this Earth and that you have to take some rest and come back again. So the death is just a change of life. Without death life cannot exist. It's a balance between the two.

So a Sahaja Yogi should never be afraid of death. He should never be afraid of death because if he's going to die, it is only going to be another life where he rests for a while and comes back with greater enthusiasm, with greater energy. So there is a complete balance in nature. If you see, if there was no balance we could not have existed. Supposing the Earth was moving with a greater speed, you would not have existed. If the Pacific Ocean was deeper even by certain feet, you would not have existed. So many things are completely in balance. The distance with the sun, the distance with the moon, everything is so much in balance. If this balance breaks then we would be nowhere.

So we have to understand that all this is done by Shri Ganesha. He is the one who looks after all the material things and all the things that are created. For example, the first Chakra is created by this Mother Earth and all this universe then is created by the second Chakra. But the first Chakra is the one which emits the holiness, the auspiciousness which gives balance. Auspiciousness comes only through balance. So I find people, when they have lost their balances, they go to the right or to the left".

*H.H. Shri Mataji, Perth, Australia, 09.02.1992*

### ♣ **That's why you all have to be married**

"Shri Ganesha, as you know, is on Mooladhara. He controls all our senses, as far as the Mooladhara is concerned, especially all the excretion. So we are not people who believe in the indulgence of it, neither we believe in the detachment of it, but in the balance. That's why you all have to be married, you have to have a proper physical life and that you should have proper children and lead a very sensible, dignified married life. That is very important. But Love should be there. There should be love between husband and wife, between children and parents and everyone. If one person goes into imbalance, the whole family goes into imbalance. To establish a family sweetly and nicely is also an art and if both of them agree and say that we'll do this way, I'm sure it's not difficult because you are Sahaja Yogis. You already know the quality of balancing".

*H.H. Shri Mataji, Perth, Australia, 09.02.1992*

### ♣ **...certain flowers should not be used for Puja**

".....If you are fighting for things, then you are not a Sahaja Yogi at all. Nothing of these things matters; I never say anything about anything, do I? That I must have this, I must have that, how did you prepare this, though it is sometimes really wrong and un-protocolish. I never say, why did you bring these bananas, they are no good; I'm not going to eat. Did I say so? I mean, even the flowers you use may not be auspicious; I know **certain flowers should not be used for Puja**. But I'm not opening My mouth. If I have to tell you, I just tell you because you have to know it for your own good, not for My good".

*H.H.Shri Mataji, Chelsham Road, London, 15.8.1982*

### ♣ **The trouble is My photograph has vibrations...**

The camera is much more sensitive than human beings are. There are

so many things the camera has caught, which human beings can not catch...

The camera is so sensitive and so honest and so deep...it could be a person loves you very much that even a photograph of hers can love you so much. It could be. We can not think of someone who is just love. And the photograph has that love within itself....

None of the people before Me were photographed. Christ was never photographed. Buddha was not photographed. Even Muhammad was not photographed. This is the first time you have developed this wonderful thing called Camera. And there's My photograph. What to do...

It is rather difficult to accept a photograph because it is said that you should not bow to any. It was said because there were no photographs before. Nothing was there. A photograph is such a truthful thing. And you will see yourself later on. Then you won't give up. I know that. You'll like it.....

A photograph may also have symbolic value. Say we have the queen's photograph; we'll not spit on her photograph, will you? She's not there. Will you spit on her photograph, any one of you? You will not. Because after all, that photo, that thing represents something. It is a symbol, isn't it? It may not give vibrations, but definitely it is a symbol of some thing.

It is the coefficient of the whole thing that works this out. Even when I am talking to you, you'll be amazed, something will work out within yourself. The sound also carries the vibrations. [When taking photographs, you must take the right angle and the right time. I find some people take exactly the wrong angle and the wrong time.]

Yes, when you get the vibration, that's the point, you must click. And because you just take it at wrong time, the photographs do not come out well for some people. The vibrations will tell you when to take.

I took a photograph of some people and their vibrations started flowing. It's all relative.

*H.H. Shri Mataji, The Hague, Netherlands, .07.1985*

**♣ 30% people or 40% people, are the most important people from the God's point of view.**

"I have seen people with absolutely frozen Kundalini, I have seen people who have nothing to do with Kundalini, we can say they are just like devils, and they have no way that they can be Realized, but 99% people in this world are excellent people, good people, and out of them I think at least 30 to 40% people are seeking God. Not all, some are seeking money, some



are seeking power and some are seeking some personal indulgences, but there are definitely true seekers on this earth, and this, 30% people or 40% people, are the most important people from the God's point of view.

You might be anything, you might be having any organization you might be having any position in life; you might be any great personality, makes no difference to God, what is important is that: are you seeking? If you're not, the door will be opened has been promised, but if you think you have already achieved it, and that you are there, how can it be worked out? So one has to be humble about it, and allow the Kundalini to rise in its own glory, giving you your real beauty. Now the thing we have to know that as the Kundalini ascends, we also start getting powers".

*H.H. Shri Mataji, Boston, USA, 05. 11.1983*

**♣ In Sahaja Yoga, it is not how much you are old, but it is how much you are evolved.**

"What can you say? What do you know? How can you reflect? What is your knowledge? Do you question your Chemistry teacher when he says; Hydrogen has got one atom, do you? And when you start doing this with your ego, you are thrown out of the realms of evolution. So do not reflect, just listen and try to take it inside, these are all mantras. Take them inside, inside of that you start questioning, arguing with your leaders, giving them advices. Please don't do it. Stop it now, this is not politics where every body can advise, everybody has to say something. Mostly the bhoots, the bhootish people go on advising and having their own say.

And they go against the leader through out, now specially for the elderly people I would say, because they are more grown up sometimes than the leaders are, then you think you have the right to correct your leader. Its not so! In Sahaja Yoga, it is not how much you are old, but it is how much you are evolved. So when you start questioning your leaders and reflecting on their behavior, or anything like that and answering them back, or also giving your ideas, you are gone. It's like a link, say there's a link between the Chakras and the Cells, say it like that. Now if you deny the Chakras how one has to work it out? Because I am connected with them, through them you are connected.

But when you deny them then you may fall out. I know what to do with the leaders, I chose them, I arrange them, I organize them; I change them, I know what to do. Now you people, do not challenge them. It's nothing but

your ego".

*H.H.Shri Mataji, Alpe Motta, Italia, 04.05.1986*

### ♣ **I'm the Ekadesha Myself**

"In India, so many people fast on this day, for atonement, on 11<sup>th</sup> day is very common, 'you must do Ekadeshi'. All the Hindus and all these people do Ekadeshi. That is, the 11<sup>th</sup> day they don't eat anything at all. But you shouldn't do it after the Advent of your Mother, because, I'm the Ekadesha Myself, so, why should you do it now when I've come? It was done when I was not here, just to call Me, so now I'm back here, you need not do this anymore, the penance of Ekadesha. But you have to be careful."

*H.H. Shri Mataji, New York, USA, 17.09.1983*

### ♣ **... it penetrates through positive, without harming the positive and hits the negative**

"Now, out of the eleven, the Ekadeshas means eleven, the five come from the right side of your void, and five from the left side of your void. Ekadesha Rudra have all the powers, I would say, of destruction, together. It is destructive power of Shri Ganesha. It is destructive power of Brahma, Vishnu, Mahesha. It is the destructive power of the Mother, it is the destructive power of the Ganesha and four of these are Bhairava and Hanumana, Karttikeya and Ganesha, also the powers of Sadashiva and of the Adishakti. All the destructive powers of all the incarnations are Ekadeshas. Now the last but not the least, is the destructive power of 'Hiranya Garbha' which is collective Brahmadeva. And this power when it acts, every atom explodes; the whole atomic energy goes into a destructive power. So, thus the complete total destructive power is Ekadesha Rudra.

It is extremely powerful, explosive, but it is not blind. It is very discriminative and extremely delicately woven. It avoids all the good points and attacks the wrong things and it hits at the right time, at the right point, direct, without hitting anything that is good in between. Now the glance of Ekadesha Rudra falls upon someone say, and there is something in-between which is Divine or which is a positive thing, it penetrates through positive, without harming the positive and hits the negative. It cools down somebody, not freezing, and burns another."

*H.H. Shri Mataji, Como, Italy, 16.09.1984*

## ♣ **Ekadesha Rudras come out of, as I told you, from the Void.**

"Now these Ekadesha Rudras come out of, as I told you, from the Void. So, we can say that the destruction part of it comes from the Void mainly. But these are the powers all are given in one person that is the 'Mahavishnu', that is 'Lord Jesus Christ', because He is the support of the whole Universe. He is the personification of Aumkara; he is the personification of vibrations. So when He gets angry then the whole Universe starts breaking. As He personifies the power of the Mother which is penetrating into every atom, into every molecule, into every human being, into every thing that is living and non-living, once it gets disturbed the whole thing gets into jeopardy. So the pleasing of Christ is very important. Now, Christ has said, "You have to be like small children", that is the innocence. The purity of the heart is the best way you can please Him."

*H.H. Shri Mataji, Como, Italy, 16.09.1984*

## ♣ **In the brain we have got all those seats of the Gods**

"Ganapatipule is a very important place for Sahaja Yoga (*H.H. Shri Mataji, Kolhapur, India, 30/1.012.1987*)...is the place where Shri Ganesha becomes Mahaganesha and where he is surrounded by the father Principle, the Guru Principle, the sea, the ocean, the Indian Ocean. That is, here he becomes the Guru (*H.H. Shri Mataji, Ganapatipule, 01.01.1985*); In Ganapatipule, Shri Ganesha is in its complete matured form...then our eyes become pure, powerful and divine (*H.H. Shri Mataji, Ganapatipule, 01.01.1985*).

Maha Ganesha, is Shri Ganesha, as he exists in the Brain (*H.H. Shri Mataji, Alpe Motta, Milan, Italy, 04.05.1986*); Is the mantra for the Back Agnya, as is also Maha Bhairava (*H.H. Shri Mataji, Bramham Court, 04.09.1981*); In the brain we have got all those seats of the Gods, and they are the seats because they are the causal of these. So first the causal is created, and then the Deities. So the causal of Brahmadeva is Hiranya Garbha. The causal one's are here, in our brain. At the back here is actually Maha Ganesha, just in the center point, it is the minutest point, and around him moves Maha Bhairava, and around this is Hiranya Garbha, this is Swadisthana. Swadisthana is divided into two parts, left and right, both are Hiranya Garbha at the back here. Now in front, in the centre here is Kartikeya. Christ is in the centre itself, where the optic chiasm is but here outside, is Kartikeya, who is the protector of Christ, and around Kartikeya

moves Maha Hanumana, and around that moves the Ekadesha Rudra. Now what is Ekadesha Rudra, let us see one by one. Buddha, Mahavira, Christ, Maha Bhairava, Maha Ganesha, Kartikeya, Maha Hanumana, Hiranya Garbha, Lakshmi Vishnu Narayana, Shiva Parvati...Shiva Shakti. Why Shiva and Parvati? Two are to be taken because Shiva is the Guru and Parvati is the Shakti". *H.H. Shri Mataji, Bramham Court, 04.09.1981*

### ♣ Kundalini has three and a half coils

"...Like you see there is a circle, it has a diameter. Between, its diameter and its circumference (*paridhi*), there is a ratio that it makes, there is a proportion that you have not established or created. God has established its rule in such a way that it will neither be greater nor lesser than the value. It will have what it must have. That ratio is fixed and can never change. That has not been established or created by you. All the rules that are framed are established, created, by God. Many of you have asked Me that 'Mataji, why do You speak of three and half coils (Kundal)? Why do You say Kundalini has three and a half coils (Kundal)?' It is absolutely scientific. Whoever understands, can understand the fact.

Have you ever tried to observe a wrist watch keenly? In a watch if you observe a circle that has a diameter and its circumference. Now the expression that it makes is like this that if the former is seven then the later has to become twenty-two. It can neither be greater nor lesser than that. If this is seven then the other becomes twenty-two. It will always maintain a relationship between seven and twenty-two and this relationship is expressed by a term known as a 'coefficient'; thus how a 'pie' ( $\Pi$ ) is established. This is science. It can never become eight instead of seven and even if it becomes eight, then also it will maintain its proportion accordingly. It always will maintain its unique proportion.

Now why should it remain seven only? It is because, when the diameter passes through the centre, through the mid point, then it has to become seven.

Similarly, when the Sushumna passes through (within) us it has also to become seven. It has also created seven Chakras in that. And...why should it have to become only three and half in that? It is because, if you divide the diameter by half, then it becomes three and half. Now, if you make a spiral wrapping of three and half curves (*valay*) with respect to the ratio of its 'Pie' ( $\Pi$ )...If you wrap three and half spiral curves (*Valay*) one above the other...one above the other...like the coiling of Kundalini and then pierce it with a line traversing through the middle it gets fragmented proportionally into seven equal parts with respect to it but it will make three and a half spiral curves (*valay*). Similarly, when you make a wrapping of the three and

a half curves in spiral form one above the other in this manner and pierce through the middle of it (through the mid point) and then make an exit through the central hole, it will intersect at seven points (places) within it. That is the reason why we have seven Chakras within us.

But, circumference has a different aspect of calculation. If you divide twenty-two by a half you get eleven. But, see how much mathematics is involved in everything. You will find that whatever travels or traverses within the centre is expressed in terms of seven while, it's *Prakash* (the periphery, circumference or the halo) while it travels expressions are found in terms of eleven. That is why it is seen while making a donation (to someone at our place); you try to make payment in terms of eleven. Now you must have understood the importance of eleven as a number. Whatever is depicted in our ancient scripture is eternal—*Anadi*. Those can not be understood even by great mathematical wizards because the ancient saints wrote whatever they contemplated through their research works. Of course, they did write that Kundalini express as a wrapped up coil in three and a half turn. It is a wrapped up coil. But they failed to explain what it was. . ."

*H.H. Shri Mataji, Mumbai, India, 29.3.1975*

**♣ I declare that I am the Holy Ghost. I am the Holy Ghost, I am the Holy Spirit Who has incarnated on this earth for your Realization.**

"Normally I don't tell about Myself, but today He forced Me as soon as I came here to tell, because it is not tactful. It's not tactful to say anything. Better that you discover Me than I tell you. Because Christ was crucified, everybody was tortured. I do not want to hamper My work because it makes no difference by telling you anything before Realization. It's better to tell you after Realization that I am the Holy Ghost. No doubt, I am the Holy Ghost, and the One about which the Christ has told. I had told them, I had never said this from a platform and told, because they have been telling Me, 'Mother, You must say once'. I said, in America I will declare. So today I declare that I am the Holy Ghost. I am the Holy Ghost, I am the Holy Spirit, who has incarnated on this earth for your Realization."

*H.H. Shri Mataji, New York, USA, 30.09.81*

## *Who is Shri Mataji ?*



*“...Today I am openly revealing this to you that until you recognize Me, this work will not be done. I did not say this before. Just like Shri Krishna said, ‘Sarvâdhârmânânam parityajyâ mâ mekam sharanâm vrajâ’. Likewise are My sayings too. Like, Christ said ‘I am the Light, I am the Path’, similar are My words too. **“I am the Destination, not only the Path.”**”*

*But, I never told this to you before because, the previous experiences were so bad that I did not say this to you. You have to take My refuge (Sharanâgat). You have to accept Me as your Mother and I have to take you as My son. Without that, your work will not be done.”*

***H.H. Shri Mataji, Mumbai, India, 29.03.1975***

## *The Divine Declaration*

- "...But today it is the day I declare I am the One who have to save the humanity. I declare I am the One who is Adi Shakti (Holy Spirit or Ruh of Allah), who is the Mother of all Mothers, who is the Primordial Mother, the Shakti of the Desire of God who has incarnated on this Earth to give meaning to itself, to this Creation, to human beings. And I am sure that through My love and patience and My powers I am going to achieve it."

"I was the One who was born again and again. But now I have come in My complete form and with complete powers. I have come to this Earth not only for salvation of human beings, not only for their emancipation, but for granting them the Kingdom of Heaven, the Joy, the Bliss that your Father (God, Allah, Sadashiva) wants to bestow upon you."

*H.H. Shri Mataji, United Kingdom, 2.12.1979*

- "I am the Adi Shakti (the Holy Spirit or Ruh of Allah). I am the One who has come on this Earth for the first time in this Form to do this tremendous task. The more you understand this the better it would be. You will change tremendously.

I knew I'll have to say that openly one day and we have said it. But now it is you people who have to prove it that I am that."

*H.H. Shri Mataji, Sydney, Australia, 21.03.1983*

- ♣ **Today, the power of raising the Kundalini of thousands and thousands and million and millions of people is required**

"There is no way by which you can really feel that I am great. I am extraordinary I am. This is a thing which people do not understand. It's alright for those who are nor Realized- excused. But you have felt the vibrations and got your Realization through Me. I must be something. Put your attention like that to understand. Must be tremendous thing inside this body. It cannot be possible otherwise. It is so obvious otherwise to you people.

This is to be understood, that so far Krishna, Christ, Rama all of them; nobody gave Self Realization to people en-masse. They had other powers, like Krishna had 'Samhar-Shakti'; He could have killed anyone like this. I have also all these powers within Me, but obviously I am a very simple,

ordinary, mundane type of an Indian lady. And Christ had a power to get Himself crucified. I too have that. But I am not going to do all that. I have a power to resurrect also. Why these powers are not used? One should understand. Because, now the main attention is to raise the Kundalini and for that these powers are not required. Give Realization to any number of people. What's the use of getting crucified, who is going to raise the Kundalini? I would like to do it. I mean if I were at that time I would have said, "Keep your cross for a while, I will have it later on". What's the use, just now to destroy people? Let's see how many come around, you see. So these powers are not required. Today, the power of raising the Kundalini of thousands and thousands and million and millions of people is required.

And I am going to be just like you all My life. In the sense I am going to get old as you're going to. I mean today I should be old; I will be and be just like you! I am not going to do anything outside...."

*".....You do not judge Me, because that's not the way you will understand. Just realize and recognize that there has to be something tremendous. It was necessary to have someone like that to do this 'tremendous' task. And it was necessary for you to be born, to be with Me to help; I know those who are with Me. They'll stand by Me through out. I may judge them a little here and there, but I know they will come round. You have to stand by Me. Those who want to run away they'll run away, today or tomorrow. I'll try; I'll try to get them around, as far as possible...."*

So we come to collectivity. To understand that you are cells in My body. And I have awakened you. If you degenerate, My body degenerates. You have seen that all. When you are sick, I am sick. In the sense I emit, liberate more vibrations and I feel sick with that, because you can't take it. When you take vibrations I feel well. But those who have faith in themselves can only understand this and not those who have superiority complex or inferiority complex...Complex means no faith in yourself that you are the chosen ones. You are really the people, specially 'made' for the great work. It's a tremendous thing that you are all born. Once you realize and recognize it you would not bother about small, small things of life. It's the quality in you that has to be nurtured and looked after, through collectivity. But collectivity of the 'Sahaja Yogis'..."

***H.H. Shri Mataji, Plaw Hatch Seminar, England. 15.11.1980***

***The humanity for the first time is blessed with the absolute knowledge of Divinity as Shri Adi Shakti Herself reveals the divine moment, which only Shri Adi Shakti knew, as the Deities witnessed the most spectacular event in the history of creation of Her play.***



- "I have to tell you the story about the Sahasrara day, about which it was decided, long time back, before I incarnated. They had a big meeting in the heavens, all the thirty-five crore of Gods, the Deities were there present to decide what is to be done. This is the ultimate that we have to do to human beings, to open their Sahasrara, to open their awareness to the spirit, to the real knowledge of the divine, to remove the darkness of ignorance, and it had to be spontaneous because it has to work the living force of God. Also it had to be very quick, so all the Gods requested that now I, the Adi Shakti, had to take birth.

They all tried their best. They did whatever was possible. The saints were made by them, but very few. They incarnated and people made religions out of them which were perverted and brought them a bad name. No reality in those religions. These religions were money oriented and power oriented. There was no divine force working, actually it was all anti-divine. How to now turn human beings away from these superficial religions, these perverted paths of destruction? How to tell them about all these established organizations, for ages they have been ruling, making money, making power.

It was a tremendous task. It had to be done with great patience and love. It was very delicate work also, because they believed in those religions, innocent people, simple people. To blast them that this is all nonsense, they are not religions; they are against incarnations, against all the prophets, against all the saints. That's why all the real saints had to suffer. It's a powerful work that was to be done, and that's why Adi Shakti had to take birth on this earth. It had to be before the sixth of May as it was the doomsday of that year. It was done on the fifth of May in the nick of time.

It was all decided beforehand, and every Deity's job was allotted to all of them. Very efficient Deities, very obedient, they knew Me very well, every end of My hair they knew. I didn't have to teach them protocol, love itself gives you protocol, but love that is divine, not selfish love. It's not the way we love my child, my husband, my country, my clothes, it is the love which is divine, which spreads from your heart, from your spirit, like the light of knowledge. What a tremendous task it is. So I said at Sahasrara I had to be Mahamaya. I had to be Mahamaya. I had to be something that people cannot recognise Me easily. But Deities know. This Mahamaya had to come on this earth, not the Adi Shakti in Her purest form, it's too much. So She was covered with this Mahamaya." *H.H. Shri Mataji, Fregene, Italy, 8.05.1988*

*The Divine witness unfolds the mystery in Her own words to humanity, as it happened on the fifth of May 1970, on this Earth as Shri Adi Shakti Herself opened the Sahasrara of the Universe in Nargol, India.*

- "As soon as the 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 tremendous force as if I was unaware and got stupefied.

The happening was so tremendous and so unexpected that I was stunned and got totally silent at the 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 a metal and it has many colours.

In the same way, the Kundalini showed up as a furnace like a tunnel, as you see these plants you have for coal burning, that create electricity, and it stretched like a telescope and came out one after another; shoot, shoot, shoot, just like that.

And the Deities came and sat on their seat, golden seats, and then lifted the whole of the head like a big dome and opened it, and then this torrential rain completely drenched Me.

I started seeing all that and got lost in the joy. It was like an artist seeing his own creation, and I felt the joy of the great fulfillment.

After coming out of this beautiful experience, I looked around and saw human beings so blind and I became absolutely silent, and desired that I should get the cups to fill the nectar, not all stones."

*H.H. Shri Mataji, Le Raincy, France, 05.05.1982*

*Shri Mataji has been working hard and quietly for over thirty years now. She has the most extraordinarily auspicious horoscope, which is very revealing. An Indian astrologer, who did both Her horoscope and the horoscope of Sahaja Yoga, has said that in the next few years Her message will go worldwide. Perhaps the time for secrecy is over.*

### ***Clad in a Suit of Armonr***

*Albert Lewis* from Australia relates a story, which shows Shri Mataji may be more than She appears.

In May 1983 Shri Mataji had just completed a lecture tour of Australia and had stopped over at Kuala Lumpur, en route to India, where She was to give some public programs.

At Singapore airport, a friend of mine and I had the privilege of being able to join Her for the onward flight to Mumbai. We were waiting in the queue of people to go through the metal detector prior to boarding the aircraft. As Shri Mataji started to walk through, all the lights started to flash and the buzzers to sound. Shri Mataji was called to one side by a security attendant. After we had gone through without a murmur from the alarms, we followed to where She was detained.

Shri Mataji was wearing a typical traditional Indian sari and blouse. The security attendant was using his hand scanner to check for any metal objects and, to his surprise, it continued to sound while scanning Shri Mataji, even on Her bare arms. He checked his device on himself by scanning his arm and it only buzzed when going over his watch. A little confused, he once again scanned Shri Mataji, especially her bare arms and the device continued to buzz.

According to the metal detector, this Indian lady, wearing only a silk sari with a short sleeved blouse, was clad in a suit of armour. In the confusion and in disbelief in what was happening before his eyes and with a queue of passengers building up and walking through the detector without supervision, he waved to Shri Mataji to carry on. Shri Mataji chuckled and walked on into the boarding lounge.

All this happened in a matter of ten to fifteen seconds. We both saw it and were totally bemused. I doubt that anyone else in that busy airport lounge Realized what had happened that early morning.

### ***The Integration of all Incarnations***

Then Mother told me about one Indian boy from Aurangabad who asked a very good question in a public program. After answering him, She had written it in Her diary. The diary was a little away from Her on the table. I wanted to get up and get the diary for Her, but She told me not to. She Herself bent to the left side and pulled Her diary. I wanted to write down what She would say, but Mother said just to listen.

She told me, "One boy asked Me a very good question in the Aurangabad public program and that I wrote in My diary and I will tell you."

The question was "This Paramchaitanya is beyond feeling. How can we feel it nowadays?"

Mother said to him that from time to time, one by one, Incarnations came on this Earth and gave their Divine messages. But this Incarnation, which is Shri Mataji — at this point, Shri Mataji held Her right Vishuddhi finger towards Herself, Mother was in a off-white sari with a red border and I could see Her as the Virata — is the integration of all incarnations, has

taken incarnation and is doing the divine work. That is why we feel vibrations, even if they are beyond the feeling of human beings.

*Shakuntala Tandale*

### ***Pure Source of Knowledge***

*Felicity Payment, now of Vancouver Canada, relates an experience that many of us who know Shri Mataji have had. Whatever is our special field of expertise, Shri Mataji seems to know it much better than we do.*

We were standing with Shri Mataji in the nave of a beautiful 13th century abbey in Sherbourne, Dorset, England. We had just had a weekend seminar the day before at our house, Mill Farm in Dorset, England and as was Her custom, Shri Mataji was visiting the area to spread vibrations everywhere. She looked way up at the limestone ceiling full of vaulted buttresses.

"How do you think they made those arches?" She said, gesturing with Her hand, as if wondering to Herself. I was clutching a guidebook.

"Maybe it will tell us in here," I said, but before I could find anything, Shri Mataji launched into a complete architectural explanation, as if She knew the answer all along.

Later, Djamel Metouri said that he had had a conversation with Shri Mataji about aerodynamics and She had talked with him about very technical aerodynamic concepts. It was this incident that made me realize that Shri Mataji, of course, is the pure source of all knowledge. She knows everything about everything.

### ***The Charisma***

*Another Sahaja Yogi in Vancouver tells of a different occasion, which hints at Shri Mataji's charisma.*

I was with Shri Mataji in Vancouver, going from the airport to the ashram where She was staying overnight. As we arrived there was a huge thunderstorm and Shri Mataji said it was Shri Vishnumaya, the sister of Shri Krishna, two of whose powers are lightning and electricity. We arrived in the ashram and Shri Mataji sat down and some of the yogis came to do namaskar at Her Feet. As they did the namaskar, a lightning stroke came through the room between Her Feet and the people. The vibrations were absolutely amazing.

### ***Superhuman Strength***

*Shri Mataji also has superhuman strength, if She so desires. Ruth Flint, Duilio Cartocci and Giovanni Albanesi, who told the story of the never ending bag of cement, and others, tell this story.*

On that same weekend that the miracle happened with the endless cement, at Brompton Square in London, some people were supposed to come and visit the house. Many of the men were moving furniture. Shri Mataji asked some strong young Italians to move Her bed in solid wood and they were trying to push it, but could not move it a centimetre.

**Ruth**

Three of us had to move a very heavy wooden bed. We were at the foot of the bed on our knees and we pushed and pushed, but the bed didn't move.

**Duilio**

I was in the room, packing Shri Mataji's suitcase. Shri Mataji approached the bed and just pushed it with Her knee and the bed moved.

**Ruth**

At that moment I turned my head and I saw Shri Mataji touching with her knee the foot of the bed. In the same moment, the bed flew against the wall in the right position and we fell on the ground.

**Duilio**

The Italian yogis said, "Ah," in big shock and surprise. Shri Mataji laughed and She said, "Well, after all, I am Adi Shakti, so it's normal that I can push this bed!" Everybody was in awe in front of Her.

**Ruth**

On that same day, there was a big wardrobe for clothes. The men needed to move this cupboard and no one could move it. But when Shri Mataji just touched it with Her finger, it just moved easily.

**Giovanni**

*Here is another example of the extraordinary healing power radiating from Shri Mataji's body, this time from **Kay McHugh of Australia.***

I was sitting on the train from Pune to Mumbai, India, opposite Mother. She was at the window seat and I was sitting opposite. With us were an Australian man and an Indian man. She had the Australian stand up, and She was sitting down and he was pushing down on the top of Her head, Her Sahasrara Chakra, with his hands. She was trying to open his Sahasrara Chakra. But he was pushing down. He was over six foot and pushing down as hard as he could and She kept saying,

'Harder!' for him to push on Her head, 'Harder, harder.' She was laughing because he couldn't push any harder. He was sweating, he was pushing so hard. She was sitting there as if there was a feather on Her head, laughing and talking and turning Her head. He was standing there sweating and pushing as hard as he could and Shri Mataji was not being affected at all and being so charming and talking to people on the train.

On another occasion, we went to a hospital where there was a Sahaja Yogi's mother-in-law, who had gone to a fake, or as we say false, guru after getting her Self Realization. She'd gone blind and Mother went to the

hospital in Her compassion.

"Now you don't come in," She said to me, and went into the hospital and after some time She came out again. I was amazed because She sat in front of me in the front seat of the car and, because She'd worked on this woman's blindness, Her back Agnya, the back of Her head, had sucked in all the negativity and it was pulsating out about an inch and a half. You could see it. I sat there with my mouth open and watching the back of Her Agnya go in and out and in and out, as She obviously was working out the back Agnya. That was a pretty amazing experience to see that, to see the bones move like that and pulsating.

### ***Being Like Sunlight***

*Miodrag Radosavljevic, from the former Yugoslavia and now living in London, tells how Shri Mataji explains herself as being like sunlight.*

There was a miracle, which I experienced when we had a seminar in the English countryside. It was a long time ago, 1979, and Shri Mataji came. It was a very dark day with no sun, heavy clouds. It was very, very dull and heavy. There was a lot of doubting in Sahaja Yoga at that time. Shri Mataji was talking to us and saying that She expresses the powers of Shri Krishna and Lord Jesus: all of the aspects of the Divine.

She said it was like the sunlight. At that moment the beam of sunlight came out of nowhere and shone on Her head and went away. To prove it, She said that the beam of sunlight should come again on Her head. That happened two or three times. Out of nowhere the sun came. I witnessed this together with about fifty other Sahaja Yogis who were present at that time.

### ***They become a Chakra in My Body***

*Gregoire de Kalbermatten, whose work takes him to the corridors of power of this world, tells of a conversation with Shri Mataji which left even him completely awed.*

This is an unusual conversation and it did take place. Maybe the words are not absolutely exact, but I remember faithfully the sense of it.

"...but Mother, this is really an ugly Kali Yuga. Were there other Kali Yugas like this before?"

"There were many other Kali Yugas before but this is (one of) the worst."

"But then, there were also other golden ages before?"

"Of course. The successions of Yugas form a Kalpa, which is your universe."

"When will our universe finish?"

"If Sadashiva interrupts it in dancing Tandava. People of God will go back to God and everything else will be destroyed. I do not think it will happen now because of Sahaja Yoga."

"If our universe comes and goes like this, it means there were other universes before?"

"Yes, many."

"But, Shri Mataji, where do all these universes go when they are finished?"

"They become a Chakra in My Body."

Believe me, after this answer, no more questions. And the silence was very galactic.

### ***'Anand Tandav', meaning 'Joyful Dance'***

*In one of the stories narrated by the daughter of late Mr. Harischandra Koli, who had received his Self Realization in 1979 in Mumbai, she reveals the story behind the Anand Tandav and Shri Mataji's comment on it.*

After coming to Sahaja Yoga Mr Koli put all the pictures of Gods he had in the ocean. He said, 'If Mother is Shri Adi Shakti, I don't need the other pictures', but he did not have the heart to throw the photo away of the Gods dancing at the Feet of Shri Adi Shakti, which is now in the mantra book. One day after lunch at Alibagh, when Shri Mataji was with us there, he asked Her, "Mother, I feel You are the One who is sitting there, but what is the meaning of this picture?"

#### ***Shri Mataji said:***

"All the gods had a meeting in heaven because they did not know what to do with humanity. Which ever aspect of God was sent to the earth, the people troubled them, i.e. Shri Jesus Christ, Shri Rama, Shri Krishna, so at that time Shri Adi Shakti said, "I will go as a Mother for mankind, and I will go like a normal person with all the worries, sadness and happiness in life. I will go through everything and also through all the mayas (illusions). This announcement of Shri Adi Shakti was a blessing for the Gods, and this was the joyful incident when all the Gods are dancing, so Adi Shakti is there to help them."

'Anand Tandav', meaning 'Joyful Dance', was the name given by Shri Mataji to the picture. (*Refer to the inner cover of the Nirmal Fragrance to enjoy the picture*) After this announcement Shri Mataji said Mr Koli should make thousands of copies of this picture, and give it out to yogis all over the world so each one could have one in his or her house. It brings joy and love to everyone.

*“Bolo Adi Shakti Shri Mataji Shri Nirmala Devi Ki Jai...  
Mahalakshmi...Mahasaraswati...Mahakali Ki Jai.....”*



*“This Mahamaya had to come on this earth, not the Adi Shakti in Her Purest form, it’s too much. So, She was covered with this Mahamaya.”*

***H.H. Shri Mataji, Fregene, Italy, 08.05.1988***



*Tis Place will be used for our International  
Seminars (Ganapatipule)*



*“Okay, now watch I will change the direction of the waves”.*

***H.H. Shri Mataji, enlightening Sahaja Yogis in Ganpatipule,  
Shores of Arabian Sea***

## *At Ganpatipule with H.H. Shri Mataji*

Some time back, just before the programs at Ganapatipule started, Mr. Chavhan and seven yogis went with Shri Mataji to do a public program in Ratnagiri.

After the program was finished, they were to catch a ferry back to Bombay. On being told that this ferry would be very late, Shri Mataji said that they should still leave now for the ferry. The ferry was to be taken from a place called Jager. I knew that it was way too early and also that there was nothing to do there for timepass.

I then told Shri Mataji, "Mother, there is a Ganesha temple which is in the sea and also on land, which we could go and see. It is only about a half an hour away, so we will easily be back in time."

Shri Mataji said it was okay. We were all packed into cars and went to see this Ganesha temple.

This Ganesha temple is at sea level and sometimes the sea enters into the temple at high tide. Shri Mataji then entered inside the temple, where the swayambhu was at sea level, to check the vibrations for about ten minutes.

Then Shri Mataji came out and told us that this swayambhu is very much awakened and is very powerful. In fact, it is much more powerful than the astavinayak in Maharashtra. These are the eight Ganesha swayambhus in and around Maharashtra — swayambhus from Mother Earth.

Shri Mataji then asked Chavhan, "Why didn't you notice this before?"

Chavhan said that he only came here now for the first time after Sahaja Yoga. Shri Mataji then said that this place will be used for our international seminars. Shri Mataji spoke about the swayambhu. It has got the powerful vibration of Shri Ganesha and also the very powerful vibration of sea, void, power of Adi Guru Dattatreya. So by coming here, at least two Chakras can get cleared out, Mooladhara and Void.

Chavhan then started thinking about how to arrange all of this — "I don't know anyone here to do this" — and getting in a state.

Shri Mataji then said, "So you are now worried about how to do this. Don't worry. I will do everything and will tell you in good time what to do and automatically everything will work out."

After this, we all decided to go and watch the sunset and have a footsoak. Here Shri Mataji said that "Now I am going to show you a miracle. Look out over the ocean and tell me what you see."

"No, Mother, we see the waves all coming in our direction from all the sides. The waves are coming towards us."

Shri Mataji then said, "Okay, now watch. I will change the direction of

the waves." Shri Mataji then walked towards the south and the waves all went in that direction. Then Shri Mataji walked in the other direction and the waves all went the other way. Then, when Shri Mataji stood still, all of the waves also stood still. They seemed to be standing, waiting for the next instruction. Shri Mataji said, "You may be having doubt that possibly the wind is doing this, so I will show you again." She then did everything all over again. Shri Mataji said this is the second time that She has done this miracle. The first time was in America.

After they had finished at the Ganesha temple, they then went back to Jaigad to wait for the ferry. By this time, the sun had set and they were all waiting on the port. Shri Mataji then said, "Now I will show you all another miracle. The Ganesha temple is in that direction." And She pointed, "Now look. Do you see anything over there?" They all said, "No, Mother, we can't see anything." Shri Mataji again pointed in the same direction and said look again.

As they looked, they could see slowly appearing a huge stream of light. It was like a huge cylindrical circle of light, as if thousands of volts were coming out of Mother Earth and going straight into the heavens.

"There is no other light around here, not even moonlight, so that light is coming from the Ganesha temple," said Shri Mataji. "This light will not stop until I tell it to. This light is coming from the swayambhu of Shri Ganesha and I am taking it out." Shri Mataji then asked us if we all had seen this light and should She stop it.

All the Sahaja Yogis present said that they had all seen it and that Shri Mataji could now stop it from coming out of the Ganesha temple. The light was there for about ten minutes. We all are very lucky to see such a thing and I have not seen anything like that since then. ***P.D. Chavhan***

### ***Apart of the history***

For a few years, a number of us had been talking about the possibility of collectively collecting our personal memories of Shri Mataji, over the last twenty years or so, or even longer, and in fact Shri Mataji had also asked some people to do this, unknown to those of us talking about this.

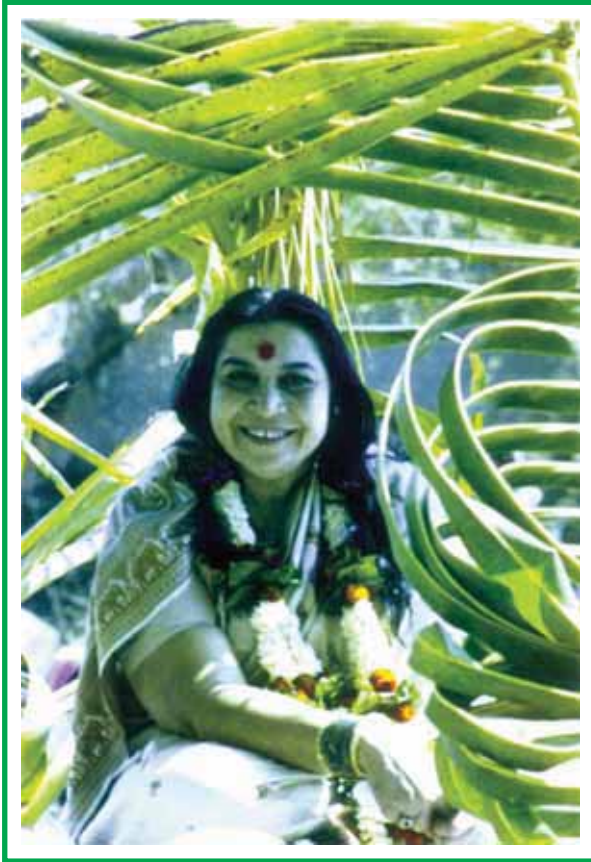
In December 1999, Shri Mataji called to see me at Her bungalow at MTDC, Ganapatipule. At one moment of time I was alone with Shri Mataji. So I seized the moment, and said, 'Mother may I ask you a question?' to which She replied 'Yes.' I asked if we could make a book of the personal memories of Her, of the human side of Her incarnation. She replied that it was a part of the history and should be done. That was how it really started, because we needed Mother's permission to go all out for this sort of a project.

***Linda Williams***

***(Excerpt from the Chapter 25: Who is Shri Mataji and Some Indian Memories)***

*“I always work through you, if you are one with Me.  
Even when I’m speaking, you’re speaking.  
And when you are speaking, I am speaking you know that.”*

*H.H. Shri Mataji, London, 23.09.1984*



*“I have declared that it is the Universal Religion, the Nirmala Religion  
which is formed out of My teachings of love.”*

*H.H. Shri Mataji, Bordi, India, 06.02.1985*

## *World Recognise Mother*



*“...I had to be Mahamaya. I had to be something that people cannot recognize Me easily...”*

***H.H. Shri Mataji, Fregene, Italy, 08.05.1988***

## *Shri Mataji's International Awards and Recognition*

Shri Mataji has been recognized worldwide by several prestigious institutions for Her selfless work and for the powerful results of Her spiritual teachings through Sahaja Yoga; some of these are listed below.

### ***United Nations, New York, USA 1989-1994:***

Invited by the United Nations for four consecutive years to speak about how to achieve world peace.

### ***Brazil 1994:***

The Mayor of the city of Brazilia welcomed Shri Mataji at the airport and presented Her with the key to the city, and sponsored all of Her programs.

### ***Italy 1986:***

Declared '*Personality of the Year*' by the Italian Government.

### ***Romania 1995:***

Awarded Honorary Doctorate in Cognitive Science.

### ***Yonkers, New York, USA, 1996:***

Letter of Welcome was granted by Mayor of Yonkers, New York. September 26th is proclaimed as '*Shri Mataji Nirmala Devi Day*'.

### ***New York, USA, 1994:***

Police escort was granted for a welcoming parade honoring Shri Mataji and celebrating her association with Mahatma Gandhi. The half day march originated on 5th Avenue and encircled Central Park.

### ***Los Angeles, USA, 1994 and 1993:***

Letter of Welcome and Continued Friendship was granted by Mayor Richard Riordan on behalf of the people of Los Angeles.

### ***British Columbia, Canada, 1994:***

Letter of Welcome was granted by the Premier of the Province of British Columbia, Mr. Mike Harcourt, on behalf of the people of Canada.

### ***Vancouver, Canada, 1994:***

Letter of Welcome was granted by Mayor Philip W. Owen on behalf of the people of Vancouver, Canada.

***Philadelphia, USA, 1993:***

October 15th is proclaimed as '*Shri Mataji Nirmala Devi Day*'.

***Cincinnati, Ohio, USA, 1992:***

September 10th is proclaimed as '*Shri Mataji Nirmala Devi Day*'.

***St. Petersburg, Russia, 1993:***

Appointed as *Honorary Member of the Presidium of Petrovskaya Academy of Art and Science*. In the history of the Academy only twelve people have been granted this honor, Einstein being one of them.

***St. Petersburg, Russia, 1993:***

Inaugurated the International Conference on 'Medicine and Self-Knowledge', a yearly event now conducted in Russia.

***Moscow, Russia, 1989:***

Shri Mataji met with the head of the USSR Ministry of Health. Following this meeting Sahaja Yoga was granted full government sponsorship, including founding for promotion and scientific research.

***India, 1995:***

The Indian Government has granted Shri Mataji a one hour prime time television series, broadcast nationally.

***China, 1995:***

Official guest of the Chinese Government to speak to the people of China.

***USA, 105th Congress, 1997 and 106th Congress, 2000 :***

Honarium read into Congressional Record by Congressman Eliot Engle commending Shri Mataji for her dedicated and tireless work for humanity.

***"Shri Mataji's discovery brings genuine hope to humanity."***

Claes Nobel, grand nephew of Alfred Nobel, Nobel Peace Prize Foundation, Chairman of the United Earth Organization.

***India, 2001:***

Manav Ratna Award, in Pune.

***Honorary Italian Citizenship, 2006***

The local assembly for the Municipal Office of Cabella Ligure, Alessandria Italy unanimously elected to award Shri Mataji with the

Honorary Citizenship of Italy. Holding Shri Mataji in the highest regard this Honorary Citizenship has been offered in recognition of the Her great works and life enriching experience. Great prosperity and peace has been brought to the valley of Val Borberra since 1991 when Shri Mataji first took up residence here in Cabella Ligure in 1991.

On the 8th July 2006 in an official gathering the the Mayor of Cabella Ligure presented Shri Mataji with an honorary citizenship. This was followed by the unveiling of the foundation stone for the "Shri Mataji Nirmala Devi World Foundation" of Sahaja Yoga for the emancipation of humanity. This Foundation is to have its home in Cabella.. Shri Mataji was very pleased by this gesture and sent Her love to all those well wishers and local citizens who have actively supported Sahaja Yoga activities throughout the years. Sir C.P. thanked everyone and urged everyone to spread Sahaja Yoga and the message of Shri Mataji throughout the whole world.

All the yogis in the hanger were filled with a deep and lasting sense of the profound and monumental significance of the moment, that they had witnessed history in the making and the beginning of a new era for Italy with the formation of the Shri Mataji Nirmala Devi World Foundation at its centre. This Foundation will beat strong in the heat of Italy and form the corner stone and focal point for spreading Sahaja Yoga throughout Europe and the whole world.

### ***International Achievements***

Besides constituting various Institutional establishment of International standard for the humanity, Shri Mataji has also founded many Non-Governmental Organizations (NGOs) which include:

- An international health centre to help patients from all over the world to use Sahaja Yoga techniques in order to treat their ailments. This health centre has been producing very successful results in alleviating the symptoms of a number of incurable diseases such as cancer, epilepsy and multiple sclerosis. (CBD, Belapur, Vashi, India)
- A charity organization for poor people 'Nirmal Prem' in Greater Noida, India, to provide shelter to destitute and homeless women, where they can also optionally learn about Sahaja Yoga. (Greater Noida, Nirmal Prem)
- An international music academy (PKS Academy, Vaitarna, Maharashtra, India) to promote classical music, as well as classical dance and fine arts.



- An international theater company whose international cast and crew has successfully toured throughout Europe, Australia, Israel, India and the USA. Its mission is to produce performances that promote racial and cultural understanding worldwide. (TEV)
- A number of Educational establishments to provide culture,ethics and moral values in children have been established (ISPS- Dharmshala in India, Canajoharie-US and many others)

### ***Establishment of Vishwa Nirmala Dharma in Europe:***

The Spanish Sahaja Yoga collective is proud to announce that as of 31st of May 2006, the Vishwa Nirmala Dharma has legally been registered and acknowledged as a religion in Spain. An ancient desire of the Spanish collective has just become true. The Spanish Sahaja Yogis hope that this will be the first step in the legal and official acknowledgement of H.H. Shri Mataji Nirmala Devi and Vishwa Nirmala Dharma in Europe and in the whole World.

## *Divinity Reveals the Divine Prediction*



*“I was the One who was born again and again. But now I have come in My complete form and with complete powers. I have come to this Earth not only for salvation of human beings, not only for their emancipation, but for granting them the Kingdom of Heaven, the Joy, the Bliss that your Father (God, Allah, Sadashiva) wants to bestow upon you.”*

***H.H..Shri Mataji, United Kingdom, 02.12.1979***

## *Prediction from Nadi Granth*

*(A transcript of what Shri Mataji said as She translated the Marathi version of Nadi Granth in Sholapur, Maharashtra, India and commented on it, in early 1982)*

"...and here they have tried to establish how astrology is so correct, and whatever is predicted 14000 years back is also coming correct. But, this is about two thousand years back, one of the great astrologers of this place (not Sholapur but little downward, Karnataka) he described about this thing. So clear cut that, you'll be amazed that he said that this great yogi will come on this earth on the Meena-rashi (is the Pisces). I'm just on the cusp of the Pisces and the Aries. But that's not so important. Then he says that, gradually, we'll start seeing miracles, from 1964 to 66. He says that, maybe, little bit. But he says the real change, Manvantar in the age, the New Age, he will start from 1970. And by 1980 it will take its grip, alright? That time, by this new method, the New Age will be formed and the old one, Vaivastha... there's one another, we have yugas, system of the yugas, will be over, and that Yuga is in Kali Yuga. So that's how Kali Yuga will be finished, from 1970. Will be, start receding back, Kali Yuga and a New Age of active divinity will start, Krita Yuga. That time, the Sun will rule in a new way, the Sun. The axis of Earth will be reduced and the speed of the Earth will be reduced, gradually. That time a great Mahayogi will be born, who will be completely Parambrahma. Completely Parambrahma. That's Me! And He will possess all the powers to do or not to do. Means Mahakali and Mahalakshmi, all the powers, all the power.

Before this, people used to go into bhakti, devotion, jnana, means reading, Patanjali Yoga and then they used to get their mokshas. But, this new method that this Mahayogi will bring in, the pure power within you, your Chakras will rise and as a result the Kundalini Shakti will be awakened and will be enlightening. Because of this new method of Maha Yoga you will see with your own eyes and you'll get it in this body in your lifetime, the Realization. And you'll get the joy of Realization. (Question: What's his name, Mother?) His name was Bhujender, Bhujender Kaka. His name was Kaka Bhujender; Acharya Kaka Bhujender. Sattwacharya.

You don't have to sacrifice this body. Many people, great saints, sacrificed their body in living condition, they went into a cave and shut themselves and died. That's not necessary with this new method. You won't die, either. Means, you will achieve your spirit, the Realized Souls, the

saints who are Realized, the Brahmananda; the joy of the Brahma, by this new yoga. And they won't have to go into Samadhi, just without doing anything like that, they will get their Realization. And they will enjoy the joy of Brahma. Sahaja Samadhi. This is Sahaja Samadhi according to... Among millions, at first one will get Realization. You understand your own positions, you see the way sometimes we fritter away our attention on nonsensical things, you realize that among millions you are one. This is written here. We fritter away our attention in useless things like my husband, my wife, my children, this, that, and that. It is written here that among millions, one will be selected. Do you follow that point?

Then all the human race can get over their death or their destruction by this yoga. You'll have to lead a life, a married life, a normal life, may not marry but like a normal householder, otherwise you cannot get this yoga siddhi. Like if you become a big saint and a 'sadhu baba' or a guru or something great, you cannot get it. You have to be a normal householder, maybe married, may not be married it is not the point, samsari, means living on this earth, in the 'brass tacks' as you say. Grass roots, down to the basics. Then all your diseases will disappear so fast with this yoga that you won't need anything like a hospital.

In the beginning these great yogis, you people also, only by touching people you can cure people, is a fact. Like the Ardhanarinateshwara, is Shiva; that will be the state. Human beings, their old age will disappear, their body will remain as it is, and they will have a body which is divine. What a promise! So don't worry too much about your bodily comforts alright? Then may some of you, if you want you can fly in the air also (laughter) with that body. Also they can become subtle and can enter into the body of, that already you are doing, enter into the body of others, to get them cured. That already you are doing. They will not be touched by the fire and any weapons. Also you will be able to see these subtle things with your own eyes. You can see them. This will not only happen in India, but all over the world. India is a country of great punyas, that's why there are powers which will look after the protection of this country, and this country will gradually rise.

He says that the Third World War... they may go for a third World War, and they will have to suffer for it. After that this great Incarnation will interfere, and all the countries will come together with the understanding of collective oneness. And they will understand that war is so horrible. In a very big city (I don't know which one) a conference of all the countries will be held. There, not the politicians but the yogis will direct them. Yogis ... he

calls you yogis throughout. This may be the Third World War we had with China recently. He says that because of China's aggressive policies and the Third World War we'll have to bear a lot of problems, you see. But through prayers, we'll be able to unite all the countries. By the new inventions of science, the Divine knowledge and the science will become One. With the science, we'll be able to establish the existence of God and of Spirit. That is how there will be no difference, there will be co-ordination between, co-relationship between, the science and the Spirit, or the Divine Knowledge. Already we are getting it because you see on My photograph people get vibrations, it's a science, on the television, mantras, all that, if you start curing through scientific methods, you are also using the science for that purpose. You can prove that these things can be carried by magnetic forces, by sound, all these things. Then he says that because of ignorance and because of maya, yogis had to suffer a lot to become collectively conscious, Brahmaika, to feel the Brahma. But now, and they had to do lot of penance that was so difficult, you'll become "sahaja". This is the word, sahaja; Sa-ha-ja prapta hua, sahaja. And you don't have to give up anything to achieve Brahma.

In the new yoga system, when it will manifest in the different countries, in the new Age, the administration will be governed by people who have their own powers of yoga, depending on how far you are in your yoga. And their qualities as Yogis, that will be the determining factor. They will be able to create a society which will completely fulfil their desires and their necessities, and people won't need to have money accumulated with them. The poverty and sickness will be completely finished and in their absence the country, the samaj, the society, will be healthy and restful and without any anger.

They have also given the name of Jacqueline Murray; she's an American lady, Jacqueline Murray. This woman had predicted about Me, and she had said that a great personality will be born in India, a lady; she said about 1924, I was born in 1923. 'About', correct, you see.

But Cheiro has said that by 1980 the new Advent will start a new Age. There's a difference of ten years.

There's a lady called Alice Bailey, she's supraconscious I believe, and in supraconscious state she has said that there will be a new yoga which will come, by which people will be connected to the Holy Ghost.

***There's a danger of a third World War, and is inevitable, but it may be avoided if people develop love for each other with this yoga.***

Now this is another thing, hah, this one is a tape about what Gyaneshwar has said about this new age, what will happen. Translation of that is with Me but it is in Marathi, I will have to translate it into English. That how people will become Realized and what will happen, how they will love each other, all these things he has said it, Gyaneshwar, and it is sung in this record..."

*Roots of Truth*  
**What the Ancient Scriptures Say**  
*(Prophecies Come True)*



*“There is something beyond, which you have to seek. There is something beyond, no doubt, which has been told to you by all the prophets, by all the scriptures, by all the incarnations who came on this earth. It has been promised also that you will be judged one day. But the first judgment will be your own. You yourself will decide whether you are seeking the Divine, or some frivolous things. If you are seeking the Reality and the Truth, then only you are going to be chosen, then only you are going to be the citizen of God’s Kingdom.”*

***H.H..Shri Mataji, 1979***

*The Prophets—Prophecis*  
*Words of Enlightenment to seek Divine*

***The difference between a Realized Soul and a non-Realized Soul***

".....you have to stand on your own legs and know that you are here one with the Truth, the testimony of Truth, that you have seen the Truth. You know what Truth is and you cannot compromise with falsehood. You just cannot. For that you need not harm anyone. You have to just profess it. You have to stand up and say that you have seen the Truth and this is the Truth, and you have to be one with it so that people see that light of Truth in you and they accept it.

It is not for telling others that you have to be truthful and this is the Truth we have seen and this is what God's Laws are, how they work out. Through vibratory awareness we have been able to see that this is the Truth. But be completely confident about it. But for that first of all you must test yourself completely, otherwise you might be playing into the hands of evil. It happens with many people who start doing Sahaja Yoga in the beginning. So be cautious. Be sure that you are telling the Truth and nothing else and that you have felt the Truth in full ways. Those *who have not felt the vibrations*, should not talk *of Sahaja Yoga*. *They have no authority. They have to receive vibrations. They have to fully imbibe within them* and then they can say, "Yes, we felt". This is very important task Sahaja Yogis have to do in these modern times – i.e. to tell aloud that they have found the Truth. That part is very weak.

In whatever way you like you can announce the Truth. You can write books, you can talk to your friends, relations and everyone and tell them, "this is the Truth now, that you have entered in the kingdom of God. That you have been blessed by the Grace of God. That you are Realized Souls, that you have felt the Divine power which is prevailing everywhere. That you can give Realization to others." This you have to tell others and know that by your accepting the truth, you are not adding anything to the Truth but you are adoring yourself.

One requires courage to enjoy the Truth. Sometimes people may mock at you, laugh at you and persecute also but that should not be any worry to you because your relationship is with the Statutes, with the Grace of God. When that is your connection, you should not worry about other people and what they have to say about it. You have to stand up, adorn yourself with that



Truth and talk to people and people will know that you found it. With that authenticity with which you speak people will know that you have found it.

The difference between a Realized Soul and a non-Realized Soul is basically this: He does not talk of woes and his separation with God. He says "I have found it now. This is it". Like Christ said, "I am the light, I am the path".

Or anybody else can say that but you can make out that it is *not* Truth. With the confidence, with that complete understanding, coming out of your heart people can make out, 'this is absolute Truth' and then all kinds of falsehood must be denounced. Doesn't matter if somebody feels bad, because by telling that you are saving them and not harming them. But must be told in a correct way, not in frivolous way. In a very persuasive way, you must tell them that this is wrong. You must wait for the time when you can tell people, more in confidence. Tell them, "this is wrong, it is wrong, you don't know. We have done the same thing".

This is how you are going to express your principle of Mastery or you can say "**Guru Tatwa**". You have to be truthful. First and foremost thing is that you should know the truth and stand the testimony and that you should announce it".

*H.H. Shri Mataji, London, 29.07.1980*

**\* Guru Nanak**  
**Guru Granth Saheb**

**Japuji 30**

Obeisance, obeisance to Him, the Primal, the Immaculate, without beginning, without end, Constant through all ages.

The One Mother existed Alone in some mysterious way and She created the three Deities.

One was the Creator, one the Sustainer and one the Destroyer.

The world moves as He ordains and as He pleases.

He sees all, but no one sees Him;

This is a great wonder.

***Shri Mataji commented on this passage in 1995:***

"And then somebody gave me a passage where he [Guru Nanak] had described the innocence, the Deity of Shri Ganesha also. He had described that the whole creation was done by the Mother and not by the Father. It's

very surprising because is for people who don't believe in the forms of God always talk of Father, not of the Mother. It is true also about Christianity, also about Islam, also about the Jews."

There are many references to Sahaja in Guru Nanak's writings, including these extracts from the 'Siddha Goshta' (*'Dialogue with the Yogis'*):

In the calm of sahaja's cave you can discover the True One,  
Sayeth Nanak, the True One loves the truthful.  
By the gentle path of Sahaja  
Attain God, Purest of the Pure.  
A disciple who serves his guru and no other  
Will succeed, says Nanak, that is sure.

### ***Japuji sloka (epilogue)***

Air is the Guru, water the Father,  
The great Earth, the Mother of all.  
Day and night are the female and male nurses,  
With the entire creation playing in their lap.

### ***Guru Granth Saheb, 473***

Of woman are we born, of woman conceived,  
To woman engaged, to woman married.  
Woman we befriend, by woman do civilizations continue.  
When a woman dies, a woman is sought for.  
It is through woman that order is maintained.  
Then why call her inferior from whom  
all great ones are born?  
Woman is born of woman;  
None is born but of woman.  
The One, who is Eternal, alone is unborn.  
Says Nanak, that tongue alone is blessed  
That utters the praise of the One.  
Such alone will be acceptable at the Court of the True One.

Guru Nanak Dev has made a lot of references to Kundalini awakening in Guru Granth Saheb. Kundalini has been referred to as Surati and Dasham

Dwar, meaning Brahmarastra or opening of the anterior fontanel area on its awakening.

A pure heart is the golden vessel to fill the Divine nectar which is to be sucked from the Dasham Dwar through two channels, Ida and Pingla. (*Guru Granth, pp 286*)

You can only know God, when by the grace of Satguru your Dasham Dwar is opened. (*Guru Granth, pp 953*)

God has made this human body as a house with six Chakras and has established the light of Spirit in it. (*Guru Granth, pp 947*)

Cross the ocean of Maya and meet the eternal God who does not come, who does not go, who neither takes birth, who neither dies. When your six Chakras meet in a line, Surati takes you beyond distortions. (*Guru Granth, pp 928*)

A person whose actions take him higher in spiritual life, one who has overcome five enemies including lust, one who has established God in the form of truth in his heart, his Surati gets awakened and he becomes one with God. (*Guru Granth, pp 535*)

In Shri Mataji's words "The brief reviews illustrate that the theme of Kundalini awakening referred to variously as re-birth, resurrection, baptism, union with Divine, Tao (by Lao-Tse), is common throughout mankind's history in all the religion of the world. In fact this is the essence of all the religions, though because of time and place constraints, it was kept a hidden science in the past."

### **★ Prophecies of the Mahdi**

Mahdi is the name of the last of the 12 Imams. The first Imam was Ali, son-in-law of Mohammed. According to Islam, and in particular the Shiites, Mahdi comes at the time of the Last Judgement to save the world. In Sahaja Yoga we believe that Shri Mataji is the Mahdi. We note also that the Hindu 'Adi Ma' is the reverse of the Muslim 'Mahdi'.

The Prophet Mohammed (*reported by Abu al-Hujaf in Bihar al-anwar, vol. 51, p. 74*):

"Listen to the good news about the Mahdi. He will rise at the time when people will be faced with severe conflict and the earth will be hit by a violent quake. He will fill the earth with justice and equity as it is filled with injustice and tyranny. He will fill the hearts of his followers with devotion and will spread justice everywhere."

The Prophet Mohammed (*reported in Bihar al-anwar vol.51, p65; and in Ithbat al-hudat, vol.6, p382*):

"The day of resurrection will not take place until the true Qa'im rises. This will happen when God permits him to do so. Anyone who follows him will be saved, and anyone who opposes him will perish. O servants of God! keep God in your mind and go towards him even if it happens to be on the ice, for indeed he is the caliph of God, the exalted and glorified, and my successor."

The Prophet Mohammed (*reported by Abu Said al-Khudari in Bihar al-anwar vol.51, p74; and in Ithbat al-hudat, vol.7, p9*):

"The Mahdi from among my descendants, from my family, will rise at the end of time, while the heavens will pour rain and the earth will bring forth green grass for him. He will fill the earth with justice and equity as it is filled with tyranny and injustice."

The followers of the Mahdi will have special powers of communication with the Imam (vibrational awareness) (*reported by Ja'far in al-kulayni, al-Rawda, II/49*)

At the time of the Advent of our Qa'im, God, may He be exalted and glorified, will develop the hearing and sight of our faithful in such a manner that, without there being a messenger between the Qa'im and themselves, he will speak with them, and they will hear and can see him without him having left the place where he is.

Another prophecy of the prophet Mohammed relating to vibrational awareness:

"There will be a Caliph in the last period of my Ummah who will freely give hands-full of wealth to the people without counting it."

*(Holy Quran)*

"That Day Shall we set  
A seal on their Mouths  
But their hands will speak  
To us, and their feet  
Bear witness, to all that  
They did."

When Kundalini Awakening and Self Realization has occurred a flow of energy in the form of cool vibrations starts flowing from the hands; this is what is signified in the above passage. Here Prophet Mohammed speaks of the coming times, the time of resurrection, which is, in fact, the present Age of Aquarius or Kundalini Awakening.

## ★ *New Testament*

### *Gospel of John*

From the Gospel of John, chapter 14, verse 15 (*This is the account of the Last Supper.*)

14:15 If ye love me, keep my commandments. 14:16 And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever. 14:17 Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you. 14:18 I will not leave you comfortless: I will come to you. 14:19 Yet a little while, and the world seeth me no more; but ye see me: because I live, ye shall live also. 14:20 At that day ye shall know that I am in my Father, and ye in me, and I in you. 14:21 He that hath my commandments, and keepeth them, he it is that loveth me: and he that loveth me shall be loved of my Father, and I will love him, and will manifest myself to him. 14:22 I am the door by me if any man enters he shall be saved. (*New Testament*)

## ★ *The Book of Revelations*

One day I walked into Mother's flat at Ashley Gardens and found She was sitting in the dining room with two people, a newly married couple, who had spent the night there. Mother invited me to sit down at the table with them. Somehow we got talking about the Bible, and one of us had a Bible. We were looking at the Book of Revelations, Chapter 12. Mother was making comments on it. This is what I remember (*As narrated by a Sahaja Yogi*)

*Verse 1:* And there appeared a great wonder in Heaven: a woman clothed with the sun and the moon under her feet and upon her head a crown of twelve stars.

The woman mentioned is Mother.

*Verse 2:* And she being with child cried, travailing in birth, and pained to be delivered.

This is the collective consciousness of Sahaja Yoga and the Sahaja Yogis. Mother has suffered much pain of our behalf.

*Verse 3:* And there appeared another wonder in Heaven: and behold a great red dragon, having seven heads and ten horns, and seven crowns upon his heads.

The dragon is the collective evil of the false gurus, and Mother counted on Her fingers and said "Yes they are all here at the moment."

*Verse 4:* And his tail drew a third part of the stars in Heaven, and did cast them upon the Earth: and the dragon stood before the woman which was ready to be delivered, for to devour her child as soon as it was born.

The third parts of the stars are the seekers who get lost (another time Mother said something like 60% of the people in America are actually seekers, but so many are completely lost). The false gurus try to catch and deceive and ruin the seekers as soon as they are 'born'. So they try to destroy the birth of the collective consciousness of Sahaja Yoga.

*Verse 5:* And she brought forth a man-child, who was to rule all nations with a rod of iron: and her child was caught up to God, and to his throne.

The man-child is Kalki, the collective awareness, ruling with the Kundalini, the instrument of that collective consciousness.

**\* *Adi Shankaracharya***

***Tad Nishkala (Self Knowledge)***

Om, I am neither the mind,  
Intelligence, ego, nor 'chitta',  
Neither the ears, nor the tongue,  
Nor the senses of smell and sight,  
Neither ether nor air,  
Nor fire, nor water, nor earth.  
I am Eternal Bliss and Awareness.

I am Shiva! I am Shiva!  
I am neither the 'prana',  
Nor the five vital breaths,  
Neither the seven elements of  
The body, nor its five sheaths,  
Nor hands, nor feet, nor tongue,  
Nor other organs of action.  
I am Eternal Bliss and Awareness.

I am Shiva! I am Shiva!  
Neither fear, greed nor delusion,  
Loathing, nor liking have I,  
Nothing of pride, of ego,  
Of 'dharma' or Liberation,  
Neither desire of the mind,  
Nor object for its desiring.

I am Eternal Bliss and Awareness.

I am Shiva! I am Shiva!  
Nothing of pleasure and pain,  
Of virtues and vice, do I know,  
Of mantra, of sacred place,  
Of Vedas or Sacrifice,  
Neither I am the eater,  
The food or the act of eating.

I am Eternal Bliss and Awareness.

I am Shiva! I am Shiva!  
Death or fear I have none,  
Nor any distinction of 'caste',  
Neither Father, nor Mother,  
Nor even a birth, have I,  
Neither friend, nor comrade,  
Neither disciple, nor Guru.

I am Eternal Bliss and Awareness.

I am Shiva! I am Shiva!  
I have no form or fancy,  
The All-pervading am I,  
Everywhere I exist,  
And yet I am beyond the senses,  
Neither salvation am I,  
Nor anything to be known.

I am Eternal bliss and Awareness.

I am Shiva! I am Shiva!

Shri Mataji's Comments....."That is what you are; you are Eternal Bliss and Awareness; consciousness, pure consciousness. I think this must be. Everybody must remember by heart and must say in all the Ashrams. This is a very good way of remembering what you are!" (*Guru Puja, Austria, July 1986*)

In the Saundarya-Lahari, **Sankaracharya** describes the ascent of the Kundalini in verse 9:

Thou art diverting Thyself, in secrecy with Thy Lord, in the thousand-petalled lotus [Sahasrara], having pierced through the Earth situated in the

Mooladhara, the Water in the Manipura [Nabhi], the Fire abiding in the Swadisthana, the air in the heart [Anahat], the Ether above [Vishuddhi], and Manas between the eyebrows [Agnya?] and thus broken through the entire Kula path [Sushumna nadi]

**(Saundarya Lahiri)**

(61) Referring to the Devi: "Bearing in its hollow interior, pearls kept in their places by Thy very cool Breeze".

### \* *Gyaneshwara*

#### *Pasayadan (1290)*

In the Gyaneshwari precise instructions are given for the awakening of the Kundalini and the achievement of Self Realization. In the epilogue to the Gyaneshwari, known as the Pasayadan, Gyaneshwara desires mass Realization for the entire world. He predicts the arrival of the Sahaja Yogis who will give their blessings (Realization) to the whole world. *Stanzas 1-6*

May the all-pervading Lord now be pleased with this literary sacrifice of mine.

And being pleased may He grant me the following boon:

May the wicked give up their wickedness

And develop a liking for good deeds

May all beings feel friendly with one another.

May the darkness of evil vanish

May the whole universe see the light, the sun of One Universal Religion.

May the desire of all human beings be fulfilled.

May the world be visited ceaselessly by the company of the faithful saints

Who would shower blessings on the earth.

Such men are the moving forests of Kalpataru trees.

They are mines of wish-granting living jewels

They are vocal oceans of nectar.

They are moons without spots.

Suns without heat.

Let such saints be friends to all.

#### ***Shri Mataji's comments:***

1. When you will meet us, there will be a shower of blessings and



Chaitanya, when you will meet us. - That's Me!

2. This is the description of the Sahaja Yogis, you must listen to this. That they will be the forests, like forests. You'll see many thousands, like moving forests of huge trees giving blessings. Trees that give blessings and can give - Kalpatarus are trees that give you whatever you want. So they will be like moving forests; means all of you are like that, great. That you will be like the great trees like these trees are, great trees, which are moving, but which are bestowing blessings upon others, giving them what they want. Kalpataru.

3. They will be – now, 'you' people. They will be the ocean of talking—oceans of talking or bubbling Amrita. Amrita is the nectar, the nectar of life. You will be the oceans of bubbling nectar which are talking. Like this ocean is here. See the trees and the ocean. Ocean that talks in a way that it just emits nectar, the nectar of Bliss. That's you people.

4. They will be like the moon without any spots on it, immaculate moons, which has no spots. No blemishes, without any blemishes.

5. Like the sun without any heat in it; that is you.

6. All such people will be righteous, who will stand for the right, for the truth, are going to be related to each other. Going to be related, in the whole world.

In the sixth chapter of this epic Gyaneshwari verses are devoted to the Kundalini awakening.

Kundalini is one of the greatest energies. The whole body of the seeker starts glowing because of the rising of the Kundalini. Because of that, unwanted impurities in the body and unwanted fat disappear. The body of the seeker suddenly looks very proportionate and attractive. The eyes look bright and the eyeballs glow.

(6:14) Gyaneshwara describes the Kundalini as rising through the Shushumna and spraying out water, which transforms into Nectar; and saves the Wind of Life which: " rise up, giving a cooling feeling, internally and externally."

### ***Shri Mataji enlightens us on the Pasayadan and Gyaneshwari:***

"...But I have seen people who can give lectures on Gita hours together but their brains are closed completely. Now, to say that He didn't say anything about Kundalini is there. That's why Gyaneshwara in the twelfth century took permission from his brother who was his guru that "Allow me, at least, to say about Kundalini". And that is how it was exposed a little bit. Of course, before that also, we have had people like Adi

Shankaracharya, the sixth century, and before that also Markandeya; but they talked about the Kundalini, that's all, praised the Kundalini. But that She passes through six centers, how will It rise and all that. And not about the future, that this will happen one day. So many have written, of course. But I would say that precisely the one who has written complete description of Sahaja Yogis even, is by Gyaneshwara in the poetry called Pasaydan in which he exactly said what will happen, how many people will get Realization and he said that "You the people, who are the forests of the trees, boon-giving trees, Kalpataru, boon-giving trees, you rise and give it to others". Then he says that "You are the oceans who are giving ambrosia talks." He has described you in such a beautiful manner that you should read the translation of Pasaydan and then you will know what you are, how you have been praised by him. And he said that you will lose other relationship and the only relationships will be these. They will be your real relations. To say all these things, to have such a vision, he must be a great incarnation himself. So, this is how in Gyaneshwari, which is a commentary of Gita, he has put in the sixth chapter, now is a commentary on Gita, but in the sixth chapter he said how you can get your Realization. About Kundalini, how it will work out. So, gradually it was all unfolded. And gradually people also developed their spiritual state to understand."

*H.H.Shri Mataji, New Jersey, USA, 02.10.1994*

### **\* Zarathustra**

Shri Mataji has described Zarathushtra (Zoroaster) as one of the ten Adi Gurus, looking after our Void, situated on our left side. Many do not know that Zarathushtra incarnated in Persia much before others and His vision of the world has left some traces on Judaism, and Christianity which came much later. Today in terms of numbers Zoroastrians are very few in the world, but the rich heritage of human spiritual thought that Zarathushtra has left behind is still very appropriate and typical to today's world. The basic teachings of Zarathushtra give an essence of his revelations. Zarathushtra's vision of the world and his heritage to humanity, in the form of a revealed religion, known as Zoroastrianism.

Like many of the great prophets Zarathustra established the One God, whom he called Ahura Mazda, as the basis of belief. After a period of meditation in the wilderness he realized the singular Self (the 'One without Another' described in the Upanishads), and wanted people to turn their attention away from distracting multiplicity and towards that Singular Self. However, this Monad was not a dreary monolith; it was more like a

multifaceted jewel. In order to bring about the creation and maintenance of the world it gave forth six Divine Beings, known as Amesha Spentas, which including itself, made up a sevenfold creation. The Old Iranian Deities, which are archetypes, found all over the ancient polytheistic world from Egypt to India were not abandoned entirely but were identified with these seven angelic beings or Immortals. Zarathustra's most moving praises are addressed to the feminine Amesha Spenta called Aramaiti:

"When O Mazda,  
Will Your loving Devotion, Aramaiti,  
In harmony with Truth,  
Give us good shelter and rich pasture through Your Sovereignty?"

"O, Mazda, when Thy pure wisdom together with Khashathra and Vohuman come towards us, then the material world shall progress towards truth and righteousness and the angel Aramaiti shall brighten the hearts of liberal men and women with the light of love and faith, guiding them towards truth. Then no one shall have the power of deceiving the Almighty God, the symbol of Wisdom and Knowledge." "Guide me towards truth and purity for which I have ever yearned, O, my Lord. By following Aramaiti, symbol of faith and love, I hope to achieve perfection."—*Ushtavad Gatha, Yasna 43*

This counseling figure, associated with the Mother Earth is very important in the Gathas, or songs, which are attributed to the Prophet himself and form the core of Zoroastrianism. She resembles, and may have influenced, the feminine Wisdom of God found in Judaism and Gnostic Christianity. The ancient Iranian language Avestan, and the Vedic Sanskrit of India, are very closely related languages; 'gatha' is the equivalent of 'gita', as in 'Bhagavad Gita'. More than just words, the two cultures also shared many spiritual concepts including a reverence for the elements, particularly fire, as an aspect of the Supreme. Zoroastrians had so much respect for the elements that, rather than pollute them through burial or cremation, they preferred to expose their dead on 'Towers of Silence' where they could be consumed by vultures.

Zoroastrian refugees arrived in the Gujarat region of India in the 8th Century AD, and it is not surprising that in the relatively tolerant atmosphere of the Hindu culture into which they were received, some Parsi thinkers looked for and found similarities between their cosmology and that of the Hindus. The Seven Amesha Spentas described by Zoroaster in his Gathas have been compared by some Indian Parsis with the seven Chakras (subtle centres) of yoga tradition, each of which also represents an aspect of creation. Here is a comparison between Zoroaster's Immortals and the Chakras, both of which can be thought of as stages on the ascent to God (the

qualities of the Chakras are as given by Shri Mataji Nirmala Devi.):

- 1 VOHU MANA – Mooladhara Chakra (Base Centre).  
Vohu Mana represents wisdom. Innocence and wisdom are the qualities of the Mooladhara.
- 2 ASHA VAHISTA – Swadisthana Chakra (Pelvic Centre).  
Asha Vahista means 'Good Truth'. Pure knowledge is the quality of the Swadisthana, along with the quality of creativity.
- 3 KHASHATRA VAIRYA – Nabhi Chakra (Navel Centre).  
Khashatra Vairya is harmony in nature. The Nabhi is the centre of peace, harmony, balance.
- 4 SPENTAARAMAITI – Anahata Chakra (Heart Centre).  
Spenta Aramaiti is righteousness and love. The Anahata is love and responsibility.
- 5 HAURVATATA – Vishuddhi Chakra (Throat Centre).  
Haurvatata represents perfection. Vishuddhi means 'pure'.
- 6 AMERETAT – Agnya Chakra (Brow Centre).  
Ameretat means immortality (the Latin word is related to the Iranian, also Sanskrit 'amrut') The Agnya Chakra represents the point in human evolution where Christ overcame death.
- 7 AHURAMAZDA – Sahasrara Chakra (Crown Centre).  
Ahuramazda represents Divine unity; the Sahasrara is the centre of integration. This is the level of Self Realization, union with the Divine or Yoga.

In the Zoroastrian system Wisdom is necessary for Knowledge, Knowledge is necessary for Harmony with nature, Harmony with nature leads to Righteousness and Love, which leads to Perfection, which leads to Immortality and thence to Self Realization. Zarathustra described the seven qualities of the One, not merely to make a compromise with the old religion of many deities. He wanted his followers to strive to awaken these qualities in themselves. His concept of emanations from the Godhead formed the foundation of Gnostic Christianity and influenced the development of the mystical aspect of Judaism, the Kabbalah.

Benevolence towards others is the essence of the Prophet's teaching, encapsulated in the words, 'Good Thoughts, Good Words, Good Deeds.'

Many subsequent prophets have imparted similar teachings and it is easy to underestimate the revolutionary nature of Zarathustra's ideas; one of the most important being the concept of free will. Followers of monotheistic religions owe much to Zarathustra and could benefit from his concept of a single God with multiple creative aspects, both masculine and feminine. In yoga these are conceived of as seven flower-like spiritual centres, each with its abiding Deity or aspect of the Self, on a single Tree of Life. Zoroastrianism became as patriarchal as the other monotheistic religions, but Zarathustra's recognition of the feminine aspect of the Divine, in the form of Aramaiti, remains as an enduring legacy.

O Ahura Mazda, Thine has been Aramaiti,  
Thine has been the Life-creating wisdom.  
In us thou didst put Life within flesh,  
And didst grant us Words to guide, and Strength to act,  
So that we freely choose the path we tread.  
So each one, whether enlightened or unenlightened,  
Whether truly or falsely,  
Lifts up his voice to speak.  
But to the heart and to the head of each,  
Directly through the spirit, Aramaiti comes.  
She stands by to counsel with us whenever we are in doubt.

### ★ *Rabindranath Tagore*

#### *Rabindranath Tagore and his vision of Divinity in Geetanjali*

Rabindranath Tagore speaks of Mother Kundalini and Sahasrara and also gives a description of the thousand petalled Lotus and Self Realization.

*prose 98*

..."I surely know the hundred petals of a Lotus will not remain closed forever and the secret recess of its honey will be bared."

*prose 73*

..."My world will light its hundred different lamps with Thy flame and place them before the altar of Thy temple."

*prose 67*

..."But there, where spreads the infinite sky for the Soul to take Her flight in, reigns the stainless white radiance. There is no day nor night, nor form nor colour, and never, never a word."

*prose 66*

..."She who ever had remained in the depth of my being, in the twilight of gleams and of glimpses; She who never opened Her veils in the morning light, will be my last gift to Thee, my God, folded in my final song. Words have wooed yet failed to win Her; persuasion has stretched to Her its eager arms in vain. I have roamed from country to country keeping Her in the core of my heart, and around her have risen and fallen the growth and decay of my life. Over my thoughts and actions, my slumbers and dreams, She reigned yet dwelled alone and apart. Many a man knocked at my door and asked for Her and turned away in despair. There was none in the world who ever saw Her face to face, and She remained in Her loneliness waiting for Thy recognition."

*prose 65*

... "What divine drink wouldst Thou have, my God, from this overflowing cup of my life?

My poet, is it Thy delight to see Thy creation through my eyes and to stand at the portals of my ears silently to listen to Thine own eternal harmony? Thy world is weaving words in my mind and Thy joy is adding music to them. Thou givest thyself to me in love and then feelest Thine own entire sweetness in me."

***Bharat Tirtha***

"Oh! Mother, let my mind awake slowly on this sacred shore of the sea. Where great Souls of the world have concur to pay reverence. Here with outstretched hands we bow down to the Divine in human form. With bountiful prosody and supreme felicity we adore Thee. Behold here oh! Seeker the meditative mountain with rivers resounding and dancing to the solemn music of heaven. Adore here your reverential Mother Earth where great Souls have concur on the seashore to pay reverence.

Nobody knows whose invitation invoke so many Souls who have gathered here like a turbulent current of river that has come and dissolved itself in the Divine Ocean. In this sacred place Aryans, non-Aryans, Dravidians, Afghans and Moughals have come and detached their individuality in One Supreme Body. West has opened her door for everybody to get their blessings. Here everybody will bring into union and exchange gifts. Nobody will go empty handed from this seashore where great Souls concur to pay reverence.

Those crossed the great mountains and deserts singing the song of your glory from their hearts like martial music and got their seats in your

Own Self. Oh! Rudra-Vina play your notes in full tune, so that those who are still in doubt may throw their doubts and will come and gather where great Souls have concur on the seashore to pay reverence.

Here one day the strings of our heart played an endless tune of Omkara in praise of the Supreme One. In search of the Supreme One they have penanced for ages and obliterated their ego into the holy fire. By throwing away the bonds of difference, they have emerged into universal brotherhood. That place of religious homage where so much penance and sacrament had taken place is now open to all. We should bow-down here where the great Souls have concur on the seashore to pay reverence.

Come oh! Aryans, come non-Aryans, come Hindu and Muslims. Come, come oh Englishmen, come Christians, come Brahmins, purify your heart, hold the hands of downtrodden and outcastes. Remove all ills and disrespect. Come quickly for the coronation of Mother, where the 'Mangal Ghat' has to be filled with sacred water which become consecrated by the touch of the great Souls who have concur on the seashore pay reverence.

*The above passage refers to the venue for the Sahaja Yoga International Seminar in Ganapatipule, Maharashtra, India where Sahaja Yogis across the globe gets united together to offer puja at the Holy Lotus Feet of Shri Mataji in Her Jesus Mary Mata form.*

### **★ Kahlil Gibran**

#### ***The Mother from 'The Broken Wings' (first published in Arabic in 1912)***

The most beautiful word on the lips of mankind is the word 'Mother', and the most beautiful call is the call of 'My mother'. It is a word full of hope and love, a sweet and kind word coming from the depths of the heart. The Mother is everything – she is our consolation in sorrow, our hope in misery, and our strength in weakness. She is the source of love, mercy, sympathy, and forgiveness. He who loses his Mother loses a pure Soul who blesses and guards him constantly.

Everything in nature bespeaks the Mother. The sun is the Mother of earth and gives its nourishment of heat; it never leaves the universe at night until it has put the earth to sleep to the song of the sea and the hymn of birds and brooks. And this Earth is the Mother of trees and flowers. It produces them, nurses them, and weans them. The trees and flowers become kind Mothers of their great fruits and seeds. And the Mother, the prototype of all existence, is the eternal Spirit, full of beauty and love.

## *Song of the Soul*

In the depth of my Soul there is  
A wordless song - a song that lives  
In the seed of my heart.  
It refuses to melt with ink on

Parchment; it engulfs my affection  
In a transparent cloak and flows,  
But not upon my lips.

How can I sigh it? I fear it may  
Mingle with earthly ether;  
To whom shall I sing it? It dwells  
In the house of my Soul, in the fear of  
Harsh ears.

When I look into my inner eyes  
I see the shadow of its shadow;  
When I touch my fingertips  
I feel its vibrations.

The deeds of my hands heed its  
Presence as a lake must reflect  
The glittering stars; my tears  
Reveal it, as bright drops of dew  
Reveal the secret of a withering rose.

It is a song composed by contemplation,  
And published by silence,  
And shunned by clamour,  
And folded by truth,  
And repeated by dreams,  
And understood by love,  
And hidden by awakening,  
And sung by the Soul.

It is the song of love;  
What Cain or Esau could sing it?  
It is more fragrant than jasmine;  
What voice could enslave it?



It is heart bound, as a virgin secret;  
What string could quiver it?

Who dares unite the roar of the sea  
And the singing of the nightingale?  
Who dares compare the shrieking tempest  
To the sigh of an infant?

Who dares to speak aloud the words  
Intended for the heart to speak?  
What human dares sing in voice  
The song of God?

★ *William Blake*

*'Milton'(1811), lines 17-22*

The Surrey hills glow like the clinkers of the furnace;  
Lambeth's Vale where Jerusalem's foundations began;  
Where they were laid in ruins  
Where they were laid in ruins from every  
Nation and Oak Groves rooted  
Dark gleams before the Furnace-mouth, a heap of burning ashes.  
When shall Jerusalem return and overspread all the Nations?  
Return: return to Lambeth's Vale O building of human Souls! ...

*Shri Mataji has commented (1981) on this text:*

"Is said by William Blake about a hundred years back. He has described all these things in his book 'Milton'. You will be surprised. He has gone to such a limit of prophecy, he was such a seer that he has even described where I lived, in Surrey hills. The first beacons will be lit in Surrey hills, and also he has said where our ashram is going to be, 'in the ruins'; because we had no money so they purchased a ruined place in the ruins, the foundations will be laid in Lambeth Way and there it is. Our ashram it has come to Lambeth Way and here is the ..... this is going to become the Jerusalem. Just imagine a person one hundred years back could see. He was such a seer."

*An anonymous yogi has also commented (1984?):*

When Shri Mataji first came to England, She lived in Oxted in the

Surrey hills south of London. At night the orange street lights in the broad valley of central London glowed like clinkers and when Our Divine Mother looked out in that direction they reminded Her of this. The lights diffused an orange glow into the heavens so the town and sky looked like a vast furnace.

Lambeth is a large borough of South London. The word Lambeth means 'City of the Lamb' and the 'Lamb' is Lord Jesus, the Lamb of God. Jerusalem means 'place of the Spirit', i.e. the Kingdom of Shri Mataji, of the Sahasrara come on earth. The oak is the tree of England – strong and firm like the Kundalini which is the tree of life within each of us. The first temple constructed to a living Deity was in Lambeth, and rose from the ruins of a tumbledown house there. While the Sahaja Yogis from many nations laboured and built, Shri Mataji simultaneously repaired their ruined Kundalinis and made strong 'Oak Groves' of them.

### ★ *Kabir*

#### *Where there is neither sea nor rains (14th century)*

*Widely regarded as the greatest of the North Indian bhakti saints, Kabir has left many references to Sahaja samadhi in his songs.*

Where there is neither sea nor rains,  
Nor sun nor shade;  
Where there is neither creation  
Nor dissolution;  
Where prevails neither life nor death,  
Nor pain nor pleasure;  
Beyond the states of Sunn and trance;  
Beyond words, O friend,  
Is that unique state of Sahaj.  
It can be neither weighted  
Nor exhausted,  
Is neither heavy nor light;  
It has no upper regions  
Nor lower ones;  
It knows not the dawn of day  
Nor the gloom of night;  
Where there is neither wind  
Nor water nor fire,

There abides the perfect Master.  
It is inaccessible,  
It is, and it will ever be;  
Attain it through the Master's grace.  
Sayeth Kabir: I surrender myself  
At the feet of my master,  
I remain absorbed  
In his true company.

Shri Mataji also quotes Kabir several times. In one of his compositions he has clearly stated the description of attaining the pure joy through rising of Kundalini through Sahasrara.

'Do not go to the garden of flowers  
O friend, go not there  
In you body is the garden of flowers  
Take your seat on the thousand petals of lotus,  
And there gaze upon the infinite beauty.  
There is a strange tree, which stands without roots  
Bears fruits without blossoming  
It has no branches and no leaves, it is lotus all over.  
Two birds sing there: one is the Guru and the other disciple.  
The disciple chooses the manifold fruits of life and tastes them  
And the Guru beholds him in joy.'

In the first stanza Shri Kabir talks about the Sahasrara (Limbic area in brain) and the infinite beauty and the joy felt when Kundalini reaches there.

In the second stanza 'tree' symbolizes the Kundalini and the various Chakras - the lotus. Kabir referred to Kundalini as 'Surati' in many of the verses. His followers call this Surati yoga.

In one stance, Kabir described the details of the subtle system. He uses an analogy familiar to a weaver.

'O Servant of God, where do the Ida, Pingala and Sushumna nadis go  
When the thread of life breaks?

One who holds the thread is beyond time, but where does he live?  
The thread is neither tied nor breaks.

Who is the master and who is the servant? Only He knows his secret as  
He is the Eternal.

What is the warp [lengthwise threads] and what is the weft [cross threads]?

What are the threads from which the chadar [cloth] is woven?

Ida and Pingala are the warp and weft.

Sushumna are the threads from which the chadar is woven.

Eight are the lotuses and ten are the spinning wheels.

Five are the elements and three the qualities of the chadar.

### ***Lao Tze (The character of Tao)***

"Tao is a hollow vessel, and its use is inexhaustible, fathomless! Like the fountain head of all things. Its sharp edges rounded off, its tangles united, its light tempered, its turmoil submerged; yet dark like deep water it seems to remain. I do not know Whose Son it is; an image of what existed before God".

### ***Carl Gustav Jung***

(1957, P.254) The Naassene group, the Pneumatics (those in whom the Wind blows) were chosen by the "Living Water" which was supposed to be the "Great ocean current, flowing from the centre of the perfectly accomplished human being."

(Aurora Consurgens, P.304) "Seventh and lastly, he bestowed the living Spirit...for through His breath He transformed the mortal body into Spirit. And so they say: Your Breath makes the people become spiritual."

### ***\* Quotes from some selected Ancient Holy Scriptures:***

#### ***Upanishads:***

Chandogya and Maitrayani

(4:3:4) and (6:20) "Prana is breath."

#### ***Chandogya***

(5:1:17) "The Breath (of life) is everything."

#### ***Maitrayani***

(2:26) " Prajapati made Himself like air and penetrated into the inner being of the people to enlightens their consciousness....the breath was His body."

(6:21) "An artery known as Shushumna, raises serving as the passage of the Prana. Through that artery, when it has been joined by the breath, the

sacred syllable OM and by the mind, let him proceed upwards; and without using any of the organ of sense, let greatness perceive greatness. From thence he goes to selflessness and through selflessness he ceases to be an enjoyer of pleasure and pain; he obtains the Absolute."

***Atharva-veda***

(11:4) "Whosoever is driven by the breath of life, he will be reborn."

***Taittiriya***

(3:3) "He perceived that Breath is Brahman, for from breath these things are born; by breath, when born, they live; into breath they enter at their death".

***Shankayana***

(5) "Breath is consciousness; consciousness is Breath."

***Devi Mahatmayam***

(4:20) to the Devi: "Your face resembling the Moon, giving out cool rays."

***★ A few more Prophecies from Europe  
(19<sup>th</sup> and 20<sup>th</sup> Century)***

All that is changeable is but reflected;  
The unattainable here is effected;  
Human discernment here is passed by;  
The Eternal-Feminine draws us on high.

***Johann Wolfgang von Goethe (1749-1832), Faust***

Woman-Saviour now we muster  
To await thy advent sure,  
In the cluster of thy lustre,  
Come and leave the earth no more.  
Then before thy gentle look,  
Swords shall quail and warriors fail,  
And the spear, a shepherd's crook,  
Shall adorn the daisied dale.  
Woman-power! Incarnate love!  
Human Goddess come and be,

If the Bridegroom's tears can move,  
Bride unto Humanity.  
Thou alone of all can save us  
Let us be what thou would have us.

***Goodwyn Barmby, The Woman-power (1842), English radical***

The Muse of the New Era, as our grand-grandchildren, or an even later generations will know her, when will she reveal herself? What will she look like, what will she sing? Which strings of the Soul will she vibrate? Till which height will she elevate her Era?

***Hans Christian Andersen, The New Century's Goddess (1861)***

Let it be known: today the Eternal Feminine  
In an incorruptible body is descending to Earth.  
In the unfading light of the new Goddess  
Heaven has become one with the depths.

***Vladimir Soloviev (1853-1900), Russian philosopher***

It was generally considered, at the turn of the next century, that the next Divine incarnation was about to come to earth and would be female, the advent of Divine Wisdom, or Theo-Sophia, and that the present age would be the age of making known all that which has been kept secret from the beginning.

***Lady Caithness, The Mystery of the Ages (1887), French theosophist***

The word which shall come to save the world shall be uttered by a woman. A woman shall conceive, and shall bring forth the tidings of salvation. For the reign of Adam is at its last hour; and God shall crown all things by the creation of Eve.

***Anna Kingsford, Clothed with the sun (1889), English theosophist***

There is no line of work or study which woman in the West does not undertake and does not accomplish as well as man. Even in social and political activities, in religion, in spiritual ideas, she excels man. . . . I can see as clear as daylight that the hour is coming when woman will lead humanity to a higher evolution.

***Hazrat Inayat Khan (1882-1927), Indian Sufi in the West***

A great era has begun: the spiritual 'awakening', the increasing tendency to regain 'lost balance', the inevitable necessity of spiritual plantings, the unfolding of the first blossom. We are standing at the threshold of one of the greatest epochs that mankind has ever experienced,

the epoch of great spirituality.

*Vassily Kandinsky/ Franz Marc, Blaue Reiter Almanac (1911),  
abstract artists*

The Father has not saved the world,  
The Son has not saved it,  
The Mother shall save it;  
The Mother is the Holy Spirit.

*Dmitrii Merezhkovskii, The Mystery of Three (1925),  
Russian exile in France*

We are entering the cycle of epochs when the feminine Soul will become increasingly pure and broad, when more and more women will become deep inspirers, sensible mothers, and wise and visionary leaders. This will be the cycle of epochs when the feminine component of humanity will manifest itself with unprecedented strength, balancing the previous dominance of masculine forces in a perfect harmony.

*Daniil Andreev, Roza Mira (completed 1958), Russian dissident*

Don't you feel the day is coming, and it won't be too soon  
When the people of the world can all live in one room  
When we shake off the ancient, shake off the ancient chains of our tomb  
We will all be born again of the eternal womb.

*Cat Stevens, Changes IV, (1971), English singer*

Imagine no possessions, I wonder if you can  
No need for greed or hunger, a brotherhood of man  
Imagine all the people sharing all the world.  
You may say I'm a dreamer but I'm not the only one  
I hope some day you'll join us and the world will live as one.

*John Lennon, Imagine (1971), English singer*

***William Wordsworth in The Prelude:***

'Mild creative breeze,  
A vital breeze which travelled gently on  
O'er things which it had made.'

***William Wordsworth (Conclusion)***

"Why sleeps the future, as a snake enrolled,  
Coil within coil, at noon-tide? For the Word  
Yields, if with unpressumptuous faith explored,

Power at whose touch the sluggards shall unfold  
his drowsy rings. Look forth!- that stream behold,  
Floating at ease while nations have effaced  
Nations, and Death has gathered to his fold  
Long lines of mighty kings- look forth, my Soul!  
(nor in this vision be though slow to trust)  
the living waters , less and less by guilt  
stained and polluted, brightened as they roll,  
till they have reached the eternal city- built  
for the perfected Spirit of the just."

*And Blake in the Everlasting Gospel.*

"Still the breath Divine does move,  
And the breath Divine is Love."



*Seeking Divine Knowledge  
Mother Enlightens*



*“Now the Adi Shakti has all the seven Chakras within Her awakened. And She has to work with all these seven Chakras. For the first time such an incarnation has come. It is like, you make first one room then the second room and then the third room, seven rooms and then the whole house is done. You get the keys and you open the house, is yours. That is how I could achieve Self Realization en masse. It could not happen earlier; but now possible because of this combination of all the seven Chakras. So now when you are praising the **Adi Shakti** I am also a **Mahamaya** that I look like you; I behave like you, I have made Myself exactly like you. Very difficult to make, but I have. And this body has to bear lots of things to make you understand **Sahaja Yoga** and your own powers.”*

***H.H. Shri Mataji, Madrid, Spain, 24.05.1986***

*Soul And Spirit*  
*Volterra, Italy, 25.07.1986*



*Shri Mataji during the revelation at the restaurant in Volterra, Italy on  
July 25th, 1986.*

*– Chakras are reflected in Shri Mataji's glass –*

*The beginning of this talk has not been recorded so we begin when Shri Mataji is in the middle of defining the relationship between Soul and Spirit. The analogy she uses involves light, water and the glass that contains the water. As will become clear as the talk continues, the light would be the Spirit, the glass the body and the water which reflects the light, would be the Soul. We pick up the talk when Shri Mataji has just given the analogy.*

**Shri Mataji:**

...then it (the light) comes in there. This (the glass) is the body. All the 5 Koshas, the 5 auras, Koshas, are there. So these 5 Koshas are managed by the 5 elements, the essence of which can be called the causal element, the causal of the ..

**Sahaja Yogi 1:**

...the causal of the five elements. What we know as Atma in Sanskrit, is it the Soul plus the Spirit, or only the Spirit?

**Shri Mataji:**

Jivatma is the Soul but Atma is the Spirit.

**Sahaja Yogi 1:**

So Jivatma is the Spirit but individualized; belonging to one person?

**Shri Mataji:**

No, no! Jivatma is the Soul. Means with these five elements. And these five elements give you your own identity, your own character, your own particularities etc. These five elements; the way they are placed in you. That's the causal element, the causal of the elements that are within you. Then these causals act on the chakras and through the chakras these causals act on the other ...on the grosser side. So from the subtle to the subtler to the ...you can say the subtlest. The subtlest we can say is the Spirit, supposing. Then the subtler is the Soul. And the subtle you have the Chakras. And the gross is the body.

**Sahaja Yogi 1:**

So England should reflect on Italy then? (Mother, on a previous occasion, had told us that while England is the spirit, Italy is the Soul of the Universe.)

**Shri Mataji:**

The Soul is ...That's why all the art grew from here (Italy). Now Soul is the essence of all the elements of this Europe, which is here. And England is the reflection. So England has to reflect on Italy.

### ***Sahaja Yogi 2:***

See, the water in the glass is reflecting the light. England is the light and the light has to shine out of Italy which is the water. I mean the five elements in a way.

### ***Shri Mataji:***

And Spirit can move out of Soul. That's why the Romans went all the way to England. This is the reason, in that seeking. (Referring to the food being served) What is this supposed to be?

### ***Sahaja Yogi 1:***

So in a certain sense the Soul is the support of the Spirit?

### ***Shri Mataji:***

No, no! Soul ...Yes, of course. And both put together is the Soul actually. The Spirit and the causal put together is the Soul. You see, like a mirror and its reflection on it. Both put together is the Soul. The causal of the five elements and the Spirit put together make the Soul. Now the vibrations that we feel are the reflection of the light of the Spirit. The Spirit does not vibrate. It does not vibrate. It is those elements, they vibrate. Like you can say that if you put a sound on top of this (a glass of water) it will vibrate. You can put a stone in it, the stone won't vibrate. But this will vibrate. The Spirit when it shines over it ...(to Gregoire who translates) You have your food. From Soul to food, from food to Soul.

### ***Sahaja Yogi 3:***

So in that sense, by Soul you mean the Jivatma? The Jivatma of Europe?

### ***Shri Mataji:***

But the Atma besides can move out. So the Atma has gone out of it which is a mistake. Now they have to recognize Italy. Then the Atma will be reflected. Because Atma can leave the Soul. So the Atma has left the Soul. There's no Atma here. The Atma has to be brought here. The English have to come .....I mean the England has to come here, in the sense that they have to appreciate the greatness of this country. Then it will spread. You are the ones who can reflect the Spirit. You can reflect the Spirit. The Spirit doesn't do anything. The Spirit doesn't do anything; it reflects. Then all the waves spread. Like in Sahasrara Day. (referring to Alpe Molta, 1986) Sahasrara Day you celebrated and in that the whole Europe reflects.

### ***Sahaja Yogi 1:***

Shri Mataji when you came with a charter plane with all the English Sahaja Yogis (to celebrate Diwali Puja 1985) we all felt something great was going on.

***Shri Mataji:***

Yes, the whole charter plane came. ...You see, the Spirit is the one where the heart is, which makes the whole thing circulate. The circulation starts with that, but the one who ...The elements are the ones really who are the carriers of that communication. They are the ones. But the ones, we can say, the speakers are the one who originates or who throws that light. It is in England we can start it. But now, as I am in England, that's the light, that's the Spirit. And that's reflected in you.

***Sahaja Yogi 1:***

What will happen when you leave England, Shri Mataji?

***Shri Mataji:***

Then the Soul will be formed; before I go. Atma is eternal; it doesn't die. But what is happening is, by that time, the work will be complete; a sort of Realization will take place. Only thing is to raise the Kundalini and that is in India. So I'll have to go to India.

***Sahaja Yogi 2:***

To go to Sahasrara?

***Shri Mataji:***

To raise the Kundalini first, then go to Sahasrara. So that work I'll have to do the stage work there, in India. But the awakening will start when this will be completely reflected here, properly, by the Spirit. That's why I'm coming from England. I always come to Italy from England. Not from India. I could come. I represent England now, in this case.

***Sahaja Yogi 1:***

(Having added his own interpretation to a translation he had made, he now addresses Shri Mataji)

I was saying that you come here as the spirit so that your manifestation, through that acceptance here, gets reflected through vibrations in the whole place.

***Shri Mataji:***

I mean, it helps even the heart. Heart will not reflect so much but your reflection will be received by the heart. The communication from the heart; I am establishing the communication. And a sort of message has been sent from the heart. We get all our information from the heart. We get all the programmes, this, that, from the heart; which is not so efficient but it comes from there. The heart is not very efficient but it is done. All that is like that; it's systematic and symbolic.

### ***Sahaja Yogi 3:***

Also you say we have to achieve the deep quality of the Spirit?

### ***Shri Mataji:***

Yes, you should be able to reflect your spirit. Unless and until you are clean you cannot reflect. So still there are many Sahaja Yogis, still are very caught up in Italy. They must correct themselves. Now, you see those people who are negative will always sit next to each other; always make friends with negative; will be more friendly with a negative. And that's how, even if they are improving, they go down. They are improving a little bit, then they go down. Negativity will always join negative; have accidents; have problems; have this, have that; children will be sick. (Referring to the meal) How many courses are there?

### ***Sahaja Yogi 1:***

So Shri Mataji, this is also why there was this wonderful Ganesha Puja here one year ago: because for the causal elements to reflect the Spirit they need to gain the essence of the elements which is Shri Ganesha ...or I mean the essence of matter.

### ***Shri Mataji:***

It's very important because Italy is a very rich place also. It has everything in it. Such a rich place. And other countries who are not rich, take Switzerland, England; all these places are not rich. So like all the people who are poor they always make fun of the rich, call them 'bourgeoisie'. In the same way, they always make fun of the Italians. But really they are stupid people. It's like that. So they make fun of the Italians. Whatever they will do, they'll make fun. They think Italians are something rustic or something. It's typical! In life also you will find, anyone who has money, everybody will make fun of them. It (Italy) has marble; it has so many hand-made things. And always the poor countries which are not ...by poor I mean natural poverty, where they are extremely meticulous. Because you see, they have very little. Like miserly, meticulous you see; and very clean because there is so little they have. For a rich man doesn't matter a little money gone this side, a little that side; doesn't matter. But this is what they make fun of. Because the stupid people haven't got much from nature, because ...they don't deserve it also; no they don't. I mean, imagine, the way they have helped for the wars. (Mother is here referring specifically to Switzerland)

### ***Sahaja Yogi 4:***

Yes, terrible!

***Shri Mataji:***

What do they deserve? Imagine, helping Hitler, and still on top of the world!

***Sahaja Yogi 5:***

May I just say that I am Italy's number one fan, Mother!

***Shri Mataji:***

(laughing) That's becoming evident that your Spirit is coming down here. When they come and see ...you see, after Sahaja Yoga they will start seeing the beauty of this place.

***Sahaja Yogi 1:***

You are the number two fan! (addressing Sahaja Yogi 5)

***Shri Mataji:***

See, they (the Italians) are a very rich-hearted people. But everywhere you find this kind of an attitude towards them; in the art, in anything. They don't like anything ...you see in England I would say they don't like anything that is good-looking. We went to see a house, imagine. It's a crooked house absolutely. Absolutely crooked house and I don't know what sort of thing it was. And they all liked it. So I said, 'What's this nonsense? How do you like this kind of a house, when the beams are falling down, that's all crooked, this, that?'

***Sahaja Yogi 5:***

Character, Mother.

***Shri Mataji:***

Character! That means, supposing your nose is like this, you have 'character'. I mean, it's so absurd! You've got to live there. You've got to live in that house. You'll become a 'character' yourself.

***Sahaja Yogi 1:***

Shri Mataji; when they don't have natural riches, they create riches artificially. Like the banking system; out of paper they make money.

***Shri Mataji:***

I'll tell you. You see now the experience of America. The affluence of America is nothing but plastic and rubber. What do they have? Canada has; but they always look down on Canada. Plastic, nothing but plastic. They eat plastic, they live in plastic, sleep in plastic, eat plastic. I mean, the kind of alabaster we saw today. Well, you cannot see anything like this, but plastic; at the most glass, at the most glass. In India we have silk, we have everything, but everybody looks down upon us. (Mother briefly asks about the food then picks up the thread.) In Switzerland if you buy one cotton shirt it's so expensive. Even rice, this, that, this banking business. No art, no art.

*H.H. Shri Mataji enlightens  
seekers with Her advises  
Bhartiya Vidya Bhavan, Mumbai, India, 22.03.1977*



*“...But My photograph is the photograph of reality. Another thing is that is that whatever I speak because I am that, it is Pranava fowing. It is actually Pranava. My every talk, everthing is a mantra going into and when I put My fnger into it, I have found that My vibrations can turn round. Even when I blow air from My mouth, those who are Realized can feel it on their Sahasrara.”*

***H.H. Shri Mataji, Bhartiya Vidya Bhavan, Mumbai, India, 22.03.1977***



***Question: Respected Mataji, please strengthen me in knowledge and show me more clearly the way.***

***i) What are these Vibrations? Physiologically, Scientifically, and Spiritually.***

***ii) Where do these Vibrations come from; from You, cosmos or atmosphere? What way do the Vibrations benefit us?***

***iii) What are the Don'ts and Dos of Sahaja Yoga?***

***Answer:*** "Very good question. First question is about what are these Vibrations? I told you yesterday, that in our heart, there is a flicker of light, which is burning all the time; which is Atma; which is the reflection of Paramatma in our heart. In short I will tell you. What happens when the Kundalini rises She opens the Brahmastrand and there is the seat of the Sadashiva, the Pitha. The Pitha is here at Sahasrara, but Sadashiva is in the Heart, reflected as Atma. Pitha is created because it receives the subtle energy which is All Pervading, the Gross, inside the All Pervading. E.g. this mike collects my voice. Voice is a subtle energy, which is collected through this, and if you have a radio it will catch them.

In the same way Pithas are in the brain, and Pitha of Sadashiva is higher up here, which is opened out, so that the Subtle, the Sukshma, the gross passes into our heart, through a very Subtle channel. Just like a gaslight, it has a flicker. And when the gas opens out the Prakash occurs. Now the Vibrations are that Prakash going through us. These Vibrations start flowing through us. Now what do I do? You will say 'Mataji what do You do?' I do nothing but I just try to give you that force, which is the, you can say, gas power. That is the gas power. Because the Kundalini knows when I am before you. She rises, She opens out, and It starts flowing. It is flowing through Me through out. But unless you are subtle, you cannot feel it. You can say, that I am the Finite in the infinite. Or you can say the Infinite in the finite. I am both. So the energy that is emitted into all the subtle energy is passing through Me. Is the Virat. From the Virata, the whole thing is passing. It is going into the All Pervading. It is all Pervading. Everybody, everywhere it is going. Even it is in a cell, in a Carbon atom it is there, in all atoms it is there. It is the Subtle Energy. That is emitted through Me. When you become subtle, you become like a radio, you start receiving it. Now how will you know what is correct and what is incorrect? You ask the subtle,

and the subtle answers you, and you get the answers on your hand. It is like this. So these are the Vibrations, which you receive, from the All Pervading power. And the All Pervading Power is emitted out, and you receive it from Me of the All-Pervading. It is just the same, from everywhere. These are the Vibrations.

The Self Realization, which is the very subtle point, you try to understand now. That it is so far an unconscious for you. Your Atma is in the unconscious it is not in the Awareness. It is in the Achetan. It is in your unconscious. You are not yet aware about it. But once you are Realized, it starts flowing into your awareness, means that you start feeling into your Central Nervous System, because your nervous system is your Chetana; is your awareness. Human awareness is nothing else but the Central Nervous System. But this Central Nervous System starts feeling now, the Vibrations, the Light of the Atma through it, so that it tells us why it is known as Samadhi. Samadhi means the Unconscious. When the Unconscious becomes the Conscious it is called the Samadhi.

It is not Besudhavstha! It means that you become aware of the unconscious. Not only that, but first you become Nirvichara, then Nirvikalpa, and then a complete Self Realization. So Samadhi, is a confusing word Samadhi; just means a Universal Unconscious. Yesterday Justice Vaidya told you that there are three types of Sadhanas, Satvik, Rajasik, and Tamasik. Tamasik goes to the left hand side, leads it to the Subconscious, collective Subconscious, connected to the Libido on the left hand side. The right side is the Supra Conscious, connected to the Pingala Nadi, which is the will-power as you call it, goes to the collective Supra Conscious. God, Goddesses and Ganas are on this side (left), and all those who fall into that go to the hell.

But the centre is the Super-Conscious. For the Sushumna, the human being rises above the Super-Conscious. They gradually start becoming more and more aware. They have the same body. For example, if you look at the cell of the brain, is the same as the cell of a fat. But there is a difference. So the difference starts taking and by the time you open out from here, then there is even a greater dimension, to that cell. Your brain that it starts receiving the vibrations and can understand it; then in your Nirvikalpa stage, you get another dimension, by which you have the knowledge. (Words missing here) ... abouts of your knowledge. The last is the Self Realization, where you just enjoy. Complete enjoyment. No problems. You do not catch, nothing happens. I would say our Vaidya Saheb is very much near Self Realization. The way he got his Self Realization is very remarkable.

The next question is about the vibrations being physiological? Physiologically, you can feel on your hands, on your fingers. Scientifically you can say that the Parasympathetic gets activated. You get the control of the Parasympathetic; you jump into the Unconscious, the Universal Unconscious. I have already told you the spiritual aspects of these vibrations.

Regarding the second part of the question, where these vibrations are coming from, You, cosmos, or atmosphere? The vibrations come from everywhere. I am the emitting force, all right, accepted. This the vital force of life. It gives you a complete balance. It corrects your physical being. It corrects your mental being. It corrects your emotional being. It gives you a complete Spiritual oneness with God. It integrates you completely.

As far as I am concerned, I have no Pashchatap. I don't understand what is Pashchatap. I don't understand what is temptation. I don't understand these things because I am completely One with Myself. Every finger I move, every hand I move, it has a meaning. It is done without thinking, but there is a big thought behind it. I say 'Han'. Han means there is a formation of circle which works. It is difficult to explain, as my mechanism is different from yours, so I can't explain what I do. You don't have those mechanics within you. But it is like that. When I say, Hin! Hun, Han, Hin, all these are tremendous words. They create a kind of a force; a kind of a formation in which it gulfs all the bad things, all the Rakshasas, and all that, and you can pull them out also. Now I gave in a Mataka, my breath. It is a Pranava itself complete. That Pranava, in the night, when they will be sleeping will come out, and take out all the bad things in you gradually, and bind them, and put them inside. You have seen many mad people are cured like that.

***Question: What are the Don'ts and Do's for Sahaja Yogis?***

***Answer:*** First and foremost thing is that a Sahaja Yogi cannot smoke or drink. One absolutely hundred percent sure, because if you drink or smoke, you will find after sometime, either you will lose your vibrations, or you will start vomiting. You cannot smoke. If you smoke, your Vishuddhi will be caught. If you drink, your Manipur (Nabhi) will be caught, and whenever you put your hand towards My photograph, your Nabhi Chakra will be burning. Many people have done it without any difficulty. They do not have any difficulty, they just give up. So this is one of the most important thing that you have to gradually give up. You just take My name and it will work it out.

Secondly, don't fast. When Mother is there you have not to fast. Only fast on Narak Chaturdashi that's all. If you don't feel like eating, eat

something else, but don't keep your stomach empty. You can drink fruit juice, or milk or whatever you like. These are certain things about the food and stomach, Nabhi Chakra.

Next the eyes, are the very important things, where you have to be very careful not to move your eyes very fast anywhere, try to keep your eyes steady, and mostly on the Mother Earth. You have heard about Lakshmana, he never saw the face of Sitaji. Only saw Her feet. How can that be? He was always with them. So you can imagine what should be the position. For complete fourteen years, he has to lead a Bramhachari life. She was like his Mother. He knew that She was Adi Shakti, but he just saw Her feet. That should be our case. We should lead a sanctified married life. Create a nest of family; a proper family house. Try to adopt, compromise, adjust. Make your wife Realized, make your husband Realized, and bring peace in the family, because there are many great Souls who want to take birth. Those who got married like this, they all got Realized children. So you must try to get a family life, a proper family, a proper relationship; give service to your parents, don't find faults with your parents and try to be kind to them, and try to be good in the family. Don't spoil the children, also correct them. Make them loving. Make a nice society. Every one of you should be the carrier of Love of your Mother. If you are a Sahaja Yogi, and if you change and transform in your behaviour, naturally Sahaja Yoga will have its own reputation, and everybody will start taking to Sahaja Yoga. You cannot earn any money from Sahaja Yoga.

***Do not have Sahaja Yogis for business partnership. Do not use Sahaja Yoga for making money. You have to be generous people. You have to be honest.***

There are Ten Commandments as they say, and be satisfied in your heart.

You have to lead a chaste life, and see chaste things. Your priorities will change. Your friends will change; you will not like dirty jokes. You will just change, and run away from them. I have seen these foreigners now. They say that they just cannot tolerate those things now. Once upon a time whatever they used to tolerate and enjoy also; they cannot tolerate it now, because you have become sensitive now. You have to be decent people.

Don't be misers at all. All miserly people are against Sahaja Yoga, and if miserly people come I give them troubles. If you are miserly, you get lots of troubles. So don't get miserly. I am telling you, don't be too talkative also. If you become too talkative, and troublesome, I can stop your talking.

If you don't talk at all; that is also not good. That means don't go to extremes.

***Question: What is 'bath'? How to take it?***

***Answer:*** It is a simple method. You put My photograph in a proper place. Put a light before it. Even a candle will do. Put both the hands towards the photograph. Sit in the water, with a little salt. The water should be a little warm. You will be amazed that the whole trouble will go away in the water. Then you throw away the water in the W.C. Everybody can do it. Now if you have trouble at Vishuddhi Chakra, put your right hand towards the photograph first and take out the left hand. Supposing you find the vibrations are flowing into it, then you put left hand towards the photograph, and the right hand outside. You will be surprised that the whole thing will be cleared out. And if you keep your eyes open towards the photograph and keep your hands like this, stretched and with open palms, or sometimes towards the Akasha, you will be surprised that your eyes are very much improved with this. Mother Earth also; if you put your head on the Mother Earth, just touch her with your forehead and say 'Mother forgive me for touching you with my feet'. She is Your Grandmother; you ask for any thing and you will get it. They are all waiting to give you whatever you want. You can ask the help of Hanumana, you can ask the help of Ganesha.

The other day the newspaper people told Me, the two disciples of Mine who are the correspondents, were going somewhere, and they had My photograph with them. They said that it was so amazing that our driver just bumped into a truck going ahead of us. We said that we are all finished, and we have closed our eyes. When we opened our eyes, the truck was ahead and we were there. We did not know how we were. Even the driver had closed his eyes.

We didn't know how the truck went that side and how we were here! So accidents are avoided, and people have seen that they have good health and can live long. Everything is there. After all we have, jumped into the Kingdom of God. Only thing is to keep your seats all right for the time being. Then the whole thing is to be lifted up, into Satya Yuga. Already Satya Yuga has started.

My photo has the vibrations. It is a fact. Also there are many things that have vibrations. Even this statue has vibrations, but not so much as they are from Me. First of all I am a Living Being, and another thing is that their proportions may be wrong. They are created by the human beings, by their imaginations. But these Swayambhu Lingas, all of them have got it. For

example, supposing you go to, say, this Ranjangaon, Ganेशa, it has complete vibrations because these are special statues come out of the Mother Earth; Mother Earth throws out. Mother Earth thinks. She creates these things. She throws these things and they give vibrations. So you take vibrations from them also. But My photograph is the photograph of reality. Another thing is that whatever I speak, because I am That, it is Pranava flowing. It is actually Pranava. My every talk, everything is Mantra going into and when I put My finger into it, I have found that My vibrations can turn round. Even when I blow out air from My mouth, those who are Realized can feel it on their Sahasrara. It is a fact. So why should it look so funny to people? What is the next Question?

***Question: If you see all the six Chakras; near each one there exists some or the other endocrine glands. What relation, do these Chakras have with the glands?***

***Answer:*** Endocrine glands are controlled by the Chakras also. For example, we can say Mooladhara Chakra controls the Prostrate, like that. Even Agnya Chakra controls Pituitary and Pineal, both of them. That is how it controls the Ego and Super-Ego. So it has a controlling effect on that, very much. They are the gross agents for that. You see for example, to control all the nature, God has fixed up all the stars. Major nine stars are there. These are placed there to control the Universe and everything. It is controlled through those points. It also affects our physical and material life.

May God bless you all.

***(Bhartiya Vidya Bhavan, Mumbai, India, 22.03.1977)***

*Radio Interview*  
*Vienna, Austria, 05.09.1984*



*“And then as the custom is in India, I had to marry also and I married a very nice man, then I had children. I thought that unless and until I reach a certain age, I should not start talking about it, because at a young age people may not take it seriously.”*

***H.H. Shri Mataji, Vienna, Austria, 05.09.1984***

**Interviewer:** *You as a lady are the teacher, not only the teacher but also the founder of a yoga-theory. Is this common in India, that also women do it. I read that You say that all comes from Mother Nature and therefore, are there many women that were teachers in the case You are, or are You in this sense of course, a unique person?*

**Shri Mataji:** It's a rather embarrassing question, isn't it? I think a Mother can do a better job than anybody else, in this respect you have to have lot of patience with people, isn't it. Say if it was Christ, he is very nice; he got crucified and finished the job. He was so disgusted and Shri Krishna would take his Sudarshan and kill people. But if you have to really emancipate people, if you have to really see that they get what they have, you have to have the real patience of a Mother.

**Interviewer:** *So can You give me some not private details of Your family life? I read as well in Your bio, that Your daughters are married, and then You started to do what You are doing now. So did You influence them, as they were kids? When did You start to create Your theory, Your Yoga?*

**Shri Mataji:** No, I was quite aware of it from My very childhood. I took My birth in a Protestant Christian religion. My father, My mother were enlightened people, specially My father was a very enlightened person and actually he told Me what sort of work I'll have to do, because of the problems I'd have with human beings. He told Me how human beings are, their problems, and what permutations and combinations they have. And then as the custom is in India I had to marry also and I married a very nice man, then I had children. I thought that unless and until I reach a certain age, I should not start talking about it, because at a young age people may not take it seriously. Apart from that I had another problem, that I found that human beings have certain permutations and combinations of barriers and if I have to do an en-mass Realization of people, I'll have to overcome all those barriers at a shot, it means in one lecture I should be able to give Realization to thousands of people and to work it out. I started studying human beings, tried to see through the subtle mind how I could raise their Kundalini, how I could give them Realization, what are their problems. It took some time for Me to settle that. It simultaneously worked out with the marriages of My daughters and they settled down. So when in 1970, 5th of May, I saw the way things are happening and all that and I thought it is the right time to open that last part of it, which I had, the seventh Chakra, and that then I did



it. And that is the point then I really mastered this en-masse Realization, because so far it was a Realization of one person or two persons. And My father told me that You are born really to give this en-mass Realization to people. So You don't start talking about it or otherwise You'll create another Bible or Gita, what's the use. You better work on the system, that You understand human beings properly, and You start en-mass Realization, because if somebody is born on the tenth story, and somebody is born just on the first floor, you see, he cannot understand that person and he attacks that person. So the best is that you raise them higher than from where they are so that they know at least that there is something beyond. And the knowledge of Sahaja Yoga is not today's, so I would not call it a founder. It is in tradition of Spirituality, it started long time back, the Realization was given thousands of years back in India, but it was given to one or two persons. Even Christ at his time has done a very great work of resurrection and in that he has said, that you have to be born again. It is not just a certificate, or a self-opinion that we are born again or an artificial baptism. It is a real happening, is a living happening, within ourselves, which has to take place, about which of course Indians know, because traditionally we are brought up that way. So we know that this happens. The knowledge of the roots is more in India than here, where it is more the knowledge of the tree we can say. Once this happening takes place you achieve that new dimension which we call as collective consciousness, by which we become collectively conscious. You can feel another person's centres and you can feel your own centres. If you know how to correct them and how you correct the centres of another person, mentally you can cure them, physically you can cure them, emotionally you can cure them and also they become the citizens of God's domain.

*Interviewer: So back to Your daughters. Do they both also practice Yoga?*

**Shri Mataji:** No, they do not, because I never force them. I said, let them take their own time. In a way this is good because if My family gets involved, people might think, that it's a family enterprise. They are very good girls, very religious, I should say, very balanced, very astute. My husband is also another very great man. But they are not doing Sahaja Yoga. I have kept them out, keep out of it but My grandchildren are all born realised, four of them are, and they are great Sahaja Yogis. So these people are out for the time being, because it's not proper to have them there. Also from another point of view, that when I'm dealing with My children, you see, they might think, they are the daughters of Mataji. So She adores them,

try to give them money, and do this, and it will be quite disturbing. So I don't want that. I just said that now they will come in any case to Sahaja Yoga, I know, but this is not the time. Let people first of all establish themselves properly, because, you see, it gets diverted the whole attention.

*Interviewer: Who do you consider to be the right person for Yoga? Is there a group of people that's easier to be caught by Yoga or is it for everybody, or is it a question of the personal education of the mind?*

**Shri Mataji:** No, education is not at all required. The simpler you are, the better it is. Sometimes education can be a barrier, because you see you miss the point, as I would say, if you are too overeducated, but if you have that intelligence, that innocent intelligence, which is so sharp, it sees the point very easily. But a person who is over intelligent, can be ego-oriented, you see, and a person who could be say a very much conditioned and is ritualistic who has faith; blind faith in things is also difficult. So you have to have a very simple person who is an open-minded person. Scientific in outlook, I should say would be better but most of the people I meet are such kind are mostly in the villages in India or say places where not so much of so called artificial sophistication is there, they are normal human beings, and they live down to earth.

*Interviewer: Youth in Western Europe, in America is looking for a destination or for a destiny or not for a destiny, but they are seeking for the beyond. Doesn't this also mean that Western philosophy doesn't offer a proper way for the beyond for the way there as more as get in some case included in Eastern philosophy, if we say in general Yoga is Eastern philosophy. Do You see it that the highly industrialized Western world has a lack of ways to offer to the mental human being?*

**Shri Mataji:** That's what I was telling the other gentleman also, you see, the Western civilization is like the tree outside, and the Eastern understanding of the Spirit is like your roots. So there is continuity, I mean I cannot separate one from another, you need the tree and the tree needs the roots also. Roots must have the tree, you cannot do without it so, and both things are complementary to each other. But when there is an imbalance, like a tree grows too much beyond, and it does not reach its source and then there could be destruction. That's what exactly has happened in the West, that you have overdeveloped yourself, and that over development has led you to a problem, because you exhausted the Mother Earth, exhausted your energies, exhausted your brains, everything is at an exhausted point. So now it's better to get to the roots. So when you get to the roots you find you have

not reached the source. Where is the source? Source lies within yourself, the human being himself, and that source is to be found out. And that source is the Spirit, which all the great saints, all the great incarnations in their own traditional way has, one after another have expressed and told. But everybody has misunderstood and made a mess out of it. We have organized God, we have organized Christ, we have organized Mohammed Sahab, we have organized everyone but they are living things, you cannot organize them.

***Interviewer:** But if I'm a top manager of Ford, of IBM, am I really the person to do Yoga, doesn't this mean, if someone part of this highly industrialized Western world, that the Eastern philosophy is offered me any time. Isn't there an either or?*

**Shri Mataji:** No, you become really dynamic because you become a witness of the whole play. You see this play, you become dynamic, there is no pressure, no tension, you understand everything in all dimensions. Apart from that you develop a balance, you know how far to go. I mean, you don't overdevelop something. You develop a proper perspective, a balanced development and that is what is necessary. We have lost the balance.

***Interviewer:** Don't You know many people who want more of yoga than yoga can give? So doesn't yoga also have in Western Europe a point that it doesn't give to the individual that so, people think, well I can reach so many things by yoga and don't realise, that they can just find themselves?*

**Shri Mataji:** You see Yoga is a big misnomer in the West. People don't know what yoga is. If you read Patanjali, it is said that you have to get to your Self Realization and then how to grow in your Self Realization. Once you start growing in your Self Realization, you develop such a personality that you see the whole world as one. You reach your wholesomeness, and when you reach your wholesomeness the complete balance and the curative sense comes in. For instance, if there is a problem in My left finger, I try to rub it and I soothe Myself. Whom am I helping, whom am I supporting, what is a developing country, what is a developed country? You need something from the developing and you have to have the developed. So the whole thing is that we have not got the wholesomeness. We are not integrated so far. It's only possible when you reach that point, which is within us, which is collectively conscious, and that is the Spirit. Once you reach that point, you get collective consciousness, and when you become collective, you understand the wholesomeness of yourself. So what people are seeking here in yoga, is really something that is brought from there by people who don't understand. Yoga means union with the Divine; it means union with the Divine. When you become one with the Divine, the Divine

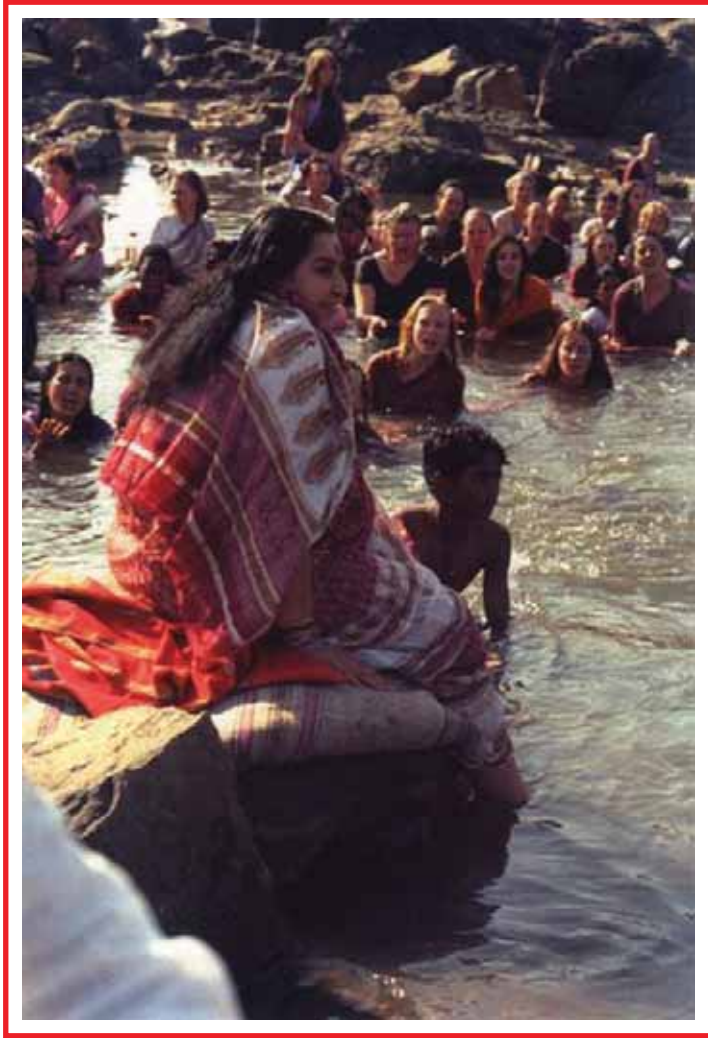
starts flowing through you and you become part and parcel of the whole. You become. It's not question of just taking a certificate. It's not running on the street or standing on your heads, it's not Yoga that you have to understand, that if there is a problem, a physical problem, what exercise particularly you have to do. But that too is only possible when you get your Realization. Before Realization you don't know where you are sick. People don't know, they go mad, but they don't know that they are getting mad. So the craziness that you find or the imbalances you find is lost, because we have just turned our faces to that thing, called the Spirit, because we could not reach there with our mental projection. So what we have to do, is to just take to this new dimensional approach by which you become that thing that you have to become, for which you have come on this earth, and that, if you get it, you are there. You have so many dimensions. I mean now for Me, you know, I am a wife of a person who has to shake hands sometimes with 600 people on one side and I have to deal with people on that level, and that sort of people I am also doing this and I have decorated My house. I mean, I can do thousand and one things and still I am a very relaxed person. So what you have to achieve is everything what we talk of. We talk of democracy, we talk of communism, both are artificial to My mind, because unless and until you have something, how are you a capitalist? We are nothing. What do we have? We have nothing, but plastics. What do we have? You see, that you have something like I would say, I am a great capitalist because I have all the power and I am the greatest communist, because I must distribute. So in the essence I am the real capitalist and the real communist; so all your ideas are really the glimpses of that great truth. I am the greatest communist; I'm the greatest capitalist. All your ideas about economics; economics is so sensible, that it says in general want is not satiable, in particular they are. So that means the want, that means this matter, is not going to give you satisfaction. So where is the satisfaction? It is in the Spirit. Everything aims at that point. One should see that point.

*Interviewer: Thank you.*

*Shri Mataji: May God bless you.*

*Radio Interview, Vienna, Austria, 05.09.1984*

*Interview*  
*Vienna, Austria, 06.09.1984*



*“So one has to be dignified as in totality. Such a person really automatically, spontaneously, becomes a personality that impresses others by character, by everything, by a genuine expression; not a hypocrite, but a genuine Sahaja Yogi.”*

*H.H. Shri Mataji, Vienna, Austria, 06.09.1984*

**Shri Mataji.** . . . . and in the centre of it, you see, so it doesn't touch the sand at all; sand has nothing to do, only the water. After the minimum level we find out, what is the minimum level, it goes on - and we put it there.

Now what happens, that the water is collected, it is sucked in through here, see. We don't suck in any sand also. There's a way of doing it by which we take it in the centre of the river.

**Sahaja Yogi:** So we can use this part of the river for rice, for growing rice?

**Shri Mataji:** We can do a lot on this side - we can do a lot on this side. But this one is taken into the depth of the river. Because you see this much is, what is it? it's just a pipe, that's all. That's not much of an expense, this pipeline, not much of an expense, from where the water is sucked in through this.

So that's not much of a thing for us - pipeline. Only this thing should be taken into the centre. And then this area can be used for making some plants, something we can use, which are growing on the water - watermelons, lotuses, watermelons, all these things we can do. But lotus doesn't grow on the river. It grows on the lake. So like that we can have watermelons and other things on this. And we have another thing called Singara that also grows well.

But that is a later idea. This is, do not worry so much about this part. You see, leave it as it is, we can use it for swimming, this, that and other things also. And we'll have ashrams there later on. That's a good idea.

**Sahaja Yogi:** Well, Shri Mataji, I was just thinking that You are explaining to him how to do the thing, and if You would speak to a doctor You would explain how to heal the patient, if You would speak to an architect You would explain how to build the house, and I see You in all these positions and so many more. It's just to notice it, Shri Mataji.

**Shri Mataji:** But I don't know how to handle in politics (laughs) Oh I see there. But where is the river. So we're staying towards the river, and more nearer this side I would say.

It's better to begin with. You see, no, the bridge, the approach, the bridge is there, so better to have it on that side of the river. You see closer, yes, it's better. No that is better, that side, nearer the river is always better.

...No, but that we should avoid. We should build up that side. We should avoid that much up to this point how far it will be coming. But that much, but nearer the river is nice for people to swim or they want to have the

water. We can build up a wall, sort of a thing up to the waters, because there's lots of stone underneath there. Stone is no problem, alright?

They are not bothered; they don't understand these things you see. They just experiment, you see, it is such a new science, medical science is such a new science. And whatever we have in our country is through the experimenting side. And secondly we built all our discovery on experimentation on human beings as such, you see, and on basics like Trigunatmika, Triguna considered.

You see, and all the medicines are based on that. Same thing was with western culture, but they couldn't go very far with it, you see, so they gave it up and they started more symptom-wise. Whatever are your symptoms, symptoms to be cured. But you don't take the whole.

**Shri Mataji:** That means three types of people and they have three problems they are treated accordingly. Then the balance is brought in. Now for example, the person who is a Sahaja Yogini becomes a thin person and the person who is a, what do you call it, the left side, becomes a fatter person.

And the central one is the one, who has more of gas. So that is the central one. You don't have that gas system? And when the permutations and combinations of these go out of balance, any imbalance is not good for health; is not how you look. If you hear everybody if he looks bony, he is healthy.

But in India maybe a bony person is a tuberculosis patient or a fat person is unhealthy for example, but maybe the fat person may ascend, may be the person having the Sattwa Guna. So in India it is regarded according to the personality and the person and his temperament. All these things have to be taken into account.

Now say, for example, a man who will do too much of mental work; they will prescribe a diet which will be more carbohydrate. They are not bothered about how you look because there, nobody is going to become a cinema actor. So many inches of waist and so many inches of neck and all that: it's very outside.

**Shri Mataji:** For example a woman has to be leftsided. She has to be fatter, much fatter than man. She has to bear children. Even in animal kingdom if you see, all the females have lots of fat. They have to have fat because they have to sustain the child - they have to work for the child. Now if you find a western girl, I see, she's so thin, and she has children, she has to do household work and all that and she becomes crazy. That's why she can't love her children, because she becomes crazy, there's no stored energy, I mean to say.

**Shri Mataji:** And the tensions are so great in the West, too many

tensions for nothing at all, very artificial.

**Sahaja Yogi:** If a person is fat it gives more peace and relaxes more.

**Shri Mataji:** He should eat more proteins, you see. But it should not be an attitude all the time, with so much protein that, I mean, it is out of balance. If somebody's fat it could be required.

For example now, supposing if I become very thin, all My Chakras will be exposed and I'll be in trouble so I have to have a lot of water and a lot of fat, so that My Chakras are protected. It depends on the function. And Mother must have fat. If a mother doesn't have fat, the children feel the bones, you know. (laughs)

And the women become mechanical and dry. I've read an English poem which described his Mother. My Mother is as large as Asia; a beautiful poem about the Mother. So all these concepts about actress being the mother you see is nonsense. And because there is no respect of women, who are really doing respectable work, I mean, then it happens, that women also start taking to this kind of nonsense. I mean in this country where you know what is woman's position is. She's a prostitute. So what will happen? They will like to be attractive like a prostitute.

**Sahaja Yogi:** Because these two things. They are mothers and at the same time, they want to attract man. This cannot go together?

**Shri Mataji:** Ah ... prostitutes ... yes.

**Sahaja Yogi:** Yes Mother, it's incredible. Sometimes you meet these kinds of girls and then you see their babies and their attention is not at all on the baby. Sometimes you see these kinds of girls and they absolutely don't look like a mother and their attention is not on their child.

**Shri Mataji:** I mean the Motherhood is the beauty of a woman. Motherhood is the beauty. One should not try to walk against the nature.

**Shri Mataji:** I mean the respectability is not given in this country to a housewife. That's why people behave like this. But in a subtle way, housewife is very respected in every country. Say now for example, if I go to a party, I'll be respected as Mrs. Srivastava, isn't it? But if My Husband's secretary goes there, she wouldn't sit next to My Husband, will she? Isn't it? And there's a beautiful woman who is a secretary and the wife who is not good-looking, in the society, who will sit next to the husband? I have the question now.

**Shri Mataji:** I'll give you a personal example of the whole thing, which happened in Hamburg, this thing, even in Hamburg and the top man of our services called the Cabinet Secretary. His wife was a very smarty, used to wear jeans, this, that and all the smartness of the world she had, so called.

And she used to wear dresses you see, and she's a typical westernized



sort of a woman and of course for a dinner she would wear a saree, but that, too a very showy top saree.

And we were invited to a dinner, Me and My Husband and she and her husband. And it was a huge dinner, big banquet. So, she didn't come with her husband, she was busy with something, so she came later on, or earlier, she came earlier and the husband came later. So, when everything came, everybody sat as in protocol? He sits on the right, she sits on the left. Now her seat was vacant. Nobody was there. So he said, where's my wife? They said, your wife never came. No, I think she must have come. I'm sure she has come because she said she'll reach earlier, so she must be here.

They said, I think your secretary has come; we call her and ask her. And it was his wife. They had put her into another room. And she didn't know German very well and she was trying to explain, I'm his wife, I'm his wife. They were telling her, we are waiting for his wife, we are waiting for his wife, you see, we are waiting for his wife.

You see she could not convince them that 'I'm his wife'. She showed her ring, she showed this, and they said alright, the wife is coming, alright. It was so shameful I think. And even in the diplomatic circles I tell you, I mean, they are very gossip people, and no one likes such women, you know.

I once went to C.P.'s office and people started buttoning up their coats and all that. So I told C.P. that why did they button up and all that. He said, suddenly when they see you, they have respect, you know. They didn't know that I was his wife, but they had respect, they can see you, there's respect on your face. And, it's such a relief for them to see a woman like that.

Normally they have women they call them Kabadis, means in Indian language, it is called as Kabadis. There's a whole organisation filled with Kabadis. And all diplomats like that, coming as Kabadis, you see. So they are so fed up with the Kabadis that it is a relief for them to see some sensible woman coming. And they gossip about women who flirt and who try to show off very much and there is no respect....

Even among Indians they do that way. Like there was one lady of that kind and she was a very big diplomat, was of a very high level but everywhere I thought, whenever she came to any program or anything, they used to make fun of her. And one day, you see, she came to one program, and they said, from where did you drop? So she said, I didn't drop, I came. He said, no, the kind of you are, you should really drop, because you are so thin you can drop through a hole also.

They always make fun. There's no dignity in them. Because I don't say that it's only the way of fat or thin or anything, but the dignified way of living is important, how much you are dignified is the point. What dignity you have, that's very important for a housewife.

So you can leave it, I will be eating them one by one. Let everyone have some and the taste to tell me how it is. It would be very tasty compared to others because they are very natural, and they will be much more tasty than your hybrid ones.

This is what it is. It is not the described form of appearance that is important. What comes out from inside is important. What is the total form.

Now a Sahaja Yogi say, for example, tries to look like an actor or an actress: he'll never impress people. Even the false gurus, go on training how to look like a serene personality. Even pope has been that way if you see. Even lamas are like that; they try to make themselves look like a serene person.

And any person who is a Sahaja Yogi appears to be cheap-type, cheaply available, cheap-type; nobody is going to have this and exclaim ones sort of glamour. Nobody's going to have respect and a sort of displaying ones sort of glamour and beauty of the eyes.

So one has to be dignified as in totality. Such a person really automatically, spontaneously becomes a personality that impresses others by character, by everything, by a genuine expression; not a hypocrite, but a genuine Sahaja Yogi. That of course automatically also means you must respect your being. Like you should not be behaving in a way that you don't respect your chastity, your sense of dharma; all these things you must respect, and as a result of that, you will come out in an expression which will be very unique.

There is no need to put up a show like that. The boy who used to come to Munich you see, he had his hair all like a sadhubaba and all that, and beard and all that, and trying to impress me. He was really mad. And this Dominique, I told him that why do you dress up like this. He said I want to be primitive; because I asked him, this is the way you look like a primitive. And he said I want to be a primitive. So I said, alright, if you want to be primitive, I must tell you, you cannot be because your brain is modern. So it is hypocritical. There is no German word for hypocrisy?

**Sahaja Yogi:** 'Scheinheilig', 'seilig' means holy and 'schein' means false.

**Shri Mataji:** Scheinheilig - in German this is this? That's true also. All that shines is not good. (laughs) So this hypocrisy is very much in the west because of outside. Because outside should be good, you should be dressed well, you must look up here well, do this and inside there's no chastity. There's no dharma, isn't it? There's no respect for anything.

**Sahaja Yogi:** Shri Mataji, You know how Christ called the Pharisees. He called them 'whited tombs'; they were like tombs, all rotten inside but

outside they were quite white.

**Shri Mataji:** All value system is decayed. All value system can have clean sheets and clean things; clean everything, and inside is rotten. Yes, it is not so important you know. If inside is clean then outside shows clean.

**Sahaja Yogi:** Shri Mataji, I really would say the best example of this was perhaps this wedding in Geneva because there was not one of the brides who was not absolutely beautiful. Really they were so shining, they were all beaming and they were all beautiful. It was so wonderful.

**Shri Mataji:** I mean it is unbelievable even Dr. Mutali told me. I can't believe it, I can't just believe it. Just can't believe it, he said.

So this is the situation now in the west we must understand, that more attention is paid to outside, not to inside. We must be careful on that. Imagine, the women are like prostitutes, and the next day you find them as teachers. In India we can't conceive that, can't conceive such a thing, impossible.

See, also I was surprised by another thing. I guess a lady she is about fifty years of age or as forty years of age or something, she has divorced her first husband and she says I must have another husband, you see; at forty or fifty. In India, even if the girl becomes widow at twenty-one, she is so higher, I mean, she is so lofty, she doesn't bother much and they are very happy without marriage. But here you cannot conceive of a woman, because your women are not women, they're like men, you see.

And men also; so many men don't marry in India if once they loose their wives they just don't marry because, once, is over now. But here they must have wives at forty, fifty, sixty; this means mother is sixty years and she's married six times or five times I don't know what. It's absurd.

**Sahaja Yogi:** Mother, it's because there's no satiation. I mean if you have satiation for five minutes you have done it for your life. But if you never do it...

**Shri Mataji:** Because it is not wholesome, because it is not wholesome. The relationship is not wholesome, you see, this is the problem. If it is wholesome, it is a very deeper relationship. It is a very inner relationship, where you don't think of getting after another woman, getting after another man. All this is finished, once you're married because if you have, say, a method, like married life, you must feel as if you are in your home. Like when you go to somebody's house, you feel you have to go now to, you have to go back and it's not your home. I mean you have to go back home.

Like that, marriage is. Now you have reached your destination, so now you settle down. Still you are running about on your destination, it is madness. Just try this. You will be amazed how it works out. Just try.

Like in the Islam; that time the problem was, that there were so many women and men died. So many men died because Mohammed Sahib had to face the tribal strifes and tribal problems. In that so many men died and women were left. So few men were there that it would have started a prostitution. So Mohammed Sahib said, so you can marry four women, marry, but they were young girls and there were no young men left at that time to marry because most of the young men were slain.

So he said, alright, I'll marry a young girl, but marry. The point was main basis was that you must marry. And this attitude of an incarnation is called as Samyachar; is at that moment, whatever is the problem, to deal with it in that way. You see now, the times change, then this Samyachar has to be changed accordingly. For that you require wisdom.

Shivaji who is known for his chastity had to marry four times because of certain ways of work he had to do, and Draupadi had to marry five husbands, because of certain promises they gave to their mother. And Krishna had to marry sixteen thousand women who were his powers because he had no Sahaja Yogini, you see.

**Sahaja Yogi:** Shri Mataji, is this symbolical?

**Shri Mataji:** Of course, of course. They were absolute powers of Shri Krishna; sixteen thousand.

**Sahaja Yogi:** I mean he really married sixteen thousand?

**Shri Mataji:** Yes, of course. I mean, the relationship was just so called married. He was a Yogeshwara. So what is his marriage?

**Sahaja Yogi:** Sixteen thousand? And he also went around the fire and...

**Shri Mataji:** No, no, no, no, in one lot (laughs). In one lot he married. He just declared that they were my wives in one lot. Because, you see it now how he played. He wanted to have his powers as I want you to flow my powers, you see. So he said, that time it was difficult to get Sahaja Yogis or anything so what he did, he got these ladies born in that area and they were all captured by one horrible rakshasa. He killed the rakshasa and got all the sixteen thousand women, and they were his powers, and that's how he worked. And the five elements were another his wives.

Now imagine in this time of overpopulation I have so many children. And people might criticise that he had so many children in the overpopulated land. (laughs) And then people will say we should have so many children also, you see, Mother has, you see. It would be absurd. So this is Samyachar. Like, according to Samya I take Coca Cola with it because I have to be very normal, but that doesn't mean you should take Coca Cola you get your Realization. (laughs) And this is what happened. But Shivaji, though he had wives, nobody in Maharashtra has wives like

that because they could understand that it is wisdom and discretion.

And once an ambassador asked me that why is it that people of Islamic culture are fighting among themselves so much, and killing so much, why they are so violent? They asked me one question, you see and I put an attention to it; because poor Mohamed Sahib had to fight all evil forces at that time. But he didn't want people to fight each other. That was not the thing.

He had to fight evil forces you see. I mean he was haunted there, absolutely haunted. Haunted you can call it. It's haunted. He was given poison. I mean, imagine. But I would give a reason why it is so; because of many marriages in Islamic culture. You see if man has four wives, always there will be fight among his four children. Will be isn't it, because they don't have the same mother. And if the mother is bhootish, the children will be bhootish, if mother is dharmic, the children will be dharmic, isn't it, automatically. So what is important, is that we should see what is Samyachar and accordingly, if something happens, it should not be followed to that extent, that to say, supposing you have five wives as Krishna had, you become a Realized Soul. It's nonsense, you don't become a Yogeshwara. So one has not to take all the things that the incarnations had to do, but have to achieve them as ideas as to achieve their powers, and not what they did. Because it would be something, supposing I have a power to write, so I write very well, so now supposing you start copying my writing, you cannot become a writer, can you?

So one should understand that, when you try to follow an incarnation. Like somebody says I can kill people. Hitler can say I am Shri Krishna and I am killing people but he is not Shri Krishna first of all and he has no business to kill because he's not Shri Krishna. So this is the problem with human beings, they start becoming one thing by only outward behaviour and they don't see the results of it, how horrible it could be. I also found that Japanese people are extremely cruel inside, very cruel. They are not like German, who are grossly, but in subtle way the Japanese are extremely cruel people inside their heart. And in the outside, you see, they are very humble. If there's an accident, both of them will come out from both the sides, they'll bow to each other and go away. You'll think what nice people they are. That is thanking for getting a new car out of this show.

But if they find your foot in a crowd, they'll crush it and kill it. I mean, if they can get hold of your foot or hand or something, they will just crush it. And absolutely filthy they are as the sex is concerned, extremely filthy. You remember, we went to Nepal, and they were having the zoom-lenses, you see, to find out where are erotic things and we never saw it, we Indians never

saw it. And one falling down; another climbing up. So clambering; very filthy their attitude and research, is so filthy. The reason is their mothers are just dish-washers and they have no intelligence of any kind. They are ugly and they have no intelligence. Any woman who is beautiful and has intelligence, she becomes a geisha.

A Japanese, you see when I went to Japan, they did not know where to take me, because they do not take ladies to their homes. They took me to a geisha house which I did not understand; with my two daughters, you see and the geishas liked my bangles and I gave them the bangles. So, they were very angry, you can't give it to them; they are not pure like you people. But if a woman is treated just like a servant, and is made to work like a servant and has no place in the house, the children become like this, because they have no respect.

Even in Germany I found out, I was most amazed, that the women have no respect. They have no respectability, nor respect. I went to East Germany and I had a lady, who was the interpreter, very intelligent, very good lady and she told me that she's not yet married and she would not be married. But she said, she has no children, she is married but she has no children and she doesn't want to have any children. So I said, why? She said because supposing I'd have children, my figure will definitely be different and my husband will immediately marry a younger girl and then I should have a figure so that I should get another husband. Of course, this would be an older man. But still it will be a husband there. But with my children I will have no husband, because either I'll be very thin, or maybe very fat and the man may not like me, I mean, I wouldn't be so beautiful. So this is how they are played into and that's why they are like this, and no wonder, that's why Germans take to violence.

If the women are insecure and they want to find their security in prostitution and things like that, what will happen to the children? I mean in India it's a well known fact, a prostitute is always a person who is extremely violent; it turns out to be a decoy or something, always.

So if the women are not respected and respectable, the children have to be violent. There's no other way out. Now, we too, in India had the invasion of the Islamic culture in the North, where the men are not so much Sthiras, not so much steady as the South type of people and there also the women are very sort of treated in a way, either they have to be like prostitutes or they are treated just like nothing. Up to Bengal, to Punjab and in Delhi all this, and the eyes are always hovering with women, and all the men have that sort of a habit.

**Sahaja Yogi:** Like here?

**Shri Mataji:** Like Vienna? Not that bad. (laughs) And you see North India is full of violence. Not only it is, there is no law and order. In U.P. there is no law and order, in Bihar there's no law and order, in Bengal there's no law and order; it's all finished that area. But in the South it's very peaceful, you have been to Maharashtra. Like that you cannot move in the night in U.P. You will be all robbed. But actually this is not Islamic culture. It is absolutely anti-Islamic, because Mohammed Sahib respected women very much, and because of their respect he wanted to observe the Parda, so that they are preserved. See this is the reason. And the marriage laws are very great there.

And if men try even to look at bad women, in Riyadh I have seen, their eyes are pierced. There it is better. Women are very safe. It's much better. The dharmic wives, they are much better people. This is the 'Sharia', which was given to us in the Bible. If you read the chapter of it was given to us by Moses for such people. It's given to the Jews, but followed by Muslims. And in a public place; on every Friday on public place, the heads are cut, hands are cut, feet are cut, they are buried alive; everything in the public. Now, I mean, it's very rare now, this, but it was in the beginning. And flogging is very common even now, flogging. In Riyadh the gold is lying all over, open like that, absolutely just like, you have seen the flower shops in India like that. You see many flower shops like that, everywhere open but you'll be amazed, nobody touches anything.

Nobody steals, no houses locked, nobody attacks another's wife. No, nothing. And on the road you see, if the women are crossing they stop the car. They are very respectful. You see, if a woman is travelling with her children, you get your free luggage, any amount, you may carry. They'll come all the way to help you, its special arrangement. And nobody can have a keep you know. If you have a keep you are finished there, I mean if they discover.

It's such a terrible conditioning you can't imagine. One English lady you know, she was a keep of one prince and she was killed. She was thrown from there. Now, she was English, and then the English father went to find out and all that: nothing, he could not get anything out of that. It's a place like that. But this is out of fear. And out of fear if you do good, what's the use?

There is no development inside; it's just out of fear. But in Sahaja Yoga you develop from inside. And you develop that personality which respects. It respects its own dharma, its chastity. So, this is a very different realm in which we are. We don't need 'Sharia', we don't even need Ten Commandments. Even the eyes become so pure and your whole mind

becomes so pure. It's such a purifying force flowing in you.

And that is how you'll be surprised, we'll have very good families, very good children and a new race; absolutely a new race. And that is how we do not force anything on anyone. One sees for oneself. And one sees the sense of purity being acting as a so beautifying force because it reduces all the complications of life.

And those people, who still indulge into such things, get out of Sahaja Yoga or there are so many other ways, why they get out. But we do not force on anyone, nor do we force them to stay in Sahaja Yoga and that is how Sahaja Yoga beautifies you, gives you dignity. You don't have to have anything artificial. You need not be a dandy person; you need not be a primitive person and you have to be a normal personality.

And everybody grows into it. I tell you, I have seen people who were called as loafers, have become such beautiful Sahaja Yogis, that you can't believe it. So many people who were like loafers, called as loafers, in India you see.

**Sahaja Yogi:** Loafers is what?

**Shri Mataji:** No, no, no, loafers are who flirt about, gay people. People can't believe it, alright? So this is the great idea of our talks today that we have to just become courageous and brave to accept ourselves as we are, as Sahaja Yogis. And whatever is not Sahaj, we have to throw away. We should have courage. You should be bold and strong. Then it works out. So now that is very clear to you, all of you, and I hope it will be very easily understood, by all of you, that the greatest thing that you allow the Sahaja System to work on yourself, and cooperate with yourself and respect yourself, and respect other Sahaja Yogis. That's all. That's all, and it will work out. I'm sure you'll all be very great Sahaja Yogis in this place.

Very important it is, because it is on the verge of Europe and Germany. It's very important. I bless you all for that! And you should forgive yourself. First of all forgive. Whatever has happened; past is past, finished. From this moment past is finished and we start a new life now. Finished! Forgive yourself because you are no more that, you are no more that.

May God bless you. Good night!

**H.H.Shri Mataji, Vienna, Austria, 06.09.1984**



*Interview*  
*'Lebensbilder', Austria, 09.07.1985*



*“And I started with one lady who got Realization frst. Then we got about twelve people who got Realization. In two years only about fourteen people got Realization, then many others started getting Realization.”*

***H.H. Shri Mataji, Vienna, Austria, 09.07.1985***

**Shri Mataji:** So you want Me to talk about My life. It's a good thing, because I have to go for that interview in Italy, it's a good preparation I mean for that, because I really don't know what to say about My own life.

**Interviewer:** *Can You speak about Your whole life?*

**Shri Mataji:** I'm a story teller. (Shri Mataji laughs) It is something like an autobiography.

**Interviewer:** *Can You describe the circumstances during Your childhood?*

**Shri Mataji:** I belong to a family of very enlightened people. My Father was a linguist and he was master of fourteen languages. He knew about 26 languages and he translated even Koransharif into Hindi language. My Mother was in those days, was an Honours in Mathematics. So both they were very well educated and enlightened people. At the time of My birth My mother dreamed something, which she could not explain.

But after that she had a great desire to go and see a tiger in the open field. My father was a great hunter, because tigers were a menace in the area where we were living. It was a hill-station called Chindwara. So there was a king who was very much interested in My father.

Somehow or another a letter came that there is a tiger, very big tiger and they are frightened of him that he might be a man-eater. So My father took My mother and moved to that place. And they were sitting in what we call as a Machan, where they built something for people to sit on top of a tree, from where they can shoot nicely. And then My mother tells Me that a big huge tiger, of very big size, very beautifully appeared on the field and she felt tremendous love for the tiger.

It was a full moon day and she felt extremely compassionate towards the tiger and when My father raised his gun to shoot, she stopped and she wouldn't allow him. The tiger went away and he never came to that forest again.

But that made My father think, because he himself is a realised Soul, that must be somebody what we call a goddess Durga who is fond of the tiger, must be born to My mother, because the symptoms were rather funny that the lady should like to see a tiger. So he told My mother, 'Now are you satisfied?' because they were struggling with the gun. He said, 'Is there a

Durga sitting in your womb that you are trying to protect a tiger?' She said, "Yes, yes stop it now. I won't allow you!"

Like that there were many incidents in My life, because I am of a Christian family, Protestants, and when I was born My mother didn't feel any labour-pains or anything, just I was born. She did not know how and I had no blood on My body, nothing, I was clean washed. That is why they called Me as Nirmala.

But My grandmother said that she should be called as Nishkalanka, that means the one which has no spots on her. But that is the name of a man, so they said alright we call her Nirmala meaning the same, Immaculate.

Now all these incidents, and then My father being a Realized Soul, he felt tremendous vibrations from Me and he felt that this life is great and that she will do something great in this life. I do not know why, but I don't know if he dreamed or he understood it, but all the time if I remember when he talked to Me, he used to say that, 'You have to find out the way of giving 'en mass' Realization' all the time.

As I told you, he was a great scholar of so many things and a very wide read man, so he gave Me a good education in religion, in different religions, and also a good education about human beings. What are their problems? Why did they act like this? Why don't they take to God? Why are they hypocritical? All kind of things he talked to Me.

He also knew about Kundalini, but not so much. Of course when I was born I knew all about Kundalini myself. I knew all about it, from My very childhood. So I was a very aware person, extremely aware. I did not know how to talk to, because you see people did not have that awareness; you can't talk to everyone like that.

So I was regarded as a very joyful person at the same time very serious also, very deep and then I started My studies. As a child I was not very much interested in the studies, though I used to do them very well but I used to read lives of great men and things like that.

At a very young age I read Bernard Shaw. When people were reading their expectations I was reading Bernard Shaw. But as such I did not have any interest in particular in reading some text books because I thought they were childish and there was nothing to be read about it. Then I told My father that I have to do medicine. So he said, 'Why?' I said, 'Because I have to talk to doctors.' He said, 'You have to talk to doctors?' 'Yes!' I said.

But it so happened in My childhood when I was about 7 years of age,

My father was a congressman. He had joined Congress when I was four years of age. He used to live with a style very westernized, you see. He threw away everything and became a real Indian and started leading a life of a martial. Then he made us study our languages, Sanskrit, he made us study in an Indian school not in a missionary school, because missionary is very, very unkind. They threw us out of the school, when My father was in the Congress. They were against us completely. Then at the age of seven years, I happened to go with My father to Mahatma Gandhi. He was living about seventy miles away from us. But the first time he took Me down to Mahatma Gandhi, he liked Me very much. He said, 'Leave this child here!'

So I had not taken clothes or anything to stay there and My father sent to Me everything. And he was very fond of Me. But I was a little girl, but he understood that there was something about Me. He consulted Me on very serious problems sometimes, surprisingly. Like one day he wanted to make Me a prayer book alright, so he asked Me, 'How should I put these series and all that.' So I told him, how to put the series and he put the series in that way.

I used to go back for My school and again to go back to Gandhiji. Every year like that. And he called Me Nepali. He gave Me a name 'Nepali'. Everybody used to call Me Nepali that time. Then I grew up with him very intimately, he was a very, very kind person for children.

Otherwise an extremely strict man, with himself and with others, very strict. A big disciplined man and he would make everybody get up at four o'clock, have your baths everything be ready for your morning prayers at five o'clock, you see, and he used to walk very fast. I also learned walking fast with him. In his company I had to walk fast.

And he had been extremely loving and a very nice person and he would listen to Me because I was a child. Supposing I had forced him to eat more or something then he would have laughed and accepted. Very kind person.

But with others, he was very strict and I used to tell him that, 'Why are you strict with them too much?' He said, 'But you are a little girl, you got up in the morning, why can't they get up?' I said, 'I am little, that's why I get up, they are big, so they can't get up.' Like that you see, a little child.

Then My father went to jail and My mother also went to jail five times. My father went to jail twice. Once for about two and a half years and he was the only supporting member of the family. By the way we came from a very old royal family which is called as Shalivahanas. They have a calendar also

in India.

And then, when they took My father to jail we had to leave our house and we had to live in huts and had all kind of problems. But also Me they pestered a lot because I helped many people there. I joined effort to movement and in a very serious way I became the leader there. But we were young people.

I thought unless and until I take a very positive stand, it may not work out with them. It is not gracious to say how they tortured me, what they did to Me, but they really tortured Me. I was a young girl of nineteen years that time. It is over now, so it is finished. After that My father went to jail again and then when he came back he got elected as the member of the Central Assembly, later on as the Constructor of the Assembly and then of the Parliament.

My brother was also member of the Parliament later on, now recently he was the minister in the cabinet. Another brother is a High Court judge in Bombay. They are all doing well despite the fact that our parents neglected us in a way, because they gave their lives to the country, but that never deterred us from studies and we came up very well.

When I was in 1942 movement My college rusticated Me from the college and threw Me out and I had to go to another college to study, far away from My house. Then I studied for two years science. Then I did My medical. I didn't do fully because just after that the 1947 riots broke out. So college was closed and I did not want to know more, because what I wanted to know, I think to know about it. So I did not need, and I got married.

You must have heard My husband is now working as the Secretary General of the International Maritime Organisation. He held very high positions. He was also Secretary to Shastri, who was our prime minister, who was another very great man, but he did not survive long. If he had survived things would have been different, I think, for our country, because he was a Gandhian, out and out Gandhian. I mean he lived like an ideal Gandhian personality.

So that's how My life went on. But inner being was still seeking the way and methods of giving 'en mass' Realization. My father said, 'Before You do not develop this technique of giving 'en mass' Realization do not talk about religion. Let nobody know that You know anything about it, because they will crucify You or...!' He was rather worried that people won't understand or You may write another Bible or Gita, no use.

'First of all You must give them Realization. If they get their Realization then they will realize that there is something about it, about this human awareness. For example, he always used to give an analogy. Supposing we are born on the tenth storey and everybody is on the ground, you must at least make them climb two storeys so they know that there is something above, otherwise no use talking about it.'

And he said, 'This is the mistake between the saints and the incarnations was, that they never Realized that these people are still on the ground. They have to still enter into the medium. So that is what You have to be very careful that first of all You must give Realization to them.'

So I was seeking the ways and methods, working it out inside myself through My own style of meditation, in the sense that I would work out all the permutations and combinations and when I met one person then I would see what problems that person had, how you can overcome it. Like that I would try to study that person internally.

And I went to many people to find out, but I found they were great hypocrites. I saw so many of these Gurus, most of them. When I saw them, I was surprised they were all hypocrites. Money making and also I went to Rajneesh also to see him and he said that I should come to his program. I did not know what sort of man, because he was talking about Gita and I thought he might be knowing something about it.

I went there but My husband said, 'No, I won't allow you to go to this program.' So he arranged his own..... There I could see all the things which were going on. And that is the day somehow or another I said I must open the last chakra! So the last chakra was opened and I saw the Kundalini, which is the primordial force within us, which is the Holy Ghost within us, rising like a telescope opening out. And then I saw the whole thing open and a big torrential rain of beams started flowing through My head all over.

I felt I am lost, I am no more, there it's only the grace is there, that is there. I saw it completely happening to Me. But I was amazed that when I went to Rajneesh, because he forgot even to say good bye, because he never realized what had happened or anything, so I was surprised, I said, 'This man doesn't know anything about God' and then I discovered that they are all hypocrites and they are telling lies.

So in 1970, 5th of May this happened and just after that we had a very big lecture in Carnagy Hall. This is a very big hall and thousands of people had come and I told them very frankly that these are all thugs and

hypocrites, some of them are demonic, some are evil people. I told their names everything. I told them 'Do not go near them!' There were some foreigners also.

And there were so many others whom I told these things very clearly and they got frightened. They said, 'You should not say like this. They will come and murder you.' But nobody did anything and nobody even went to the courts. And that's how they try to bring bad name to Me. They paid money to the newspapers to publish things against Me because I said you cannot pay money. So they thought that I was trying to harm them by saying such a thing that you can't take money in the name of God.

If it is a job you can do it, but God's work is not a job and the struggle started from the day I started giving Realization. And I started with one lady who got Realization first. Then we got about twelve people who got Realization. In two years only about fourteen people got Realization. Then gradually when fourteen people got Realization then many others started getting Realization.

But I started also curing people, because that was helping a lot. Then My husband got elected to this post and we had to come to London.

So when I came to London we had one program. So the Indians abroad are not so much interested in God, they are more interested in money. So none of the Indians stayed there, they all ran away and only the foreigners who were there, were about seven hippies and so I had to work on them. Seven hippies for four years I was working on them to give them the Realization. They were difficult, their liver was bad, their head was off, terrible time. But in between I used to go to India.

And in India also the work was done. For three month always I have been in India. So we started working in the villages especially surprisingly where My forefathers were ruling in that area. There we started moving in a very big way and there then we started taking the people from India.

And some people came from Australia to India, like that and the work started moving in those directions. Gradually the work improved and people found that this is the way we can transform ourselves. Many people were taking drugs, or alcoholics or mad people, all kinds of people. They felt better and they got cured. It was established that Sahaja Yoga is something very important.

Now when I traveled all over the world, first My husband used to pay for everything, wherever I went he had to pay, any expenses he used to do

for Me. Gradually now this people pay for My travel, but otherwise they do not have to pay for anything else. That is how we started our work. There was lot of opposition and the media people would never understand it because it was not such a sensation as you can say, nothing to people feel excited. But in a way it is a very great thing, because this is the solution of the whole world, one should try to do it.

Then we had very great people who came to Sahaja Yoga, like we can say the main High Court Judge, who is now the President, who has given Nicaragua some judgment and many lawyers and even barristers. We have one barrister here from Algeria and doctors, and then they took over and they started helping me out how to propagate Sahaja Yoga.

But it was a difficult task in the West. Of course in India it is spreading very fast in the villages, but the city people in India also the people are westernized and they will start analyzing. They don't know much about our past, they don't know anything about our heritage that we have our Kundalini.

But some people do know about Self Realization. But these Gurus could not stick on in India because nobody would accept them. So they all run away abroad and that was something a blessing for Me also because I did not have to fight them there. And it started working out and then people found that it helps in every way and they found so many miracles about it and that's how Sahaja Yoga was settled quite a lot.

But still I would say that we have not been to certain countries so far and in the West, I would say that so much work has to be done there, because as soon as you start any work in any place first of all they want Me to cure people and to help them with cure. Now if I pay attention more to that then the main work is to create doctors out of everyone, that is neglected then you become unpopular. They think oh, she's not sympathetic, this and that.

But now as we have everybody can cure now everyone, I don't cure anyone directly. But they don't like it, they want I should be there and their ego to be pampered and all these things are there, it's rather difficult. We are not running any lecture like we should please others, sort of things, not that, but whatever is reality. If a person has intelligence, pure intelligence, he can see that this is something very different.

And for that one has to understand that you cannot force on anyone that you get your Realization in the same way you cannot force Me that I give you Realization, because it does not work, it does not work, it's such a living



force. And that upsets them very soon. I feel that the way this industrial revolution has come in the West, people have lost their knowings, perhaps they are so confused with all these gurus coming down here confusing them and all kind of new things coming. They don't know where to look.

Unless and until you get your evolution completed. Unless and until you reach that absolute state of understanding, the chaos will remain.

So one has to try to get to that. But one must understand you cannot pay for it. There is no effort. After getting Realization they feel so satisfied, they forget about it. But after that you must know how to give it to others. As Christ has said, 'The light which has enlightened you, do not put it under the table.'

That's how what happens that, though I give Realization to some hundred people, only out of them five, six, will come forward to help us out. But still I must say, a lot of work has been done, especially in Austria. I am very proud of Austria, and the way they have never given me any problem, never. Very good people have come out of Austria, very balanced, level headed people. Very level headed.

They are not extremists; they don't go to extremes, so there is no fanaticism about them. They are sensible people. And something so lucky that Austria was found out because I never expected that in Austria there will be so many people. But somehow, like water finds its own level, Sahaja Yoga finds its own level. We just come down to Austria. We haven't been to Norway, to Sweden, to Denmark, Finland. I visited those places, because of My husbands' job but I have not .....

Now we have sixteen centres in Australia and Australia is a very progressive Sahaja Yoga thing. We have got schools now there. They are running schools and the teachers are extremely well behaved and visionaries and they look after the children very well. The government people sent somebody for observation and they have remarked that whatever they proclaim that's what they manifest and they have given good certificates to us.

But the greatest achievement on the outward life is this, that Cambridge University has accepted Sahaja Yoga for research work with respect. By one doctor Lee who is doing the research about Sahaja Yoga in Cambridge University. He is already doctor. And there is another great thing has happened in Delhi University that the Delhi University has accepted that a person can do, only a doctor can do a Ph.D. or we can say a doctorate

in Sahaja Yoga and he gets the highest degree, called the Doctor of Medicine. And perhaps after some time they will allow anyone to do that. This is about the medicine part of it.

In agriculture we have done lots of research by say, we have somebody here, an expert of agriculture. He has also done a lot of research and he found out that with vibrations he started after Realization. If you vibrate the water and if you water the plants with that then sometimes you might get even ten times more breed that's what they did in India, in one of the agriculture universities. But here also they found out that there is tremendous difference between the growth of an ordinary plant.

Another thing that I found out in agriculture, that if you give vibrations, then even an ordinary cow can give lot of milk. But if you have hybrid cows then you see it's not good for the brain, because a person who takes hybrid milk also, gets hybrid. I mean his brain gets little wobbly. So better to have pure milk from a cow which is not been put to this kind of an experimentation.

Moreover food also, if you eat hybrid food it's not very good for us, for that spoils our nerves I think. But ordinary seeds you cannot use, because they have weakened and they cannot reproduce. So when we vibrate them, they produce very well, just like better than even sometimes hybrid things, and the food tastes very well, and it doesn't give those complications.

So this can help in agriculture in India and the government has allotted us a lot of land where we are going now to experiment and we are going to start experimentation there to show that how we can use this. But many farmers who are Sahaja Yogis have done a lot of job and they have discovered that even animals and this, what you call farming, everything is helped very much by vibrations.

So it improves the lives of people. We have on the other side, social side, I can tell you that we have marriages, international marriages. We arrange international marriages between people, they have to know each other and they are together and first of all they are together for one and half month with us on the tour.

They can see each other and the marriages are fixed and we have seen that such marriages are extremely successful. Ninety nine percent marriages are successful. Once in a while maybe a mishap, but mostly there are no divorces that take place. Once in a while if it's not successful we have no objections to divorce also.

But mostly they are successful and they get children who are very intelligent and who are themselves born-Realized children mostly. So the problem is much less and the family life improves. The quality of life is thousand times better. People are very joyous, happy, they do not complain and they enjoy life and they give to others. They share what joy they have.

*Interviewer: What do you think are the important points in the education of children? What is important to be given to the children?*

**Shri Mataji:** First if they get Realization. If they are already born Realized no problem, but if they have been given their Realization then they will start to see things from a different level. They become the Spirit. So their self-respect awakens. Such children behave in a very dignified manner. They talk in a very elderly manner. They see solutions of all kinds and they are tremendous beings. But we have to guide them properly by our own behaviour.

How we behave, the greatest thing is how we behave, that's how the children like. We put the children to some tests how they are. We find out if they have any physical problems, we cure them. If they have mental problems we cure them. If they have any other problems, social problems or anything, we try to help them out. So that basically if a human being is alright in childhood then fundamentals are alright for the child.

If the foundation is laid down then to build a child up in a good quality is not difficult. So now we find like great artists are there. There are great musicians. At a very young age, they have started playing violin. I mean suddenly they have become dynamic also and very humble. They are very humble and self respected and very well behaved.

Surprising how the atmosphere is and how it works out. And the other day a lady asked Me about the women, then I told her that a woman's power as a mother is very great. She felt hurt about it and I did not mean that you should be just a mother. She is a mother, means she is compassionate, she is kind, she is not aggressive like men. That is a very big quality that is a very big power in a woman, that's what I was suggesting. That that is what we have to have, is not to compete with men. This is madness to compete with men, and to go about like that.

So we have to understand that life has to be enjoyable. Life should be a blessing, not to be a misery. We create our own miseries by these false ideas, by our own confictions we have in our mind. Mental projections we have in our mind or our own obstinacy, whatever it is. All these things can be cured

if you take to Sahaja Yoga, because you become a balanced person, level headed, mild person and you become a witness. The whole thing becomes like a show, like a drama and you become fearless, you start seeing the whole thing like a drama. This is what a human being has to achieve.

We talk of peace, we talk of no war, we talk of many things like this, atomic bomb, this and that. All that, is not going to work out. Only what is going to work out is the transformation of human beings. If the human beings are transformed things will work out absolutely first class. Not only that, but that they will enjoy the bliss of life.

We are missing the point all together. This is a very important thing that human beings must say one thing, 'What have you achieved out of all this?' Just for a minute to stop and think.

**Interviewer:** *What are the causes of illnesses?*

**Shri Mataji:** The physical, mental, emotional, all illnesses are caused by the imbalances that live within us. By our extreme behaviour, and supposing, say now cancer. Cancer is caused by the over activity of the sympathetic nervous system. Supposing a person is a very sad person, he cries and weeps and all the time feels guilty and thinks he is the worst person ever born. He has committed so many sins and all sorts of nonsense. Then he goes to the left side, according to us, and crosses over to the collective subconscious area and there, according to us, what they call as Protein 58 and Protein 52.

Doctors call it that way, but we call it as the dead souls. They exist there and they catch hold of you and they trigger the cancer. But supposing by any chance you can bring the attention fully away from that, in the centre, you can get cured. So it is the centres within us which are subtle, which are basically seven centres. There are many others, but basically seven. If you can put them right you cannot have any sickness or illness of any kind.

**Interviewer:** *Can you explain? You said, that Your parents supported You very much in your learning and in Your studies. Is it correct?*

**Shri Mataji:** Yes, of course!

**Interviewer:** *Is it normal that the parents support their child in a form like this?*

**Shri Mataji:** In India all parents support their child.

**Interviewer:** *And you can learn everything what you want to?*

**Shri Mataji:** Yes, yes, I mean that is true. But the basic thing is parents are very benevolent to their children, very kind to their children and to them

the child's education, the child's upbringing and the child's life is very important. That's why we know they are so we depend on them, they look after us and they are very wise people. They sacrifice everything for us. So whatever they say, we think it's nice and by doing this, we have not lost anything so far.

In India you find Indian children are very obedient and they behave very well. We don't have all this problem.

Teenage problem, homosexuality, we don't even know these problems. Because we are so close with the parents all the time, they all the time watch us, we don't have drug problems. None of these, only in the cities little bit it happens and it disappears because parents are all the time with their children. They live together, the whole family lives together.

And not only with the parents, but all the relations and all the people in the village and in the city everyone knows each other. Such a joyful system we have, that we do not normally fall, sort of go to wrong ways and methods and we do not become obstinate also.

**Interviewer:** But you grew up in a Christian family. It's not a normal situation that Indian people are Christian?

**Shri Mataji:** Yes, I know, I was born in a Christian family deliberately, because I personally think that Protestants are the greatest fanatics. They are very sophisticated; their fanaticism is in their brain. Nobody can make them out that they have fanaticism, that they are very great fanatics, the greatest of all. But that times were very enlightened people, they understood Christ very well.

They say, I told you about Paul when I was... First time I took the Bible in the hand and I asked My father, 'Who is this Paul?' He said 'It's an intruder, forget it, don't believe him at all.' So they understood all these things very well because My father was a Realized Soul like Khalil Gibran.

If you read Khalil Gibran he says the same thing about Paul, the same thing. So if you are an enlightened person you see the essence of everything. Whatever religion you are born, you don't ignore any other religion, you try to learn about other religion and then you find the essence is the same in every religion.

What is there to fight? And that's how you belong to no religion; you belong to every religion that's what happens. But My parents were very enlightened people I must say, and I was very lucky to choose them as My parents.

**Interviewer:** *You have been an enlightened child. Is it correct?*

**Shri Mataji:** Yes, I have been born as an enlightened child.

**Interviewer:** *You don't feel sometimes very lonesome, because all the others are different?*

**Shri Mataji:** No, no, if you know how to share with others. Actually I was like a mother to them from My very childhood. When My father and mother went to jail, I was about five and a half years of age. So I had all the duties of the house in My little frock and I used to get all the duties like the grandmother. I never felt lost. My life on the whole is very collective; on temperament I am extremely collective. I can live anywhere, I can sleep anywhere and I can live in the jungles, I have no problems or that I am extremely collective.

I was expressing My temperament from very childhood. I was very friendly with all the people from that area where we were living and My mother was known as Nirmala's mother. Father was known as Nirmala's father. So they said, 'We have lost our identity because of Her.'

So I was a very friendly person. I never felt lonely and when I am with Myself I am never lonely at all. I enjoy myself very much.

**Interviewer:** *When You have been to that ashram with Gandhi what were Your impressions you remember about Gandhi?*

**Shri Mataji:** Oh, Gandhiji was a tremendous man and I used to learn a lot from him. He was not at all hypocrite, that's one thing. And he was not like politicians who say something, do something wrong. He was very outspoken and always he put himself on the testing point. And he used to confess if he made mistakes immediately. One very great incident I remember when I was a small child. They were having a meeting together and we girls were there sitting, only giving them water and things to all the people. People were there like Jawaharlal Nehru and Maulana Azad. All these people were sitting there. They were discussing something and then suddenly Mahatmaji Gandhiji said, 'I was very late, we will have lunch here.' So they said, 'Yes we will have lunch here.'

They had to go to the guesthouse which was far away. So Mahatmaji Gandhiji asked for 'Baa'. She had gone out. So he got up, he had a key with him always of the storeroom, he opened the store and he asked the people who were in charge of cooking to measure everything according to the people there are, properly everything. And then they measured it out everything was done.

Then he put the key back and then he went and sat there nicely. So these people said, 'Bapu, we did not know you have to take so much troubles.' You see to go all the way and looking for her. It didn't take much time, about fifteen minutes, but still. So he said, 'What do you think? This is the blood of my country; I cannot allow it to be wasted.'

*Interview 'Lebensbilder', Vienna, Austria, 09.07.1985*

*Radio Interview*  
*Hong Kong, 1992*



*“Now these flowers are giving fragrance. Do they count how many people they have given fragrance? (Anyone who comes) will take the fragrance from them. Their job is to give fragrance. So they are giving fragrance. It is very simple.”*

***H.H. Shri Mataji, Hong Kong, 1992***



**Interviewer:** Shri Mataji, from the information I've read about You, You were born in India, a Christian. How was that?

**Shri Mataji:** I was born a Christian, that's all.

**Interviewer:** There can't be many Christian families in that country.

**Shri Mataji:** There are lots of Christians. Apart from that I was born a Christian.

**Interviewer:** Which part of India do you truly come from?

**Shri Mataji:** Just the centre of India; absolutely the centre of India.

**Interviewer:** Is there anything specific about this being the central point?

**Shri Mataji:** It is the central point because I have to be in the centre to do my job. That's why I was born in the centre of India.

**Interviewer:** When You were a child, though, being born in the centre of India, did that mean anything to you, as a young girl?

**Shri Mataji:** I did not know it was the centre or anything to be discovered about it. I just knew what My mission was, what I was. I knew I was to be born at the right point. I took all these things for granted. I knew this was to be so. I knew this very well.

**Interviewer:** How old were You when you Realized that You had this mission?

**Shri Mataji:** All my life. As you realize you are a human, in the same way I knew I had to do all this. I knew I was different.

**Interviewer:** And did You start fulfilling this mission ever since You can remember?

**Shri Mataji:** Yes of course. I knew I had healing powers and I knew I had curing powers. I knew I could raise the kundalini; all that I knew. But I knew I wanted to do something to know all the combinations and permutations of the problems of human beings. That's how I studied that. I wanted to find out a proper time (that) I could find out a method by (which) a mass happening could happen they could achieve it. And on the 5th of May I was sitting near the sea there. I decided that it should happen and it worked out that the last centre as they call it, the limbic area above, that resides the opening for the Divine, what we can call what we call in the bible as the baptism. The baptism we had was just a ritual. The real baptism is that when

the residual force within us called as kundalini, when it rises and pierces the fontanel bone area, which is a soft bone you had as a child, that time is the real baptism and this baptism was to be achieved.

But I wanted to make a way by which we could make a mass happening, because, you see, if it happened to one person, say, Christ was a Realized Soul, a great incarnation he was the Son of God no doubt, but nobody recognized Him. And when He tried to explain they would not understand because he was at such a height that they could not understand what He was seeing, what He was talking about and ultimately it was very wrong to crucify a man of that calibre. He was the incarnation.

*Interviewer:* So it was on the 5th of May, of what particular year?

*Shri Mataji:* 1970.

*Interviewer:* Let's go back to when You were a child. Was there anything about the way You were brought up that might have led You to?

*Shri Mataji:* Very much. From My very childhood I knew I was to be conceived by My mother. They told Me lots of things. What happened to My mother. But one of the main things I remember now was this. She wanted to go and see a tiger when she was eight months pregnant and My father said that's funny that you want to go and see a tiger at this advanced stage of pregnancy.

But she said, 'No, I must go and see a tiger'. And so My father was a big well-known hunter in those days and one of the Rajas sent a word saying there was man-eater perhaps in the forest and we would like you to come and help us. See now I've got a message and now I have to go. And My mother said, 'alright, if you have to go, I am coming with you.'

How will you come at this stage?

No, I must come to see the tiger moving. Then he went there and she also. We use a kind of platform on top. They build it in a tree. And these villagers, you see, they drive the animal towards the hunter. My father and mother always sitting on top of the (platform), and suddenly the big, huge tiger appeared, and My father said he had never seen such a big one before, it was coming in the moonlight and walking very stealthily in his own grace and dignity. And My mother was so enamored, you see, that she just looked at it. She was so happy as if her child has seen. She felt very happy, she said. My father wanted to kill the animal and mother said, no, if you are going to kill the animal I am going to jump. You are not going to kill the tiger. Then the tiger disappeared. They don't know where the tiger went. So My father knew that it would be some powerful personality that is going to be born.

And My father, being a Realized Soul, knew it was something extraordinary.

***Interviewer:** What about when You were actually a child? Did they treat you as something special and teach You some special things to help on this mission of Yours?*

***Shri Mataji:*** No it was not like that. You see it was a very free sort of an expression of a personality. People accepted. I was very loving, compassionate and generous. I was a unique person to have as a child, but it was different; but only thing I would say that My father understood Me much better because he was a Realized Soul. When I grew up he told Me, no use talking about it to anyone. First of all find a method by which people get en masse Realization, that is Your work. As you know, unless and until you find that, there's no use talking about it. They'll create another Koran or Bible, what's the use. You must give them an experience or they will never understand.

***Interviewer:** Did You continue this idea of Yours of trying to get this message going through Your work with Mahatma Gandhi?*

***Shri Mataji:*** No, that time it was very different. It was an emergency. In a small way I contributed. He loved Me very much. He used to call Me Nepali. It is our face you see, because I have a broad face. He always used to call Me Nepali. But he was a man born for an emergency and when India wanted to be politically independent. But there was this thing.

And a political leader need not worry about Spirit and Religion, but he considered our country to be a land of Yoga. He always based his theories and philosophies and activities on the fibre of the people. We are a very religious people and how to create an atmosphere of satisfaction in the people. He had that within him. But he didn't talk of Realization and when I was a little child of seven years I used to play about with him and (he) was very fond of Me so I would make some orange juice for him and he would discuss with Me small things and remember once I told him, why do you make everyone get up so early? If you want to get up you can, but why do you make everyone get up so early? It's all right for Me, but why do you have to make everyone? (He said) everyone should be made to get up. We are passing through a crisis. We have to fight the British and get our independence and if people are lethargic how are we going to do it. So we have to be disciplined and we must have discipline and it will be all right. And then I told him we need to have inner discipline and so he knew that I was a wise person. And he used to love Me and respect Me in a very fatherly

manner. He would discuss things with Me. He impressed Me by many things. He had a sense of integrity within himself. He was absolutely honest to himself. That was something I appreciated. He never cheated himself. This is the greatest thing about him. In money matters, anything, he was so integrated. What he said he did, he criticized himself. But for him Realization was not the problem at that time. But after independence we should have taken to Realization. That was the main problem. But after independence we had problems of, say, partition and the diversion of the whole attention was on the wrong things. We had to solve this problem and nobody thought of Realization at that time. It should be so.

***Interviewer:** How much do You think Mahatma Gandhi influenced the way Your Sahaja Yoga developed, Your way of thinking now, Your technique maybe ?*

***Shri Mataji:*** You see it was no question of influence because you see this is another realm I am talking about. Sahaja Yoga takes you to another realm where these problems do not exist. These problems work out with Divine power, not with human powers. And Divine power is there and they work it out eventually in such a smooth manner that there is no need to use these human powers. But his main contribution, I think, was to establish balance in people. Balance in people was the main thing. And make them more Indian and to take out all the slavish mentality that had trickled down into us, make us feel our own self-neglect all these things were there. But the realm in which I was different from his. So the question of influence doesn't come in. But, I would say that, certain things influenced by My choice, say, of different prayers. I told him according to the different centres within us. I said you do this one, then this one, and he said alright, it's a good idea, and he changed. It was so smooth and silently done that it was not made obvious to anyone that we had any rapport on these things nor did he ever ask me about Spirit nor did he ever meditate. He did not meditate because he was not Realized. At that time he was not a Realized Soul. His main attention was for this and he will be born again and he will be Realized. He will be born Realized because he was very, very great. He was a Great Soul, no doubt. He was extremely great as a human being. But Realization is very different. It's another realm into which human beings go. His meditation was to ponder about things and to guide oneself, but not the kind of meditation where we become thoughtlessly aware. It's a different dimension in your awareness.

**Interviewer:** *Is this then what Self Realization means; what You mean as a Realized Soul?*

**Shri Mataji:** Yes, Self Realization means when the Self, which is talked about in all the scriptures, starts emitting its manifestation in our conscious mind; means that time when we become aware of it. To this extent our central nervous system starts recording the power of our Spirit, of oneself and we start feeling the breeze-like vibrations of the Spirit which is called in the Bible as the 'Cool Breeze of the Holy Spirit'.

**Interviewer:** *You're saying then that when a person is Realized he feels some actual physical things?*

**Shri Mataji:** Yes, the energy that's flowing through him he can feel it. It's flowing through his body. Not only that but he becomes. It's not lecturing or any brain-washing. He actually becomes collectively conscious, means in his awareness he can start feeling another person's centres and also his own centres and he can start correcting it.

**Interviewer:** *Is it like finding what one can, or what people have loosely described as the Soul inside one?*

**Shri Mataji:** Yes, but they are quite confused people. They don't know what is Soul, what is Spirit. But these are all precise things. Soul is the thing which is not only Spirit but is the body, the personality, except for the element of earth in it. We are made of five elements out of which the element of earth drops out; then you become the Soul, because you cannot be seen but you exist in another plane.

**Interviewer:** *Was it before You decided to start, truly started, Your mission You also took some courses in medicine?*

**Shri Mataji:** Yes, I did some medicine because I knew I had to talk to doctors and explain to them what is all this because I knew, but I didn't know what to call it because the names are given by human beings. So I had to study. I also studied one dictionary on psychology because I knew I had to talk to psychologists, doctors and scientists who have to know about it to say what they call it, you see.

**Interviewer:** *The theory that scientists say that man came from a little cell from heaven knows where; how did you feel about those?*

**Shri Mataji:** It's a fact, it's a fact. He (man) came through a cell, evolved through a cell. How did he evolve? Why did he evolve? What is the purpose of his life? (It) is not all answered by science. What is the power that makes you evolve? Also, that is not answered. So in Sahaja Yoga you know all that not only you evolve but with the same power you go higher.

*Interviewer: What is Your theory about that then? Why are we here or, why are we so long in the process?*

**Shri Mataji:** You see anything that you create, even human beings for example, you have created things. A beautiful lamp is to give us the light, isn't it, the power. So that's how God has created us, to give His power to us that we feel Him and know Him in our awareness and understand and we emit His powers and enjoy it; to say in the words of Christ 'to enter into the kingdom of God'.

*Interviewer: Are You talking about the same God as every religion talks about?*

**Shri Mataji:** Absolutely, there's nothing else.

*Interviewer: Is Sahaja Yoga a sort of new religion?*

**Shri Mataji:** No, it is the integration. It's the Enlightenment that proves all the religions and all the incarnations and their integration.

*Interviewer: How does it prove it?*

**Shri Mataji:** So, in the sense that you can see, in the room there are many things. When it's dark you see this thing as something different and another thing and you say it is something different, (or) this is mine, this is mine, this is the truth, because you see that and another sees another thing. But in the light you see the whole thing belongs to the same. Sahaja Yoga just gives you that light of the Spirit by which you start seeing it's all just the same. For example now, once you are connected to the Spirit you start getting those cool vibrations in your hand. Now, you want to ask now, 'is there God?' Immediately you start getting a lot of cool vibrations coming to you. The questions are answered like this. You start feeling them, and every question. If you ever have a problem, you can ask and you can know because you are connected to the Absolute. All such questions you are asking. Say you are a Realized Soul, you can get the answers on your hands and you can know if this is true. Whether Christ was? Now they say He was the Son of God. People challenge, I can understand that because they were not Realized Souls, that's why they couldn't understand that time. But when you're Realized, you just ask 'Was He the Son of God?' and you'll see that the vibrations will start flowing. You'll know who was really a real saint or a prophet, a fake one. Everything you can find out through these vibrations because a rapport is established now you are connected. Like this (microphone) is connected to the mains. Unless and until this speaker is connected to the mains it is useless. You are to be connected to the mains. Unless and until this instrument, that is created from amoeba, to this stage,

is connected to the mains you will not know yourself. You are not going to know your meaning; neither are you going to know the function for which you are created.

**Interviewer:** *Surely it's a matter of what stage of Your development that You can even start to question about these things?*

**Shri Mataji:** No, not necessarily, because the time has come. There's no need to have a question. I find it everywhere. I find it has different styles. For example some countries have problems they are facing. They are so speedy. Cancer is one of them which can be cured after Sahaja Yoga, otherwise you cannot cure cancer. So many things are there. Developing countries have their own problems, then they start thinking, what about us? How are we? For example, India, we have problems, they get so confused. They don't know how to solve these problems. They try to solve one problem, so they start thinking about it, now what is it, what's going wrong? You do not have the light. You are walking in the darkness. You are bumping at each other for nothing at all.

**Interviewer:** *Will people be able to handle this Sahaja Yoga do You think?*

**Shri Mataji:** Yes, by all means. You see once you are Self Realized you have to, a little bit, establish yourself that's true. You take about, at the most, one month or two months. Once you are established you become so powerful and so wise. The vibrations tell you and you just don't do wrong things. If you start doing it you don't like it because you start getting the pain in the fingers. Something happens to you, you enjoy this, so blissful.

**Interviewer:** *Don't You think that perhaps it might go the same way, say, for instance, if You talk about Christ teaching His love idea and how we should love everybody, that some people just didn't accept that.*

**Shri Mataji:** It does not matter. But that may not be possible now because who cannot accept will have problems. They will have to accept or they will have problems. Gradually perhaps they have to accept it. This is because this is the solution to all of the problems; because you have problems you have to accept it, otherwise human beings are not easy things to accept it. Christ, you see, at that time, didn't come for Self Realization. He just came to prove that there is Spiritual power. Resurrection, which cannot be killed is His message. My message is not Resurrection or anything; Mine is your Resurrection. Resurrection of the whole human race, (it) is their evolution. (This) is My message. This is My job.

**Interviewer:** *How are You going to convince hard-boiled cynics that*

*this is the right way to go about things?*

**Shri Mataji:** You see this nature will work it out in so many ways. These cynics are there. They are cynics because of certain reasons. There would not be so, but they are conditioned. You can find out because they must be having problems with that, mental problems, also problems with the family. Cynics will always have problems with the family. I do not say that they always have problems; some say that only those who are happy can come to Sahaja Yoga. Not necessarily so. There is a category of seekers. There is a category of people who are seekers. First I have to worry about them those who are real seekers. It's a category. And that's why they are unhappy because they are a different category. They will not be satisfied with anything. They will try everything. They will try to get some money, to get power. They'll try this, that, but they'll not be happy, because they're a different category. Then they will seek God, so they'll seek again God.

They'll go to wrong people and spend money here, there, do this, that. Everything they'll try, and then they'll find out. Still they haven't found out what they were (seeking), so they'll come to Sahaja Yoga. So first my attention is on the seekers. It's a category. As I told you these people know that William Blake has written about, he calls them men of God. And these men of God, he says, will become prophets. And these prophets have a special power by which they will be giving Realization to others and making them into prophets.

**Interviewer:** *Are You saying then that William Blake was a Realized Soul?*

**Shri Mataji:** Yes, of course.

**Interviewer:** *How can one be a Realized Soul when You're here now?*

**Shri Mataji:** (laughing) You see, there were many Realized Souls before also, and it's the power (which) is all-pervading; is eternal, is all-existing. All of these great Saints like we can say John the Baptist was a Realized Soul, Shakespeare was a great Realized Soul. He was tremendous, the way he tried to show the futility of life. He definitely was a Realized Soul. And this you will know by feeling the vibrations of these people, whether they were Realized or not. You can feel the vibrations that they were Realized Souls. And these Realized Souls (existed) thousands of years back. Like on a tree, there are only one or two flowers to begin with, then gradually the blossom times come and there are many flowers and there are many fruits for growth.

**Interviewer:** *What does it take to be a Realized Soul? Is it a mature*



*person, or is it somebody who appreciates mankind for what it is?*

**Shri Mataji:** No it's not a mental status that's important. It is the desire within you, the pure desire to be one with God, to be one with beyond. This pure desire; it may exist also the desire, that you see it's not everything.

You get fed up. It's a drama and you get bored. You try everything, but you are not happy about it. You see, it's the pure desire, be one with your Spirit. You may not be educated. You may be a street urchin. You could be living in a remote place but still the pure desire may be in you completely existing, and that works it out. But you are not aware of the pure desire, but that works it out because you do not feel happy with other things, you feel frustrated and what ever you try, so what! It's an economic science. You see, in particular, you may satisfy a want but in general they are not satiable. So, even the matter teaches you.

**Interviewer:** *Two very interesting thoughts come to my head at this point. One, is it through being Realized that one gets knowledge of what's on the other side of death, as it were and two, whether one really through this Realization that one finds a little bit of God inside oneself?*

**Shri Mataji:** That's the point. Second point is correct. You find God within yourself then your priorities change about knowing about things. You don't want to know what is beyond life because you come in the present. You are not worried about the past and the future but that also you know because gradually your vision improves. You start seeing what happens after death. You see the patients coming to you and you start seeing they are spirits and this and that and they are possessed by the spirits and then you talk and find out such a lot about them, what all that is. So it comes to you as an experimentation with your truth that you have found out. But the main thing that happens to you is that feeling, that universality; just start feeling in the sense (that) it becomes a part and parcel of your awareness. Just a part and parcel of your awareness. As a human being you have a special awareness for flowers, a special awareness for cleanliness. Animals don't have. In the same way you go to the point where you just become aware of that you start feeling them around. You start feeling what is right and wrong. For example, if I start telling people, this is sin, then they will do it a hundred times. If I give them Realization they will not just do it. They will see it. In the night, I am sleeping in this room and there is this snake up here and someone will say there is a snake and I say, no it's not there, I can't see it. But if you put on the light I'll just know it's a snake and I will run away from it.

*Interviewer: How does one know what's right and what's wrong though?*

**Shri Mataji:** You see, because you have not found the Absolute that's why there's a problem. But if you have found the Absolute, you'll just know it. But it is not knowledge by your rationality, but in your being. You just feel it on your fingers. You just know what is happening to another person. You start feeling it. Just feeling it is not good. You know something is not right in this house. There's some centres catching on your fingers. You ask someone, you find there is something wrong.

*Interviewer: You're talking about feeling things now through the fingers, a part of the body. How did You come about this particular idea, it is through the fingers that one has this knowledge of oneself?*

**Shri Mataji:** I knew all these things beforehand. It is too (laughing) to say, . . . now, it is true, what to say now? I knew this. This is My knowledge, as you say. I knew all this.

*Interviewer: You feel You are sent here by God or say as the next prophet in line?*

**Shri Mataji:** I don't want to say all that because I don't want to get crucified for nothing at all. No, I am quite wise. But there is something special, no doubt, something very great, according to human beings. But for Me, it's nothing great. It's just the same. Say the sun gives you light. What's so great about it? It has light, so it gives you light. Supposing I have this power, yet I cannot do many things, I cannot even play My own radio. I am so hopelessly bad. But I knew Kundalini. I know how to do this work. There's nothing to feel I am higher or lower. This is My job. I am here for that job, finished, that is all.

*Interviewer: A lot of people in the last few years particularly have come up who have ideas along Your lines, a lot of yogas, a lot of yogis. People have got this misconception about yoga?*

**Shri Mataji:** You see yoga, in simple words, means union with God, with Spirit. All other things are nonsense. You see, you stand on your head, you do this thing. It's a spontaneous process. It's a living process of the living God. It has to happen within you, like the sprouting of the seed. Now, if you stand on your head, can you sprout a seed? Can you turn a flower into a fruit; can you? By doing some sort of exercise? You see, this hatha yoga was practised in India thousands of years back when we had another system of life, where students were sent to the guru, to the teacher and the students lived with the teacher in the forest. And some students were selected and

they were given this self-knowledge. But the first thing in the real Patanjali Yoga is you must have is Ishwar Pranidhan, you must establish your God. If you have not established your God, it is just people becoming actors and actresses that is all. It is never so important. All these so called exercises are just like different corrections of your different centres, physical corrections, and they are to be used at a particular time (for) a particular trouble. If, you see, you have troubles, for example, of the neck, what is the use doing exercises for the stomach. But the way people do this hatha yoga these days is like taking the whole medicine box at the same time. By that, they thin down. And the thinning down they think is very healthy. And this thinning down is not correct because the kind of thinning down actually comes because they become dry people. Alright, you put attention because you are paying attention to your health. But health is not everything. They become very fidgety. They become very nervy. They may be very hot-tempered or they can be terrifying, you see. Or very big bores. They could divorce their wife, beat their children. All kinds of things they can do. We had such yogis in our India in ancient times. They curse people to make them die. Is this the way to achieve yoga?

*Interviewer: So this is misconception of yoga, or malpractice?*

**Shri Mataji:** No, this is not malpractice because, you see, I am a Mother. I will give them benefit of the doubt. They did not have the complete knowledge so they went on one side and another went on the other side. Like, you see, devotion dancing and singing in the name of God. They go mad with it. I have seen them go mad with it. That's another extreme. One extreme of this side is to be a sort of fanatic or an erratic and other extremes start. But God is in between. He's not in extremes.

*Interviewer: People, being what they are, tend to be distrustful and some people might say, well how are we to know She won't rip us off or lead us down another blind path?*

**Shri Mataji:** Very true. I would be very happy if they would not trust people. If they are mesmerized they are, very much. If any one asks for money then they are much more for (money). There's a competition. Recently we had somebody in India who has made 2 crores of rupees out of such people. It's not that they do not trust but they are stupid. They have always doubted the people who are real and always trusted people who are unreal. They are being stupid about it. There are certain things by which we can judge a person if he's (real) or not. First and foremost thing is, you cannot sell God. You cannot make money out of God. You cannot sell your

vibrations. You cannot sell these things. This is very precious. You cannot value it. It is invaluable. It is God's love. So you cannot have a regular organized religion whereby you sell it in the marketplace. It is shameful and so insulting. It is so shameful. You do it because you love them. They are part and parcel of your being. That is why you just cure them because they are part and parcel of your being. You don't say, if I cure this hand I'll give a little relief. Do I pay that hand or do I feel any obligation? You just do it because they are part and parcel of your being so it has to be compassion. It can not be money and all these things that are going around. People are more enamoured by these things. And all the circuses will have the hypocrites and dress up in all kinds of dress. People are very impressed by that. You see, people care more for superficial things. If you sort of sit in a square and sit down in one loin cloth and the snow is falling, (they will say) oh, such a great saint has come. What do we have to do with ascetics when we are living in a household? If they are ascetics we should not have anything to do with (them). We are householders and householders are the best people for Sahaja Yoga. And those who have run away from their lives let them go to the Himalayas and station themselves. They have no reason to come and live like parasites on our earnings. They are parasites of the worst type. Dealing in opium, (using) other people's money, that's what they are and they have no self-respect. Some of them are so cruel. They have made people so poor and they have taken away all the money. Not only that, there are smugglers, doesn't matter. But they have put such spirits into people, they are falling of epilepsy. They have troubles, kidney trouble. They are having all kinds of trouble. These horrible people, they are Satanic.

***Interviewer:** You are devoting Yourself completely then to Your mission; mind, body and finances?*

***Shri Mataji:*** You see, I would say that I'm only one person. I'm not heart and Soul and all that, so whatever I do, I do the whole thing. I'm not separated. There's no question. As far as finances are concerned I don't need much finances and My travelling and all that, mostly my husband pays for me. Sometimes even these people who call me pay for it. I think My husband should not pay for their salvation. It's a bit too much. They will also become parasitic. Even that's to be paid. It's alright if they pay me for my travelling at the most. My needs are very little and by God's grace, in this life I am not a carpenter's wife, but I am a wife of a well-to-do gentleman. It's alright.

***Interviewer:** You are now on Your mission to try to inform more of the*

*world about Sahaja Yoga. How many followers do You have presently?*

**Shri Mataji:** I have no record. I have no record. I mean if you ask Me now, for example, this gentleman (points to a Sahaja Yogi), you met him here. I would never, say, I would never remember that he's one of them or something, because I don't keep any record. You don't count every leaf you give light. You just don't do it. You just like to give it, that's all; don't count. For what are you going to count ? You don't want to take anything so why count? You take a person who just wants to give. Now these flowers are giving fragrance. Do they count how many people they have given fragrance? (Anyone who comes) will take fragrance from them. Their job is to give fragrance so they are giving fragrance. It's very simple.

**Interviewer:** *Won't You destroy some of that giving factor if you put Yourself on a pedestal, which is probably what You might be doing if You start to approach a wider audience, a larger group of people?*

**Shri Mataji:** I never think of these things. It always works out in such a way that I have managed so far. The other day we had a village of six thousand people and they all got Realization. Just like lightening all of them. Can you believe it ? They all got Realization. So that's not the thing. You see, think of this Divine Power that converts flowers into fruits. Now the flower of a mango will become a mango. How these things are worked out, into what details, how delicately, how every character is preserved. If I'm talking of that power why should I ever (count)?

**Interviewer:** *This Divine Power, this God, why did He put us here?*

**Shri Mataji:** Oh, He loved you so much, that's why He put us here. And in just a little transition you had to learn what is good and what is bad. That's all just to make you grow a little, that's all. In this you all got so frightened. It was nothing to be frightened. All He has given us is such a nice thing (but) you don't want to see. We don't want to see anything, you see, that's the trouble.

**Interviewer:** *But why even put us in such a situation. Why not just create us like Himself, or Herself?*

**Shri Mataji:** Or whatever it is. The thing is you have to grow, isn't it? Now, it would be like a little bird (which) is born to the mother bird. Now the mother bird has to teach the little bird how to fly, isn't it? Now she makes it fly by calling the little bird. And the bird says, why not make me like that as you are? Then how will you learn? You have to master it. How will you do it unless and until you learn yourself? I mean, one can cook for you and put it into your mouth but you have to taste it. It is for you to taste. If you don't

have any taste, how will you enjoy? Just develop your taste buds that He has to make. You have to grow, is necessary.

*Interviewer: What are we growing towards?*

**Shri Mataji:** You are going to be the lights of God, beacons of light of God's love that is going to flow in this world.

*Interviewer: Are we eventually supposed to grow to be just like Him?*

**Shri Mataji:** Yes, very much. He's made you in His image, of course, in His Collectivity and all that to become the ocean by not becoming the ocean, just falling into it.

*Interviewer: How do we seem to grow, or do we really grow? After all these years we haven't learnt very much about war.*

**Shri Mataji:** War. I mean, whatever you say, we haven't learnt about war. What we haven't learnt, I mean, that's a very good situation that man has reached, that he has not learnt very much because if God had told you before that you haven't learnt anything you would not have believed it because you have freedom to decide. You haven't learnt much. Now, we haven't learnt, so now you settle down. That's one of the styles of God, to make human beings learn, otherwise they would not. If you had created an atom bomb, you would never have learned what nonsense we have done by all our experimentation with science. It means that it is like a Satan on your head so you know what you have done to yourself, so you come back. All these shocks are important otherwise you may never go to God, never think of it, because this freedom gives you ego and people become so ego-orientated. There are so many people who just don't believe in God. They think it's trash.

*Interviewer: Are we going to have so much freedom that eventually we'll destroy ourselves?*

**Shri Mataji:** No, we can never destroy. You see God's creation. He has created you and He's not the one who is going to destroy His own creation. You don't do anything. You just don't do anything. You see, this is the wrong impression human beings have got. What they do is a dead work. Now see the flowers are dead so you have arranged them, the tree is dead so you have made the furniture that is all; dead to the dead. Any living work can you do? Any living work? Nothing, only after Realization you can do it, by awakening the Kundalini, then you can do it. Then you are entitled to become the master.

**Interviewer:** *Then we can create things?*

**Shri Mataji:** Yes of course. You start creating. You start creating a new personality by raising the Kundalini.

**Interviewer:** *What is achieved once this awakening happens? I mean, why are we better for it?*

**Shri Mataji:** You see like I told you we are like a light. Now when you are Enlightened what happens to you. You see the light. In the light you see yourself. All confusion is finished. You know the Truth, and you feel so blissful and happy because you know everything. There is no chaos, no nothing. You are so relaxed and the power starts flowing through you all the time. It is never lost and you see in that light whatever is good and what ever is bad and you understand everything so well. And when you become the light, what do you do? Is to give the light to others so that they should be Enlightened also. But this dead light cannot give light to others in such a way as that light can give to others. But you can, once you are Realized you can make others Enlightened. The whole confusion of disintegration, quarrels and political problems and these economic problems and religion, everything will subside absolutely, when you are enlightened. Human beings have to be enlightened because they are in darkness. That's why all these problems are there.

**Interviewer:** *Will the world as we know it cease to exist if we all become enlightened in such a way?*

**Shri Mataji:** It will be flowering then. It would take another shape of beauty and enjoyment, happiness.

**Interviewer:** *The heaven that is so talked about in religious books?*

**Shri Mataji:** Yes, that's it. That's promised is to be brought in. Everything they have said is to be proved. All that is the job Sahaja Yoga has to do. That's why it is the Maha Yoga. It's the great Yoga.

**Interviewer:** *How long is it going to take to get us there?*

**Shri Mataji:** You see it depends on human beings, how they work it out. That's all. It's for them to decide now. You see, they have to take a decision. *(Recording ceases at that point)*

**(Radio Interview, Hong Kong, 1992)**

*Frequently asked Question answered by  
H.H. Shri Mataji from time to time (Quotes)*



*“You are holding a snake in darkness, you can’t see it, and if I say “drop it,” you’ll say “no, I am holding a rope, why should I drop it.” But, if there is light you immediately drop it yourself. So, with Realization you develop your Divine wisdom as well as your Divine discretion.”*

***H.H. Shri Mataji, S. America, Columbia, 20.09.1988***



***Q: What about our Karmas?***

**A:** Only human beings think they do Karmas, animals do not think thus. Because of our ego we think that we do right or wrong, animals do not think thus. Actually, human beings do not know what is right or wrong because they live in a relative world. But what is the absolute truth; that you can only know through Divine vibrations. When you become the Divine computer then everyone thinks the same way. Right and wrong becomes clear, like animals can pass a dirty drain without knowing, but human beings will not go there. When you become saints you will know the right and wrong, you cannot do anything wrong, you get a new dimension to know.

However, before that, you have conditionings and you become a closed personality with an ego. But Christ sucks your conditionings and ego. That is the meaning of Christ dying for our sins, for which He is awakened. By His powers He can suck all our sins hence you need not feel guilty at all because all your Karmas have been sucked.

The idea of suffering comes from people who want to suffer. They say that since you have sinned you must pay for your sins but God does not understand money. Are we going to suffer more than Christ? St. Thomas has talked of nothing but Sahaja Yoga when he said that the Almighty Father is so kind, so compassionate, how can He ask you to suffer? He said that our Father is so anxious for us to enter His kingdom. So, let us rejoice and be happy and give up the idea of suffering. You are not to feel sad and guilty.

***Q: Is truth beyond sense perception?***

**A:** It is absolutely because if what we perceive through our senses, whatever we perceive through our senses, is the truth, then we don't have to seek anymore. Whatever we perceive through our senses is what is very apparent, gross; not the subtle. What is 'behind' the gross, we cannot perceive. For example, we cannot say how to make an atom. We cannot say how an amoeba is made into a human being. We cannot make one monkey into a human being, can we, through our perception of the senses? Through our perception of the senses we cannot do the subtle thing that is behind the gross. So we cannot perceive through the senses. But once you have perceived it you can feel it, through your senses. This is the second point.

***Q: Shri Mother, we feel the same Chakras more on the legs than on the fingers.***

**A:** The integration is not there, that's why. You have to attend collectively. You have to be more collective; the body has to be more collective. The thing is that if you are not a collective person then sometimes you'll feel them on the legs, sometimes on the hand, sometimes in the head.

That's not a good thing. You should try to be more collective, you should try to meet more people, take more interest. You see, the body of yours would not work efficiently unless and until you use it.

Because individually if you work out, it will not develop collectively, because where are you using it? You are correcting yourself to give it to others and if you don't give it, if you do not work it out in a collective way, there is no circulation.

For example, there's a fruit and you take it out of a tree, and you mature it outside but it will decay very soon. But if it is connected with the tree, it will mature by itself giving a proper identity to itself and to the tree and taste would be better. And those who would come under that tree will receive the fruits of that tree. But a fruit, which is separated, will be lost after some time. That is how one has to be very collective.

***Q: How to develop our discrimination, Mother?***

**A:** Discrimination comes through Hamsa Chakra. And Hamsa is very simple thing, is to put some ghee in the nose, is the physical thing. On the emotional side, one should not cry too much. Our women especially have too much crying business. I also sometimes feel like crying, but seldom, so sometimes men must cry also.

Now spiritually, to develop discrimination, is by vibratory awareness. When your vibrations are developed, then you automatically discriminate. You are such a big computer, it has to work in its full way, and then you'll be amazed what a computer you are.

***Q: Why do we have a Light Phase and Dark Phase?***

**A:** Shukla Paksha is the time when the moon is increasing and Krishna Paksha is when it's decreasing. So, at the decreasing times it's not auspicious. There's no why for auspiciousness, it does not have. Why there is light coming out of gas, can you explain, because it is light, but why? It is when the moon is increasing then there is auspiciousness more, because that represents the Spirit. The more reflection of the Spirit comes in, it's on the increasing side, when it is decreasing we can say it is on decline. Then it is not auspicious so there is Shukla Paksha and Krishna Paksha.

***Q: What are Vibrations?***

**A:** Vibrations are the pulsation of the all-pervading power within us, which we can feel in the central nervous system. The Spirit doesn't pulsate. It doesn't pulsate. The pulsation exists in the all-pervading power but through Spirit when you get connected, then only the flow starts. And you then start feeling the pulsation on the central nervous system and these pulsations of the Holy Ghost are the Vibrations.

***Q: Shri Mataji, we doctors, do we cure these people or do they cure themselves. What duty then do we as doctors have in Sahaja Yoga?***

**A:** What is the greatest purpose of life? Is to be the instrument of Divine and also in your practice you will know much faster than anyone else if your purpose is to cure the patients. But if your purpose is to make money, then you are not a Sahaja Yogi. Making money is alright, there are many whom you can cure, even surgeons who have become successful, because you get the knowledge totally of the person. So even in your practice you become an expert. Of course, you should earn your living, some Sahaja Yogis who are doctors are doing very well. One of the doctors who did M.D. in India is getting Research Scholarship in another country.

***Q: How is Sahaja Yoga different from the yoga sutras of Patanjali? Patanjali is such a great writer that he says in one sentence what others says in the whole book, 'To stop the process of Mind and Chitta is Yoga.' How do you define Sahaja Yoga?***

**A:** It is not different from Patanjali. It's the same. But people don't read Patanjali they read only one-sixteenth part. Actually you should read the whole Ashtanga. Later on he comes to the fact that you should become thoughtlessly aware, which is called as Nirvichar Samadhi, Nirvikalpa Samadhi. That's what is Sahaja Yoga.

***Q: When I am in Thoughtless Awareness, I can't see clearly?***

**A:** I think you must be seeing more than what you see normally. He is correct, when you are thoughtlessly aware your eyes, you see, the pupils start dilating, it's correct. But take it higher, the Kundalini, slightly higher push it up, alright?

If Kundalini is staying at thoughtless awareness means just dilating and eyes can become black, but there's no sparkle. But when it comes out then you find a 'sparkle' in the eyes. There is a difference in the eyes, if you see, the eyes get dilated the pupils get dilated. When the Agnya Chakra is being just penetrated, that is still here it is then you can't see clearly, correct. But at thoughtless awareness all this part, so if you push it up a little higher, you know how to push Kundalini with your attention, or you watch here or think of me, Kundalini will go up, alright?

So Thoughtless Awareness is just the beginning. And it's a great area up to Shri Krishna point where you become the witness. Now the witness point when you have become, then there is sparkle in your eyes, your eyes sparkle. Sparkle in the eyes is a sign that the Kundalini is flowing well. That time you see more than you see normally and in the beginning it starts looking bigger, everything starts looking much clearer, alright?

Dilatation of the pupil takes place. Some people really at that time have opened their eyes and they said "Oh! We've become blind." That's true, it happens. It's correct, alright? Good question..."

*H.H.Shri Mataji, Pune ,India, 24.12.1982*

***Q: Shri Mataji, tell us how to tell about sects, about false gurus. How are we as Sahaja Yogis to talk about this?***

***A:*** Sahaja Yogis have to talk about how they should talk about the false gurus. You see those people who have been to false gurus are already suffering, they could even be quite mad. For example, I went to Chicago and there was one fellow of the Hare Rama Hare Krishna. He was the Chairman of Chicago Hare Rama Hare Krishna. He has shaved his hair with a little ponytail, a little bit like that coming out. I said 'Sir, I'm a Mother, why are you wearing this dhoti in this cold weather? It's very cold you know I'm shivering.' He said that 'my guru has told me that if you wear a dhoti, you'll get Moksha, Nirvana.' I said, 'What? In my country eighty percent wear this thing so they'd be there already.' He had shaved his hair. I said, 'Why did you shave your hair?' He said 'That my guru has told me that that's the station to get into the Heaven.' He was American you see. I said, 'There is Kabir, great poet in India, said that by shaving your head if you can get your place in Heaven, then what about the sheep that is shaved two times every year? The sheep must be already there. Where will you have the place?' So he got very angry with me. "You're talking against my guru." I said, "See, you need not be angry with Me. Do what you like, your guru has said, but tomorrow if you get sick with this dhoti don't come to Me." This 'Hare Rama Hare Krishna' we say everyday in India. We don't say good morning like the English, we say Hare Ram. Just like the Muslims say something 'Allah', so we say the same way. It's just a lip service, how can you go to Heaven? He got angry but then he developed varicose veins. Next year he came to Me.

So to deal with them you have to be very careful. Firstly, they are slaves of their gurus, they have fixed ideas. Some of them just start shaking before Me, they fall on the ground but most of them now are finished. First thing they mesmerize. We have one in India who used to mesmerize and bring out Swiss watches and give to people. Lastly, there were very great people from India went to see him. There were four cameras. He could not mesmerize the camera. So the camera clearly showed how he brought a necklace and passed it on. And also our rich people in India are so stupid, rich not the poor. They used to go to him to get diamonds, can you imagine, I mean all kinds of tricks he did. But he was exposed by newspapers. They're all getting exposed by God's grace. All falsehood will get exposed. Firstly if

you tell them that you don't have to pay any money to the guru, all the gurus will jump into the sea.

***Q: How to achieve good attention?***

**A:** You don't have to do anything because whatever you'll do you'll do through your mental activity. Mental activity is linear. There's no truth in it. It goes up to a point, recoils back on you. But the power of Spirit spreads on all sides. Now they're asking about attention, it's very simple, when the Kundalini rises, the attention which is spread out here goes up like this, up. It is brought in the centre and at this Sahasrara it breaks. When it breaks you see this whole attention is filled with enlightenment. You don't have to do anything, but you have to go on raising your Kundalini like this yourself, that's all. When you watch something, watch it without thinking. Can you watch Me without thinking. Now you can feel the operating power in your hands, see that. This is the Namaz, but Muslims don't know anything. You will feel the cool breeze. This is the operating power and on your finger tips you will know about your centres and about the centres of others. All those who have felt cool breeze or hot breeze on their hands or out of their fontanel bone area, raise your hands. Oh! So, all of you have felt it. So simple because you are ready and because you're Russians. May God bless you.

***Q: What are the curing powers coming from the supraconscious as there are so many people who are curing other people with supraconscious power and what is the difference between this curing power and curing power of the Kundalini?***

**A:** There can be two types of curing power. One could be those who get the power of the collective subconscious and those who get the power of collective supraconscious. Both can cure depending on where the problem is. For example a person with the power of the collective subconscious can cure problems of the left side. And a supraconscious person can cure the physical side.

We have two types of people in India known as Mantrikas and Tantrikas. The Mantrikas are those people who go to the funerals and cemeteries and they try to capture the dead spirits. These dead spirits are of the sly type. These sly spirits are so-called 'social workers' or 'busy-bodies' trying to help others. They are in the category of Chaturvarnas or Shudras, the people who believe in serving others. They appear to be good people because they want to serve other people and help others and that is why they do not want to die and want to stay around the earth planet. One could call this a 'servant class'. They are absolutely servile. They like to be whipped, beaten-up and be ill-treated. They are another extreme. They enjoy a horrid

type of existence – they are masochists. All such dead people are around us and they are left-sided bhoots i.e. very timid and clinging.

These Mantrikas get hold of such dead people and tell them to do this work or that work, control this or go there. And these bhoots feel very happy about it as they are servile. So, if there is someone suffering from a mental problem, for example, someone of his has died then he gets a mental push-back into the collective subconscious and gets possessed. Such people go to the Mantrikas and these Mantrikas tell the dead spirits that you have been troubling this man for a long time and you leave this man. So they remove this dead spirit and put another dead spirit in its place and tell the first dead spirit that he can get another body to go to. These Mantrikas are the mediators or liaison officers. They catch hold of these spirits and remove them from one man and put them onto some other person. So the first person is 'cured'.

For example, there was a lady whose husband used to drink quite a lot. She went to one of the lady Mantrikas who said she will cure her husband but the lady must pay Rs.100 for that. So she put a dead spirit on this man by which the 'bhoot' of the drunkard on him was removed. So this man gave up drinking but he started going to races. Then she solved that problem by removing the "races' bhoot" and put another one by which he started going to dirty women. Now this lady got frightened. Every time she would pay Rs.100 and had ended up by paying a lot of money. Then she complained to the lady Mantrika about it. After that she found that her husband was doing all the three things together. So she went to fight with that lady Mantrika, who put a bhoot on her too. Since then, that woman is still mad and I have not been able to cure her. She is a very good-looking woman married to a very rich man who owns a factory and this is the life both of them are leading i.e. burning the candle on both ends. This is the case of the subconscious people.

The second case is of the people of supraconscious type. For example "Dr. 'X's International Curative Centre". "International bhoots" he had! You have to write to them that you are suffering from such and such disease. All the dead supraconscious people the very ambitious type i.e. all the 'great' doctors, all the 'great' lawyers, all the 'great' scientists, all the 'great' engineers and architects, Hitler and all such 'great' warriors gather on the right hand side.

When Dr. 'X' died he met all his friends there and he could communicate with them because these doctors did not want to die as they had been experimenting with this or that. So they started Dr. 'X's Clinic. Now this Dr. 'X' who died lived in London and had a son. Dr. 'X's spirit attacked an ordinary soldier in Vietnam and told him that he was Dr. 'X'

from London and that he better go to his son and tell him that you want to start such a clinic. He did not attack his son as he knew that his son would not be able to bear him as the son was not healthy. He wanted a very healthy and sturdy man whom he could possess.

So the soldier went to his son and said that "your father is within me and he wants to open a clinic". The son would not believe it. So the soldier went into trance and told him that I have got some money in the secret place kept for you and he had talked in secret about it. So the son believed and started the clinic for him. He gave all that money for the clinic. And all the 'Bhoot doctors' were helping this man to act whenever he wanted and an intercommunication was established on that level i.e. the collective supraconscious.

A lady who was suffering from high blood pressure, kidney and uterus problems went to them. They told her to write a letter to the centre in London who wrote back that on this particular day, at this particular time we will appear within you and cure you but you must lie down in your bed. On that particular day and at that particular time she started shivering and one of the 'dead doctors' entered into her and she got cured. For one year she was alright. But then she started feeling very dizzy. When she came to me she was in a tattered condition. Absolutely finished. She knew that a spirit had come in her at the time she came to see me. She said and knew that there were at least ten or eleven within her and she could not bear them.

So this kind of curing also take place from the supraconscious. Supposing there is an architect and he approaches such people he can get the spirit of a dead architect upon himself. Now this Jack the Ripper was possessed of the spirit of a dead ripper. One has to have an inclination for such things. This weakness is there within such people. That is why they are easily possessed. Otherwise it does not happen. Only if you are weak in mind and have weaknesses for such things, then these dead spirits can catch hold of you. If it has something to do with your physical side then the supraconscious can help you. If it has something to do with your mental side then the subconscious people can help you. But they help you very temporarily and then come back with a big foursome."

*H.H. Shri Mataji, Chelsham Road, London, 24.05.1981*

- *Extract from a question-answer session after a talk by H.H. Shri Mataji, when a seeker asks Mother on the subject of eating meat.*

**Shri Mataji:**

Meat.. alright, now I'll tell you about meat. Very important. You see, we must have compassion for human beings. What's the use of saving the chickens? Can I give them Realization? Simple thing. See now, chickens, if

you eat in compassion.. you can.. because, when you eat a chicken, it goes into evolutionary process, it improves its evolutionary process.

But you shouldn't eat animals which are bigger than you in size, because they give you troubles and problems and they make you aggressive. A person who eats aggressive animals, or animals which are bigger than them, then they go more to the animal's stage because they become aggressive, because they have.. you see, these bigger animals have grown more than you, that's why they are animals.. so one should not eat animals which are bigger than you. And they are the animals which have the feeling of compassion. They are the animals who have a feeling of oneness with you. For example, you see, a dolphin I would say- a sailor will never eat a dolphin or kill a dolphin, because it's very near human level. It is just like us, it has emotions, it has feelings, it can come and entertain you, and all that. So, that's a higher animal. But if we, like that, are worried about even the worms, how far can you go? .....

.....So our compassion should be extended first of all towards human beings. Are we compassionate towards our fellow beings? We are not. First of all, let's try there. Alright? First, let's try here, human beings. And you'll be surprised, we'll never end it. We can't even cross the limits of human beings. Then compassion to animals who live with us. Alright? Like dogs, horses, cows, all these big animals which live with us, dolphins, which are something evolving, already they are evolving, it's an evolving stage. But, if you eat a chicken, I'm sure if I eat a chicken, I'm sure of that, it will become a better thing, something better, it will evolve, no doubt. So the compassion that we have for bugs is of no use, or mosquitoes, is of no use, but compassion for human beings - we are not even compassionate to our own children, you know. In this country I was amazed, first I used to say, in England two children are killed by their parents...

...And we should eat animals which will not be completely destroyed also. We should try to save animals, all the animals, as far as possible. And just not kill them and finish them off. It's like, going to extremes in everything, as we do it. Alright?

...All the animals, which are not bigger than you, which have not evolved so much, if you eat them, then they can evolve. But that doesn't mean you should start eating worms. You see again, everything I have to tell the other side of, because human beings always go to extremes of everything, isn't it? Now if I say you should eat all the smaller animals, that doesn't mean you should gulp down cockroaches down your mouth. Doesn't mean that! So again, it comes, the discretion part of it. You see, you shouldn't go to an extreme of everything. Alright?

On the contrary, I would say that people who have eaten too much



meat should not eat so much, they should reduce a little bit, they will be less aggressive, no doubt. But like in India, you see, we eat so much of vegetables, it's not necessary. We can eat meat a little bit there. And you can also eat lean meat, or meat of chicken and all that, it's alright. But don't eat this beef and horses and elephants and tigers and snakes; see they are not good for you. So people eat snakes and they eat cobras, and I don't know what all they eat. Lizards, things like that. I mean, shouldn't eat all these things. And also animals like frogs; I don't think frogs should be eaten very much. It's a funny animal isn't it, frog. Frog is one very special animal, I should say, you see, out of love for the frog, I say don't eat it, really. Because, I don't know if you know, but people have found frogs living in ancient rocks, closed up completely, absolutely, it's a fact. And there is some water provided for the frog. The frog is a special animal, very much loved by God. And for billions of years, frogs have survived. So you can imagine how this can happen? Must be something special about them. That's why, out of love for them, we should not eat them, I think, the frogs. Or for example - monkeys - I don't know if you eat monkeys, do you? No, in any country, do they eat monkeys? Monkeys they eat where - Australia? Really? Where? Indonesia. Really? That's one place where they should not. I don't know. They are another wonderful people, these monkeys are I mean. And we should eat animals which will not be completely destroyed also. We should try to save animals, all the animals, as far as possible. And just not kill them and finish them off. It's like, going to extremes in everything, as we do it. Alright?

*H.H.Shri Mataji, Caxton Hall, England, 03.1982*

● ... *with Realization you develop your Divine wisdom as well as your Divine discretion.*

*Question: He would like to know if sexual energy has anything to do with Kundalini.*

*Shri Mataji:* Nothing, it has nothing to do, it's a wrong idea, have you put the chart? You see there in the lower portion where you see the red Chakra, is the Chakra for our excretion, for our sexual energy which looks after our all sex and other excretion functions. It is the Kundalini is above that. Secondly as Christ has said very pointedly that, "thou shall not have adulterous eyes": because the Kundalini stops at the gate of Christ here, in the Agnya Chakra, because if your eyes are very much wobbly, then the Agnya gets clogged. So He clearly said even about the Agnya Chakra that "you, thou shall not have adulterous eyes," but in Sahaja Yoga we believe in very good marriages, but not in funny type of perversions. But we don't have to tell you anything, because you become your own master, you

become your own guru, because Spirit is your master, and once you start seeing everything in the light, you yourself drop out. For example, you are holding a snake in darkness, you can't see it, and if I say "drop it", you'll say "no, I'm holding a rope why should I drop it", but if there is light, you immediately drop it yourself. So with Realization you develop your Divine wisdom as well as your Divine discretion.

*H.H.Shri Mataji, South America, Bogota, Colombia , 20.09.1988*

● ..... *this center just stops its all excretory functions at the time when the Kundalini rises..*

***Question: Is there a relationship between Kundalini and sexuality?***

***Shri Mataji:*** Not at all. Not at all. Zero. See now here I'll show you, it's a very good question, because I must clear this out, you see the Kundalini, Kundalini is above the seventh Chakra. And the seventh Chakra is the one that looks after all our excretion what you call in the medical terminology the pelvic plexus which looks after the sex also. Now this is below the Kundalini. It's not above the Kundalini, it pierces through only six center, the seventh center is the center of innocence and that's why the center is placed there because the innocence is like the lotus above the pond of excretion and this center just stops its all excretory functions at the time when the Kundalini rises. And a person becomes innocent that's why Christ has said that you have to be like small children to enter into the kingdom of God. You see and this is a very wrong idea taken from Freud I think that Freud is the one who has ruined you people completely, absolutely he's responsible for AIDS, he's responsible for all kinds of nonsensical people have done and even in Austria when I said he was absolutely a half baked fellow they all clapped with happiness.

But let Me finish this question little bit madam, I'll tell you that doesn't mean that you have to become ascetics or you shouldn't marry, you have to marry, you have to have good families, you have to lead a very sane married life, and that's what it is. Sahaja Yoga has got beautiful families with beautiful children and I'm happy I was told that since I've been here people have been taking to family life and understanding the beauty of family life I'm very happy about you. Yes, now madam?

***Question: So, what you're saying is that God and man are one and you are just trying to reconnect us with God, and for that one cannot pay, or be nonsensical; they just have to have a clear and open mind.***

***Shri Mataji:*** Yes, that's it. That's it.

*H.H. Shri Mataji, Miami, USA, 03.06.1990*

*.....When the Kundalini is rising, all these actions of excretion stop completely*

***Question: What is the connection between sex and Kundalini and would you say something about AIDS?"***

***Shri Mataji:*** Now, here you see this red Chakra is the Mooladhara Chakra, is the first Chakra, is of our innocence. Our innocence is never lost. We may do anything what we like. It is covered like a sky can be covered with lots of clouds. Kundalini is placed above, you see. So it has nothing to do with sex because this is the last centre, the seventh center or the first center, whatever you may call it, is the centre of excretion, of sex and everything. It has nothing to do with sex. On the contrary, you become innocent like a child. When the Kundalini is rising, all these actions of excretion stop completely and all the force of our innocence helps the Kundalini to rise. It has no relationship at all, at that time.

But I don't say there's something wrong in all these things, but there has to be some sanctity about it, should be some sense. People become extremely sensible after marriage, even about sex life.

AIDS have been cured with Sahaja Yoga, no doubt, no doubt. But the patients of AIDS are of two categories I've seen. One who think they are martyrs, they have achieved a great, you see, some sort of a big country or some sort of a thing like that. They feel very enthusiastic about it. And another kind are the ones who don't want to live, absolutely, just they don't want to live. So there are two types of people who suffer from AIDS mostly. Very few you find they are in between. So we got cured five of them, somehow, in Australia. Out of them, one was a married couple who got all right and one fellow who got all right this is nine years back, he's still all right. But two of them, again went to some funny habits or I don't know what they did. The father of one of them told Me that, "Mother, You just forgive them." And I don't know what happened. They again got back their AIDS.

So it's a very difficult area in which one has to work because they cannot be convinced that they can be cured and some of them think that, "What's wrong?" You see, this is the greatest mantra of the West, "What's wrong?" You tell them anything. "What's wrong?" These punks were putting some sort of horrible colors or they are becoming blind. I told them, "Why do you put these horrible colors on your head because you are becoming blind?" "What's wrong?" I said, "You'll become blind." He said, "What's wrong?" I mean, I just don't know how to answer these people. Very queer, isn't it? They are bent upon destroying themselves. They like to destroy. You see, the people just want to destroy themselves. I don't know

from where this idea of destruction has come. Instead of constructing yourself, enjoying life, anything, looking to higher goals, they always see to something filthy, dirty, something that is absolutely inhuman, subhuman. I don't know how these tendencies have grown.

Cancer, of course, many types of cancers have been cured. We have blood cancer. Some of them were told that you'll die within one month's time because doctors are now honest and they give a certificate you are going to die after one month. This happened about with one gentleman at least eight or nine years back. He's still all right and there are three of them like that who are perfectly all right. There's so many who have been cured, so many. So this cure takes place, but also if you see, if God has any common sense, why should he cure people who are not going to give light? Most of them they want to get cured and get lost. They are cured to give light to others. We don't repair lamps which are not going to give light. But in compassion, I think God does that."

*H.H. Shri Mataji, Philadelphia, 15.10.1993*

- *There's nothing like death. It's just transformation from one life to another*

*Question: Why do we human beings have fear of death?*

*Shri Mataji:* Because you are in ignorance. Suddenly, the lights go off, you will be frightened, you are ignorant. There's nothing like death. It's just transformation from one life to another. After this you are not afraid of anything; nothing. And you are all the time protected. You can feel it. You are protected. Actually you feel it. It is absolutely miraculous the way things happen and people have written to Me – how they were protected, how they were saved, they could not believe it, because all the angels are with you. But, if I tell you this, you won't believe in these modern things of science, but now many things are also discovered in science like quantum theory. You can't explain it."

*H.H. Shri Mataji, United Nations Meeting, New York, 04.10.1993*

- *Have you felt the cool breeze of the Holy Ghost*

*Question: what is the connection if any of Sahaja Yoga and Reiki or are they parallel with one another?*

*Shri Mataji:* I don't want to criticize anything, only thing you should see, all these things, what have you gained. . . . First question, what have you gained by doing anything? Have you got self-Realization? Have you got the knowledge of the Divine? Have you felt the cool breeze of the Holy Ghost? Just like that. As a Mother I would say what did you get out of it? There are so many in the market, so many. I would ask you this question. Child, what

did you get? There's no end to such things.

**Question:** *Is there a healing energy that will come of the meditation tonight?*

**Shri Mataji:** Yes. First of all one must know, what is this energy is. You must understand, and it heals people, no doubt, it does heal. First it will heal you and then it will heal others also. No doubt about it. It does.

● **I don't know what they do in the name of Kundalini Yoga.**

**Question:** *Does the Kundalini Yoga that you teach has anything to do with Tantra Yoga?*

**Shri Mataji:** You see, the name is Kundalini Yoga but it has nothing to do with Kundalini I must tell you. So, Sahaja Yoga and Kundalini Yoga is the same if you see the meaning of it. But in actual I've seen this Kundalini Yoga business is terrible. Because people have suffered so much. So it's something very different, I don't know what they do in the name of Kundalini Yoga.

**Question:** *Do you believe that the Kundalini is the same life-force energy that the Chinese called Chi that this energy is part of us, part of the world that we can access in this way and also through things like Chi-Gong and Tai-Chi, is it the same force?*

**Shri Mataji:** Yah, ya. It's true. But you see, it is, it has something to do with that, and that is what is our ego and super-ego. The Chinese what they have written, it's correct. But Chinese also don't know who is Lao-Tse, can you imagine? Lao-Tse is the man who talked about this thing, He's the one who told them about Kundalini and they don't know who is Lao-Tse.

Especially in America, I don't know what sort of Chinese live here. It's such a great source of knowledge, and what they have said is a perfect thing. But everything gets integrated in Sahaja Yoga. All the knowledge, all the scriptures, everything gets integrated. Absolutely integrated because out of light you see the truth in all of them. There is truth in everything, there is truth in every religion..."

**H.H. Shri Mataji, New York, USA, June 16, 1999**

*Enlightened narrations on Sahaja Ethics and other  
sweet stories from our Holy Mother*



*“I will tell you a very sweet story of Shri Krishna and Radha then I will go away. Once it happend that.....”*

***H.H. Shri Mataji, Jangpura, New Delhi, India, 09.02.1983***



*“So he took the dust of Her feet which was absolutely yellow like a saffron or like a pollen of the fower. And he went and gave it to Shri Krishna. Shri Krishna said, “I knew Shri Radha will send, now let Me eat it.”*

***H.H. Shri Mataji, Jangpura, India, 09.02.1983***



*“In Sahaja Yoga, as you grow from one to another, there are different types of Anandas. Like we can say, the spirit, when you see the spirit, you get an Anand, called Swananda. That means you feel your spirit yourself, and you feel very happy. Then you give Realization to others, you get Parananda, joy of others.”*

***H.H. Shri Mataji, Vienna Ashram, 02.05.1985***



## many people have misunderstood Gita

"Unless and until you are thoughtlessly aware, you cannot grow, that is first thing. And secondly, unless and until you are thoughtlessly aware, you do not know the absolute Truth. Through your brain only you will know. You don't have to put your hands, you don't have to ask questions but it's like a computer that works; it just gives you an answer. In that state you are completely one with the Divine, and it just gives you an answer, and you do that and you are amazed how it has worked out. Everything, every moment is computerized with Shri Krishna.

But at the same time He tests you, He plays His Leela on you. That one must know, because He's a diplomat. How He has played Leela on you is very interesting to see, His style of Leela.

Like He's told Arjuna that "I will not fight". Arjuna said, "All right, what will you do"? "I'll be your charioteer. I'll drive your chariot". Now it would look funny to anybody, "What is this, such a great man who calls me as His guru, He says that He is the one who, I mean, He says that I am the best of His disciples, everything, and here He just offers His services like a charioteer". In this, He is just trying a trick on Arjuna as if He knows the future, that's going to happen. So, the whole Gita was created because He was just a charioteer, because Arjuna said "I cannot fight my own people, I cannot fight my own grandparents, and I cannot fight my relations." Now, if you say that Gita is for peace, it is not. It is not for peace. But He says that, "They are already dead, whom are you killing? These dead people, if you are killing them what will happen? But if you now run away from the battlefield, people will call you a coward and what will you get? But if you fight for the religion, then you will get your resurrection – *moksha*."

It's a big trick in all these things. Same was said by Mohammed Sahib and same by Christians later, same about the Hindus - that they all feel they are fighting for Dharma. In Arjuna's case, it was a clear-cut case that somebody was a rakshasa and horrible people, they were *adharmis*, so He was fighting them. It's alright, but what about other people when they say that "We are going to die for religion." I met a Bosnia Muslim who had just somewhere escaped and I asked Him "Why, why do you want to fight? Why do you want to fight for land when you believe in the formless God?" He said, "It's written in the Koran that if you fight for religion then you will get your *moksha*." Exactly the same Shri Krishna has said. But where is the



mistake? The mistake is: what is the Dharma? Are you *dharmic*? Are you in - standing in *Dharma*? Then this fight was in those days, were with weapons. So, why did Shri Krishna not take a weapon in His hand? This is the second. Firstly, nobody has *Dharma*, they're all *adharmis* - they may call themselves Hindus, Muslims, Christians - all are *adharmis*, they don't follow the religion. And secondly, they are killing each other only; one *adharmi* killing other *adharmi*, or maybe in between themselves they are fighting. Everybody is thinking "I am right and whatever I am doing is the right." So, the first condition is put, that for *Dharma* you have to fight. So first one should find out, are we fighting for *Dharma*? But He was even subtler; He didn't take any weapons in His hands, nothing. He was just holding the reins of the chariot because Shri Krishna is the mind, is the Virata, is the Great Mind. He doesn't need any weapons or such.

But what He did at that time, He used His mind for a very, very profound knowledge, to explain to Arjuna. Imagine, in the war field, He didn't make him sit down "Alright, you are my *Shishya*, you sit here, I am your guru, I'll tell you." - Nothing. In the battlefield you see, when everybody was there to fight and they were about to start the war, He starts telling very patiently to Arjuna, at that time. Now, what is He doing there? He's not using any weapons, nothing. He is doing counselling, counselling to Arjuna, telling him. Now, see His subtle brain. He introduces in the first chapter only that "You have to go higher than what you are", and then He gives him the definition of a person who is an enlightened person which is a *Sthitha Pragya*. I mean, normally, a businessman will start from one dollar, then hundred dollars, you see, the other way round. But He told him first thing that "You have to become a *Sthitha Pragya*, otherwise it's no use." Unless and until you become *Sthitha Pragya* you cannot have Dharma, this is the point. To understand Shri Krishna, you have to really have a very subtle brain, otherwise you cannot understand. So He tells that "You should give up this kind of a morose that has developed in you, *Kaivalya* we call it and what you have to do, now take up the weapon in your hand and fight."

So then He asked him about other things, "What about that, you are here telling me that you should become *Nishkriya* that means 'no work'. Your *karmas* become *akarmas*. You, talking like this, and why do you want me to kill these people - that is the *akarma*?" Now, how you see, slowly He moves from one point that you should fight for *Dharma*. Now, it's a very subtle thing: are you in *Dharma* or not, first of all find out. You are not, so what *Dharma* you fight, first?

Then, the second thing is *karma*. Again, see, He is a brainy fellow, the

brains of God, extremely tricky. The second trick He plays on him saying that "You are working, alright? But if you are a *Sthitha Pragya*, then you leave all the work at the lotus feet of God" or Him. *Sarva Dharmanam Parityajjya Mamekam Sharanam Vraja* - Give up all *Dharmas* and follow Me.

Now what is his *Dharma*? That problem is that people don't understand Him. It's all concentrated on Shri Krishna, and His own manifestation. He says that "Do your *karmas*, but you put them at the lotus feet of the Lord" - is not possible unless and until you are *Sthitha Pragya*; unless and until you are enlightened. Now, when you are enlightened, when you have got your Realization, when you raise your Kundalini or anybody's Kundalini, you don't say "Mother, I am giving Realization". You don't say that, never. What you say, "It is happening", in third person you talk. "It's not coming, it's not working or it's just moving on the side, this chakra is catching, that chakra is catching." You never say "I am doing anything." The 'I' is lost. When that 'I' is lost, then only you will put everything at the lotus feet of God. So, first, it should be done in *Dharma*. Supposing, somebody murders somebody and says "Oh, I have done it now, so it is my *karmas* and I put it at the lotus feet of Shri Krishna." Now, people can, I mean, people have special brains also to interpret Shri Krishna and Gita, but what He said for *Dharma* you should do it. So, first of all, you should be a *Sthitha Pragya*, means an enlightened person, and whatever you do automatically goes at the lotus feet of God, automatically, spontaneously, Sahaj.

Now, the third thing He did: what about *bhakti*? People said "What? We are doing *bhakti* to God, this, that, then what is the reward for this?" There again He plays tricks. On one word He has made everybody dance, you know. He says "You do *bhakti*, but it should be *Anannya*," - this is the word, *Ananya*, - when there is not the other, means when you have become One with Me, means you are a *Sthitha Pragya*, means you are a Realized Soul. Just imagine, on this word if people pay attention, they will give up all this nonsense of *bhakti* and will first get their connection when they become *Ananya*, and then do the *bhakti*. Because Shri Krishna knew human beings very well. I think He knew them better than Christ, definitely, because Christ was straightforward. He said, "Take out your right eye, throw it away. Take out your left eye, throw it away. Cut your hand, throw it away." Same with Mohammed Sahib. Who will do that? So Shri Krishna was very clever, He said, "straightforward they will not understand, so give them in such a way that they will go on doing and doing". We are doing so much *bhakti*, so many people come into it.

Even this Ram, *Hare Ramas*, they are developing now throat cancers. So, they are saying "Mother, why these throat cancer to us, we are saying the name of Shri Krishna?" Because you are not connected. Now supposing, I will even want to meet the President of this country. I'll have to go through such a protocol. I may not even meet. But this One is the God of Gods. He is the President of all the presidents. If you have to take His name, if you go and take name of Lincoln, or Clinton, and go on saying "Clinton, Clinton Clinton", they'll all arrest Me. So, if you go on saying "Rama, Rama, Rama, Allah, Allah, Allah, Akbar, Akbar, Akbar", you'll be arrested. You have no connection. So, that *Virata Shakti* which we call, which is of course in Koran described as *Akbar*, this power also plays tricks.

As a Mother, I have to warn you that nothing will work out unless (and) until you are a Realized Soul. Nothing will work out. Now, for Realization, He has said, "You have to become." But He didn't say at that time how you will become, what will work it out. Because you see, sort of, if you go to college, all the knowledge is not given in first year. Something is given, then something in second year, then in third year. Now in the seventh year, now Sahaja Yoga has come to tell you everything, totally. He is Totality, but He doesn't give total knowledge. The whole knowledge of Gita is nothing but trick that He has played with human beings who were stupid, and would never have understood Him if He'd told them about Sahaja Yoga. Even today I meet many like that, of course, but so many He could not have got at that time. So, they didn't talk about Kundalini this much, so far, and that's all. Same with other people; the kind of disciples they had, the kind of people they had, they could not tell them everything about their ascent, because they were not ready, they were not of that level, their brains were not that developed.

Now in this Kali Yuga, when I am starting this work, I find the brains are overdeveloped, over! And so much so that overdeveloped brains become stupid and that's really. Over use of anything makes you stupid, and they become absolutely stupid. Now, how can you tell them such a subtle knowledge who are stupid people? What is the way? If I talk like Shri Krishna it would have been just a waste of My energy and your energy. Half of you would have gone off to sleep. So I said, first of all, let Me connect them to Divinity. If I could connect them to Divinity, little bit even, little bit, then they will understand. Because that will enlighten their brain a little bit, and they will know that there's something more than what we know. And that's how it is going to work out.

So the subtle system of trickery of Shri Krishna has helped a lot, no

doubt, that people are realizing that there is something missing in it. Even of Islam - Islam means surrender - but surrender to whom; to mullahs or to whom? The problem started when hierarchy started like that. ...."

"...Now, whatever Mohammed Sahib has said or Christ has said, it is only for angels, I can tell you, not for normal people. And where are the angels? Very few there are. Those are born-Realized people who have come on this earth are angels, and they are told not to do something they will not do. Most of them know what is right and wrong. Where are those angels, very few? And those who are angels are treated just like, you can call it, like packed people or lunatic people, nobody believes them; one here, and one there, and one in some other place.

So this, what they preached was for the angels. Only the angels could understand. But Shri Krishna thought that these other people who are there, who are not angels, why not trick them? Many people come and tell me, "We take the name of Krishna every day like this, and we haven't received anything." But first He said, "You have to be *Sthitha Pragya*." *Sthitha- Pragya*: '*Sthitha*' means established, '*Pragya*' means enlightened, - you should be enlightened personality, absolutely established. First thing, first thing you see, in a second chapter. First thing is it. After that He says all these things, and that's why many people have misunderstood Gita. But His idea was: in one life they'll misunderstand, second life they'll misunderstand, third life they will start thinking "After all, what is this?" First, He has said "You become a *Sthitha Pragya*", we have not become a *Sthitha Pragya*. So, what's wrong with us? So, some introspection will start. That was His idea, idea I should say."

*H.H. Shri Mataji, New Jersey, USA, 02.10.1994*

### ♣ **It's Me who is Shri Krishna, so you must know what you owe to Me**

"Mentally, I think that most of the Sahaja Yogis understand that obedience to the Divinity is the only way - mentally, rationally. Now even if you understand something mentally, it's not your innate nature. So what I told you yesterday, when you accept something mentally and you cannot do it, you feel guilty about it. Then you become your own guru and punish yourself, and try to make this as your innate nature. It's a state, it clicks. Once it clicks you can see immediately. I know who is surrendered.

So Shri Krishna has said that : "*Sarva dharmanam Parityajya Ma mekam Sharanam Vraja*". He has said that "Give up all your dharmas and surrender them to Me, surrender to My dharma only". So the dharmas we

have in our country as we say is a "pitra dharma", what you owe to your father, "matru dharma" what you owe to your mother, then what you owe to your husband, like that, you see, that relationship in which you owe to them. But when He says "surrender all these dharmas", He is meaning to say "you should only know what you owe to Me" meaning the Divinity. Now Shri Krishna is not there. It's Me who is Shri Krishna, so you must know what you owe to Me. I only changed My language. He used to take out His finger and to say that "give up everything and surrender everything to Me". I don't do that way, I give a big lecture and bring you to a point".

*H.H. Shri Mataji, Vienna, Austria, 04.09.1983*

♣ **... many things will happen, that you will see something that you could never imagine**

"In the first era of Sahaja Yoga, you needed to see Me in person. As we say in Sanskrit, a "Dhyeya", is the target, you wanted the target in front of you, whatever is to be achieved. So now when you wanted that all the time and you felt happy, secure, joyous, when you had that in person before you. Then, in the second era, now, you will not desire so much that Mother should be there. You'll take it over from Me. This is the Divine Desire I'm telling you about, and you have to work on that from today onwards. I am with you, you know that, but need not be in this body, because I don't know if I exist in this body or not. But once this desire starts working, you will see tremendous miracles happening.

When the child is born to a mother, automatically she gets milk. So the nature is so connected with the whole thing. In your divine desire also it is connected, and it is very evident when you are a divine person. So you may find Me anywhere, you are walking on the street, suddenly you might find Mataji walking with you. So this is the second era we have started, and you should not be shocked if you see Me sitting on your bed and putting My hand on your head, or you may see Me in the form of Christ walking into your room, or as Shri Rama. That has to happen, so you should be prepared.

Already so many miracles have taken place on you, but on a grosser level. You have seen the light coming on My head and the photographs have shown some miracles to you, but many things will happen, that you will see something that you could never imagine. This has to happen just to convince you that you have reached a certain height of your evolution in the new area of Pragyalok because this is a new state into which now you will be entering on a horizontal basis.

In this area you will give up asking for gross things, and also for anything subtler, anything that is subtle, the asking will disappear, and that is the time you will become very powerful. Whatever I say happens as you know, only thing, I cannot command you to be evolved. The Kundalini's work in you has been done, quite a lot, now the new work of compassion, of spreading it to others, has to be done by you. As the light grows brighter and brighter, the area it covers becomes bigger and bigger. So you become the giver of compassion".

**H.H. Shri Mataji ,Rouen,France, 05.05.1984**

### **♣ You never lose your innocence**

"Shri Ganesha is the Child, but He is the giver of wisdom. So we can say that our children are the giver of wisdom, if we keep them on the line of wisdom. How wisely they talk. Some of them tell Me all about you people and what you are up to. They take Me into confidence completely. Without children, the world would have been desert without any flowers. Shri Ganesha has created you; because of Him you were born and He is the one who looked after you when you were in Mother's womb. He is the one who saw to it that you are born at the right time. He is the one who has looked after your nourishment, the development of the foetus and the brain. A simple villager is extremely practical and wise. Once a simple villager was traveling with some flamboyant boys who thought they were very smart. They were trying to tease this villager. So a boy asked him a question. *"If the butter is selling for a quarter of a pound, what will be the price of the egg in the next station? If you can not tell the price of an egg, then you can at least tell me my age."* The villager said, *"You must be twenty -two."* *"How do you know?"* asked the boy. The villager replied, *"I have a brother who is eleven years old and he is half mad, but you are full mad!!"*

All this smartness and cleverness finishes off when it comes to innocence. Many people have a feeling that we have lost our innocence. That is an internal quality you have got. You never lose your innocence. Maybe as clouds can cover the whole sky, your ego, conditioning and mistakes, but it is always there. Only thing is that it is for you to respect it and behave in a manner that you respect your innocence. Do not feel shy about your innocence. Your innocence itself is a power and will definitely give you that wisdom, by which you can solve all the problems without any difficulty."

**H.H. Shri Mataji, Tirol, Austria, 26.08.1990**

## ♣ **Mother Earth had given Her birth so She disappeared into Mother Earth**

Another incident is that when Sita was lost He never slept, He never slept on a bed, always on the Mother Earth. Never slept on a bed, always on the Mother Earth. The pain He had of His wife is very well described by all the poets of India. And when Sita left Him ultimately in a very mysterious way, She just disappeared in the Mother Earth because Mother Earth had given Her birth so She disappeared into Mother Earth then Shri Rama became absolutely lost. And He jumped in the river *Sarayu* and disappeared into the water element from where He had come.

*H.H. Shri Mataji, Les Avants, Switzerland, 04.10.1987*

## ♣ **... who thought he was a great man because he was never attracted to a woman**

"So, to think yourself to be higher than others, to think that you're more beautiful than others, others are ugly - all this is the brain which takes you to ego and the ego is the one who befools you completely all the time. That's the job of Shri Krishna.

The story you must have heard about Narada who never wanted to see, who thought he was a great man because he was never attracted to a woman, and he was challenging even Shiva. Then Shri Krishna played a trick on him, He always plays tricks. He sent two *Gandharvas* to tease him. They went down and they asked Narada. They said "You are such a beautiful man, such a handsome person, there is a marriage going on of a lady Roopabati. She is very beautiful, she is a princess and why don't you go there, she'll definitely marry you" and they pampered his ego, you see, such a lot, he started floating in the air. And he said "Alright, I am going to go there, I am so handsome." Ego! He went there, and this princess came out with a garland. She looked at him and she giggled first and then she laughed aloud and then she went away. He couldn't understand, looked at these two persons, they said "It's all right, now, it doesn't matter, maybe somebody is better looking, then you." So Narada was very angry, he went to the lake. When he looked into the lake, his face was like a monkey. He's become a monkey because this ego makes you a monkey and you start thinking ah, you are great, you are very beautiful, you are this thing, that thing... But you are not because if you are, you won't think. Whatever you are, you don't think about it. You don't think "I am a human being." Do you say that? Or do you say "I have no tails." Do you boast of that? Whatever you are not, then

you boast "I am very beautiful, I am very good looking, others are ugly, this thing." Then Shri Krishna plays a part through the Maya and He gives a big lesson to that person. It happens.

So, never think that you are something great, or you have achieved this in life and achieved that in life, and that you are something a big Johnny. Nothing, it's nothing but the ego that has moved on here and giving you these ideas, from the ego. And if you go even further with it, then Hitler may enter into your ego and you might behave like him."

*H.H. Shri Mataji, New Jersey, USA, 02.10.1994*

### ♣ ...I don't move for fools

"...The worst enemy of collectivity is aggressiveness. Some people are basically aggressive, their style of talking is aggressive, or come from a very aggressive family, or having a kind of a superiority complex or an inferiority complex or a sense of insecurity. Or maybe they are possessed. They try to dominate; they have very strong feeling towards people, of superiority. This has to be cured. What you have to practice is humility, try to be humble. There was a joke that one gentleman was going up from the staircase, and the other was coming down from it. The gentleman who was going up said to the other "*Please move.*" The other said, "*I don't move for fools.*" The person who was climbing up said "*But I do*" and he moved out.

That's how the humility works. You have to be humble in your approach to others because you are so powerful you can bear it. That is humility which you have to practice, and all these qualities if you have you will really be surprised that you will lose your selfishness."

*H.H.Shri Mataji, Melbourne,10.04.1991*

### ♣ Many people don't understand why He's standing on top of a little child

"You all must be knowing the story how He went into ecstasy. There was a devil who had taken a form of a child, and a mother cannot kill the child. She cannot. And, She thought she won't be able to save the world from the wrath or anger of Shiva if He sees the whole world destroyed by this devil. So She withdrew from Her act of sacrificing the child or killing the child, and it was Shiva who took over and He just stood on the back of the child and killed him. That child was a devil. And so He saved the world from the destruction of this horrible Rakshasa, and then He danced with joy. That's what they call as a cosmic - cosmic joy. Many people don't



understand why He's standing on top of a little child. But the reason was this.

So even people may camouflage today as small children, as very innocent people, as very holy gurus. Shiva can destroy all of them. This destruction has already started and is going with a full speed, I think, all over through so many things that are happening. We have got hurricane, storms, earthquakes, many accidents and so many destructive things are working out which are the outcome of Kalki incarnation. But at the same time there is another work going on, of the same incarnation, is the resurrection of the people. Such people can never be hurt. Nothing can happen to them. They'll be always saved; everything will be saved for them because they are under the protection of their Mother".

*H.H. Shri Mataji, Pune, India, 05.03.2000*

### ♣ **He was created as an egg; half of it remained as Shri Ganesha, and half of it became Mahavishnu.**

"... When He was created in the beginning as Shri Ganesha - you know the story how He was created; that the 'maila' (extracted remains of the perfumed herbal paste applied on the body, called *ubtan*, prepared out of flour, perfumes and earth elements as body conditioner before bathing) from the body of Parvati was taken out because before Her marriage She had to cover Herself for Her bath with many scented things, and it was taken out, all these things, and Her vibrations came out. And She created this Child just to protect Her chastity. Outside Her bathroom She put Him and you know the whole story about it.

Now, there was a part of the element of the earth in that Child; 'prithvi-tattwa' was there. All other centres, have got some elements in them, some elements, like prithvi tattwa is there, earth element.

Then you have got water element, then you have got air element, and when you come to this: it is the light element, it's the light. And, at this point, at Agnya chakra, He had to cross the last element, that was the light element, that means He had to come out into the true form of only the Divine Power, the Aumkara, the vibrations you can call it or the absolute. You call it the *logos* or something like that, the first sound - Brahma.

So He had to become the principle of Brahma. To become principle of Brahma, He had to get rid of all other elements in Him. So, the last was also the light element which He also had to cross through. So He had earth element in Him as He was of the '*maila*', and all other elements within Him, but when it comes to the Agnya, He had to give up all the elements, that He

had to die the death of all these elements that were within Him - to become complete, absolute, pure Spirit.

What He did in subtle form works out in the gross form, and to do that He had to die, and whatever died in Him was that little earth element and other elements. And what came out of Him was Pure Spirit, was "*Pure Spirit*". That was resurrected; the Pure Spirit, the pure Brahma Tattwa which had formed the body of Christ which was the body of Christ and this happening came. Christ has done what was predicted about Him: that He's a Saviour because He passed through that gate to take people from this bodily existence - means the one that depends on the elements - to that existence which is Spirit.

So the Resurrection is where you become. From your attention you jump into the attention of the Spirit, when you feel your attention, when you become the Spirit. That is the happening which has happened to you also. But He became pure Spirit, pure Brahma Tattwa, when He was resurrected and the Resurrection is a happening of the Divine Power which came from Mooladhara chakra as just earth element, started growing. It took its birth from there, came up to Agnya chakra, there Christ was created to pass through all the elements, ultimately to enter the Sahasrara to become a complete Brahma Tattwa.

And this was a very difficult thing, was very experimental; and the experiment was a quite dangerous one. It could have failed because He had in Him that human element, the body element, which suffers. And He suffered, because this body element suffers - not the Spirit, the Spirit does not suffer, the body suffers. So, He had to suffer that body element and to get over it, to get out of it. And to get out of it, He had to have a tremendous courage. It was such a difficult operation, without Him nobody could have achieved. He knew it was predestined, but it was one of the most difficult things to happen.

I wonder how many Christians know the significance of an egg. Now egg signifies a stage where you are, before Realization. When you are in your egg shell, that you are Mr X, you are Mrs Y, but when you mature fully inside, the bird is ready and that is the time you are hatched. This is the time you get twice-born. So, the Resurrection of Christ signifies that, and that's why we give that egg to people, saying you are that, an egg, a reminder of that. And this egg can become a Spirit. And also it is written that it was an egg when He came first. He was created as an egg - half of it remained as Shri Ganesha, and half of it became Mahavishnu.

Then He came on this earth and He departed with all His elements and

the pure vibrations formed His body. He remained there within all of you to be awakened and when the Kundalini takes your attention through that point there you also become the Spirit. That's why He said "I am the gate, I am the door" because you can become Christ. That's why He didn't say "I'm the destination," that you have to achieve Him. But, He has created this space for you. You can become spiritually awakened; you can become your Spirit.

But, Christ is an incarnation. He was the Son of God, and so He's an incarnation, and that incarnation came on this earth just to pull you out of your elements to make you become the Spirit."

*H.H.Shri Mataji, London, UK, 11 .04.1982*

### ♣ **Shesha is the one who is sometimes expressed in Sahaja Yogis**

... "Now for a Western mind you see, if you talk about snakes they only know the Adam and Eve snake, that's all. They don't understand anything, and they can't understand why people worship snakes. You see, snakes like the cobra and all that are like the kings of the underworld, and Shesha is the one who supports the whole universe. So this Shesha is worshipped as the cobras are worshipped in many villages in India anywhere today. Because they don't trouble anyone there, because they are worshipped like deities in India, sometimes they do, but mostly they don't bite a good religious man.

There's a story of Sai Nath where a snake charmer was given a lot of money just to kill Shri Sai Nath. Because in the night Sai Nath used to suddenly go up to his own swing he had made about twenty feet above the ground. God knows, nobody knew how he used to get up there, but they would find him sleeping there. So the snake was taken by this snake charmer and he put the snake on to Sai Nath. And Sai Nath talked to him and he said, "Oh God, you've come here to meet me after such a long time. What is your job?"

Snake said, "This horrible snake charmer has asked me to bite you so I've come to tell you to be careful about these people."

The snake charmer was looking with amazement that he was talking to him! Sai Nath said, "Alright, you go now."

These are age-old snakes you see. So the snake went and bit the snake charmer. But then He came down and He sucked his poison and threw it away. "Because, after all," He said, "the snake is angry with you because you tried such a trick." So He sucked it. That's compassion. And He sucked

his venom out and the fellow was completely changed and he said, "Now I'm going to announce it to all the people that these Brahmins wanted to kill Shri Sai Nath."

And why, why were they so frightened of this man? He used to live outside the village. They were frightened of Him because they were doing all wrong things in the name of God so they were all frightened that they'd be exposed.

This is what it is, that He sleeps on the Shesha and Shesha is the one who is sometimes expressed in Sahaja Yogis, I have seen as anger, when you try to be unprotocolish or when you try to be funny or you don't behave yourself. That's the Shesha in them. That is also sometimes needed. You have to be a Shesha sometimes, otherwise people will start misbehaving, and by that they will be harmed. Not that I will be harmed, but they will be harmed. So that kind of temperament is also needed."

*H.H.Shri Mataji, Chelsham Road, London, 02.04.1982*

### **♣ Sahaja Yogis who are like Shesha cannot see the goodness of other Sahaja Yogis who are very good people**

"...But the other one is very interesting, is that of Bharata. Shri Rama bestowed the kingdom on him because of his mother's agitation. He didn't know what to do so he went back to Rama and he said, "You take back Your kingdom. I don't want anything. You are the one who should govern. Why should I have it?" So Rama said, "Alright, you just be there in charge of the kingdom. I have to obey My father, I have to obey My mother because I have given them a promise."

So another great quality of Shri Rama was that once a promise is given, it is to be kept. This is another quality that we have to have, that if you have promised anything you have to keep it. If you have said, "I will do this", you must do it. You should not find out excuses to avoid it. It's an absolutely anti-God activity, to avoid doing things that you have promised. Your deities will never be happy. You must see that whatever you have promised you must do.

Now when Bharata was sent back by Him he said, "Alright, give me Your sandals which I'll take there and I'll use them as a symbol of You being there." And Bharata put those sandals on the throne and he ruled that kingdom and looked after it.

Though when he was going to see Shri Rama, Lakshmana saw him coming and said, "Look at this! He is coming to invade You now. He has

thrown You out of the kingdom and now he's coming to invade You."

And also among Sahaja Yogis I've seen that this is there. That the Sahaja Yogis who are like Shesha cannot see the goodness of other Sahaja Yogis who are very good people, extremely sacrificing, nice people but their intentions are not understood, are misunderstood, which is a very sad thing. You must see the intentions also of another type of people who may not be so hot tempered, may not be so much angry but their intentions are very good. They have come actually to ask for the sandals of Shri Rama.

So among these two types of people, I have seen there is always a misunderstanding going on. So both the types of people should try to understand that we both are needed for Sahaja Yoga. I cannot only do with one type of people. We have to have both types of people who will look after both the styles of the thing.

But when you are dealing with others, one should go as one. For example, if a person comes to Caxton Hall and he says something, then you should weigh it whether he's a new one or an old one. If he's a new one then you must show all gentleness, kindness, all kinds of exterior things which will please. The reason is that he's not a Realized Soul. He doesn't see your subtle thing. What he sees is what you are. Outside. How you are dressed. How you talk to him. How you behave towards him. All these things they see first of all. They don't see what you have got inside. They can't see your heart. They can't feel your vibrations. So you have to be very kind to them. You have to be very sweet to them.

I received a letter from someone saying that the Sahaja Yogis have been very rude to me and have been angry. Like the other day somebody came and was sitting at the back. They are trying to salvage the people who are lost by the cults. He was sitting at the back and I said, "Come forward." And when he didn't come, you said, "Get out." You shouldn't say that! Let Me say that. That time you should keep quiet. No one should say, "Get out." Because, you see, the thing is if you say, "We don't care for people who are not humble", then they are going to be lost anyway. Let us give them a fair chance to come into Sahaja Yoga first by your behaviour.

Now, some people have a habit of talking to them a bit too much. They should not talk. That's one thing I feel. That while giving vibrations and all that at the most you should ask, "Are you feeling any cool breeze?" Very humble."

***H.H.Shri Mataji, Chelsham Road, London, 02.04.1982***

♣ **I have tasted all of them by piercing my teeth into it and I have seen that none of them are sour**

"... You go further with His life, see He went and into the village where a very old woman who was belonging to the primitive class of beings, had very few teeth, and brought, she brought some .. some fruits, little fruits we call as *ber*, and she brought and gave it to Him, that "Shri Ram, you see, I have got these for you. I don't have anything else. And these, I've tested all of them." Actually in India, if you put in the mouth it is *uchchhishtha*, nobody will touch it. But she says, "I have tasted all of them by piercing my teeth into it and I have seen that none of them are sour." Shri Rama didn't like sour fruits, she knew, so, "None of them are sour and you can have them." I mean, in a way, if it is done to somebody in the west they will hit you hard. Immediately Shri Rama rushed forward and took the *bers* from her hand, kissed her hand, said, "All right, all right, I'm going to have them." With such enthusiasm He ate them. So Lakshmana was a little angry at that lady, "What's this going on?" So Sitaji said, "Oh do you like them very much?" He said, "Yes, but I'm not going to give you anything." She said, "No, I am your half body. You have to give me." So He gave some to Sitaji. So Sitaji ate, "Vaah, what a thing! It's like nectar of heaven I am eating!" So Lakshmana felt very jealous. He said, "Sister in law, can I not have a little of it?" She said, "No! I can't give you. You ask your brother. I'm not going to give you. I have a very little share. Why don't you ask your brother?" So he goes to his brother, he says, "Can I have some more?" So Shri Rama smiled and gave him that *ber* which was eaten, or touched, or was pierced, by the teeth of a primitive woman, who is actually an outcast according to the Brahminic laws of India."

*H.H. Shri Mataji, Les Avants, Switzerland, 04.10.1987*

♣ **Shri Krishna is very sick, He has got a terrible pain in His stomach.**

"...I will tell you a very sweet story of Shri Krishna and Radha and then I will go away. Once it happened that the ladies who were married to Shri Krishna got very jealous of Radhaji. And they told Shri Krishna that you don't love us. On top of that Shri Narada came to put more oil on the fire. That he said. "He really, I believe, He never cares for you, He just likes Radhaji. He is not bothered.

So Shri Krishna, as diplomatic as He was, He started saying, "Oh God! I have terrible pain in My stomach, now what to do?" So they said, "now

what to do?" He said, "It is very simple. You know any one who is my *Bhakta* (devotee), if you can give the dust of your feet to Me to eat, then I will be alright." So they got a fright of their life, you see.

As it is if I tell you anything, you just want to give your solutions everytime. Nobody listens to Me. If I say go here- "No, no, it is better to go that way." Come here- "No, no, this way is better". Everybody has a brain wave about it. Does not matter. So there they had brain waves. They said you see why don't you take some medicine? Then somebody said, "We will call the *Vaidya*." He said, "No, I know for definite that I cannot be cured by anything else but one thing, that you have to get the dust of one of my *Bhaktas*, and I will eat."

So everybody started looking at each other, you see. As some of the Sahaja Yogis do when it comes to paying! They never heard it. Some of them never heard. Better. You see, it is very tricky nature. So they said "Now what to do. If we do not cure Shri Krishna, He is just wailing and what to do?" Shri Krishna said, "Have some pity on Me, give Me some dust of your feet." So He said to Narada that you go and ask Radha to send dust of Her feet. So he went to Shri Radha. Shri Radhaji was in Vrindavan, and the soil of that place is yellowish in colour like *Keshar*, like saffron. So he went and told that Shri Krishna is very sick, He has got a terrible pain in His stomach.

She got a fright. She said, "Really? How can that be? I cannot believe it. So what does He say? What treatment can He take?" "He says anyone of His disciples, anybody of His *Bhakta*, if they send a little of the dust of their feet, He will be alright. He has to take that as a medicine." So She said alright, take the dust of My feet. He was amazed! He said, "What are you doing? You understand, if you give Him the dust of your feet, then all your *punyas* (merits) will be lost. He is playing some trick, you know. Just don't try this thing." She said, "Nothing doing, you better take it." But he said, "what about Your *punyas* and *papas*." She said, "I know one thing, it is He, who looks after My *papas* and *punyas*. I have not to think about it."

So he took the dust of Her feet which was absolutely yellow like a saffron or like a pollen of the flower. And he went and gave it to Shri Krishna. Shri Krishna said, "I knew Shri Radha will send, now let Me eat it." He said, "You can eat, but you have to answer the question, that Shri Radha has said, that you look after Her *papas* and *punyas*. How is it? How can it be? What does that mean? That you know what her *punya* and what *papas* are and She is not bothered about it. She has not to worry about Her *papas* and *punyas*." He said, "Alright, now let Me take the medicine." He took the

medicine and He said I better sleep. And Shri Narada saw the heart of Shri Krishna opened and in the heart was the lotus of a very beautiful pink colour. On that lotus was lying Shri Radhaji. And Her feet were rubbing against the pollen of that lotus and the yellow of the Vrindavan clay was the same colour as that. And then he realized that when She is touching that lotus with Her feet, what does it matter if She gets the dust of Her feet to Shri Krishna to take. She is in His heart. When Her feet are in His heart, what does it matter? And that is how they realized that Shri Radha's love was so great that for Her She did not think of *Dharma-Adharma*, but just to be at the command of Her Lord, She acted, and that is how She had a place in the Heart of Shri Krishna."

*H.H.Shri Mataji, Jangpura, New Delhi, India,09.02.1983*

### ♣ " ·Mother, was He married to Radha"?

".....we must know that our relationships with everyone in this world have to be pure. He played lots of things in His life-time. The time when He came, the whole country was absolutely drowned into fanatic ideas about religion. If Freud was there, he would have said, oh this is all nonsense. What's wrong? Go ahead. Krishna did not do that. He wanted to break all the nonsensical shackles of traditions and shackles of false fanaticism. But He did it in a very beautiful manner keeping the relationships absolutely pure.

Now people ask questions, Mother, was He married to Radha? He is eternally married to Her, doesn't matter. But He actually performed the marriage, just the day He was born. He was brought by His father across the river and put down on the bank of the river, when Shri Brahmadeva Himself came on this earth.

That's why He wears a yellow thing, always, as a blessing from Brahmadeva to cover His lower part, lower than the waist with a cloth. That's the sign that's why He always wears yellow.

He himself came, made Him into man and married Him to Radha. Then again He became a child, just to appear to be a child. Somebody may appear to be a child. To some of you, I appear to you to be a sixteen year old girl as you say, but I'm not. I may be according to some sixty years of age, but I'm not. My age is eternal. I can't say what age is Mine. It could be two years old or it could be absolutely ageless, it could be anything.

So in His whole life, whatever He did, He did with the purity of understanding. So Radhaji was married to Him first. And afterwards when He came as a child, when He was a child, He did all kinds of pranks and



things, was not sitting like this and seriously telling about things, but with a little bit here and there, He tried to improve their Chakras and raise their Kundalinis. Of course, Realization was not possible in a game. You cannot do it. Supposing I just play about with you, you cannot get your Realization because at the Sahasrara stage you have to completely recognize.

It has to be a "game of serenity". Of course, you can just raise your hands and give Realization to them. But you have to bring them to a serene level. You just sit and you say, alright, you just play about, it would be all finished. You have to sit down and meditate, you have to do it. So, one could not say that all the time if you are playing, if you are just singing songs, or if you are in a very happy mood, a mirthful mood, then it's the end of Sahaja Yoga. It's not so. It's a serious matter".

*H.H.Shri Mataji, London, Chelsham Road, 15.08.1982*

### **♣ But I have kept some for you in My hand, though they have eaten everything**

"I'll tell you, how sweet he was like this. You see once Indra got angry with Him, and he started raining very heavily. So all the people, who were looking after, the cowherds called *Gopas* and *Gopis*, they were all getting drenched, and so He said: "Don't you worry", and He lifted the Govardhan on His one finger, the whole Govardhan mountain He lifted on His one finger and they all came under the shelter of that mountain. So then He said to the *Gopas*, "Now My finger is paining, you better support it with your sticks that you have in your hand, otherwise My finger is paining." This is the sweetness.

Like once, I mean, once He ate, I mean He really was a thief, a little thief, and fond of butter. So the butter of the house was kept in a little pot, and was hanging up, kept hanging there, so that no cat can reach it and all that, with a kind of thing we have a string thing to keep that pot. So He collected all the children, and took out all the butter and ate it and the whole face was filled with butter, you see. So His mother came, and she took one stick, and she said, "Now you have eaten all the butter." So He says, "I never ate any." His whole face was filled with it. "And these boys must have put something on My mouth, because they have eaten everything." So then say, "let us see now, the whole day I work for your cows, and when I come home, you just trouble me like this." And then He says, "Now, I am your foster son that is why you are troubling Me like this." And she starts looking at Him, and then He puts His hands towards her, little hands, and He said, "But I have kept some for you in My hand, though they have eaten everything."

And puts it in her mouth, so that all her temper goes away, and she just embraces Him to His heart. And that's how the whole thing ends up into a sweet drama.

When Krishna is awakened within us, we also can do all such dramas with each other, and enjoy the frolics. Then we don't loose tempers, we don't get angry, we enjoy each other's personality very much."

*H.H.Shri Mataji,Vienna Ashram, 02.05.1985*

**♣ ... one must understand the difference between the power of discretion and discretion itself**

"Now the other quality of say, Shri Ganesha, starts expressing itself on horizontal level, that you become discreet. But that is a power, I'm again saying, is a power of discretion you develop. Now one must understand the difference between the power of discretion and discretion itself. So the power means it acts. For example, you may not speak, but if you are standing somewhere the discretion itself will act in the situation. Like a Sahaja Yogi, supposing, is a good Sahaja Yogi, is going in a train, and the train has an accident - mostly it will not, but has - nobody will die. So you establish the discretion which is power itself that acts by itself. You don't have to say that you act, it acts, but you just become the vehicle, a beautiful clean vehicle of that discretion. Then you should believe now you are spreading horizontally".

*H.H. Shri Mataji ,Rouen,France, 05.05.1984*

**♣ The humility is the best way of conquering this ego of Vishuddhi**

"Now another way is the style in which you talk to Me, also I can see the right Vishuddhi acting. It is when we talk normally to each other, if we have to say "yes", we'll say "m-m". That is very common here "a-a", this style, they say "hum-um" and then on top of that to say "mm-mm" as if you see it clearly. It is: you are not receiving anything in it, but you are trying to sort of put it to an equal pressure on the flow. The humility is the best way of conquering this ego of Vishuddhi. And when talking to others, try to develop sweet methods, sweet ways unhurting other people. And you will be surprised that Vishuddhi will immediately start behaving in such a sweet manner, because the bhoots don't like sweetness, they are quarrelsome. They are harsh, they are always trying to say something to hurt.

So this Vishuddhi on the right hand side is to be controlled by surrendering as it is said. Actually you surrender your ego to begin with. And this ego when you surrender, it has to be done from your heart; it should not be a lip-service. From your heart: "I don't want this ego any more. I want reality." "Let the reality be seen by me, felt by me, enjoyed by me." And once you start doing it from your heart, you will be amazed that your voice will become sweet. Apart from that, it will have the Divine Power flowing through it. That is what we say that you have now "wak shakti", means the power of speech.

So when you surrender ego, what you do actually is to say that "I'm not doing anything, it is You who does everything". So, that a little drop has now become an ocean. And so, your sound has got the power of the ocean".

*H.H. Shri Mataji, Vienna, 04.09.1983*

### ♣ **The 'Siddhis' are mostly available at this stage. Not minor Siddhis but higher Siddhis**

"Now we were talking about 'Sat-Chit-Anand'. Again I have to use Sanskrit words. 'Sat-Chit-Anand' is the 'Super Consciousness', the all pervading power. 'Chit' is the attention, the 'Consciousness'. You are just now conscious and listening to Me. Every minute, you are conscious. But every moment is becoming dead into the past. Every moment is coming from the future to the present. But you are conscious at this moment and are listening to Me. A thought rises and falls. You can see the rising of the thought, but not the falling of the thought. In between these thoughts, there is a space called '*Vilamb*'. If you can stop for a while, you get to the Conscious Mind and there exists the 'Sat-Chit-Anand'. You can say 'Sat-Chit-Anand' is the condition of the mind or the state of mind, where there is no thought, but you are aware '*Nirvichara*'. This is the first stage, where you jump into; into the 'Super Consciousness'.

Some people may think, that by Realization you must achieve something as Adi Shankaracharya did, but it is not possible. With some it may be, but with everyone it is not possible. Your first stage is '*Nirvichara*'. You become thoughtlessly aware. That happens when the Kundalini rises above the Agnya Chakra meaning enters into the limbic area, when your attention just touches 'Sat' point. The reality separates from '*Mithya*'. You become two personalities. At that state you start separating, like putting lime in the milk when it starts separating into curd and water. In the same way the beginning of reality starts. This is the state when you can say that

the Kundalini has awakened only. We must understand the different stages, as it happens.

I am giving you a very detailed picture but normally the Kundalini shoots off to 'Sahasrara' in most of the people. In some people it does not. It takes time. It is either lost into the Swadhisthana or the Nabhi. It does not go much higher. It is arrested by 'Anahata Chakra' or it may not even rise at all. But in case it crosses this 'door' of Agnya Chakra, then you get into the state of 'thoughtless awareness'. With this thoughtless awareness, you get certain powers. Supposing for example, you become the Governor, you get certain powers of the Governor. Similarly you attain certain powers.

But at this stage to leave the Kundalini is not proper, because the Kundalini can start moving to this side or that side and can thus go to the supra conscious or to the collective sub-conscious. The 'Siddhis' are mostly available at this stage. Not minor Siddhis but higher Siddhis, e.g., if the Kundalini moves to supra-conscious one gets the Siddhi of predicting the future. If the Kundalini has moved to the Collective Subconscious, they can start seeing things in the past. A person like that, when he comes to Me, can see who I was in My previous life. I do not have to convince him. This is the same thing as anybody who is possessed. A person who takes to drugs and is an alcoholic to the last word, but is a good Soul and is still seeking God, such a person can see Me, in a different form. He can see My past, he can be very much enamoured by Me. He would know who I was. People think that the past is greater than the present, always, because the past has been much greater than today, though I have never given Realization to anyone previously. He, therefore, gets enamoured when he sees things like that. This happens to people who are on the Supra conscious level if they move out on the left hand side i.e., into the past.

Those who move out on the right hand side can see Me as light. They see all the five elements; they see Me as a waterfall or as an iceberg. They start seeing the '*Tanmatra*' namely the causal essence of the elements. It may help them to get convinced, because such a person gets convinced about Me and such a person is much more convinced than you are. There are good many Tantrikas who know who I was. They are afraid of Me and they talk about Me. There was an ordinary maid servant who came to My programme and she got into a trance and started speaking Sanskrit and she described me completely in fifteen 'Shlokas'. She said this first time although I had never said anything about Myself. This is how it started.

So at this stage, I would not like to leave your Kundalini, because you can cure people and curative can be done with your Kundalini even when it

is in the limbic area. I am very anxious always that it should come out of the Brahmastrandhra. At that stage you start getting the vibrations; but at this stage you are just a 'Chitta' only and you just touch the 'Sat' point. Your attention is only charmed by the Spirit. Only the attention part as I told you is like a flicker or light in a gas lamp, and Kundalini is like a gas which touches the spirit and the light of the spirit spreads in the central nervous system. 'Chit' part, the outer core the 'Chitta' means the attention part. At that stage the Kundalini opens the Brahmastrandhra when you feel the vibrations from your hand and you can feel another person's also; because you become 'collectively conscious'. Collectively conscious again out of Sat-Chit-Anand that you just touch the 'Chitta' part. Thus you start feeling the Chit of your Chitta becoming the 'Chitta' of the collective consciousness means that you drop into the ocean of Sat-Chit-Anand in which you only feel the collective consciousness. That means you can feel another person's Kundalini".

*H.H. Shri Mataji, New Delhi, India, 15.02.1977*

**♣ ... many people at this stage drop out and only the attention becomes effective**

"Yesterday there was another gentleman, as you have seen it, who was arguing with me that we have suspended intelligence but all that I said was: "What is the suspended intelligence? I do not know about this thing". So I told him this. He said that, "I am in a Turiya Dasha". I said: "If you are in 'Turiya' you can feel the Kundalini of another person and you cannot certify yourself like that but can you feel the Kundalini of another person?". But he said 'no'. Then I asked him "how can you be in Turiya?" If you go in Turiya, i.e., if you cross this stage, then you have to feel the Kundalini of another person. Now you have seen there are many people who can feel the Kundalini and they all say the same thing. They talk the same language, whether they do so in English, Indian or any other language. They say the same thing i.e., this Chakra is catching or that Chakra is catching. This is because you start seeing your own Kundalini thereby seeing the Kundalini of others, because through the fingers you can feel what is happening. You just feel the Chitta and not the Anand part of it. First stage is through Chitta that you feel the Kundalini of another person thereby you can raise the Kundalini of another person. After a while, you can give Realization also to another person with the assistance of My photograph.

But the Anand stage is not yet reached. In the beginning you just feel the cold breeze in your hand. You feel peace and tranquility and also there is

no thought. You feel the 'thoughtless awareness' but the Anand part is not yet felt at this first stage. Because now I have studied thousands of human beings and their problems, I know; this is the fact. But there are some, who have reached the last stage, though they are very very few. Thus at the first stage when you come, is the 'Chit' stage, the consciousness stage. You touch the 'Sat' which means you start seeing the reality, is one thing you feel is flowing. At this time you start saying it is coming or it is going. Just now you said, it is coming. You didn't say that 'I' am receiving, I am giving. That 'I' goes out of your language. But still the Ego and the Super Ego are not completely gone down. They are still there, but your attention has come up and you feel the 'Chitta'.

With this 'Collective Consciousness' you can cure people, you can give them Realization as I have told you and also you can feel the Kundalini of any person in the whole world; and cure the Chakras of that person. You can tell the condition of another person far away by sitting down here. Wherever your attention goes it works thereby your attention becomes Universal. A drop of your attention becomes one with the ocean of the 'Sat-Chit-Anand'.

Listen to Me carefully because many people at this stage drop out and only the attention becomes effective. I will inform you about a disciple of Mine, who has come here from England. One day he was sitting and thinking about his father. Suddenly he got a burning on his index finger. Hence he rang up his father. His mother told him that his condition was not good. He was suffering from a bad throat. This boy did something to his finger and his father got well. Now he might think that he is powerful and all that but he is not. He cannot think in this manner because his Sahasrara has opened up. He just said, "Mother, I felt it and I did like this, and my father became all right". He never says I did it. 'I' goes out. You never say 'I' did it but you will say, "Mother today my Agnya is catching", "Mother my heart is catching".

They come and speak like this about themselves. Agnya is catching means you will be going mad. But one does not feel bad about it since he is not attached to it. He is attached to his Atma. So he says, as an Atma this Chakra is caught or that Chakra is caught. A person, who is suffering from cancer, does not know it. But to a Realized person his attention will tell him that so and so Chakras are out of gear, and so many Chakras out of gear means cancer. He need not go to the doctor but he can diagnose it himself. He will not diagnose himself as the doctors do; saying you have the cancer of the heart, the cancer of throat etc., but he will say that it is the Chakras that

are caught up, either the left or the right side.

Now from where the vibrations are coming how far it is going and can give the depth of such Chakras. There are many abstract important happenings taking place".

*H.H. Shri Mataji, New Delhi, India, 15.02.1977*

**♣ Dresses should be such that they should be for utility as well as dignity**

"Then, for a Sahaja Yogi it is important to use things which are more natural in their character. Give up artificiality and be more natural. I do not mean that take out the roots and eat them or you eat the fish raw. I do not mean that. Always you must avoid going too far with the things. But try to lead a life which is more natural. Natural, in the sense that people know that there is no vanity about you. Some people can be the other way round. You see, they will dress up like a tramp, just to attract more attention. I mean there can be both ways. Then I find some people colouring their hair and all that. So you have to be a natural person; very natural in your behaviour. It can mean anything absurd also to some people who do not use their wisdom. Wisdom is very important in Sahaja Yoga; that you have to keep intact all the time. Natural means you must wear natural dresses, which are suitable to you, e.g. in this climate there is no use to wear dress like Rama used to wear. He will not wear anything on the top, there was no need. You have to wear the dress of whatever country you belong; whatever suits the occasion, whatever you think is dignified and good. It speaks for your more elegance and your personality. Whatever suits you, you should wear, not like all the people wearing moss colour dress, the great suit, a horrible looking and making clowns out of them. No clownish things are necessary, no dandy stuff is necessary. Simple, beautiful dresses should be worn which give you dignity.

Actually, in the East, people believe that God has given you a beautiful body and it is to be adorned with the beauty of what human beings have created, just to respect it, just to worship your body. For example in India women wear their saris, and saris are expressive of their moods and expression of their worship of their bodies, because you must respect your body. Dresses should be such that they should be for utility as well as dignity. There is no need to have uniform clothes for Sahaja Yogis at all. I don't like it. There should be variety as nature is. Everyone should look a different person. For Puja etc. all can wear something similar, it doesn't matter where your attention need not be on the variety, but outside, you

should be normal person. You are all householders, nobody has to announce something. For you people, I don't even advice to put the red mark when walking on the street. You should be normal person, not to be pointed out. You need not be dressed absurdly or in funny way but in a normal way as others wear. To be normal is very important in Sahaja Yoga."

*H.H.Shri Mataji, London, UK, 29.07.1980*

### ♣ ...there are different types of Anandas

**Question:** Can you explain *Nirananda* a little bit to us, Shri Mataji? Can you talk about *Nirananda*?

**Shri Mataji:** You see, you can only describe it, you cannot explain. Where is complete joy, then there is no happiness and unhappiness. You don't feel happiness or unhappiness; these are the qualities of the ego and superego.

In Sahaja Yoga, as you grow from one to another, there are different types of *Anandas*. Like we can say, the spirit, when you see the spirit, you get an *Anand*, called *Swananda*. That means you feel your spirit yourself, and you feel very happy. Then you give Realization to others, you get *Parananda*, joy of others. But when you get the enjoyment of well-being, in health and materially all right and everything all right, everything in *Santosa*, in complete satisfaction, then it's *Brahmananda*. And like that you start feeling higher and higher joys within yourself, because your nerves start opening to new dimensions.

So you can say that at the Krishna level, you get *Krishnananda*, where you get the sweetness, the Madhurya. And when you see your generosity, then you get *Shivananda*. And when you are with children, you get *Ganeshananda*. And that can be described, all those can be described, but *Niranand* cannot be described, because it is Mahamayas' joy. All these joys put together is *Nirananda*. So there is no place for ego and superego at all. The complete Sahasrara is opened out, and nothing but the complete rapport is established with the Divine. And there is a pouring of light all the time in the head and the light going back, that you have seen in my photograph, as if the Sahasrara becomes like a sucking child from the Universal Mother, sucking the joy inside, and it is again reflecting back. It would be like the waves reach the shores and then they are again repelled, they go back and then they form a pattern.

Now the joy out of that pattern, how can you describe? The only thing about *Nirananda* is that you have Mahamaya so close and so far away, that's the speciality. Completely thoughtless, silence there; complete silence, you



don't think. It's just silence you cannot put into words any more, because the words break with the force of the *Ananda*. They cannot hold it.

Alright? Now explain, how you are feeling, you better explain now.

Any other question? Beautiful question?

So far, you see, at human level, one feels only the pains or pressures on the nerves, but never the *ananda* but after Realization only, your nerves start feeling the joy. Alright?"

Anything more, anyone has to say? Yes, there is.....

*H.H. Shri Mataji, Vienna Ashram, 02.05.1985*

♣ **If you go to Hong Kong, you can see Her statue, the face is very much like Mine**

**Question:** The Goddess Kuan Yin, Shri Mataji, can you tell us something about it?

**Shri Mataji:** Kuan Yin, you want to know about Her? That's an incarnation of one of the..... I mean in the Chinese mythology you find the incarnation described of Kuan Yin. And actually She is the one, who is the Gruddha, is described as Gruddha, She is the one, is the aged one. Because Kuan Yin was born to a king, She was the daughter of a king and She was the virgin form of the Goddess, and She would not marry. So Her father got very angry with Her, that She is not married, and he threatened Her, because he had arranged Her marriage with some great king, you see. And when the marriage did not take place, father was so angry and annoyed and felt very humiliated. So he took Her to a hillside and threatened Her that "I will throw You down." And actually She was thrown down from the hillside into a valley, and he thought, that She must have been dead. But there was a tiger which held Her and he carried Her along, and then he looked after Her. And when She grew very old, quite old, then She came out of Her hermitage and She started treating people, and many people got cured by Her - but She was quite old. Then the father recognized Her, because father was sick. She went there and treated the father also, and She started curing people, and that's the Kuan Yin. If you go to Hong Kong, you can see Her statue, the face is very much like Mine, absolutely, but She is older looking and Her shoulders are bent, quite bent. But She came much before Christ and the Buddhist felt that people wouldn't give Her up, because She was so much regarded as the Mother of Mercy. So they included Her in the Buddha thing".

*H.H. Shri Mataji, Vienna Ashram, 02.05.1985*

♣ **I think, he must have borrowed sarees from Me because I have too many sarees**

"But His real sense of morality is seen in the case of Draupadi. You know the story of Mahabharata, when She was brought in the court of Duryodhana (who) asked Dushasana to take out Her sarees. At that time Tulsidas's written what happened. She was holding Her saree by Her teeth. She called "Krishna", She could only say "Kri", 'shna' means full stop, goes wrong. She is holding on with only 'Kri', and wouldn't say 'shna'. But as soon as She said "Krishna", the saree fell down. Then He describes ...*Dwarika Mein Shor bhayo, Shor bhayo bhari, shankha chakra gada padma garuda lei sidhari...*

What did He do? When She just said "Krishna", there was a big sound in Dwarika, He was in Dwarika. Immediately, with *Shankha, Chakra, Gada, Padma*, - these are His four weapons, - He came on the Garuda. The way it is said is tremendous, I mean, I feel really, it fulfils your heart with such understanding of Shri Krishna. For His own sister He came all the way to save Her chastity. To Him the chastity of His sister was of the greatest importance. He could have said "No, no, no, I am a king, I have to look after this, I have to do that, I have to" - nothing. If Her chastity is in danger, He came flying on the Garuda and supplied that. And this fellow got tired pulling out Her sarees. I think, he must have borrowed sarees from Me because I have too many sarees. One after the other, one after the other, he made a pile of sarees and he got tired. He could not make Her nude. The chastity of Draupadi was of such a height. And how Shri Krishna tried to save it is remarkable".

*H.H. Shri Mataji, New Jersey, USA, 02.10.1994*

♣ **... human being was created out of amoeba or amoeba was created out of all the elements...**

"...In this system, we have used a very wonderful system of putting five capsules one into another and the first capsule, the lowest one explodes and triggers the movement of the rest of four capsules. When the second one explodes, it gives an acceleration many more times than that with which it was already moving; the speed increases in such a tremendous way that suddenly we find that the acceleration is a very high multiple of the first one; then the third one when it explodes gives another push to the capsule. Next, the fourth one explodes; then the fifth one which contains the spacecraft. Through this kind of explosions from one to the other, through that built-in

mechanism, we have been able to achieve a very high acceleration for the spacecraft.

In the same way our evolution has taken place. We got this idea without even knowing about our evolution from the unconscious. We have come to know how it has happened, but we cannot correlate both these together. So, in the same way human being was created out of amoeba or amoeba was created out of all the elements. In the same manner we can say that we were made again of five capsules.

The first one is the physical or physical being.

Inside the physical being was kept the emotional being.

Inside the emotional being was kept the spiritual being &

Inside the spiritual being was kept the Spirit or our attention.

We can say Kundalini is the one that triggers, that is the one that explodes.

So Kundalini force is in everything, but in the most effective, the best, the highest form, it is in human beings. It is this force which exists in everyone and evolves everything; say from carbon to the amoeba stage and from amoeba to animal stage and from animal to human stage. Even in elements it exists because the elements also evolve. We do not know how they evolve but it happens in nature that elements start changing their forms and mass and they become different elements. We have no idea of this because we have no way of measuring the quantity of this change that is taking place.

Then the animals also change, from fishes, many become reptiles, out of reptiles many become mammals, from mammals many become primates, monkeys and then human beings. All this happening takes place. How many are destroyed, how many remain, how many are transformed, nobody has kept any account of it."

*H.H.Shri Mataji, Kovalam, Kerala, India, Feb 1979*

## ♣ **The Yuga where work will be done - Krita Yuga**

"Now, His coming on this earth gave us the development of the right side and so the Yagnyas were also on the right side.

Because first of all when human beings came on this earth they were frightened of all the animals who would invade them and all kinds of horrible Rakshasas and all those people, and negative forces would trouble them. In that state they needed to create a king, a ruler, who was an ideal king and who would rule according to the laws of dharma. So he was the one

in charge of that. He was here in Treta Yuga and Krishna came at the time of Dwapar Yuga.

When I came it was Kali Yuga but now today the time is of Krita Yuga - the Yuga where work will be done - Krita Yuga. This is the time where work will be done.

So far things have moved from one to another. Now in the Treta Yuga when Shri Rama came, the idea of kingship and rulership started, so the greatest emphasis was on the goodwill of the people. The people had to have goodwill, for the people and for the king, and for the betterment of humanity. The will: that is the right side. So, how to create the goodwill? First the leader has to sacrifice and show how far he can go on sacrificing to keep the moral and the goodwill of the people.

So the right side was created by the advent of Shri Rama because he showed a path of creating among people the awareness that they should be ruled, that they should not be anarchists. There should be one head who should be able to organize, coordinate and work out a collective thing."

*H.H.Shri Mataji, Chelsham Road, London, 02.04.1982*



### **...in the second era now, we have to have compassion**

"So in the first era of Sahaja Yoga, we have awakened the deities in your centers, in the medulla oblongata and also in the brain, but now the time has come for us to spread it on a horizontal level, and to move it on the horizontal level, we have to understand how to go about it.

Like the seven colors of the rainbow, we have got seven colors of the light of these centers, of the Chakras, and when we started from the back, from the Mooladhara, bringing it up to the, this side, Agnya, then it is placed in a different order, if you see it clearly. I mean to say that in the Sahasrara, because it's a concave placement, it's important to understand, that the center of the fontanel bone area corresponds to our heart. So, heart is the pivotal point for the second era now. I hope you understand what I mean.

So if you have to place your attention to Sahasrara, first thing you have to do is to pay attention to your heart. In the Sahasrara, the heart-Chakra and the heart itself, the Atma, coincide. Means the Jagadamba becomes one with the heart, that is the Atma, so we see that here the yoga takes place.

At this point of time, it is very important to understand that we have to take a bigger step. The whole Sahasrara moves in this way, all these Chakras throw their lights in this way, in a clockwise manner and the axis is the heart.

So the essence of all the religions, of all the prophets, of all the incarnations, is compassion, and is placed in this Chakra of heart. Thus we understand that in the second era now, we have to have compassion, is the manifestation now of the compassion. If God Almighty had no compassion, He would not have created this great universe. Actually His power, or the Adi Shakti, is the embodiment of His compassion, and this compassion has brought forth all the evolution to human level and even your emancipation as Sahaja yogis, and compassion is always completely covered with forgiveness.

So you can see the Trinity meets at this point: The Son of God is forgiveness, is the embodiment of forgiveness. So the God Almighty, who is the Witness, the Mother who is the compassion and the Child who is the forgiveness, all of them meet at heart Chakra in the Sahasrara".

*H.H. Shri Mataji, Rouen, France, 05.05.1984*

### **♣ A Sahaja Yogi must have discretion if his Vishuddhi is alright**

"...you have to surrender, is the pride, or vanity. Now the vanity can be of many types which are artificial things absolutely. Before God, what is your property? What is your money? What is your position? What is your family? What is your education? You see, everything has no value in the presence of God. The possessions that one value so much have no value. So, one has to realize that if we are the possessions of God, we should be proud of one thing only that His vibrations flow through us. That is: He is proud of us.

Like supposing you give Me a fruit or a Ganesha, or anything, it gets very much valued because I have touched it and the vibrations are there. Like this Ganesha now for example, if you see the value is zero as far as the metal is concerned, but when made into an art-piece has some much more value. In this world, the value increases with art, but in the realm of God, or in the spiritual world or Divine world, the value of a Ganesha, the same Ganesha will be a thousand time more than what it is just now as just an art piece. So that is now what is given to you, a very high value. So the pride and the vanity of artificiality, artificial things, is all man-made, mythical, and should be surrendered because it is a myth.

Then the human mind has another capacity to be jealous, to be jealous of others. This also comes from unwise understanding. If you surrender your jealousies at the Lotus Feet of God, I mean, you are doing all rubbish actually. The stupid jealousies that you have are as you know, of no value,

neither in this world, nor in that world. The most surprising thing is that the Sahaja Yogis feel jealous of each other! And I still can't understand how can it be? If you are standing in the sunshine, then you all are jealous of your shadows! Somebody's shadows are big, somebody's shadows are small, so you are jealous of each other? Sometimes I give a present to one person, can't give to others, then they get jealous! If I give more time to somebody, then others are jealous! I only give more time sometimes to people who really are getting lost!

So, one has to understand that all our ideas about jealousies are stupid. And I can't understand those who are not Realized, they are jealous of Sahaja Yogis, and they try to make them fall! Instead of being jealous, they should become like Sahaja Yogis! In Sahaja Yoga also I've seen some very funny things happening, an incidence. Like a person came to Me and was very angry that "Mother You spent so much time with a particular person, and I'm very jealous. And You said I have to be like the people about whom I'm jealous so I would like to know how to be like the person who was with You for such a time"? So I said "That fellow is really a lunatic! You want to become a lunatic? Have you no discretion"? A Sahaja Yogi must have discretion if his Vishuddhi is alright. You should understand that what I'm saying is to be used discreetly, not blindly. So you can understand, without discretion, whatever I say, how funnily you can use it so detrimental to your growth. So another offshoot of ego is called as "hot temper". Of course it is said to be used against people who try to insult your Mother, you have to do that. That must be used for people who go against the Holy Ghost as Christ has said. In the same way you should not tolerate any non-sense against Me from anyone whatsoever, not even this much. But you can tolerate other Sahaja Yogis in other matters.

*H.H.Shri Mataji, Vienna, 04.09.1983*

♣ ...**your ideal in this respect, is Shri Krishna**

"...The story about Him is that one day His wives wanted to go. To Him what was wives? Nothing, just look at it. To Him no sin can be attached. He married because He had to marry His five principles or the five elements. So He made them into women and married them. He had to marry 16,000 women because He had to have 16,000 powers and He had to channelize them through some bodies. So they came as women. To Him it was not a relationship of a wife, but a pure relationship. To Him sex had no existence at all. He was beyond it; so no question of temptations and perversions. It is out of question.

The story is that once His five wives wanted to go and pray to some saint who had come - a great saint. But he really stayed across the river, so they wanted to go and worship him and they found a very good time when they could go and see him. So when they went near the river they said it is in spate, we cannot cross it, it's not the time that you can cross it. So they felt it was very inauspicious, if they did not go and that was such an auspicious time. They wanted to go at that time and worship this guru.

So they went to Krishna and said, "Now, how can we cross, the river is in spate?" He said "Really? Doesn't matter. You go and tell the river - that is the river **Tapi**, they were crossing - he said go and tell the river that if we have a husband who is Shri Krishna, who is 'Yogeshwara', that means who never indulges into any sex activity.

Yogeshwara means a person who never indulges into any sex relationships. That's not possible. One cannot think of such a thing, means though He indulges, He never indulges, though He was in it, still He was not there. Like a lotus. If He has not indulged into any such action, it was only possible for Him - nobody else. That's why He is an incarnation, He is not a human being. Only incarnations can do it. If some human being starts saying that I'm Shri Krishna, so I am doing this and I am doing that - you see, there are very bombastic ones, you must have heard about them. They do not become, is only an incarnation can do it. That means Yogeshwara is the one who had incarnated.

So they went and told the river "If He is the Yogeshwara, then please you subside." And she went down. So they went to the other side, did the Puja to the guru and they came back. Again the river was in spate and they could not cross. So they went to the guru. You see, the sign of a good guru or a real guru, is an incarnated guru, and they said "See, we cannot cross, the river is in spate." So then he said, "Really, how did you come?" They said, "Shri Krishna asked us, that if I am the Yogeshwara, it will go down, you ask the question." So he said, "All right, now you go and ask the question, that if I, the *Bhoukta*, that means if I have eaten all the food you've given me, but I've not enjoyed it, I've not indulged into it, then let the river subside." Then they went and told the river, I mean they could not believe it because they had fed him, that "Whatever food we offered to him, if he has not eaten any food, then you subside". And the river subsided!

So the moral of the whole thing is that your ideal in this respect is Shri Krishna. Not that you think you are the ideal of the rest. This is the big mistake Sahaja Yogis do. They think immediately they have become now Shri Krishna. Or they think they have become something greater or that

there is an ideal that they have imbibed within themselves. It is not so.

There is one thing one has to know, that that is the ideal you have to reach. And your eyes should be towards that ideal and the movements should be towards that. Before that, if you fall into any such things like perversions and nonsensical sexual things and all that, you must know that you are falling down very badly. It's a possession that is working on you. That's an ideal - they are incarnations. You are not incarnations, nor can you become incarnations. But they are the light, which are enlightening your path, on which you are walking. They are taking you to the realm where they are the Kings and they are the Lords."

*H.H.Shri Mataji, London, Chelsham Road, 15.08.1982*

### ♣ "Are Your denture Your own"?

For example, today, they asked Me: "Mother, will you have hot dog"? In Hindi language it means real hot dog – means: *garam kutta* - they call that. I said "Alright, I'll have it". They said "All the Americans eat". "Alright, I am an American, give Me". But when you know something will not do good for your teeth or something, you should not eat. For example, the beef is very bad for the teeth, very bad. That's why you people loose your teeth very fast. Many people ask Me in the interview "Are Your denture Your own"? I said: "Of course, Mine". They can't believe it's Mine. Because, I know what not to eat for the teeth's sake.

But one should not be attached to an idea, that's even subtler attachments. That has really killed this world with so many problems of fanaticism, racialism, I don't know what. Now, here, see the contradictions people have: they go to the sea to get darker, and they have racialism. Why do you go to the sea? If you go to become darker, then why do you hate the people who are dark? Such a contradiction because the brain is not in balance. And for that you have racialism, you become racist.

If not that, you have another conditioning that there are different casts and according to the cast, you should go, in India. How can there be any cast when everybody has the Spirit in their heart. They won't eat from another lower cast, they are higher cast, this, that. This brain is the one which creates all kinds of conditionings, and all those great Saints who have lived on this earth, whether they were in India or abroad or anywhere, all of them have stood against this nonsense of discrimination. That comes from brain, you know, ask them "Why do you think like that, you are higher than others"?

*H.H. Shri Mataji, New Jersey, USA, 02.10.1994*



## ♣ **Shri Krishna is so knowledgeable and clever, because he is the brain. He is the Virata**

"Shri Krishna did not come for very long. In short time he killed many Rakshasas. He fought on one side of Pandavas. He said he did not kill the Kauravas, but he did. The style of Shri Krishna on the one side is extremely sweet like honey. That is why he is called Madhava to the people who want to be blessed by Him. But to the evil people he is one of the most dangerous personalities. Of course Shiva also does that. Shiva and also the Devi have killed so many rakshasas. She went into wars, discussions and arguments. But Shri Krishna never argued, he knew how to get rid of them one by one. He played several tricks on them. There was an evil rakshasa who was torturing people and Shri Krishna was engaged in a war with him, so Shri Krishna played a trick on him. Shri Krishna entered a cave where an ascetic was sleeping. This ascetic had obtained a boon from Shiva that anyone who disturbs his sleep should turn into ashes. Shri Krishna took out his shawl, covered the ascetic very gently with it and hid himself. The rakshasa entered the cave and mistaking the sleeping ascetic for Shri Krishna kicked him. The ascetic got up and as he looked at him with his third eye, the rakshasa was burnt to ashes. This was the trick.

Shri Krishna is so knowledgeable and clever, because he is the brain. He is the Virata. All His love, compassion and beauty were meant only for his *gopis* and *gopas*. As a king His life is very mysterious to understand, but Sahaja Yogis can understand."

*H.H.Shri Mataji, Ipswich, UK, 19.08.1990*

## ♣ **... But actually Vishnu is the Father and He is the Son created by the Holy Ghost**

"...In my last lectures, I've told you how Christ was created first in the heavens. In the Devi Bhagvat - if you read that - He was created as Mahavishnu and it is mentioned very clearly that first He was created as an egg. It is written in this book, which perhaps was written 14,000 years back. It's a book that predicts about Christ and that is why people in the West at Easter especially, offer an egg to each other as a friend.

So, first the existence came on this earth as an egg that was Christ and part of it was kept in that state and the rest of it was used by the Holy Ghost, by Mahalakshmi, to create Christ out of it.

In that ancient book He was called as Mahavishnu, means the greater form of Vishnu. But actually Vishnu is the Father and He is the Son created

by the Holy Ghost. After my lecture, I would like, if you have the book, to read it out to them - the whole text of how Christ was created and when He was created.

He cried for His father and He cried also on the cross once, and He cried for years and then Christ, in Mahavishnu state, was blessed by His father who said your position will be placed higher than mine and you will be the 'Adhara' - means the support of the universe. See how from Mooladhara He becomes the Adhara.

This was all done at the heavenly stage - 'Vaikuntha' stage. You can say then, He was given birth by the Holy Ghost who was the Mother of Christ on this earth, who was nobody else but was the incarnation of Mahalakshmi - means She was Radha. *Ra-dha*; *Ra* means energy, *dha* the one who sustains energy.

*H.H.Shri Mataji, London, UK, 11.04.1982*

### ♣ **Falling in love ... a real falling happens**

"This business of falling in love, a real falling happens. There's a kind of a maya of this Mahakali and you just get infatuated, your ego gets pampered. In these cases only two things can happen: either you can be lost completely because of your wife or your husband whom you adore and admire, and you're finished, I mean your personality is finished, or else anotherthing, which is even more serious, is that you'll completely break forever and hate each other. That's why they say that there's a love and hate relationship. How can love be hate? But it becomes because of this quality of the Goddess, that She is on one side an extremely loving, extremely kind, extremely soft. She goes up to a point and then She throws you on the other side. And that is why in these countries where people always fall in love ... they cross all the *maryadas* also. In falling in love, they will marry somebody who's already married.... All kind of things they do. And an old woman marries a young man or an old man marries a young girl like that, all nonsensical things, without any *maryadas*. And they do not stick together. They have no *maryadas*.

To marry is to create a *maryada* – *maryada* of pure behavior. And this is the *maryada* which if you do not keep, then this Mahakali gets into it.

So first of all, one has to be collective....You have not come here to marry someone or to fall in love into something. You have not come here to get after some woman because she's your wife or some man because he is your husband. You have had so many husbands and wives in previous lives, but you have come here for your ascent. And if you have come for your

ascent, you have to keep a watch, how is your mind working.... You should have a good married life, but not at the cost of losing your ascent.

So be careful not to get lost. You have not come here just to have only a happy married life, but happy married life is just one step. But if that step is taking you away from the real path of your ascent, it's better to be careful.

Also we must understand that innocence means purity; purity of thought. The whole society is suffering. Society can only be pure if the family life is pure, not only that, your relations with each other are pure....

This bhoot of falling in love must be given up in Sahaja Yoga. That is one of the biggest loads. And one must understand that purity means chastity. Innocence means chastity – not only physical, also mental chastity. You have to have mental chastity. If you don't have mental chastity, you cannot ascend. Actually, in the West it is more mental than physical, is a fact. If you go on mentally imagining and playing around and working it out this way, it's going to be absolutely dangerous because it's all imagination. It has nothing to do with reality. The more you get into this kind of a nonsense, the more you get away from reality. That never means you should be dry. It never means you should be negligent of your responsibility. Does not mean....

As I've said, the sap in the tree rises, all right? Then it purifies, it nourishes every part of the plant separately in a different way. Like it's a mother, so mother. Father is a father. Sister is a sister. Brother is a brother. The brother-sister relations cannot become husband-wife relations. How can it be?

The sap nourishes all these things and then comes back. It doesn't get attached to some thing, which is "my wife"...

Of course, family life has to be all right. You have to look after your family life. But that doesn't mean that you make everything suffer. That doesn't mean that your ascent should be finished. It cannot be that. You're not like ordinary people. You are saints and for the saints the main thing is their ascent, not their family life, not their material possessions, nothing, nor their children, but their ascent. Once they ascend, everything will ascend with it.

Now the understanding of chastity should be there. It can come to you very easily if you ascend. It is such a vicious circle. Now first of all, you get your Realization, all right. Now you must know that Kundalini itself is the Mahakali Shakti because She's the primordial; Mahakali Shakti is the primordial Shakti within us, and She remains as a virgin within you, which

is purity. She has a power to purify. All that happens when you get your Realization. She starts manifesting Her all-beautiful aspects in you.

Now, the one who is sitting there is Shri Ganesha. Now people don't understand what is innocence. Shri Ganesha is sitting there and He is the one who resides on Mooladhara, even over His mother, because He's like a guard and He's the one who tells whether She can ascend or not. Unless and until He gives permission, She cannot ascend. He stops all His work....

He's only worried now about the ascent. And on every chakra He checks your purity and then, accordingly, the Kundalini tries to purify it. But when it reaches the mental level; mental level has all these funny ideas of romance....

In Sahaja Yoga the romance starts after the marriage, but also with *maryadas*, not at the cost of Sahaja Yoga, not at the cost of your ascent...

Some marriages do fail, the reason being they do not know what the purpose of their marriage is. So the first and foremost thing of Mahakali is that She is purity, absolute purity, and that purity, if we cannot imbibe within us, we cannot be Sahaja Yogis. Now this mind is so much conditioned, I know. Our children will be much better off than ourselves. They won't have these conditionings, as we have had. And so many problems can be just avoided if you really become pure people... The wife is the one who gives the husband consolidation. Without your proper consolidation, into your purity, not into your romantic life, you cannot rise...When we are ascending, Shri Ganesha ... just stops the action of excretion completely and the ascent starts.

The Deities are doing their work all right despite the fact they've been insulted, they've been neglected, we have misbehaved, whatever we might have done. They are doing their jobs all right. You can see it – so many people getting Realization. But what are we doing about it? We cannot be even collective. We cannot attend collective things. I look at them, how generous they are. They're extremely collective ... to such an extent if somebody, supposing worships Shri Krishna, his heart will catch. Why, because you must also worship Shiva. They are so collective and so much connected with Me.

So they are all collective. In the same way, you are also *Devas*, you also should be collective. As soon as you become collective, all these nonsensical things will drop out. All these ideas will drop out. You do not become collective because you have not dropped out all these things, or else you're afraid of dropping them out.

So let us know what is our purpose is. Our purpose is to ascend. And

what is the Mahakali power is doing for us? She's giving you your ascent through Kundalini. She is purifying. She's giving you all the powers. She is protecting you all the time. She is giving you joy. But what are we doing for Her? Her only, only desire is that My children should be saintly, that they should have beautiful qualities of a saint, that he doesn't fall at every woman, fall at every man. He's not so cheap, you see, and mentally specially....

If the Sahasrara is spoiled, how can Sahaja Yoga work out? The whole play is of the Sahasrara and that purity should manifest. Through you, we are going to change the world, through no one else. [It is] the Sahaja Yogis who are going to change the world."

*H.H.Shri Mataji, LeRancy, France, 12.09.1990*

**♣ Once you go through the present stage then you reach a height from where you can see the past, the present and the future.**

"...Hitler is one of the examples of that. He learnt this from the Tibetan lamas – how to go to the supraconscious. And when he learnt it from them, he used it and made many people supraconscious, ego-oriented. You must have heard about the lama system, which was another big problem. They knew the future part, who is going to be the next lama. Where you will find him? Where you will get him? All the future things they knew and people thought this was Divine! To know future is not Divine. It is an area which we should never go to, because it is an imbalance. We are human beings and we have to know the 'present' and not the 'future'. Once you go through the present stage then you reach a height from where you can see the past, the present and the future. Supposing on the Mother earth, if you have a means of going higher and hang yourself there, then you can see whatever has passed through, and you can also see what is going to come, and wherever you are, you are in the present. In the same way, when a person ascends in reality, in the present, he goes at this point in the supra-consciousness from where he sees the supra-conscious right side and also he can see the subconscious; but he has no interest. He wants to rise in the present. And, this is what actually the Kundalini awakening is."

*H.H. Shri Mataji, Delhi, India, 08.02.1983*

**♣ Sex is not important for human beings at all**

"When Freud spoke of conditioning he didn't know that he was putting another type of horrid conditionings on you. Terrible! Sex is not important

for human beings at all! Is not at all important. It is only when you want to have children, actually, a human being who is of the highest level will indulge into sex. The lure, the romance, this nonsense and all that doesn't exist in a pure mind, it's all a human creation. And this servility one has to that is so much surprising. It comes from a very low grade within us. It comes from the low graded human beings that one becomes servile to it. You should be the master of that. And, today when I see around, Myself, in the West, which is also part and parcel of the same Creation, so much of sickness that has come. I am really aghast. How to turn your attention now to the maturity of sex?

When the sex matures, you become a father, a mother and a pure personality. When you hear about a ninety-year-old woman marrying a nineteen-year-old boy, I mean, you just don't understand. What sort of a society has been created in this world, this kind of a stupid behavior? We have to mature ourselves. That doesn't mean I'm saying austerity at a young age. That doesn't mean that. Another absurdity is that. But of course you must mature. You need a *tapasya* for that.

Unimportant thing when it becomes important; and such an unimportant thing, that it's just like anything that we have, like we have hair. Even if we lose hair, it means something. But if we lose sex, what's wrong with it? It's very good. Good riddance to bad rubbish. Such a waste of energy. So much interest, so much of our precious attention, so much of auspiciousness spent in this kind of a nonsensical thing.

So, to worship Ganesha one has to understand we have to mature. Maturity has to come within us. We have to go deeper within ourselves. Our attention has to go deeper within ourselves, spontaneously. How do we achieve the depth if we are still like worms? Otherwise it's a great sort of a sacrifice, or a pressure on people. These tags and these pressures have been very costly for you people, very costly. You have paid through so much. You have gone through so much for what? So, the priorities have to change if Shri Ganesha is to be worshipped".

*H.H.Shri Mataji, Brighton, U.K., 04.08.85*

### **♣ So this Uncle looks after the children till they are grown up enough to meet their Father**

"Now we have two other sides to this Centre heart- is the Mother's heart- is Her own brother, is Vishnu, takes incarnation as Shri Rama on the right heart. Who we think is the Father who is looking after His children. So that is the Father, and this is the Mother. Though here the Father and the

Mother are in two aspects, that the Mother is the sister of the Father. And the Father is the Mama (Maternal Uncle) of the Sadhakas. The mama is a greater father than a father, as you all know. And so this Uncle who is the incarnation of Shri Narayana looks after the protected disciple of the Mother. He gives that Father's understanding to the children. Because at this stage, the Father, God Almighty, is not known, Who is Shiva. So this uncle looks after the children till they are grown up enough to meet their Father. And that is how we can say that Parvati or Uma, or Devi, She comes to Her Mother's place, *Maayka*, and resides in this centre heart. And there Her brother protects Her children. When She gives Realization to children, or gives second birth, then this Mama looks after the sister's children and helps them to build up the security of a father. So the right side of the every human being represents the fatherhood, the Fatherhood".

*H.H. Shri Mataji, Delhi, India, 01.02.1983*

♣ **Without being in My presence you will be in My presence**

".....no amounts of labour or troubles are sufficient to become a Sahaja Yogi. Whatever you may try one cannot become a Sahaja Yogi, while you have got it without any effort, so you are something special.

So this, once you understand that you are special, you will become humble about it. Then when it happens to you, that you humble down when you see you have achieved something, that you have some powers, that you are emitting innocence, that you are discreet and as a result of that you become more compassion, humbler personality, a sweeter personality, then you should believe that you are in the heart of your Mother. This is the sign of the new Sahaja Yogi now in the new era who has to move with new force. Where you will grow so fast, that without meditation you will be in meditation. Without being in My presence you will be in My presence. Without asking you will be blessed by your Father. This is what you are in for; and again I welcome you to this new era today on this great day of Sahasrara".

*H.H. Shri Mataji, Rouen, France, 05.05.1984*

♣ **'God's Realization' is the stage which, Gautam Buddha and Mahavira only had achieved and settled down in our brain**

"When you get into the *Nirvikalpa* state, the *Ananda* starts settling in you. When you see cities, any beautiful picture or scene, immediately what you find is a great flow of *Ananda* coming down. This is the Grace that you

are just lost into it; like the Ganges flowing over you, you are completely drowned into it. Your consciousness becomes *Anand*.

In reality you come to know that till now we have never known there is a 'Sarvavyapi Shakti' but now we are aware of the same. We can feel it coming in our fingers. This is the Reality. There is Chaitanya all around us, which thinks, which understands, organizes and loves us. All this you come to know the knowledge part of it. Then the Anand which is the Hrudaya starts emitting it. Later on what you get is *Vilaya* into *Ananda*. At that stage complete Self Realization takes place. At that stage you can control the sun, you can control the moon, you can control every element.

Beyond that there is 'God's Realization'. There are three stages to that also, but just now I have told about this. 'Sat-Chit-Anand' state. The 'God's Realization' is the stage which, Gautam Buddha and Mahavira only had achieved and settled down in our brain. Christ is also here. These two are not incarnations. They are born as Human beings. They were born to Sita, as Lava and Kusha. Then they were born as Buddha and Mahavira and 'Adi Shakti' was their Mother once again. Later on they were born to 'Fatimabi' as Hasan and Hussein.

They are the two milestones you have got, by which you can know to what height a human being can rise. Now today they are like incarnations. There are other styles of personalities like Chiranjivas, Bhairava, Ganesha. They are all incarnations. Hanuman later on appeared as 'Gabriel the Angel'. 'Bhairavnath' came as Saint Michael. The names are different, but they are the same personalities. Devi has also incarnated. There is no doubt about it. The scientist will not understand this but a Sahaja Yogi can. Because they can immediately feel their vibrations and can ask questions. You can ask questions about Me also and you will get the vibrations. For that at least your Deities have to rise and say 'Yes'. You may or you may not get 'Realization' but the answer you will definitely get".

*H.H. Shri Mataji, New Delhi, India, 15.02.1977*

### ♣ ...if there is an accident, nobody will die in that train

"Once you get the Realization, the 'Chiranjivas' surrender to you. They are watching you. You are their responsibility. All the 'Deities' are awakened in you. If you do anything against the 'Deities' immediately they will harm you. A person who has got Realization, goes to a place which is not to be seen or which is not to be felt or which is not a good place, or to a fake Guru; immediately he will feel heated up. If he does not run away, and if he still goes on and on he will lose his vibrations and he will become like another



ordinary person.

Initially it is in a very transitory stage. Still, I would say at this point that the repulsion is not so very great that the man does not accept it. Because if you accept it, you become completely Realized. If you do not accept it, then there might be a little bodily problem that you might have. You might harm your own fingers, or you might get little burning sensation here or there. But if you are not afraid of these bodily sensations and if you ignore them, then you start rising higher and higher and I have already informed you that all the 'Chiranjivas' start guiding you and looking after you.

If there is one Realized person in the train, there cannot be an accident and if there is an accident, nobody will die in that train. If a Realized Soul is walking on the road, and if he sees a mishap, his attention goes there immediately and the mishap is averted. His attention is being blessed. All this, a scientist cannot understand.

Somebody just now asked Me, "If he is guided by internal God, then he cannot do anything by himself". It is not so! The internal Gods are his own part and parcel. You can say that I am guided by my brain hence I cannot do anything else. You can see, the Gods are in your internal parts, by yourself. What is this self left with then? When you are united with this Self, you become a hollow personality, then you do not have this feeling of the self. All the time you will say: "It is going, it is happening, it is flowing". You start looking at yourself as a third person. You do not identify your self with yourself. It happens. You can see these people how they are working".

*H.H. Shri Mataji, New Delhi, India, 15.02.1977*

♣ ... .. **when Vishnu becomes the Virata, the great primordial being, then She is called as Viratangana, as His power**

"Now when this desire becomes evident in human beings, then only Lakshmi incarnates as Mahalakshmi.

So She incarnated as Mahalakshmi when Rama came on this earth, first time. And also She incarnated as Radha when Sri Krishna came on this earth. And when She came as Mary, it was Mahalakshmi who bore the child that is Lord Jesus Christ. So the child She bore was the great personality of Mahavishnu. This Mahavishnu-tattwa is also represented, or we can say has an aspect, of others, which incarnated on this earth as two children of Sita. They incarnated as Mahavira and Buddha, as Hassan and Hussein.

Also at the time of the prophets Mahalakshmi incarnates as a pure

relationship with them. Like Raja Janaka's daughter was Janaki, means Sita; then She came on this earth as the daughter of Mohammed Sahib; and then She came on this earth as Nanaki, the sister of Nanaka. So She resides as a pure relationship of these gurus.

Thus the Mahalakshmi's greatness is that, through Her power only the Sushumna is covered by Kundalini. She is the power of our evolution. And by Her power only we have risen to be human beings and by Her son's power we are going to become higher people. Thus the importance of Mahalakshmi is very great for all the Sahaja Yogis. Because She guides our Vishnu tattwa to its culmination, to its completion. Which is the principle of our evolution. Thus She is a giver of Dharma, She gives us the Dharma and She is the giver of the truth. She is the one who relates us to our brain - the whole brain is Mahalakshmi's system. So it is She who exposes the whole of the knowledge as truth to us, on our central nervous system. But at the state of Virata, when Vishnu becomes the Virata, the great primordial being, then She is called as Viratangana, as His power.

So these are the incarnations of Mahalakshmi about which I have told. There's so much can be said about this Mahalakshmi-tattwa; you are all blessed much by that.

And so today we remember Her great incarnation as Maria, who was very great because She had to bear terrible pain in Her heart with all Her powers that She had. She was a tremendously powerful Lady. But despite that, She bore all the tortures of Christ upon Her heart. And it was Her order and Her desire that Christ had to crucify Himself so that people could be resurrected. And sometimes Indians asked me what did She do to be a Mahalakshmi, what did She achieve? I said, "with all Her powers to bear it. To play the drama it must be too much."

So She is the redeemer and She connects you to God. In the sense She is the bridge. And the Kundalini rises over the bridge. And Kundalini is the Mahakali. Now we have a temple in India which you have visited of Mahalakshmi in Kolhapur; and there when they sing, when they worship Mahalakshmi at that time they say "ude, ude, Ambe". That time they say "Oh Ambe - the Kundalini - rise".

But Kundalini is the potential of all the three powers: Mahakali, Mahalakshmi, Mahasaraswati, because it is the primordial desire. Because She is the Holy Ghost, you see, so She contains all these three powers in it. Like Adi Shakti has all the three powers of Mahakali, Mahalakshmi, Mahasaraswati"

***H.H. Shri Mataji, Munich, Germany, 08.09. 1983***

♣ **He took his birth later on as Buddha, then he took his birth as Adi Shankaracharya, it's the same personality**

"... he was like a little child, absolutely. Everything is described, My hands and everything, even My body in a way. Just like a little child grabbing on the Mother. The dedication and devotion was so great, I mean, that Adi Shakti had to take him up. He is the one who brought Me in. There was no idea of Adi Shakti taking birth or anything, nobody thought of it. Only once She came in Gokul, She was created in Gokul. Gokul is the one, now of course later on it was reflected in India, but Gokul is where Shri Krishna played, in the Goloka, in the Vaikuntha. She was created as one cow with all the deities sitting in Her, She never came on this earth and he is the one who gave the form, in what form She has to come -with thousand hands, the face like Mine and seven Chakras. In that way India is very much blessed, I should say, with these things, but the difference between the saints and the public is so much, that they never understood. They know it is a very great place and Saptashringi is there. We have Saptashringi also in Pune, but Saptashringi is only there, where all you people go, near Nasik, that's the place.

"So that's the great part of Markandeya. He took his birth later on as Buddha, then he took his birth as Adi Shankaracharya, it's the same personality. But he was actually the son of Rama, to begin with. He was Lav and he went to Russia and that is why they are called as "Slavs". He ruled in Russia, that's why they are called as Slavs. Another son was Kush, who went to China that is why they are called as Kushan. Then they incarnated again and again, also as Hassan and Hussain, as Mahavira and Buddha, as Adi Shankaracharya and Gyaneshwara, like that. See, it is so peaceful. Cool breeze. I think the name Markus might be coming from Markandeya. Markandeya is a very unique name, isn't it? "Markandeya" means a powerful personality. Markandeya is sun, of course, Markandeya is the name of the sun, Markandeya, is the sun".

*H.H. Shri Mataji, Vienna, Austria, 09.06.1988*

*Subtle system cleansing, enlightenment and the techniques for ascent*



*“By not paying attention to your spiritual growth you are not helping Me at all, because these vibrations do not fow out. They are to fow through you. If I could manage them, there was no need for Me to run after you. It has to fow through you. You are the channels and if you do not keep yourself clean and humble and meek about it, it does not work out. You are not helping Me at all by that. So, the localized problem of yours, limited problems should be given up and see to the bigger problems that you will be solving.”*

***H.H. Shri Mataji, London, England, 27.09.1980***



*“The light element is here on the Agnya. When you do ‘Arti’ or when you put light before God, when you show ‘light’ to God, the ‘light element’ within you gets enlightened”.*

***H.H. Shri Mataji,  
London, 27.09.1980***

*“For solving this problem, you give Me rice. It is called as ‘Otti Bharne’, that you give Me ‘rice’, I beg of you actually. You put it in My sari. Rice, you give Me five times, I give you seven times back. That’s the symbol”.*

***H.H. Shri Mataji,***



### ♣ **Sahaja yoga does not work on mental level**

"We must understand that Sahaja yoga is not done through brain activities. Like many people think that if you just tell yourself; "you have to be like this", it will work out. If you have to all the time, inform yourself that, "Oh, you must get rid of particular problem", it will be all right. Or some people think that if they tell somebody that; "this is wrong with you and you should get well", it will be all right. It is not so, because Sahaja yoga does not work on mental level. It works on spiritual level, which is a much higher level than mental level".

*H.H.Shri Mataji, Vaitarna, Maharashtra, India, 18.01.1983*

### ♣ **...try to improve your Chakras with the photograph**

"Now this mental level can go even further, in a subtle way, into people. Some of you might feel that by knowing some of the Arti and things by heart, you will achieve weight, is not true also, because that is also words. But if that is an awakened thing within you, then they become a 'mantra' and then you can work it out. But first of all you must achieve a certain standard to have that power to create the mantras. Also when you say some 'Arti', it is not necessarily possible that it will work out. Let us face the things as they are and not to be conditioned by anything else. You have to achieve a certain depth within yourself to 'even' enlighten the mantra.

First of all you should have clear-cut vibrations, minimum of minimum. If you have certain Chakras catching, then try to improve your Chakras with the photograph; with all the due respect to the photograph. It's only the photograph which is going to work it out, nothing else, – or if I am there. But once if you have achieved a certain state of enlightenment, then you can use mantras otherwise also, it will help you. But first of all your heart must be clear".

*H.H.Shri Mataji, Vaitarna, Maharashtra, India, 18.01.1983*

### ♣ **You have to ascend, not fall**

"Anything I tell you, you must know that in Sahaja Yoga we have not to go to anything 'Ati' (extreme). Even sitting in the water, some people will sit for 3 hours. I've never said so. Only for ten minutes you have to sit, but that with full heart. If I tell them anything, they will go on doing it for four hours; there is no need. Do it for ten minutes. Give your body different,

different types of treatments, not all the time the same thing. The body gets bored or gets absolutely overburdened. Now if you tell somebody, this is your mantra; alright; it is to be used till you get rid of your Chakra, finished. Suppose, some screw is to be put here. Alright; what do you do to put the screw to get fixity, you do not get go on screwing even when it is fixed. Are you going to screw it more and more so that the whole thing gets spoiled? It is better that you use wisdom. And for this wisdom, we must know that Shri Ganesha or Shri Jesus Christ who are – placed on both the sides. Here is Maha Ganesha (back), here is Jesus (front). Both of them help you to correct your vision, understanding and give you wisdom. So the wisdom lies not in sticking on to something. Sahaja Yogis are not stuck up people. If they are stuck up, they are not progressing. You are not to get stuck up with ideas and stuck up with people. You have to be all the time moving and in movement, it does not mean that you should fall somewhere and people think that oh, we are (learning) such a lot, because we are falling down. You have to ascend, not fall."

*H.H. Shri Mataji, Hanuman Road, New Delhi, 04.02.1983*

### **♣ Even in Sahaja Yoga people are extremely ritualistic**

"First of all, we should see how our conditioning takes over our innocence. It makes you extremely ritualistic. Even in Sahaja Yoga people are extremely ritualistic. Ritualism is like this, if you have to say three times you will say three times. Very tied up people. Some Sahaja Yogis who are bhootish get frightened of Me. I love you all. You won't find a milder Guru than Myself. Even if you look at them they will not smile, they will be afraid. What wrong have you done? You have become Sahaja Yogis. They are so ritualistic. One should understand the difference between a protocol and ritualism. An innocent child knows the protocol.

Innocent children's worship is not ritualistic. It is heartfelt. How to worship, how to show love? A person who is very ritualistic may even beat another person. "You should not have to put camphor in it." There is nothing wrong. If you do it with your open heart, innocently, anything is alright. Now you are in the kingdom of God and here there are no rules and regulations that you should be ritualistic. But everything has a double style. Like when I say don't be ritualistic, I went to an ashram and found everything like a pig sty. All the ashram leaders tell Me that Sahaja Yogis have no sense of looking after the cleanliness of the Ashram, it is their house, they look after it."

*H.H. Shri Mataji, Cabella, Italy, 19.09.1993*

## ♣ **If fasting people have to get God, at least 30% people of this country should get it automatically**

... What is the need to do all this? They are fasting. Why are you fasting? I don't understand. Why do you want to make your body weak? In this body the Lord is going to come, and this body is fasting? If fasting people have to get God, at least 30% people of this country should get it automatically. They are made to fast.

[Sahaja Yogi says] : Particularly women.

Shri Mataji : Women? "Santoshi Maa?" fast. Any fast. You know they've gone to such an absurd limit. And these Brahmins I will put them responsible. They have given all wrong ideas, absolutely juxtaposition. How? On a Sankashti, the day when Shri Ganesh is born in the family, see, imagine, that day you must fast. Imagine the argument behind it. That day! You see, supposing somebody is born in your family? I mean you celebrate it, you're so happy. [Mother speaks in Hindi: Us din kush raho, shok rehanachayiye?] Supposing I come to your house and you are fasting. I run away the next moment. [Shri Mataji and yogis laughing]. You see, if you write "Today we are fasting", nobody's going to come to your house. If you have to share in fasting, you can do, like KarwaChout, they share in fasting.

You should fast on only one day, definitely you must. That is NarakaChaturdeshi. That day they will eat. Because that day Narakasura was killed, and he was put in the naraka, means the hell. He was put down there. And the gates of hell were opened for him, and all such people are put on that day into the hell. So, that day you should not get up early in the morning, sleep in your bed.

[Somebody says it is already in the calendar].

See, with the calendar I don't know, who has made, [Yogi's talking] You see, but we must use our brains. What is NarakaChaturdeshi meant? Actually these must be some rakshashas, must be some devils who must have created these calendars for us, some of them. That you must fast. I don't know who has written such a nonsensical thing. The day when the gates of naraka are opened that day they'll get up at 4'o clock, take their baths and nicely eat. All the rakshasas are will be going with the food inside the stomach, in the Nabhi Chakra. The picture has come of - the picture has appeared of some SantoshiMaa. Everybody fasting on Friday. Then the



absurd ideas about eating food. That makes the difference. Also this is been introduced. ...

*H.H.Shri Mataji, Delhi, India, 22.02.1977*

### ♣ **Q : What is the reason for having dreams?**

**Shri Mataji:** The reason for dreams is that when you are sleeping your attention moves either to the supraconscious side or to the subconscious side, your attention starts moving. And then you start seeing things which are connected with your subconscious or your collective subconscious and all this thing. And you may go onto supraconscious side where you see your future and all this thing. But the reason why you get dreams actually is that the unconscious, which is within you, or you can say the Kundalini or your Atma is trying to guide you to the right path. And how does it guide you to the right path? Is through dreams. But these are misunderstood.

How do you understand these dreams because you are so confused. First you go deep into yourself and you touch the unconscious - sushuptistithi. But from there you come out. And then when you are coming out, you touch your subconscious or maybe supraconscious. So whatever anubhuti you had, or whatever experience you had, of the depths of the sushupti gets confused and you don't know what you dreamt, and you don't understand and you forget it. But those who are realized souls go to their sushupti and see exactly what they have to know. Like many people in Bombay when I came, they didn't know I was coming but they were at the airport because they got the dream. So at this sushupti level, at the deep level you get the communication with God if you know how to go in and come out fully aware. But if you get confused with supraconscious or subconscious areas or if you start, your chitta is not so clear-cut, then there can be a big confusion.

*H.H.Shri Mataji, Delhi, India, 03.02.1983*

### ♣ **Many symbols appear in the dreams**

For example, we can say Jung, one of the greatest psychologists and I respect him very much. He has done a lot of work on the unconscious and he has taken many years to experiment on thousands and thousands of people to find out how the unconscious works through dreams and symbols. Now he has found out many symbols appear in the dreams. For example a

triangle like this appears in a dream of one man, pointing downward. Invariably in all the cases wherever such a dream has appeared, such a man has murdered someone. Or if the triangle is just upside down, means the top is the pointer then invariably all these people who saw this in the dream and reported to him, they were murdered.

*H.H.Shri Mataji, Mumbai, India, 22.12.1976*

### ♣ **Mahamaya is protecting Sahaja yogis**

There are so many, so many stories like that, that shows that how this Mahamaya is protecting Sahaja yogis: protection, very caring. Also in dreams She protects. It's very surprising how people get dreams and how they get their medicines, how they get their treatment, how they understand about the dangers that are there, how in dreams they are told about how other people are, how they behave. You don't have to know it in conscious mind, but into the very, very deep sushupti state in dreams, you know what is good for you, what is bad for you. Somehow they know. And it is that knowledge which - intuitive, we can call it - comes through Mahamaya. She's the one who gives you this intuitive knowledge what to be done, what is to be done, how to get out of problems. And you do; whether you manage it or not, you get out of it.

*H.H.Shri Mataji, Cabella, Italy, 08.05.1994*

♣ **Shri Mataji** : On the left heart is the Spirit, is the Spirit. It's difficult to show Spirit, you see. So they have shown it as a fire, flame, flame.

**Sahaja Yogi** : Mother, what of dreaming? Do they got a place in the Spirit realization? What of dreams?

**Sahaja Yogi** : Do dreams have a part in one's Spirit?

**Shri Mataji** : They come from different areas. They don't only come from collective subconscious. They come also from the subconscious that you have had in past lives, maybe in this life. Could be from just from yesterday. So it depends on from what area it comes. But it's not important. Once you know the real truth, then you don't bother about these things because the communication is not circuitous; it's just direct. So you know the truth. So you are not interested to know anymore.

*H.H.Shri Mataji, Sydney, Australia, 16.03.1990*

## ♣ **Unconscious, means it is not in our central nervous system**

Psychology, now take psychology. I mean science has created the stage for Sahaja Yoga. It has created because they cannot jump on to it, so they have definitely created a state from where somebody has to tell them how to jump. Psychology now for example Jung, a person of his caliber, went all out to find out what was universal unconscious. And he studied so many dreams and so many patients and found out that there is an universal unconscious which sends dreams which gives us universal symbols. Whether you are in India or here or anywhere else you get the same symbols. For example, he said that if you see a particular type of triangle which is downward facing, the apex is downward then it means that you'll be murdered. If you see, the same triangle upward that means you will murder someone. So the unconscious is giving you a guidance. He also said very clearly how he treated some patients with this understanding that there was a lady who came to see him, and the daughter was with her.

And she said that, "I always dream," the daughter said, "that my mother is a witch while my mother is very kind to me, I don't know how to understand this dream that says that my mother is a witch, and she is just [draining?] me?"

So he studied her and he asked the mother, "Do you spoil your daughter very much?"

She said, "Yes, I give her lots of money, and I give her everything, and I give her all the freedom, and I say, 'Do what you like with yourself, I'm not bothered about her.'"

And the daughter was very young about 15 years of age. So the unconscious was giving the warning to the daughter say that, "Do not take to these things, be careful. If she's spoiling you, be careful."

Then another dream, just to match with it, he said, "There was a gentleman who always saw in his dream that he's bowing to his son, all the time bowing to his son." And like a king the son was sitting, and he was just going and bowing to him."

So he came to him and told him, "I don't know why I get such a dream."

He said, "What is your relation with your son?"

He said, "The son is just, I would say because he was born to my first wife, and my second wife is against him, and that's not good relationship, and you see I cannot afford to be very friendly with him.," and all sorts of

things he, the relationship was not so good.

So then he said, "That's the thing that your son is very much liked by God. He is a saint. He is a good person. And why you are troubling him? So the unconscious giving you all the time the information that you just don't do that."

And that's how he calculated what kind of a symbol expresses what. And it was amazing, though he got his realization very late in life, the way he discovered that there is universal unconscious.

This universal unconscious is nothing but this all-pervading power. Now it is unconscious, means it is not in our central nervous system. We are not conscious of it. So we have to be conscious of it. How do we get conscious of it is that, first we have to get connected to our Spirit because spirit is the expression of that universal unconscious within us or you can say the link. Unless and until you get your Self-Realization you cannot be linked, you cannot be linked with this universal power which is within us as Kundalini and which is without all over.

It is most surprising to understand that God who has created us with such care with such love, especially as a human being which is the most beautiful thing God has created. We may or may not think so. We may not. We may have self-pity; we may have guilt, all these nonsensical ideas. But you don't know. You're special thing that God has created. And on top of that the highest human being are not these politicians, or these great successes, and geniuses, and all that but who? These are the seekers because they have to enter into the kingdom of God. It is their right first to enter into the kingdom of God. They are a very, very special category. And this is very well described by a great poet William Blake, who says that these are men of God. And he described the modern times and Sahaja Yoga very well.

He says, "These men of God will be born in those days, and they will become prophets, and they will have powers to make others prophets." And that's the thing he said.

*H.H.Shri Mataji, Houston, Texas, 04.10.1981*

### **♣ Fanaticism is against Sahaja Yoga**

Fanaticism is against Sahaja Yoga - absolutely. Now they will ask, "How many times we should say this 'Mantra'?" Then I say, "Zero times."

"How many drops we should put, the ghee, in our nose?" Then I say, "A full jug." Then, "Oh, I should not have gone from the left side, I should have gone from the right side."

Then, I would say, "You just jump up."

You have to be like children. But the ideas are so settled down in Sahaja Yoga, now it's so many years of course, but they should not settle down. If they settle down, it's not Sahaja; it's not spontaneous. 'If you do this way, then it is wrong; that way, it's wrong' – nothing of the kind. Nothing is wrong for you people. If you do anything wrong, your vibrations will be lost, finished. What is there to be so cautious? Like, somebody said, "I don't want to look at the cigarette." I said, "Why?"

"Looking at it also is sinful."

I said, "Looking at it what happens?"

"Then I feel like smoking."

So I said, "Better smoke once for all."

Or, "I cannot hold a wine bottle in my hand."

"Why?"

"No, holding the wine bottle is sinful."

I mean, you can swim in the wine. So this kind of understanding should be there. Though I have always said that if I say one thing, you will clinch on to it. So I always say the other side of it - that don't stick on to something; Sahaja Yoga is not for sticking on to something. Like somebody who had learnt certain say, lessons about Sahaja Yoga in the beginning of it, certain Mantras they had learnt, and still they are sticking on to the same step. No, no, no, no – you have to go ahead. This is just a staircase. Don't get stuck at a point. We have had so many such cases here. People get really outworn as they say. They will go on telling you so many nonsensical ideas – "You see, if you do like this, then this happens." First of all, you don't give ideas to others. That's one thing - if you decide that we don't give ideas about what's wrong with another person, half of your job is done. Because you don't have to do any job, as I don't do. Anybody who comes, "You are a 'bhoot'." You better have it. I get reports from others. They say that your Sahaja Yogis are wicked people. I said, "Why?"

"Oh, they tell you, 'You are evil.' They tell you, 'You are possessed', they tell you, 'You are this, you are that'; they are very wicked people."

I am really shocked to hear that Sahaja Yogis - how can they be wicked? If somebody is suffering from something, in the phone they say, "Oh you better have it. It's good for you." That's not the way. We have to be not only humble, very tactful and sweet to new people – if you want any more to come in. But if you have decided not to have anymore, because you will have to put another marquee, then I have nothing to say. But if you want others to come in, then it's important that you talk to them in a very sweet

and beautiful language, the way they understand. Rudeness, arrogance, showing off, is of no use. One should understand Sahaja Yoga is where you are in complete enjoyment about it; you are just lost into that enjoyment. Where is the time to remember how many times to give a 'Bandhan' to yourself? What is the need to give 'Bandhan' to yourself? It's all a joke now for you, should be. A little child sucks the milk from the bottle, all right, because it has no teeth. But what about you people having that kind of a thing? It's very childish and shows no growth at all. Sahaja Yoga must grow within. You should not be, anymore, regarded as immature Sahaja Yogis. I would say: a person who is a matured Sahaja Yogi is the one who can combine so many things together, with all beautiful lines, thin lines, thin 'Maryadas' [Hindi/Sanskrit meaning code of conduct] maintained. But, you cannot do the other way round".

*H.H.Shri Mataji, Shudy Camp , UK, 12.07.1987*

### **♣ By pulling that backwards they started developing their pituitary, and this pituitary was activated**

Today is very interesting topic before us, is to discuss the Vishuddhi chakra, which is placed here behind the base of the neck, and which has got sixteen petals. It manifests outside the cervical plexus in the gross or physical action. As you know, for the emotional side you have got ductless glands and thyroid is the gland which is placed here. This center in the evolution is of greatest importance for human beings, because this center developed its maximum growth when human beings raised their hands, heads from animal stage to become human beings. For animals the heads were at an angle towards the ground, first it was just touching, parallel, then it was raised higher and higher till it came to monkey stage where it was raised slightly higher and at the human stage only they raised their hands, heads in a straight line. Straight line was all right. In the straight line it was the balance between the superego and the ego. First there is superego in the animals when they are looked after by human beings. Animals developed certain conditionings from human beings. Like a dog has to be looked after by human beings. Then the dog is told to do this or that and the conditioning starts. And when this conditioning starts in a dog, he starts developing his superego in a human way. But when a chimpanzee raised his head and tried to become a man, first the head of the first original man was bent like this. In the Ramayana, there is a mention of such race, the missing race, where human beings were half monkeys and half human beings. That's about eight

thousand years back.

Now this center was really, fully enlightened by Shri Krishna, who came on this earth in the era called as Dwapara. Rama was in Satyayuga, and He came in Dwapara. That is about six thousand years back. And Shri Krishna incarnated as one of the incarnations of Shri Vishnu, who is responsible for our evolutionary process. It is only through Shri Vishnu that we evolve. He is the aspect which gives us dharma. Dharma is our sustenance. Through changing our sustenance or our capacities we have evolved. Like I can say Carbon was at Mooladhara chakra. And this Carbon [?] matter got prana into it by which it started moving as a living thing. This living thing then grew into higher and higher awareness till it reached a stage where you were an animal and then you had to become a human being. The first human beings were short people. That incarnation of the short people is called as Vamana. Then there were people who became very conscious of the nature around and wanted to have the mastery over the nature. They started doing all kinds of yagnyas according to the Vedas. Vedas actually worked out right hand side growth of human beings. And they developed people who were good at reciting Veda mantras and all such things that would give us mastery over the five elements. These people when they mastered the five elements they became very ego oriented, and instead of only keeping the head in the center they started pulling it backwards. By pulling that backwards they started developing their pituitary, and this pituitary was activated so much that they increased their [?] than normal, became [?] people, started thinking about the future and the idea of future started coming into the human beings.

*H.H.Shri Mataji, Sydney, Australia, 31.03.1981*

♣ **Question: Please, I have a question. I am practicing yoga and work with my chakras, but my thyroid gland is not working.**

**Shri Mataji :** Which yoga are you practicing?

**Question :** ...it's from Indian medicine men from the native people of America...and it's yoga...

**Shri Mataji :** I will tell you. This lady is telling Me that she's practicing some sort of a yoga, but her thyroid is not curable. About all these yogas I have to tell you the same thing. Without getting the Realization, without getting the connections with the mains, if you take to any one of these methods, even what you call that Chinese thing, Tai Chi, and another thing they put the pins and needles, acupuncture, any one of these things,

then you exhaust the energy of a particular center to the maximum. Then this center sucks in from other centers. Because there is no unlimited source within us. So doing all these things puts you on to the sympathetic nervous system. Even cancer is caused by the over-activity of the sympathetic. So it is the case just like a car which has got limited petrol and you can go to that extent and no further. But if you go too further with it, you ruin the car completely. But when you are connected with the mains, all the time the vital force is flowing through you. So first you must get connected to the mains, which is yoga itself. Without the connection how do they call it yoga, I don't understand. There is no union and they call it yoga. Also yoga means the deftness in the maneuvering of the Divine power. If the Kundalini has not risen how will you know where it is obstructed? Now supposing if you start from here to go to your house, how can you know where is going to be the obstruction? But here the car has not yet started. And you are trying to correct the obstructions at a point which does not exist, may exist. So all these yogas have no meaning because there is no connection with the Divine, with the main. Supposing this instrument is not connected to the mains, it is useless. If you telephone to somebody without connection, you'll break the telephone. So the first thing one has to do is to connect you to that Divine power. Is it not logical?

In the olden days, when this Patanjali yoga was practiced thousands of years back, the first thing was called as IshwaraPraridhan means the establishment of God within you. So now, but in the modern times everything is so confused (Shri Mataji laughing) that a simple thing like this we overlook. If you get cured it is just a by-product. Just as the by-product of these lights is that we walk properly. All right now.

*H.H.Shri Mataji, Urania, Vienna Austria, 28.09.1982*

### ♣ **..One who emits these vibrations, cool vibrations; is the one who is a Realized soul**

"Chetana" means "awareness," and "Chaitita" is the person who is enlightened and the one who emits these vibrations, cool vibrations; is the one who is a Realized soul. We have many children in this country who are born Realized. And I have met some human beings also who are born Realized, but they are rather difficult people, I don't know why. Though they are born Realized, they get possessed by their egos sometimes and they are not that evolved as they should be and they start behaving very queer, in a very queer manner. And their behavior can be sometimes so shocking, that



it's most surprising and they mesmerize people and they take to all these things to assert their influence on other people. It is a very surprising thing that those who did not get Realization through SahajYog, or who were born Realized, have not been able to express themselves, sometimes, and then they felt that they had a knowledge which was not complete about it. And they felt they were different, and they tried to assert on others their ways and methods, by learning mesmerism and things like that. It's most surprising but we have someone here already who is a Realized soul, who is here, who was possessed, who came here, got cured and she's all right now. So even if you are Realized you can be possessed.

But in Sahaj Yoga, the advantage is, after Realization, you know all the techniques by which – techniques of the Divine Force, which is flowing through you. That means when you have to have the energy, you have to put to the mains. But once you get the energy in you, you should know how to maneuver it. Then you know how to protect yourself, you know how to improve yourself, how to cure others, how to give Realization to others, how to awaken others, and everything you know, all the secrets, and the most secret-most techniques of the Divine Force, are told to you. Of course it is all learned gradually by you and you cannot pay for it because you cannot value it. It's not human. It is Divine.

*H.H.Shri Mataji, Caxton Hall, London, 30.11.1980*

### ♣ ....They are only realized souls

Now the relationship with children also one should understand. I have seen some people have a habit of getting a child very much closer, and pampering them, "Oh, this child is this thing. Oh, that child..." Let the parents handle the child; you just don't interfere with other's children. Don't interfere much with them. If you find any child is such and such, inform Me, I will cure the child. But if a child is being spoiled by you, it's the worst thing to do is to harm that child, is to spoil. Children here are very clever and intelligent, you must know. They are very good at manipulating. They will, because they are extremely precocious. They are realized souls; they are born in this country. What a combination! At that time you must be very careful as to their training.

From the first five years all the parents must be extremely strict with children, extremely strict. Don't allow them to overpower you or manipulate you. It's very important. If you allow them to overpower you or to dominate you, they'll sit on your head. Tell them not to do like that. And one day you will come and say, "Mother, what to do, these are realized souls

and, you see, we were looking after them." They are not deities. They are not deities to be worshipped. They are only realized souls. So keep them at that point. And you are My trustees of those children. And if you spoil them, it is you who will be held responsible. You have no business to spoil the lives of these children as Sahaja Yogis, and their chances of ascent. So if they are born-realized, they are not deities; this you must understand. They are not beyond corruption; they are not beyond all kinds of things.

*H.H.Shri Mataji, Hounslow, UK, 11.08.1984*

### ♣ **Sahaja Yoga is against the rituals**

"...The moment you 'try' to take the ego out of the mind, automatically the mind and also the ego start developing more. "*Aham Karoti Sahamkara*" I will do it! It means even if we 'try' to reduce our ego by any means, it will keep on increasing - as 'trying' is also an action that is enacted by our ego only. People think that he can manage to bring down his ego by becoming strict with himself for example, consuming little food and things like that. The entire stupidity of the world is either standing on one foot or with head upside down. People are always trying to adopt various techniques to put down his 'ego'. But, with all these acts, the ego does not come down, instead it develops. Observing fast or practicing all sorts of meditation or penances, one develops his ego only. Havana also helps adding to this ego, as the fire element is placed on the right side. Practice of these acts or the rituals, help this ego to develop. And people think that whatever they are doing are alright.

For, thousands of years man has been practicing exactly all those rituals that have been taught to him- he is carrying out all those wrong practices till today that he has been asked to do. For this reason Sahaja Yoga is against the rituals. You do not have to practice any rituals for that matter and go to the extremes of it. It is even worse. For example, as I was telling you the other day, that the best way to take out your ego is to, - as they say in Marathi '*Jodepatti*', - you must shoebeat it. So, everyday in the morning the Sahaja Yogis started coming out on the road in a queue with shoes in hand. Well, it is to be done only when you have ego within you and not otherwise. Every other individual was seen walking on the road with their shoes in hand. This sort of ritualism has very much permeated inside Sahaja Yoga. It has gone to such extreme that a gentleman, from France had brought all kinds of rituals with him and claimed that he had brought them from the Vashi Hospital. Well, you must know that these (rituals) are meant for the sick people. Only if you are sick, then you can practice these rituals. He had

even written down some of those rituals that were meant for the Cancer patients. As I told you the human being are in habit of practicing all rituals. Because, he always think 'I can do it', and that everything is going to work out fine for him with all these rituals. It's not only with you people, who have been doing all these kind of rituals. In the western countries also you find people have taken to practicing these rituals in a variety of styles..."

*H.H. Shri Mataji, Ganapatipule, Maharashtra, India, 25.12.1997*

### ♣ ...the whole life style is ritualistic. There is no freedom

"...At that time Shri Krishna came. His own cousin was a *Tirthankara*, you'll be surprised, He became a *Tirthankara* and that made Shri Krishna think about it, that this kind of stupid ritualism that we have – like in the morning women will get up, in their sleep they will go put some water for *tulsi*, do this thing, that thing, throw water here and there, and also the untouchables and touchables, and you can't take water from this, you can't eat this, you can't move like that; all kinds of restrictions, timing, everything. This time is not good, that time is not good, this you should not do, that you should not do... to such an extent that the whole movement of our country was around these rituals.

I had nephews who used to come to Bombay for their work. Every day... time they went to Lucknow, they would come with shaven heads. I'd say, "What's the matter?" He said, "There are many people in our family who are old and when they die we have to shave our heads." So every time they went there somebody died so they came with shaven heads. Like that, such horrible rituals existed and even now in the South India, there is a lot of rituals are there, terrible rituals, and they cannot get out of it; they're frightened. If they get out of it then they might be sinners, or they will go to hell.

So the Indian conditioning was, as far as these rigidities were concerned for religion, to be on the right side, to be on the... in such a way that we should not be caught up without doing this. So early in the morning they will get up and do the rituals just without even thinking about what they're doing. But in the West, the lifestyle is nothing but rigidity, the whole lifestyle; there's no freedom anywhere. And all that then was rewarded by these hippies and other people and all of them, and they fought it and that thing went to another extremes. So, from one extreme to another extreme they went.

Now how Shri Krishna's advent changed it. When Shri Krishna came

on this earth, He said this is all a *leela*. It is just a play. Because you're involved into it you cannot see the play. But, if you ascend – if you are in the water you are afraid of the water, but if you get into the boat you can see the water and if you know how to swim you can even save the people who are in the water. So He says that if you develop a witness state, *sakshi swarupa*, if you develop that state then you see the whole thing as a drama. Nothing affects you, nothing matters, you don't worry about anything, you see the problem above, you are and you see the problem and because you are, out of it you can solve the problem. This was His great advent, I would say, that has taught the first step towards the ascent is that you have to become a *sakshi*. You have to become the witness. . . . .

Now, let's see in Sahaja Yoga. In Sahaja Yoga there are different types of people come from different areas, from different cultures, because the door is open to everyone. Now, if an Indian comes in, he will be all the time watchful about others and will say that, "Mother this man is not doing this, this man is not doing that. He should have done foot-soaking." He'll find faults with others, all the time saying that this man is not doing like this and you know. But in the West they start finding faults with them. And I receive letters, ten to twelve pages sometimes, confessing what wrong they have done. Who is interested to know what wrongs you have done? I mean if a lotus is born nobody wants to know how many filthy things are inside the pond. You are now a lotus, but it's so common that they think we must confess, we must tell Mother what wrong we have done. Every moment you are changing, so what is there to confess? And the life is so formal, as I told you, that people suffer from guilt for anything"

*H.H. Shri Mataji, Cabella, Italy, 16.08.1992*

**♣ You are not the Chakra, you are not the different Channels—you are the awareness.**

"You have to learn the mechanism; you have to be a good technician and then you can manage it very well. So all the techniques of Sahaja Yoga must be learnt and mastered. This you can only do by giving it to others and learning from correcting them and correcting yourself. There is nothing to be frustrated – that's the worst thing. If you get frustrated and unhappy with yourself, then there is going to be a problem. You have to laugh at yourself and laugh at your mechanism that is out of gear. When you start identifying yourself even with the instrument, then you are not there. You are not the Chakra, you are not the different Channels – you are the awareness. You are the power. You are the Kundalini. So you don't have to worry about all these

things being not in their proper conditions. If they are not, you can solve it".

*H.H. Shri Mataji, Delhi, India, 30.03.1976*

**♣ When we say we are going to meditate, it has no meaning.**

"We cannot meditate. We only can be in meditation. When we say we are going to meditate, it has no meaning. We have to be in meditation. Either you are inside the house or outside the house. You cannot be inside the house and then say that, "Now I'm outside the house." Or when you are outside the house, you cannot say, "I'm inside the house." In the same way, we... you are moving in three dimensions of your life, of emotional and physical and mental being. You are not inside yourself. But when you are inside, then you are in thoughtless awareness, then not only that you are there, but you are everywhere - because that is the place... that is the point where you are really a Universal Being. From there you are in contact with the principle, with the Shakti, with the power that permeates into every particle that is matter, into every thought that is in motion, into every planning and thinking of the whole world. You permeate into all the elements that have created this beautiful earth. You permeate into earth; you permeate into 'Akasha' (sky/ether), into 'Teja' (meaning light), into sound. But your movement is very slow. Then you say, "I'm meditating" – that means you are moving in permeation with the Universal Being. But you are not moving yourself. You are just unloading yourself, to be free from the weight of things that do not allow you to move."

*H.H. Shri Mataji, Delhi, India, 30.03.1976*

**♣ ... left sided elements make use of the light element which is the Shri Ganesha Tattwa**

"If you are a Sahaja Yogi, you must meditate daily, first on the left channel, then on to the right channel and then on both the channels. For the left sided elements make use of the light element which is the Shri Ganesha Tattwa and its work is to remove the darkness. With that our food intake and our digestive system will work well. It should always be more than how we take care of our external body by working on it and attending to it daily; it is necessary to remove our dirt from within and cleansing our interior and then look at it as if in mirror by introspecting. We should invoke Shri Ganesha to preside there, not only at the Mooladhara Chakra but also at all the Chakras. His kingdom extends up to the Agnya Chakra. Jesus Christ said "I am the path, I am the way". He never said "I am the Destination". He has simply

left it to the Adi Shakti to go further."

*H.H. Shri Mataji, Delhi, India, 05.12.1993*

♣ **...there are three categories of human beings**

"...But now the time has come to judge the right and the wrong. You cannot crucify anymore. You can not. Everyone is going to be judged through Kundalini awakening.

Now you should know there are three categories of human beings. I do not know which way to start, not to shock you. One is the human being as we are. They are called 'Nara Yoni'. The second category is the 'Deva Yoni', those who are born seekers or Realized Souls. And the third ones are called as Rakshas. These are called as Ganas. But we can say the species among the human beings are Rakshasas, are the people who are evil. So we have evil people, excellent people and we have in between people.

Excellent people are very few. They are born-Realized. I do not have their problem much. But one has to deal with the people who are in the centre. They are looking towards good but have something hanging on to them which is not so good. So for these people there are inherent defects in the Kundalini which we must understand.

The first of them is bad health, physical bad health. In this country specially, people suffer too much from cold and other troubles due to over calcium in the water. In the same way, according to the countries –'Sthanvishesh' as they call it, you have problems..."

*H.H. Shri Mataji, Caxton Hall, London, 10.12.1979*

♣ **...body is a temple of God and you have to look after your health**

"...Every country has a variety according to which you suffer a certain amount of setback in your health. So for a Sahaja Yogi one should know that health is a very important thing. Because this body is a temple of God and you have to look after your health and you know also when the Kundalini rises the first thing that happens is that your health improves because of para-sympathetic fulfillment. Because the para-sympathetic gives you enlightenment which flows into sympathetic, your health improves..."

*H.H. Shri Mataji, Caxton Hall, London, 10.12.1979*

♣ **...with the photograph you can cure people"...**

"...But to cure people is not your job by any chance. You must remember this. No Sahaja Yogi should take to curing people. They can use

My photograph. But not take to curing because it means that you are a big philanthropic personality. I have seen people who have been curing get into such a mania of curing that they forget they are also catching something and they are also getting some trouble and they never cure themselves and ultimately I find they also get out of Sahaja Yoga. But with the photograph you can cure people..."

*H.H. Shri Mataji, Caxton Hall, London, 10.12.1979*

♣ **... Just say, "Mother, keep me in the spiritual life." You will be cured automatically.**

"...I have known people who went so mad with the power of curing that they started visiting regularly the hospitals and they ended up in the hospital also. They would not even come to the programmes. They would not come and see Me. So this is one of the *Vyadhi*- is the bodily ailments. And the bodily ailments also should not keep you down too much. If you have some problem forget it, gradually you will improve. For some people it takes some time to get alright. But then the main thing is to get to your Spirit. So, do not always say "Mother, cure me, cure me, cure me." But just say, "Mother keep me in the spiritual life." You will be cured automatically. It may take time with some people but you have been sick all your life. It does not matter, if it takes little more time and also follow the methods, which we have told for different diseases".

*H.H. Shri Mataji, Caxton Hall, London, 10.12.1979*

♣ **You cleanse yourself, so that you get your Chakras evolved**

"In the morning don't talk to anyone. Be in hushed condition. You are in for opening out to the great power which is going to solve the problem of the world. So, you cleanse yourself, you wash yourself, you cleanse yourself, so that you get your Chakras evolved. People talked against it, because they became only ritualistic, mechanical. 'Matter' became very important then only doing these things became important, but not now, you people are different, you are Realized Souls. That doesn't mean that you take to *sanyasa* or anything. You should, I told you....you should live like normal people, but very dignified people, nothing of indignity, childishness, superfluousness or joker- like, clown-like, outstandingly funny. All these dresses should not be worn. You should be properly dressed in a way that you have a presence. I mean this to the children, I am telling.

You must have a presence of a grown up Sahaja Yogi, you are all saints..."  
*H.H. Shri Mataji, London, 27.09.1980*

♣ **By not paying attention to your spiritual growth you are not helping Me**

"...It is not only that, but more people you have ...you will be surprised.....I will work out much better..... collectively I can cure cancer..... If you are more, if you are clear people, but your channels are so full of problems that nothing flows through you. If you get yourself cleared out, collectively I can stop cancer spreading. Because, if you spread more vibrations, what happens, that the left and the right side in Virata becomes clearer, and the attack from the left and the right side which creates cancer, all these horrible disease will be less. Because there will be less.....but you do not understand your responsibility what are you doing. You are playing into the hands of the satanics, by not paying attention to your cleaning.

By not paying attention to your spiritual growth you are not helping Me at all because these vibrations do not flow out. They are to flow through you. If I could manage them, there was no need for Me to run after you. It has to flow through you. You are the channels and if you do not keep yourself clean and humble and meek about it, it does not work out. You are not helping Me at all by that. So, the localized problem of your limited problems should be given up and see to the bigger problems that you will be solving.

I can stop the happening of cancer completely, if I have 21,000 (twenty one thousand) Sahaja Yogis, completely. Cancer will go out, Leprosy, I can control. Cancer, already I am controlling but, it will go down, collectively also. I mean the statistics I have not seen, but will go down. It's a left side attack and the more you try to go to the left side there will be more attacks.

Right side attacks are also lots of things; wars. All these wars and all these things take place because we are invaded from the right side. All these aggressive people like Hitler and all that are aggressing us. How much it is necessary for you to rise above your lower self. One should understand that and not to indulge into nonsense that you are doing. You have to really work hard for that, even if you have to get up early in the morning, you have to get up and do it."

*H.H. Shri Mataji, London, 27.09.1980*

♣ **...you move from matter to subtler matter**

"Now, the essence of Puja is also how to overcome our material



grossness. Puja is a thing, but is how to overcome our material grossness. When we want to have a 'matter' to ourselves we must know that it is given to us by God. Everything belongs to God.

Supposing we give flowers to God, after all it is God's own creation, what are we giving? We show light to God or do 'Arti' to God. What? It's God's light only. What do we do? But, by showing light to God, what we do is to worship light within us. The light element gets enlightened within us. The light element is here on the Agnya. When you do 'Arti' or when you put light before God, when you show light to God, the light element within you gets enlightened.

When you give flowers, 'Mooladhara' gets enlightened. When you give honey, then your attention gets enlightened. So, why we give it to God? After all God does not need anything. But God is the Enjoyer. You are not the enjoyer. You can not enjoy. Enjoyer is God in you, when God is there, that enjoys, that is the Spirit. So, whatever pleases your Spirit is used in the Puja to be given. Now you give rice, all these things are discovered, that you give rice to the Devi; rice should be put in Her lap. Now, what is rice, a little rice to Devi? By putting rice, in you the satisfaction of getting food or food that gives you satisfaction is enlightened. But that does not mean you start showering things on Me. That does not mean that. What I am trying to say do it with dignity and understanding. That you give Me rice. Now, rice giving is, people don't understand why rice is to be given to God? After all, why give Him palm leaves? What is He going to do? If Christ was the son of God, what was the use of putting palm leaves for Him or to give Him oil? Ah... Oil bath or to rub His feet with oil? It is for you to get the advantage.

Now in Sahaja Yoga, it is proved now, when you rub My Feet you feel better, not Me. You rub My hands, you feel better. When you fall at My Feet, you feel better. She is a great (pointing to a Sahaja Yogini) What were you doing...ah...reflexology...big name...reflexology...and she is supposed to know about the feet and things like that... One day she said, Mother, I want to come and massage Your feet. I know this and that. I said alright, come along. So she came to rub My Feet. Instead of I becoming relaxed, she was becoming relaxed, the more she was rubbing, she was getting relaxed. So, you see when you do for God, the blessings come to you. You are blessed.

Whatever is the problem with you, you give to God to solve. Also, whatever satisfies you, you give to God. The satisfaction comes to you. Now these flowers, when you give it to Me; Mooladhara... They give you

two things- Swadhisthana and Mooladhara. Flowers, that's why, are very important. They give Swadhisthana; if the flowers are beautiful then they give Swadhisthana. If they are fragrant, they cure your Mooladhara. Now I mean there is no end to flowers also.

But, think about it, that you are doing it to improve your Chakras. Then other things that are used like say *Ghee*. Ghee is used. It is for ...Shri Krishna is very fond of ghee and butter. So when you rub My Feet with say butter, your Vishuddhi will improve. You know that. Not Mine. I have no problem. I have only one problem that you are within Me. When you have problem I have problem. Because, these vibrations have to go to you, so I prepare these vibrations here as an antidote and they have to flow.

It is a very subtle thing to understand. To move from gross to Spirit; this is the thing by which you move, because, first you enlighten your Chakras. By enlightening your Chakras your deities are happy '*Prasanna*'. By making the deities happy you keep- get a passage for the Kundalini to pass through. By making the passage for the Kundalini, the Kundalini goes up and then your attention starts becoming one with the Spirit.

It is step by step you move from matter to subtler matter; from subtler matter to your Chakras, from Chakras to Deities, from Deities to the Spirit..."

*H.H. Shri Mataji, London, 27.09.1980*

♣ **For solving this problem, you give Me rice. It is called as 'Otti Bharne'**

"You should understand your responsibility—that's the main point. People are now busy only doing jobs, working here, how much money you get, how much do you go, when you go to job and all that. That's not important for us. Now, that does not mean you give up your jobs and be a liability on the Ashram. It does not mean that. Means you do your jobs, have money. Money is needed for work. I need money you know that, how much money we need for all this work..."

"You are so attached to money in a subtler way. You do not understand, we have to give money. We have to do it up, not only money; money is not the only solution. We have to be ourselves channels. But then some people have money, then they are exploited in a wrong way and the money is all wasted. This is precious money, this is auspicious money. This money goes into right hands, into right places. Problems are created because of that. Now, this money I do not need, you know that very well. But for your own betterment you have to give money..."

"It's not that I need a single pie from you, on the contrary I am willing

to spend My own money on things, you know that definitely. But, you must understand this work has to be done, so you need money. I need not tell you that you have to pay money..."

"...This one part is important, for solving this problem, you give Me rice. It is called as '*Otti Bharne*', that you give Me rice. I beg of you actually. You put it in My sari. Rice, you give Me five times, I give you seven times back. That's the symbol. You know how symbols work out. Even when you say, 'Mother are You the Holy Ghost?' It works out. It gives you Realization. If there is somebody so alert and sensitive sitting before you, you must know how to do the symbols; how to do them properly with full maturity, understanding, in the proper way."

*H.H. Shri Mataji, London, UK, 27.09.1980*

**♣ ... Use water as much as you can, wash your hands ten times. It is very essential, to get your vibrations.**

"...as far as bathroom is concerned one should just form such habit that within ten minutes one should be out from the bathroom. Now when I say, you have to take your baths, that doesn't mean that early morning you have to take a shower. It doesn't mean that. You should take a bath at a time when you'll have one hour before going out, but that also from auspicious point of view. Now, you are saints, so use water as much as you can. Wash your hands ten times. It is very essential, to get your vibrations. Alright! You must wash your hands.

But now, in India there are people who wash their hands countingly sixty-four times. I have always warned about the other side of it. Like doctors go on washing their hands; in the same way there are people who go on washing their hands. You need not take out the skin out of your hands. But as many times as you wash your hands it is a good thing. And I mean you are saints...but you are children and I have to talk to you as to the children who are saints. It's a big complication, while you are grown up people and sometimes you might feel hurt also the way I have to tell you, but this is important that you have to understand that we are saints and as saints what we have to do as far as the matter is concerned."

*H.H. Shri Mataji, London, UK, 27.09.1980*

**♣ Shri Krishna is also a Dhanvantari, means the Doctor of Doctors. He is the One who cures.**

"So, this Yogeshwara, Shri Krishna is also a Dhanvantari, means the Doctor of Doctors. He is the One who cures. You see, because it's all the

brain, and the vibrations which flow on the nervous system. So He cures people through His brain. Now, how? Say now, supposing somebody is having a problem, say on his heart. So as soon as he puts hands to My photograph, so immediately he gets problem on his left finger here. The brain is working. So in your brain, My vibrations go of Shri Krishna and they start sending these messages, because I am also Shri Krishna. So this computer acts and immediately you know what's wrong with that person is, he is a heart patient. You don't have to do any diagnosis; you don't have to do anything. Immediately you know. And who does this; it's the principle of Shri Krishna in the brain of the Virata. See this, also working for some people, I think. Now you are convinced about it, you know that it works, it acts like this, it happens like that, and how it communicates through you.

So, this computer of Mine communicates. Now, in a computer if you go, you can just press the button. Of course they are all man-made, but whatever it is you then get the result. Here it is not like that. It is the brain automatically gives the result, immediately, through the other person. And also the same brain tells you what is to be done to such and such person, how to work it out. The same brain is emitting vibrations, and those vibrations are flowing through this brain, and they are the ones who tell you what's wrong with this person.

So, all this work of penetration is done by Shri Krishna, no doubt. He takes these vibrations, puts into another brain, and then that brain, that central nervous system starts working and then you get the result. But instantaneously, it's not so much time it takes, another way I have described it, it just works immediately. As soon as they put their hands before Me, immediately."

*H.H.Shri Mataji, New Jersey, USA, 02.10.1994*

**♣ Nothing goes in the head because you are left with the past sentence, and the present you are not with it.**

"Now I think I have already given you a very long lecture and speech as you call it. But some reactions were very good and some could absorb it very well, but some they said were sleeping. Now, these things happen because of negativity. You have to fight your negativity, because negativity is the thing that asks questions. When I am talking I am telling the truth, absolute truth. But it asks questions and it reflects. When it starts reflecting nothing goes in the head because you are left with the past sentence, and the present you are not with it.

So the whole thing boils down to something like an escape, and then you escape. And then you escape, you sleep off. I mean I tried My level best today to put you into your conscious mind, you have to be conscious. You have to be alert. And the point is unless and until you are conscious you cannot ascend. Any abnormal person can not ascend. You have to normalize yourself. So many of you had lots of abnormalities which were brought out and thrown away, and many have been cleansed. But now if there are some still lingering within they must work it out, they can not just go on justifying it. Normally, negative persons attract a negative personality. So if you have such a negativity of any kind within you, you should never go near such a person. Keep away."

*H.H.Shri Mataji, Alpe Motta, Italy, 04.05.1986*

♣ **... they can put a candle near their left Swadhithana a little far**

"...But those who have been like that should look after themselves, should find out. I found out one thing with the left-sided people, if they can put a candle near their left Swadhithana a little far, and put one candle before the photograph, they can put the left hand towards the photograph and right hand on the Mother Earth it works out. And the candle at the back, should be kept a little far away because it makes sounds, it goes this way, that way, burns."

*H.H.Shri Mataji, Alpe Motta, Italy, 04.05.1986*

♣ **Olive oil and some salt and rub it on your gums nicely everyday before sleeping; that will keep your teeth alright**

"...before you start getting bald better try putting some oil in your hair. That's a very important thing Sahaja Yogis have to do. You can take vibrated oil if you like; I think olive oil is good, but better than olive oil is coconut oil for the growth of the hair. But sometimes you can also put almond oil. Almond oil is also good for you if you have any problem that you feel exhausted or that your nerves needs attention. You are a nervous type of person, and then almond oil is good for you. And for people who have teeth which are troubling them, they must look after them, it's no use going to the dentist. Dentists create problems. Simple thing is to use olive oil and some salt and rub it on your gums nicely everyday before sleeping; that will keep your teeth alright, and you will be amazed. Till today I have never been to any dentist, and I hope I won't go to a dentist.

But one thing is that I have certain bad habits, one of them is that I brush My teeth quite often, but don't use electrical brushes and all that. But use brushes or use your fingers; the best way is to rub with salt and the oil. It's very good for you, and allows the whole thing to come out and then wash it."

*H.H.Shri Mataji, Alpe Motta, Italy, 04.05.1986*

**♣ You have to clear out your throat, and that's how you will keep your Vishuddhis very clear**

"...you people do not clear your throats, and your tongues which is another thing very much against the Vishuddhi and that must be one of the reasons why your Vishuddhis are bad. Though it is not fashionable here in the West, but a very important thing is to put your two fingers in the mouth and rub your tongue in such a way that everything comes out in the morning. This is very important because that accumulates and then it rots. So this has to be done, and maybe you might think that this is where you make a noise and all that, it does not matter. You have to clear out your throat and that's how you will keep your Vishuddhis very clear. This is one of the things, and another thing is that you must always use water as much as possible for washing when you go for your morning ablutions. Water must be used. Paper is a very dirty and unhygienic habit, but even if you use paper, you must use water afterwards. It's very important that all the time the water must be used as much as possible. For Sahaja Yogis it is a very, very important thing."

*H.H.Shri Mataji, Alpe Motta, Italia, 04.05.1986*

**♣ ... they just see light or any such hallucination of the future or of the past**

"Mother is forgiving no doubt, but sometimes my forgiveness is of no use, because until and unless you realize it was a mistake you would go this way instead of that. You have gone that way. So the rule of the road is to be understood. That is the one that comes to us called Pramada. After that we have another inherent problem. It is called as "Bhrama-darshan" (hallucinations). We start seeing hallucinations, especially people who take LSD and all such things. They do not see Me. Sometimes they just see light or any such hallucination of the future or of the past. They may see Me as something else. If you see Me in dreams it is alright or see something in dreams it is alright. But if you start seeing something that's called Bhrama Darshan, 'Bhrama' means illusion, then you start developing illusions. The

worst part of it is that people start telling lies about it. I know about everyone. When this Bhrama Darshan starts it is the most dangerous thing for vibrations also.

Some people are absolutely cocksure about themselves. I see that. And they tell the whole world, they will dominate everybody saying that vibrations of this thing are not good; the vibrations of that thing are not good while they have no mastery over it. Now I have to be very careful. I cannot talk like a teacher. So I say alright, give yourself a bandhan and put your hands towards Me and see for yourself and all that.

If they by any chance know that I have found that they are lying, then they are finished. I must keep their falsehood to me. You see I am very careful because I know they are on a very slippery ground. So even if I mention in a way that is not so blunt still it might happen to be blunt for them. But one must know that it is for the good that we have to stick onto our truth. And we should not be led away by our own ideas about ourselves.

Then another thing that comes is "Vishaya Chitta" in which the attention is attracted by objects of your previous identifications where your attention has been. You are say fond of cricket. Alright, you are but you should not be a sick person. I mean cricket does not mean that you become a cricket bat. And you are good for nothing, for anything else and for all practical purposes you are dead. That kind of craziness for anything whatsoever gets your attention on to a very wrong side which is also not good for the Sahaja Yogis.

*H.H. Shri Mataji, Caxton Hall, England, 10.12.1979*

### ♣ **But in collectivity Krishna principle, plus the principle of the guru, is mixed.**

"...Now another thing you have to do is to put your fingers into your ears and say '**Allah-Hu-Akbar**' sixteen times. Put your head back. It will clear out most of your problems about Vishuddhi. Mantras are to give strength to your Deities. Of course, Deities are very powerful, but strength, meaning the vehicle, which is carrying the Deity, becomes stronger. As you know, is also the mantra of Radha-Krishna or Vitthala is the same for right Vishuddhi; but '**Allah-hu-Akbar**' has two things in it. First is of course, the Vishuddhi and also the collectivity. So by the first one, you get bad colds and you get your attention diverted and other problems of the ear, nose, throat. And by the second one when it is spoiled, you say aggressive words, sarcastic language, all kinds of things that breaks the collectivity. So, either you suffer from a bad cold, so you cannot speak, and when you speak you hurt others.

But the voice should be melodious and the language should be controlled. If we can control our tongue, eighty percent of collectivity we'll achieve. Tongue is first of all, of course, for saying things which are sweet and beautiful. Let us find out what sweet things we are going to say to people who come here. Not expressing our views about, I like it, I like that, I want that, but on the contrary, "do you like this, do you like this, would you enjoy this?" So the language should be directed towards others, showing interest and concern.

Another thing one should try is a physical treatment of your throat, it is very simple, I've seen is that, you push back your tongue, and put, this is a physical thing, put your chin here and try to push back your tongue as much as possible, now, and hold your breath, push back your tongue as much as you can. Kundalini will move further. First you have done Allah-hu-Akbar, so you have bent backwards. By doing this, you see, you have allowed it to open the other way round. You will see the sides; from the sides the Kundalini will be opened out.

Another thing is that, Krishna is very fond of butter. But in collectivity Krishna principle, plus the principle of the guru, is mixed. When he becomes the guru, then the collectivity starts. When these two get integrated, then the collectivity starts and as a result of that, you get discretion. So to improve the discretion part, is a very simple thing we do is to take vibrated ghee or butter, which is heated up, and put it in the nose. But before that, we gargle our throat with the salt, which represents the guru principle. Also you can take a little ghee or butter on top of a hot water cup and if you drink it that soothes all your sides because that is, Krishna is soothed by that.

There's another thing called primrose oil, that you get in this country, primrose oil, two, three drops of that if you can take it in the water that will also soothe your Vishuddhi. So oil is the one that helps you. In your ears, if you can, put some olive oil heated up with some garlic in it, heated up; one garlic piece in it, that's very good for the ears. So the oil is the one that keeps your Vishuddhi alright. Also the hair are to be oiled properly. A lot of oil should be used before, say Saturday or something, so that when you have your bath you clear out your oil completely. And when you get conditioners here, is a good idea, but in India we use oil again, but you can use conditioners if you want, but make the hair smooth with it. And then you must do again, with your own hands, a nice massage or one Sahaja Yogi can do for another."

*H.H.Shri Mataji, Vienna Ashram, 02.05.1985*





## **If it is put on their Agnya it cools them down**

"There are so many aspects of Hanumana which I could have told you, but for example, for His body, you see, like Shiva is covered with the Geru, what you call Geru is a - that's a kind of a, you know what Geru is, it's a red-coloured stone which is very, very – it is very hot and supposing with the cold sometimes you develop those rashes. So, if you put Geru, those rashes are corrected. Or you get, due to badhas, sometimes some sort of skin-diseases, which are cured with Geru. Because it is the one which is very hot and it soothes you down.

On the contrary Shri Ganesha is covered with lead-oxide, with a red lead-oxide, which is extremely cold. Lead-oxide is a very cool thing. If you touch the lead, you see, it is a very cool thing. So, that lead-oxide is used to cover all His body, is to balance the heat that He has or the effects of heat He has. So, we call it, in Sanskrit language is called as *Sindhoora*, and also in Marathi or Hindi called Sindhoor. He must find always, this is the colour. Luckily I got this Sari in Vienna and I have it very nice for this occasion. So He is always covered with that colour, what you call this Sindhoor colour.

And lead-oxide, though they say it causes cancer, people say that lead-oxide can cause you cancer, but it is the lead-oxide, which is very cool, it can cool you down so much that you can go to the left side and cancer is a psychosomatic disease and that might be the reason, it might cause in a very far fetched way, we can say, can cause cancer, too. Because if it is too cold and all that and then you go to the left side and on the left side you can catch the viruses by which you can get into troubles. So, but the same lead-oxide is all right for people who are very right-sided. For them if it is put on their Agnya it cools them down, they are cooled down. And it's very good for them to put on their Agnya so that they are cooled down. Their anger goes down, the temper goes down and it's a very good thing".

*H.H. Shri Mataji, Schwetzingen, Germany, 31.08.1990*



## **I have to have a lot of water and a lot of fat so that My chakras are protected.**

"...For example woman has to be left sided. She has to be fatter, much fatter than man. She has to bear children. Even in animal kingdom if you see, all the females have lots of fat. They have to have fat because they have to sustain the child; they have to work for the child. Now if you find a western girl, I see, she is so thin, and she has children, she has to do the

household work and all that, and she becomes crazy. That's why she can't love her children, because she becomes crazy. There is no stored energy. All the tensions are so great in the west; too many tensions for nothing at all, very artificial.

...For example, now supposing if I become very thin, all My chakras will be exposed and I'll be in trouble. So I have to have a lot of water and a lot of fat, so that My chakras are protected. It depends on the function. And mother must have fat. If a mother doesn't have fat, the children feel the bones, you know."

*H.H. Shri Mataji, Vienna, Austria, 06.09.1984*

♣ **... before the puja, they used to call all the Deities who belonged to those elements to witness their puja**

"But, we had two types of journeys: one is through the left side and another through the right side. In India, I don't know why, we had lots of people who went into the jungles and became saints, but they were doing right-side tapasya, that is, going into the five elements, one after another, and mastering the five elements. Of course, there is truth in it, no doubt, we have seen how a candle, how a candle tells you as to what is your position inside, if you are possessed or if you are not. A candle can tell you, can you imagine? Candle is so much knowledgeable. Supposing you have a heart, heart-trouble, the candle will show! And if you treat yourself with a candle you can cure yourself! So it is so sensitive, not that it can cure, but also so competent, not that it shows you that you are sick and you have problems but that it is competent to cure.

That's why in India, Agni was worshipped, light was worshipped, the fire was worshipped. That was worshipped. They must have discovered that the fire knows everything. So the inner, inner awareness of all these elements, they knew about it and that's why they worshipped those elements. So before the puja, they used to call all the Deities who belonged to those elements to witness their puja. But that turned out to be right-sided movement. Without the left side, right side is very dangerous. If you don't have right side, of course it's a big dangerous thing also. But, first you must have development of your left side. That is what, to begin with, we had in Sahaja Yoga. Left side is compassion, is love, universal feeling. All we can say is the blessings of the Devi which are described you know as, in the Devi Mahatmyan, that the Goddess resides within you as so many things. She resides in you as Shradha, as She resides in you as sleep. She resides in you as illusion, *Bhranti*. All kinds of things are there on the left-hand side, which

are already described and when I told you about Sahaja Yoga, I wanted to make your left side very strong. Those who, people who took to right side, become very aggressive people and they had mastered the essence of these five elements, that's alright, but they were extremely hot tempered, so much so that they used to curse people, curse them. They used to say things which were not kind and they didn't believe in the universality. It was such a dangerous thing that they took.

In Indian *Shastras* you can see many incidents where people gave a curse, shout, very common. All these gurus used to curse a person, because they had no compassion, no love, nothing but their powers of the right side. We have seen now that those people who have right side, who go only on the right side without the Bhakti, without the blessings of the Divine, can become rakshasas actually, can become a great danger for humanity. This is a very serious thing. Through your intelligence, through your thinking power, your ego can go to any limit and create problems within you."

*H.H.Shri Mataji, Cabella Ligure, Italy, 21.07.2002*

### **♣ All Sahaja Yogis must do the foot-soaking at least for five minutes.**

"You had asked what to do after getting the Realization. After receiving you must give, it is absolutely necessary to give after receiving, otherwise receiving has no meaning. And while giving, one point – only one small point, must be kept in mind, that the body, the mind (manas), the intellect (buddhi), that means the whole personality with which you are giving such an incomparable thing, that itself should be very beautiful; your being should be very clean.

There should be no disease in it. If you have any sickness, perhaps there may be some Sahaja yogis having diseases. Before coming to Sahaja Yoga you must be getting worried and wishing that the disease should be somehow cured. But thereafter the attention would not be on the sickness and you would be saying, "It will be alright, does not matter." But it is wrong whatever may be your problem. Even minor, you can cure yourself by placing your hand on that spot; you can keep your physical side very clean.

However, for you I have told you one remedy. As it is said, everyone must go to bathroom and clean oneself after getting up in the morning. Similarly, for Sahaja Yogis it is extremely necessary to have foot-soaking treatment, at least for five minutes, before going to bed. However highly evolved you may be and you may not be getting caught, but it does not

matter. You must do foot-soaking for at least five minutes. Even I take this treatment sometimes, (although it is not necessary for Me) so that My Sahaja Yogis will also take to it. It is a very good habit. All Sahaja Yogis must do the foot-soaking at least for five minutes. All Sahaja Yogis, should light a lamp before the photograph, apply sindur (vermilion), dip their feet in salted water and sit in this fashion opening out both palms towards the photograph. If you do this more than half of your problems would be solved automatically. However busy you may be, it is not difficult to spare five minutes. All should sit like this before retiring. That will stop more than half of your catching.

Within us there exist many bad tendencies. There are many dark tendencies only within us, which are called negativities. They try strongly to influence. To be under their control is being under Satan's control. You can become Satan if you want, or you can become God if you want. It is a different thing if you want to become Satan. I am not the Guru for that. I am the Guru if you have to become God. But, you should save yourselves from being the Satan.

First thing to note is that on the night of new-moon and full-moon always there are dangers on your left and right sides. Especially on these two days, that is, the nights of new moon and full moon. You should sleep early. After your meals, bow before the photograph, meditate, and putting attention in Sahasrara, sleep after getting into the bandhan. That means you go into the unconscious the very moment your attention goes to Sahasrara, there give yourself the bandhan and you are saved during these two nights particularly. The night of new moon you should meditate on Shri Shiva. You should sleep after meditating on Shri Shiva, that is the Spirit, and surrender yourself to Him. On the night of full moon you should meditate on Shri Rama and surrender yourself to Him for protection. The meaning of the word Ram Chandra is 'creativity'. You should completely dedicate your creative powers to Him. Thus you have to take special care of yourself on these two days.

However on the seventh and ninth days of lunar fortnights (according to the Indian calendar 'Saptami' and 'Navami') you have My special blessings. Do remember that you are getting specially these blessings from Me on these two days. Make some special arrangements so that you can have good meditation on these days. This is how you should protect yourself.

And whenever you are leaving your house give yourself the bandhan; always be in the bandhan. If you come across someone having a catch on Agnya, get into the bandhan, even with attention. Never argue with a person

who's caught on Agnya; it is foolishness. Can you ever argue with a bhoot? Also do not argue with a person who is caught on Vishuddhi.

Never approach the person caught on Sahasrara. Have no contact with him. Tell him to improve his Sahasrara first. There should be no objection in telling him, "your Sahasrara is caught. Put it right." Sahasrara should be kept clean. If anyone has started catching on Sahasrara, that person should immediately request other Sahaja Yogis, "do something and clear my Sahasrara." If someone who is caught on Sahasrara talks to you, you should tell him that he is your enemy. Never talk to him as long as he is caught.

As regards a person caught on Heart, you should help the person having catch on the Heart. As far as possible, put bandhan on his heart, let him put one hand on his heart and take him to the photograph of Shri Mataji. You must be careful about the heart Chakra. Maybe sometimes one may get a problem on the heart Chakra. You must clear the heart Chakra."

*H.H. Shri Mataji, Bhartiya Vidya Bhavan, Bombay, 27.05.1976*

♣ ... **it is not going to work out just by your casual chanting. It needs an affirmation by a Realized Soul only to work out...**

"...Jagadamba resides here in your heart. It is in the centre of this heart Chakra. And the heart is in your left-hand side. Shri Shiva's place is in the heart, which is called as the Spirit. That Shiva resides in the heart....If a person says that he has a heart attack and if we tell him that "you should ask for forgiveness from God". You should just affirm before Him by saying that, Oh, *Karunanidhi* (the bestower of compassion), if I have committed any mistake, or by any chance, have ever committed anything wrong, then please forgive me."

*Kar Charan Kritam, Vāk Kāyajam Karma Jam va,  
Shravan Nāyan Jam va, Mānasam Va Paradham  
Vihitam-avihitam Va Sarva Mé Tat Kshamatsva  
Jaya Jaya Karunabdhe Hé Mahadev Shambhu*

This is the mantra for that. If his heart doesn't get alright with this mantra then you can tell Me anything and I am ready to lose everything what ever you say. But it is not going to work out just by your casual chanting. It needs an affirmation by a Realized Soul only to work out..."

*H.H. Shri Mataji, Delhi, India, 31.01.1978*

♣ **My photo can do everything**

"When you fall sick Sahaja Yoga cures you. Your Kundalini cures you. Whatever benefits you have got, have all been because of Sahaja Yoga."

"...Only those who have the pure desire get Sahaja Yoga. Many people come to Sahaja Yoga to get their illness cured. Please do not treat anybody's illness. Why do you have to do? My photo can do everything. You can make them do three candle treatment, or water treatment but do not touch. No matter how close that person is to you, do not touch them with your hands. If that person is unable to do himself and can not sit, then it is a different matter. Normally do not touch him with your hands, otherwise, you will get caught or you will get some fault in you. You can cure simple illness, learn the method of curing, which are the Chakras, and their science. But there is no need to put your hands on them."

"One should eat less sweet and fried things should even be less than that. Do not eat '*postman*' (brand name of refined oil in India) oil in Sahaja Yoga and one should not eat groundnut oil. One should cook in less oil. Men should see that their wives are making the right kind of food. One should reduce the intake of chillies."

*H.H. Shri Mataji, Pratisthan, Pune, India 11.03.1993*

**♣ ...this is the mantra of the Agnya Chakra in front and at the back**

"...Now how do you do it in Sahaja Yoga? As you have the photograph you may use it. Put a light before the photograph. Light is the way you cure your Agnya Chakra. Always. Light or the Sun, because Christ resides in the Sun. So what do you do, is to put a light in front. Take another light behind and give an Aarti to your Agnya Chakra at the back. It is resided by Maha Ganapati and Maha Bhairava. So you just give an Aarti and Agnya Chakra will open. But how do you open this? Very simple thing is that, any thought comes to you, you should say 'I forgive'. This is the greatest weapon Christ has given us. You just say 'I forgive, I forgive' and you can overcome your ego. This is the mantra for this Chakra in the front where you just say 'I forgive, I forgive, I forgive' and you will find your Agnya Chakra will open out and you will find your ego will go away. Forgiveness is one of the biggest weapons human beings have got. But they are so stupid if I tell them 'forgive', now what is there not to 'forgive'? They say it is very difficult to forgive. I say what is so difficult? What are you doing? Are you doing something when you are saying, 'I am forgiving'. Do you do something? Nothing! On the contrary when you do not forgive, then what is happening is, the person whom you do not forgive, is actually torturing you, while you are not torturing that person. So this is the mantra of the Agnya Chakra in

front and at the back, as I told you, you have to move the light. Now somebody will, you see, one day they will do, two days they will do; that is not how the Sahaja Yoga is to be worked out. You have to really go all out to do it, and I have seen people who had eyes which were all bent like this, they could never raise their eyes, are now have open eyes, proper eyes with this working. It is very simple to be done.

There is one more thing that happens to our eyes, when the Swadhisthana Chakra goes out of order. It is represented here at the back, which is around this back Agnya. So when you have diabetes or anything like that people start becoming blind. Because this Swadhisthana Chakra which is around goes on pressing it and that is how, that part which is surrounding this centre, oppresses and augments that centre, so that the eyes cannot see: there is no light. There is darkness and people have eyes open. You have seen many diabetic people get this blindness. So first of all cure your diabetes through curing your Swadhisthana. And also you can use an ice around your Swadhisthana at the back. But first of all if you improve your Swadhisthana you will feel much better. So the treatment of the front side is with light, and the treatment of the back is with water. But the best is also to use light or the water whichever way you like. Because if it is Swadhisthana you have to use the water but if it is just the possession, then you have to use-without diabetes, if it is a possession- then you have to just use the light. That is how we cure our Agnya Chakra."

*H.H. Shri Mataji, Delhi, India, 03.02.1983*

### ♣ **Push the left side higher and right side lower so the ego and superego get the balance**

**Mother:** "...Let us meditate for a while. Now first before meditating in your heart, or you should see in your heart and there try to put your Guru in the core of it. After establishing in the heart you must bow to that with full devotion and dedication. Now whatever you do with your mind after Realization is not imagination because now your mind, your imagination is itself enlightened. So project yourself in such a way that you humble down at the feet of your Guru and now ask for the necessary temperament needed for meditation or atmosphere needed for meditation. Meditation is when you are one with the Divine. Now if there are thoughts coming in first you have to say the first mantra of course and then watch inside. Also you must say mantra of Ganesha, will help some people. And then you should watch inside and see for your self, which is the biggest hurdle.

First the thought, now for the thought you have to say the mantra of

Nirvichara that "Twameva sakshat, Nirvichara sakshat, Shri Mataji Nirmala Devi namoh namaha." You should say thrice.

**Sahaja Yogis:** "Om Twameva sakshat, Shri Nirvichara sakshat, Shri Mataji Shri Nirmala Devi namoh namaha" - (3 times)

**Mother:** Now we come to the hurdle of your ego because see your thought has stopped now no doubt, but there's still a pressure on the head. So if it is ego you have to say, "Twameva sakshat, Mahat Ahankara"; Mahat means the great, Ahankara means the ego. "Sakshat, Shri Mataji Nirmala Devi namoh namaha." Say it thrice.

**Sahaja Yogis:** "Om Twameva sakshat, Shri Mahat Ahankara sakshat, Shri Adi Shakti sakshat, Shri Nirmala Devi namoh namaha. Om Twameva sakshat, Shri Mahat Ahankara sakshat, Shri Mataji Shri Nirmala Devi namoh namaha."

**Mother:** Again

**Sahaja Yogis:** "Om Twameva sakshat, Shri Mahat Ahankara sakshat, Shri Mataji Shri Nirmala Devi namoh namaha."

Now even now if you find that ego is still there then you have to raise your left side to push it back to the right hand side with your hand, one hand towards the photograph. Push the left side higher and right side lower so the ego and superego get the balance. Do it seven times. Try to feel how you are feeling inside, you see. Now you raise your Kundalini up on the head and tie it up. Again raise your Kundalini up on the head and tie it up. Again raise your Kundalini and tie it up. Now at the Sahasrara you should say the mantra of Sahasrara thrice.

**Sahaja Yogis:** "Om Twameva sakshat, Shri Kalki sakshat, Shri Sahasrara Swamini moksha prayayini Mataji, Shri Nirmala Devi namoh namaha. Om Twameva sakshat, Shri Kalki sakshat, Shri Sahasrara Swamini moksha prayayini Mataji, Shri Nirmala Devi namoh namaha. Om Twameva sakshat, Shri Kalki sakshat, Shri Sahasrara Swamini moksha prayayini Mataji, Shri Nirmala Devi namoh namaha."

**Mother:** Now it's opened out, you see. Now, you can open again your Sahasrara like this. Just take it down again and see that you are stationed there. Once this has been done then you go into meditation. This is like cleansing, you see, called as *nyasa*. Now if you find any other obstruction you can also say like if you have got say Mahakali's problem, you can say that mantra, clear it and then you sit down for meditation.

Any individual you can take it out, like if you have the ego problem; if you think then you should start with Mahat Ahankara. It is what you have to find out. What is your problem? Where is the Kundalini stopping? You can



feel it within yourself. Some of you may not feel. If you do not feel it, feel it on your fingers. If you are not feeling within yourself then feel it on your fingers, you can feel it. Reduce your breathing, will be better. Reduce your breathing as if stopping it."

*H.H. Mataji, Caxton Hall, London, UK, 11.11.1979*

♣ **...one acts as an inner part, another as the outer part**

"His qualities, if you have to imbibe, first of all we have to understand the innate situation of Shri Rama. Shri Rama is placed on the right hand side of your heart, right hand side, right heart. He's placed there. Now in a human being there is no right heart. If you tell somebody there is a right heart, they say, "What! There are two hearts, or three hearts?" In our ... in our Sahaja Yoga we have three hearts: one is the left, another is the right, and one is the center. Now the right heart is a very important thing. The right heart looks after the whole lungs, both the lungs, all the throat, the trachea; the nose, the inner part. The outer side is looked after, we can say, the features are given by Shri Krishna but the inner part of it is all done by Shri Rama. They are the same, but one acts as an inner part, another as the outer part. It gives you the ears, from the inner part, Shri Rama does. He gives you the eyes, in the inner part of the eyes. Now, it's so important to have the inner side all right and the outer side. Is an example of Shri Rama, He never cared for the outer side or the outward looks of a person. Because He came before Shri Krishna, He tried to build up the inner side of a human being. So we can say, though He is on the right heart, He acts through your Hamsa Chakra and partly through your Vishuddhi Chakra in the inner side of it. Because Shri Krishna, in the inner side of it is Shri Rama, is Shri Vishnu."

*H.H. Shri Mataji, Les Avants, Switzerland, 04.10.1987*

♣ **...cool air to blow through our nose and your mouth**

"Shri Rama stands for the *pranavayu*, is for the vital air that we drink, that we take in. For the vital air, and that vital air when it gets heated up, we have to know that we are not anymore with Shri Ram. It has to be the cool air to blow through our nose and your mouth. I don't know about you people, it happens with Me all the time. When you are angry the nostrils go up, swell up, and the hot air, the hot words, and everything hot, the heated eyes, and everything goes up like that, curled up, and you become ferocious Ravana because you have forgotten the beauty of the nature of Shri Rama."

*H.H. Shri Mataji, Les Avants, Switzerland, 04.10.1987*

## ♣ ...these hands are the blessings of Shri Krishna

"...So, first of all I also test you. Supposing I say it is just now nine o'clock in the night. You just say, "Yes." Let's see what happens. Try to see. You see I test you many a times like this and then I see that some people, if I say so, all right, if it's so, if Mother has said, it is so. And then it starts building up their faith very well. I can see their... clearly how they are coming into the realm of real faith, and there, when I say something absurd they just smile. They know it is 'Mother is just testing us', you see. So they just smile. They wouldn't do anything, but they'll just smile. And then if it is so and if they don't know they'll say, "Yes, it must be. Mother must have done this or said so." So your testing time is there. You have to test yourself. As Mohammed Sahib has said that your hands will speak and they'll give witness against you. So on your hands you will know. Now these hands are the blessings of Shri Krishna. They come out from the same Vishuddhi and as you know the pelvic nerves serves it on all that, and there are two Chakras of one Lalita another Shri Chakras all on these both sides. They also play into the hands of Shri Krishna. With these hands we can feel the vibrations. Now if your right Vishuddhi's too strong you may not feel. If your left Vishuddhi's too strong you may not feel, but that doesn't mean that you haven't got Realization. You have got. You just work out your hands.....

"For working your hands you see that you don't use them for useless things. This is very important because you have special hands. These hands are the ones with which you spread the collectivity. Like some people who talk will go on waving their hands about a lot. There is no need to use your hands so much all the time. When you use them it should be decent, regulated and should be very indicative and useful. Just showing off your hands is not good. Do not use Shri Krishna's finger to order people about. Have respect. These hands are to be used for collectivity. You can say '*Namaste*' to thousand of people. I don't like shaking hands. You may get all kinds of pins and needles and problems from another person. When you talk to people you can suggest your softness and sweetness from your children and also with the speech. Your gesture should show very heart felt emotions. In Sahaja Yoga you hold each others hands and the vibrations starts flowing among yourself. It shows it is the communication. These hands are really the beginning of the collectivity. The most important things are the hands which act for your collectivity. There are many angels and *ganas* who are standing behind you. They also show your jobs very well. Whatever is expressed in your hands or through your hands they pick up immediately.

Vishuddhi has sixteen petals and all ear, nose, throat, eyes are guided by this. Also the sub-plexus of the Vishuddhi is the Hamsa Chakra.

*H.H. Shri Mataji, Cabella, Italy, 16.08..1992*

♣ **... some people have a habit of looking in the mirror all the time, which is very wrong**

"A person who is spiritually endowed has an expression which can never be aggressive. He may not be good looking, may not be very... a sort of an attractive personality, but the expression on the face is absolutely saintly. That is also the blessings of Shri Krishna. I have seen people after one year of Realization, and I was surprised how their faces were changed, that I could not recognize them who they were. The whole thing becomes absolutely mild, soft, peaceful and very joyous. All the qualities of Shri Krishna can be expressed on your face. You can be sometimes mischievous to look at. So many expressions there are which come on the face and give you a very sweet feeling. But some people have a habit of looking in the mirror all the time, which is very wrong, because it gives you a kind of a funny ego. Is better to look at Shri Krishna's photograph than to look at your own faces, so that your face will become like that of Shri Krishna. Instead of you start looking in the mirror all the time, what will become of you, God knows, because may... if you go to your past God knows what you'll become. So, also I'm thankful to psychiatrists that they don't like narcissism. But it's very dangerous to all the time watch your face in the mirror, very dangerous. It creates a very funny personality, that you start telling yourself, "Oh, I'm – I'm Napoleon." So you become Napoleon and start behaving like Napoleon. Next day you find one Napoleon walks out of the bathroom. So, one has to be careful not to pay so much attention and importance to your own self, but to your Self which is within, which is your spirit, and if you look after that side, then all these things will happen in such a beautiful manner".

*H.H. Shri Mataji, Cabella, Italy, 16.08.1992*

♣ **Shri Krishna's star is Saturn (*Shani*).**

".....Also, the hair are looked after by Shri Krishna. Now, you see, you know that He's very fond of anything that is, um, like butter, so you have to put either butter, or oil, or something in your hair. If you don't put it you'll become bald, what can – I mean it is after all a Karma Phala. If you don't put oil you'll become bald. So you have to put oil and oil was put always before in the West. I see all these old films and all that, they're all oiled people. But now, of course, if you don't want to put oil in the daytime, you can wash it

off, but at least once a week you must oil your head.

Shri Krishna's star is Saturn (*Shani*). If He gets after somebody, nobody can do anything. Finished! Sometimes it is seven years or two and half years He is after you. This Saturn of Shri Krishna is a quality within us that supposing if somebody troubles us, we don't have to do anything. The Shri Krishna will work it out. You can inform the all pervading power and through that this man or woman or party will be hounded. Automatically it will happen. But you must know that you have the powers of Shri Krishna by which if He gets after someone then nobody can save him. He is the last one Who plays around but He does not forgive. He gives a long rope to hang yourself, but he never forgives. He says you have to pay for it except when you transcend. If you become a Sahaja Yogi and have transcended then He won't do anything to you".

*H.H. Shri Mataji, Cabella, Italy, 16.08.1992*

### ♣ ... if you have Vishnu Maya problem, then you become lethargic

"So then, this left Vishuddhi is Vishnu Maya. Means what? Once you have this left Vishuddhi you develop all the problems of the Vishnu Maya, and one of them is the heart. Because Vishnu Maya is an active thing, She is like electricity and if you have Vishnu Maya problem, then you become lethargic. "Oh, I'm so guilty." You become depressed. That Vishnu Maya principle disappears from you. She's the one who's quick, fast, and She gives the light and announces to the whole world what Shri Krishna is. While what happens with such people, Sahaja Yogis who come in who feel guilty they say, "Mother, you know, we thought that if we do this then our ego will come up. If we do any work outside and work in some fields or in some villages then our ego will come up. So we don't want to do it."

*H.H. Shri Mataji, Cabella, Italy, 16.08.1992*

### ♣ Sometimes these combinations work very well

"Now some people are negative in the sense that they are on the left hand side and some people are negative because they are on the right hand side. Sometimes these combinations work very well. When a dominating man tries to dominate a left handed person they are great friends, nothing like it. Because one dominates and another takes the domination. As soon as the left hand side person becomes little on the center or tries to come to the right, the dominating ones starts clashing. Then they are the worst enemies

of each other. It happens like that, so be on the alert. Now a person who is on the negative, on the left side should try to come in the center and in the same way a person who is on the right side should come to the center.

Now how do you do it? Which is the way we can do it? Let us see. A person who is very much on the right hand side should try to become friendly with the left hand side and left hand side person should try to be friendly with the right hand side, supposing. Let us start like that. So what is the give and take in this thing? The person who is on the right hand side will be better organizer, maybe, may not be. At least will be a better orator or maybe a better sort of a leader, maybe, may not be, you can't say. He may be the one who will suggest things and who will bring out things, who will say "I'll do this; I'll do" sort of thing maybe. The left hand person will be frightened but will be humble, more loving, more affectionate. He'll be much more at the command of others. This one will be commanding and the other will be receiving the command. This will be there. Now how do we solve the problem of this mixture? The one who is very much on the ego side should try to obey the person who is on the left hand side and on the left hand side should try to command more on the right hand side person and should be accepted. (They), it should be mutually understood. There should be a contract. Alright, "I am an ego oriented person and you are superego oriented, now let us do one thing. You try to dominate me and I'll try to obey you". It will work out. It's a psychological style. You just work it out.

Try somebody who is a left sided person to dominate you. But rather difficult to get left sided people here. They are very few. Because I believe some people were left sided, but when it comes to ego they are worst than anybody else you see. So rather difficult, but you can have a person who is left sided and let 10 ego oriented ask him to dominate you. Till he develops his ego, he's alright. If he develops ego stop it. But with complete understanding, watching yourself how you develop, how far you go. A play should go on. Play with yourself. But if you are identified with yourself that "I am always right, and nobody is right" nothing can work out, I can tell you this much. Because if you are perfect I need not waste My words here. So the best way is to do this sort of a thing. Alright you order and I do. Come along let's see what you say? Let you organize and we'll do it. You tell us how to do it. So he will use your heart and you will use your attention. It will work out very well. The combination will be good."

***H.H.Shri Mataji, London, 27.09.1980.***

♣ **if Sahaja Yogis meditate and keep themselves in complete peace and also completely surrendered, nothing can happen to them**

".....destruction has already started and is going with a full speed, I think, all over through so many things that are happening. We have got hurricane, storms, earthquakes, many accidents and so many destructive things are working out which are the outcome of Kalki incarnation. But at the same time there is another work going on, of the same incarnation, is the resurrection of the people. Such people can never be hurt. Nothing can happen to them. They'll be always saved, everything will be saved for them because they are under the protection of their Mother.

Now the problem is how can we, the Sahaja Yogis, deal with such people and could see that they go out of the circulation of evolution. Only solution is raising the Kundalini. If you raise the Kundalini of human beings who are even very bad and gone cases, either they'll be destroyed or they will be saved and they'll become good people. They will stop all these horrible things they are thinking and planning in their heads, and they'll become really very, very good people.

It may fail in some cases, I won't say that Sahaja Yoga would be successful in every case. But if Sahaja Yogis meditate and keep themselves in complete peace and also completely surrendered, nothing can happen to them. They are always protected and you all have an experience of that protection. But first you should have faith in yourself and complete surrendering to Sahaja Yoga.

We are so many Sahaja Yogis sitting here mostly from north, south, east and west of India and also from other foreign countries. Every country is today, is under the, we should say, under the control of these negative forces. What we have to do is to make people positive through Kundalini awakening. This you all can do. This you can achieve. For this you don't have to do something special. In day-to-day life you can achieve it, and you should do it. This is the only thing that is needed today is to transform people, and you all can do it. All of you can do it in a very sincere and a good manner. Don't have to get to temper, jump at people, get angry with rude people, but with peaceful attitude you should achieve it, so that this wrathful temperament of Shiva, as they say, the third eye of Shiva, won't open. That's something horrible. We all can do it in a very constructive manner. Extremely, in a constructive manner!

So what we should do is to first of all establish our own Shiva principle - is the principle of joy, principle of love and principle of truth, I should say."

***H.H. Shri Mataji, Pune, India ,05.03.2000***

♣ **You cannot reach Shiva without Vishnu, and you cannot stick to Shiva's principle if you have not understood the Vishnu principle**

"There are big problems also, because people have no idea as to Shiva's global temperament. For example, I've heard people quarreling and fighting over Shiva principle and Vishnu principle. Now Vishnu is there. His power is there, for you to rise up to the Shiva principle. Both are not different. One is supplementary for another. But if you go on fighting even on that point, I can't understand.

You cannot reach Shiva without Vishnu, and you cannot stick to Shiva's principle if you have not understood the Vishnu principle. Kundalini itself rises through the Sushumna Nadi. She is the principle. She is the tattwa of Shiva and She rises through the channel that is made by Vishnu out of evolutionary process. So how can you do away with one of them? One is the road, another is the destination.

So I hope you understand how important it is that your centers should be corrected, your road should be all right, that your Sushumna should be cleared because we are *Madhya-margis* (Followers of Central Path). We have to go by the center, by the central path; and we have to have the balance, not to go to the left and not to go to the right. This balance we must keep and go on moving till you reach your *Taloo Bhaag* (Fontanel bone part on head ) where sits Sada Shiva. You can experience it. You can see for yourself whatever I am saying you know it very well. Only thing is when I am telling you, you can verify. Sahaja Yoga can be verified very easily, and you know that, that you now know the only truth - the truth which is absolute.

This is also the principle which starts showing results when these two powers meet. It's very surprising that when these two powers meet, or when you reach Shiva principle through the Vishnu principle, then you realize that these two powers are so complementary and so much related to each other. There is no difference, in a way, between these two powers. And so keep your road, the *madhyamarg* (Central Channel), clean and let the Kundalini pass through it. When the Kundalini will pass through it, you'll be amazed that the same Kundalini is going through the Vishnu path and reaching at the lotus feet of Shiva".

***H.H. Shri Mataji, Pune, India, 05.03.2000***

♣ **Ganesha Tattwa has no compromise of any kind**

"I can tell you that Shiva tolerates lot of nonsense, because He is fond of forgiving, and Vishnu principle tries to play with them and punish them or kill them. But Ganesha Tattwa has no compromise of any kind, and when this becomes Ekadesha Rudra, and where Christ is going to come in that form, then there will be no compromise, no "Mataji", no crying, no argument, nothing; Shri Ganesha Himself will throw people into hell. So be careful on that"!

*H.H.Shri Mataji, Riffleberg, Switzerland, 02.09.1984*

♣ **In this Kali Yuga, as in Sahaja Yoga, everybody can take birth—there's freedom**

"...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—get 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".

"... Adi Shakti first made Shri Ganesha. 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 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 never happened on this earth."

*H.H.Shri Mataji, Cabella, Italy, 15.09.1996*

♣ **...colour of the left side is blue, and the blue colour starts changing to the black**

"...So both things – like happiness or unhappiness are the states where you are still in the myth. Still the myth exists. You have to still go 'beyond'. So if you feel happy about some situation, you should know you are only happy before Realization, because it is giving support to your ego to bloat. And if you are unhappy, then you should know that there is some sort of suppression on your ego and there is super ego developing.

So both the situations have been of 'no help' to you. Of 'no help' to you for your growth except that both these institutions develops so much that you are away from the real experiencing. The real experiencing stops,



because your attention is so much, muddled up. So on one side if you move on the left hand side – your attention is muddled up with fear, with pain, with unhappiness, with hopelessness, dejection. The other side if you indulge too much- on to the right hand side – little bit also, you start getting elated, excited, over dominating. The colour of the left side is blue, and the blue colour starts changing to the black. While on the right hand side it is, to begin with, yellow, light yellow or you can say golden, then yellow, then orange and then red. So you go to the aggression on the right hand side. On the left hand side you go into a complete state of entropy you call it; or a state where you are separated from yourself into completely frozen, on the other side you become completely heated up. Both these things are again movement on the wrong direction.

Even in the centre when the attention is kept, that you keep your attention 'more' in the centre; there also because it is a 'very' sensitive point it does not stay there. For example, when we say, use fire; we can use it for burning the house. In the same way we can use it for creating smoke. But we can also use this fire in its proper way, if we use it, in its proper proportion for cooking the food, for giving us light. If it is too much, it can burn like a big fire. If it is too little, it can burn like smoke. But in the Centre when you know how to balance it , then you can use it for your own purpose- for cooking or for giving light and then for a Puja too".

*H.H. Shri Mataji, Dollis Hill Seminar, 25.05.1980*

**♣ ... the vibrations are still there. But suddenly they stop, and you find you're out of the bounds. You're thrown out completely**

"When you are transformed, so many things are automatically destroyed within you. As you can see very clearly that all your misidentifications drop out. The misidentification that "I'm an American, I'm a Christian or I'm a Jew, I'm this, I'm that, - all these false misidentifications drop out and you become a naked human being; first of all you are a Human Being. And then a super human being, without the ego, without the ego. So your ego is destroyed, your superego is destroyed, your conditionings are destroyed and all your false ideas about knowledge are destroyed.

So what remains and emerges out is the reality. Now see when a flower becomes the fruit. Everything practically drops out of the flower, we can say. Like the calyx is dropped out, then the petals are dropped out and then the epicalyx is there, that is also dropped out. But what remains is the seed, actually if you see. Around the seed all these things developed and the fruit

remains, the rest of it drops out. In some fruits some part is used, in some fruits nothing is used, a very little growth comes out as fruit and becomes a fruit while the flowers are there. So in us also whatever becomes Spirit, remains. The rest drops out. And that is what it is when we call it the Ekadasha which brings forth the transformation. And one has to understand we have to drop out many things.

Some people I've seen they say: "What's wrong? I'm smoking, still my vibrations are there". Some say, "What's wrong? I'm drinking, still my vibrations are there. I'm going to this guru, still my vibrations are there, I'm having the same type of licentious life, still my vibrations are there." Now it goes a very long way, the vibrations are still there. But suddenly they stop, and you find you're out of the bounds. You're thrown out completely. But you do not feel how you're thrown out. Gradually you find, like a tangent you go out. And so one has to be careful about it.

So within us lies a force which is centrifugal and a force that is centripetal. So Ekadasha's force is centrifugal, by which you are thrown out. Sahaja Yoga doesn't fall onto anybody's feet. Doesn't request anyone, doesn't flatter anyone. If you want to be there you have to be positively there and if you don't want to be there it throws you much faster than what you want. That's the trouble with Sahaja Yoga is and this is the loophole of the Sahaja Yoga which I have to tell you as a Mother that it's very anxious to throw you out".

*H.H. Shri Mataji, New York, 17.09.1983*

### **♣ Your Chakras are only pierced in the centre, but the rest of the attention is still intact**

"...Now actually what has happened in Realization- your Kundalini has risen and has come up. Just, like you say a small, thin hair- one hair, say. And that has broken your Sahasrara. And now the grace is flowing into it. But it is a 'very small' movement that has taken place- of course which is a very difficult movement no doubt; but it has taken place. Now you have not expanded like this. Your Chakras are only pierced in the centre, but the rest of the attention is still intact. Actually it is so intact, that you do not even feel that it is pierced. Now you have to 'expand' that. Open it out so that more strands of Kundalini can rise and your attention, which is in these centres, expands. By expansion it drives out all that is mythical on the sides. On every centre we have our attention which is being enlightened in the centre through this light passing through. But the light is too small for the darkness

that you have collected".

*H.H. Shri Mataji, Dollis Hill Seminar, 25.05.1980*

♣ **... it's not important what you know about this or that.  
What is important is what you have reached**

" Whatever you can verify by your vibrations becomes your knowledge and is what is gradually told to you. You should not indulge into books or things, which talk of the origin of the earth, etc., because your mind will be diverted. You will take to knowledge which may not be knowledge and then you will start thinking ' I do not know this part, I do not know that part.' What you have to know is what you are. You are the spirit and the light of the spirit will tell you everything, as much as you can bear. It will not tell you something that you cannot bear. It's a very good analogy when we say that you are the light, but the light you are carrying is very different from this ordinary light. This light does not understand or think. Now the light you are carrying understands, thinks and it gives you only that much light which you can bear. It won't flash or dim. It will be absolutely in relation to what you can understand. Sometimes the deities emit too much vibration in Pujas, but if you cannot bear it, then they trouble Me but won't enter into you. One must understand that it's not important what you know about this or that. What is important is what you have reached. At what maturity you are in Sahaja Yoga."

*H.H.Shri Mataji, Berlin, Germany, 27.07.1993*

♣ **'Nobody' who is a human being should make them touch  
your feet. Especially the Sahaja Yogis should not**

"...So for normal people, even you are a Guru, you should not allow them to touch your feet. Only an incarnation's feet must be touched. Of course in *Samayachar* like us we have in India the custom to touch the feet of father, - but because the father is a representative of the Father in you, that's why, or the Mother. But that's symbolic. But in reality you are not to surrender yourself to anybody else but to an incarnation. Also if there's a teacher in art or in any way your master, you must touch his feet. Even to take his name you have to pull your ears. But 'nobody' who is a human being should make them touch your feet. Especially the Sahaja Yogis should not. Nobody should ask anyone to touch your feet. As an elder you may. That's a different point. But not as a Guru. It is a very dangerous thing. Once you start it you know what it happens with so many, they are just gone out of Sahaja Yoga.

So to develop the Guru principle within you, first of all you must develop 'yourself' fully. Now how to develop yourself for Guru principle, one must see. We have got the ten principles within you, as I told you before, and we should develop these all ten principle in such a way that we stand out from others. Yesterday as I told you that when we do *Dhyana*, *Dharana* and *Samadhi* and achieve the blessings of the *Ritambhara Pragnya* then put that whole thing on to different areas, called as *Desha* or *Bhoomi*. How you spread them is the point- through mantras. Cleanse it through your attention 'everyday' you must know which Chakra to be cleared out. You must know about yourself where is the problem, how is it to be cleansed, how we have to clear it out. Do not take it for granted.

Many people who have got say left sided problems you will just bring them lemon and chillies, and think that Mother has done the job. I can only do the job temporarily. But if there is a vacuum, again you will suck in you see. These vacuums within you feel hungry again, to have some more. So, to take out that vacuum is your job. And for that you have to 'religiously ' get out of all your defects. That's the most important thing for all of you. And try to put full attention to all these different *Deshas*, the Nations. And once, you have cleared, it is enlightened. Once that is achieved, then you have reached a point you can become a Guru. But still you are not a Sat Guru; you must achieve the state of Ateeta".

*H.H.Shri Mataji, Lodge Hill Seminar, England , 24.07.1983*

### ♣ **You are not to spoil your Ashrams, your centres - using them for a marriage searching society.**

"...we have to talk about the maryadas (boundaries of pure relationships) that have to be observed by Sahaja Yogis.

One of the things I discovered here, in the West, that though we have understood the importance of Mooladhara, which is a very important thing, that unless and until we establish our Mooladhara fully we are not going to have speediest ascent. Despite all that, there are lingering things you see around.

Like, people start choosing their life-partners in Sahaja Yoga. That is not allowed. That is not allowed.

You are not to spoil your Ashrams, your centres - using them for a marriage searching society. You must respect this point, you must respect. If you have to marry, then you can find your life partners 'outside' Sahaja Yoga - to begin with - But if you want to marry 'in' Sahaja Yoga, then you should not go on searching people in Sahaja Yoga. It is 'very dangerous' thing for

Sahaja Yoga itself, and for you people. That is one thing one should 'never' try to do with Sahaja Yoga. For all practical purposes you are brothers and sisters. And that's why I always encouraged marriage between people who belong to another country or another centres.

As we are now having a big marriage programme, I would say that most of the marriages which were done like that, are 'very' successful than the marriages that were selected and were done. It's very wrong to do such a thing as to arrange your marriage with a Sahaja Yogi by yourself. It will be dangerous. I don't want to say anything; but it wouldn't turn out to be good because it is anti-God activity. Absolutely anti-God. You are supposed to develop your brahmacharya, you are supposed to develop your Mooladhara. Instead of that if you start using a Sahaja Yogini or a Sahaja Yogi for the selection of your married life, it's going to be very very troublesome, your Mooladhara is not going to settle down. I mean that's a bad stroke for your development.

Because of the background and the kind of the conditioning you have had, you people don't understand that it is important to maintain the purity of the centres. And of every place. So any such relationship in one city is a very very wrong thing. It spoils everyone. To add up to the trouble, it's a habit of people, I have heard, that they try to tease that "you look better together", "you're nice together". They 'tease' and enjoy. It's a kind of a very perverted enjoyment of mooladhara. To tease others, "You are looking very nice with him, and you better marry him." It's a kind of a romantic non-sense.

Of course, for all this, yogis - they have to have a Brahmacharya. But even if you can't have brahmacharya. You must have 'Maryadas.' Not to tease each other and enjoy that kind of a non-sense, when the marriage is not settled; - if marriage is settled it is alright. And this kills completely the joy of marriage, because there is no curiosity left. And many a times I find that 'absurd' relations are established.

Some of them are really no good. And they will really be detrimental and some of them are never established. So if they are established, they are wrong, and if they are not established, they are heartbreaking.

So all this kind of thing you should not do. You have got experiences of people who married outside and brought 'wonderful' people to Sahaja Yoga. If you can do it, you should do it. If you have to marry Sahaja Yogi, you should not marry them at the cost of destroying the purity and the idealism it has. For your own sake, for your 'own' pleasures you should not spoil the name of Sahaja Yoga.

That is one thing I have seen, so I would say that today, as it is the day of purity between relationships, let us know that you have to treat each other as brothers and sisters. No such play should be followed. Don't allow your mind to drift into this. Because if you allow, then there's no end to it. As it is, you know how hard it is to bring you back to normalcy.

When Christ had said, "Thou shalt not have adulterous eyes", He did not say it because it was not practical. It is quite practical for Sahaja Yogis. And there is nothing to worry about marriages so much, what is so important? So many are married and what has happened to them. 'Even' with the Sahaja Yoga marriage, some have failed because of these bad habits.

So you 'better' get rid of these bad habits before marriage.

Because after marriage also they go on like this, and searching for boys and girls. Because if these habits are not curbed, 'before' marriage, then they go on lingering on. So, one should not try to do all these things before marriage. And I have seen such marriages are never, never successful so far.

And even if they are, it is a sort of make-believe thing. It doesn't give real joy, it's a joyless pursuit. May be in one case - may be - successful, that does not mean that you take help from such difficult things, but have 'normal' marriage which are enjoyable, which have created permanent bondages between people".

*H.H. Shri Mataji, Hounslow, London, 11.08.1984*

### **♣ All kind of allergies come to these people through their lethargic liver.**

"Now these people eat extremely imbalanced food as far as proteins are concerned. And in proteins, they are so weak that they might suffer from all lethargic muscles, in every way. So you can see that these (left sided) people suffer from cold, they suffer from diarrheas, because the muscles are weak, they will eat the food and the whole food will pass out as diarrhea, they will have lethargic hearts by which they will get the heart which will not pump the blood, swellings in the body. Also they might get this gout and these troubles with joints. They also get the lethargic liver which gives them allergies. All kind of allergies come to these people through their lethargic liver. So now you have to base all these troubles of lethargic organs, of any kind, on the left side. For example a person who's eyes are open but he cannot see, is also suffering from the same type of disease.

These people (left sided) are affected by the subconscious and the collective subconscious, from where the spirits attack them and they

become involved into the spirits. And they have a very bad sympathetic attitude towards themselves. They are themselves miserable and make everyone miserable. Because they get their ideas from these miserable sly people, and they cannot see anyone happy nor do they keep happy themselves. They will make a big fuss out of their so called troubles and sickness and problems, and try to create as much problems as possible for others. But the problems are not aggressive- looking. It is more by appealing to the sympathy, appealing to the weakness of others. And a person who stays with such people can also get affected if he tries to show sympathies with these people".

*H.H. Shri Mataji, Jangapura, New Delhi, India, 9.02.1983*

### ♣ **'Tamasic' people eat lot of meat- it is not true**

"Now those who are strict vegetarians, who do not eat any, even garlic, or don't eat even onions and all that are very vulnerable to the left sided business. On top of that if they are going to a Guru, who is left sided, they are even worse. So one need not lead an abnormal life. One has to be a normal person, eating right proportion of proteins, carbohydrates and fats. So this is one side of Sahaja Yoga in which you see that left sided people have to be very-very careful and not to just assert themselves on that side.

Many people come and argue with me because they say that in Gita it is written- they said so, I do not know,- that 'Tamasic' people eat lot of meat- it is not true. Is not true. 'tamasic ' people are the people- they are not bad people by any chance, they are one type.,- are the people who eat too much of carbohydrates, because left side is hydrogen, and carbon comes from Ganesha on the left hand side, so it is more carbohydrates, no question of eating too much of meat.

But the 'right-sided' people now, have a very- very overactive, extremely overactive personality. Such a right sided person is eating too much of proteins. All the time meat, this that. And he becomes an overactive person, and such an overactive person receives the blessing of their ego, and a big ego develops. Such a man aggressively destroys others, the image of others, pulls them down, criticizes others, jumps on them, can be very hot tempered, can be absolutely demonic. As I said before, Hitler is the example".

*H.H. Shri Mataji, Jangapura, New Delhi, India, 9.02.1983*

### ♣ **Left sided people should take salt more**

"So, for the right sided people sugar is suggested. For the left-sided people- salt.

Left sided people should take salt more, and with salt they can solve many problems, because salt gives them a personality, a composure by which they can express themselves in a way, which is dignified and also not very lethargic. So the speed of your talks or behavior or everything should be in centre. It should not be lethargic, nor should be too quick and fast and hectic".

*H.H.Shri Mataji, Vaitarna, Maharashtra, India, 18.01.1983*

♣ ... to catch the *Sahasrara* is a very serious thing for a Sahaja yogi.

"...if a Sahaja yogi finds his *Sahasrara* catching, then he should take bath in the sea, I think, I don't know where he should take a bath. Because *Sahasrara* is My place, as you know. And to catch the *Sahasrara* is a very serious thing for a Sahaja yogi. He might develop an Ekadasha with that, and then he will be in trouble. And then he will come and tell Me that, "Mother, though I was a Sahaja Yogi, I was praying on Your photograph and all that, still I got this trouble" The reason is, when you are a Sahaja yogi you have to recognize Me. That is the condition. So far you have never recognized anyone, but now you 'have' to recognize Me, you will develop this Ekadasha, and I tell you that if you try to do like this, then it is not possible to allow the Kundalini to come up. So Sahaja Yogis, who are very doubtful and still like this, should not be called as Sahaja Yogis. They should be kept outside, as far as possible. Let them learn that they are not worthy. Let them know that this Realization has been given by Me and by nobody else. Like once Venugopalan told me that: "Krishna did not give me Realization, Rama never gave me Realization, Ganesha never gave me, Shiva never gave me, Parvati never gave me. Adi Shakti did not give me, it was Shri Mataji Nirmala Devi who has given me Realization. So She is the one I know". Unless and until you understand this, all: Rama, Shiva and Brahmadeva, Vishnu, 'everyone' is going to get angry with you. Because they will not understand. Because you have got your Realization, still you are denying Me that means something is wrong with you. And the whole plate (of brain) can be covered and you might develop Ekadasha. That is the beginning of the end".

*H.H. Shri Mataji, Jangapura, New Delhi, India, 9.02.1983*

♣ ... forget about technique and worry more about spontaneity

The trouble with Sahaja Yogis, as they are today, they are all



technocrats already. They have done so much of technical things that it is better that they should forget about technique and worry more about spontaneity.

The technique is so much that the technique has killed the spontaneity and a balance has to be struck between technique and the spontaneity.

First you get your Realization by spontaneity-Sahaja. Then you have to have ....a technique, the *tantra*, the mechanism".

*H.H. Shri Mataji, Lonavala, Maharashtra, India, 25.01.1982*

### ♣ ... there is only one ego and that is the God Almighty, Mahat Ahamkara.

"Actually when you turn your eyes here and there, when your attention is here and there and there is nothing but your ego that is trying to overpower you. But actually ego is absolutely falsehood because there is only one ego and that is the God Almighty, Mahat Ahamkara. There is no really any ego that exists, it's a myth. It is a very big myth, because if you start thinking you are doing everything – you are doing this, you are doing that – which you are not doing; then this nonsensical ego comes in and you start working it out, it can project in every direction. When it projects forward, it overpowers others, it tries to dominate others, tries to kill others, becomes Hitler. When it moves to right side, it becomes supra conscious. It starts seeing things which are absurd, which are foolish, which is stupid. When it moves to the left side then it starts talking- I mean seeing things-yourself as a big man, as a big Christ, or as a big Devi or something like Adi Guru and 'I am a great personality', that is left sided. When it moves backwards, that is the dangerous one. Then people become Gurus which are ruining other people. When their ego moves backwards then they become Gurus, they themselves have a lot of defects in themselves and they try to pull people into those horrible stuff which is described as absolute *Naraka*. *Naraka* is the movement of ego on all sides".

*H.H.Shri Mataji, Vienna, 04.09.1983*

### ♣ ...one does not feel the vibrations despite Realization

"The Kundalini is like a rope with many threads. She rises by unfolding her coils piercing every Chakra. The width of the Kundalini or the number of threads start diminishing as She ascends if the higher charkas are not open or if the piercing points in the charkas are constricted. If the lower charkas are open the Kundalini rises as a whole, but if the higher charkas are not open then the constriction does allow few threads to pass. So it is very necessary to have at least the lower charkas cleansed. In the western mind

the higher charkas are better but as their Mooladhara Chakra is in jeopardy, the force is very weak and their own sensitivity very poor.

When the Kundalini rises without any hurdles, it reaches the Agnya and spread on the lower brain plate like a cloud, so a heaviness or sleepy feeling crawls. I say that first the mother puts you to sleep. The second feeling is when the vital force of Kundalini melts down over the Ida and Pingala. As if the cloud of the vital force starts pouring bliss. Gradually the head feels as if the lead is being taken off. One feels relaxed. Now again these two channels carry it down up to Nabhi and now a new force from Kundalini joins it. Then the triple force rises which opens the Agnya. At this time eyes get closed. The pupils start dilating.

Now the head gets clearer but some feel a mild pressure or throbbing at Sahasrara. The Agnya crossing creates the thoughtless awareness. You feel the silence of Sahasrara. At Sahasrara the Kundalini accumulates. A kind of release starts as the Brahmarandhra (fontanel bone) opens. It works slowly with some, but with most of them it is with a gush. At that moment, the sadhaka (disciple) feels the cool breeze of the vibrations. This is "Realization". There are many who have got *jagruti* (awakening) and have got the curing power but they cannot remain in thoughtless awareness. They touch it for a minute or so. But the process of Kundalini oozing out works out with time and ultimately they reach a stage of doubtless awareness.

With some like X it was a quick permanent ascent; he felt as if two bath of ice fell on his hands and started melting. The cooling crawled into his Being. If the Vishuddhi is doubtful or stretched and constricted, then, one does not feel the vibrations despite Realization, meaning the piercing of the Brahmarandhra. The collective consciousness is felt even before the Kundalini pierces the Brahmarandhra fully. You start feeling the burning on the fingers and also the discriminating styles of collective consciousness are manifested".

*H.H. Shri Mataji, London, 02.09.1977*

### ♣ **My photograph, it is very auspicious**

".....'Beauty and Auspiciousness' goes hand in hand, they are not two things. Because, 'beauty' is a thing that gives 'joy to your Spirit', 'auspiciousness' is the same which gives 'joy to your Spirit'. All other beauty is no beauty. So, for a Sahaja Yogi it is necessary to use all the matters which are auspicious. Now, auspicious matters whatever are there, which are important matters must be kept at a higher level, always.

For example, say My photograph, it is very auspicious, then you don't

put it on the ground and do not trample over it. In that also there are gradations of auspiciousness".

*H.H. Shri Mataji, London, UK, 27.09.1980*

### ♣ .....you have to put My Feet into your heart

"Whatever you do, it should please Me ..... So how do we do it? Put Me in your heart. Just try to put Me in your heart. It's very simple. I'm before you now. I am in person.

I was trying to give Realization to one of My relations just today and I said that "You don't close your eyes."

He said, "No, I'm not looking at Your face. Because, when I see You, I feel You are my aunt. But I'm just looking at Your Feet so that I shouldn't feel any more that You are my aunt. You are very great. And Your face is the one that puts me into illusions."

He could see it's a Mahamaya. He said, "Only at Your Feet I'll look. And through Your Feet only, I can get over this barrier, this feeling."

In the same way, when I am a Mahamaya. I know I am. I had to be. But you have to put My Feet into your heart, just My Feet into your heart because photo, face, everything might be an illusion. It might be. By seeing My face, you do not get over your barriers. To say, "I must see Mother, I must do this, Mother must come to my house, She must have food at my place, She must visit my home – all this is so stupid. I cannot understand what's the matter with these people.

"Mother, please come in my heart. Let me clean my heart, so that You are there. Put Your Feet into my heart. Let Your Feet be worshipped in my heart. Let me not be in delusion. Take me away from illusions. Keep me in reality. Take away the sheen of superficiality. Let me enjoy Your Feet in my heart. Let me see Your Feet in my heart."

Only such people – even Brahma, Vishnu, Mahesha have done that. So, don't you think you have to do it? So humble down yourself. Humble down yourself in your heart. Humble down in your heart. Enjoy your humility. Enjoy your virtues. The greatest virtue of a Sahaja Yogi is humility.

Now so many things you have seen to convince you, but in no way can mean any kind of subjection. Because what subjection can you give Me? Think of that. When every subjection is a blessing, what subjection are you giving? Every feeling in the heart is a blessing. Just now you feel it and you feel the joy – in your heart. Then what is your subjection about what? I can understand people who have just newly come or are good for nothing, but you are not on the periphery. But some of them do go into periphery in no

time. You give them some work – finish! If I am sweet to someone – finished! If I see someone – finished! I mean this is too much. I can't even be nice to you".

*H.H.Shri Mataji, London, 23.09.1984*

**♣ I can enter into your subconscious; into your collective subconscious; into your supra-conscious; into all the areas**

"When you mature properly, then you jump into the fifth state; in which you do not even determine or say anything; just anything slips out of your mouth, may not even slip out, it works. It's a state. There you handle the whole situation, sitting down here. Sitting down here, you know each other's Chakras. Then not only you master it, but in that you can enter into it. Now, for example, I tell you. I can enter into your subconscious; into your collective subconscious; into your supra-conscious; into all the areas you see like that if I want. This is when you have mastered it completely. When you enter into it; when you are the master, then you enter into it. When you're master of this house, you may enter into it, then you enter the seventh state and that is the state where you just are. Your being there is sufficient. Just being there, nothing exists, but you for yourself. Now all these seven states you can reach, because I stand beyond that and I have come down to the first state and I'm trying to pull you up. If you do not drag me down, I can pull you up very far, so only request is don't drag me down. That's how the becoming is going to be. Now this is the basic, the basic structure and now you are feeling all the beautiful things in between and all the things can be nicely again arranged and can be done properly. But this is the basic structure of becoming. Now do not try to fix yourself up at this stage or that stage, because that is very common with people who are still thinking about it. Then: "Mother, at what stage am I ?" This is common when you grow yourself, it will happen to you. You don't have to determine anything; it should happen to you, that's all".

*H.H. Shri Mataji, Old Alresford, England, 18.05.1980*

**♣ ... .. when they move on the right side they go to the supraconscious area.**

"This is a very narrow passage, through which attention cannot pass normally, it is impossible thing. It is a narrow passage, where, the ego and superego fit on to each other and cross each other. And there is no gap in between for the Kundalini to pass through. This superego and ego go back,

go down-ward and come to the Vishuddhi Chakra and circle round it and go in the same direction. So you find that they come upto this place, they start from this place, go upto the Agnya Chakra and then they cross-over. But here they are in the same direction as they went, at Agnya here they cross-over. So when you have a problem on the left hand side, you get the affects of that on the right hand side. But right hand starts from here upto this side and the left hand starts from here. But the left hand actually acts on the right hand side.

So this third eye is to be penetrated through or we have to enter into the third eye, through Kundalini awakening. But it is such a closed passage which is the door to the limbic area, which is the kingdom of God that anybody who tries to push their attention through this closed door, either goes to the left or to the right. And this is the beginning of the trouble of the people when they do not understand that whatever is unknown is not God, is not Divine. So, when they move on the right side they go to the supra-conscious area. And they start seeing hallucinations. Actually these are not hallucinations but actual things, because they exist on the right hand side. So they start seeing things of the right hand side. They may see colours and the formation of colours, and they may see also people who are dead, who have been very egoistical. They can see Gandharvas and Kinnaras, because they go to the 'Gandharvalok', to the right side, and start seeing those things in the unknown awareness of supra-consciousness. But that movement is very dangerous. Because if anybody catches you there, then you get an added personality sitting on your head, and you get possessed by ego and you become on your own and you actually become malignant".

*H.H. Shri Mataji, Delhi, India, 03.02.1983*

♣ ... **sympathetic system on the left and right starts extracting more energy from the central path.**

"So all those people who say that Kundalini, in the awakening of the Kundalini, and it is very difficult and it is harmful, are the people who have no right to awaken the Kundalini. So when they try to play tricks, actually their sympathetic nervous system goes into great agitation. And this sympathetic system on the left and right starts extracting more energy from the central path. So, much so, that it gets exhausted and such a person becomes actually mental wreck. So many people who said, we are raising your Kundalini by this method or that method, wreck the life of the Sadhakas. Ultimately they are left high and dry without achieving anything.

Nobody knows what to achieve and what to receive. So they are misled".

*H.H. Shri Mataji, Delhi, India, 03.02.1983*

♣ **...you should try to cover your head**

"For looking after Sahasrara it is important that you should try to cover your head during winter time. It is better to cover your head during winter time so that there's no freezing in the brain because the brain is also made of 'Medha', means fat, so it should not be frozen. Moreover, you should not take too much heat on your brain. To keep your brain alright, you should not sit in the sun all the time as some of the westerns do. Then your brain melts and you become a crazy person- is a sign that a person is going out for madness- is something which I have told you many a times that you do not take too much heat on your head. Even if you are sitting in the sun, keep your head covered. Covering the head is very important. But the covering of the head should be done occasionally , not all the time because if you just put a very heavy band around your head , then the circulation becomes poor and you may have trouble with bad circulation. So it is an occasional opening of the head to the sun and to the moon, occasionally. Otherwise you will sit in the moon and land up in lunatic asylum. Anything I tell you, you must know that in Sahaja Yoga , we have not to go to anything 'Ati'(extreme)".

*H.H. Shri Mataji, Hanuman Road, New Delhi, India,04.02.1983*

♣ **This does not mean that if you have to use spectacles, you become an unholy or improper person**

"Now let's consider the reason why the Agnya Chakra is spoiled. One of the main reasons of this deterioration is your eyes. You should take great care of the eyes, as they are very important. Then the Agnya Chakra is also spoiled on account of bowing before or touching one's head at the feet of an unauthorized guru. That is why Jesus Christ has told not to bow one's head before every person or place, because by doing so, you unknowingly lose everything whatever you have gained. You should bow your head only before an authorized person that is one who is an incarnation of God. Do not bow before any wrong place. This is very important. If you bow your head before a wrong person or a place, your Agnya Chakra will get constricted.

In Sahaja Yoga I have noticed that nowadays, many persons have spoiled their Agnya Chakras. The reason is that these people follow a wrong guru or bow before or touch their head at wrong places. Many of the eye diseases are caused due to such wrong practices. In order to keep the Agnya

Chakra in proper order, one should always read the scriptures and the sacred texts. One should never read unholy literature. Many people may say, 'what does that matter? On account of our profession, we have to do certain things which may not be strictly proper'. But then by doing such unholy activities the eyes get spoiled. I never could understand as to why people are bent upon doing wrong deeds. Even by looking at any unchaste and filthy man the Agnya Chakra may get constricted.

Jesus firmly said, 'Thou shall not commit adultery. But I tell you, thou shall not have adulterous eyes". Thus it again comes to the eyes. If your eyes are unholy, you have eye troubles and your eyes get weakened. This does not mean that if you have to use spectacles, you become an unholy or improper person. It is the law of nature that you have to use spectacles at an advanced age. The eyes are spoiled because you do not keep them steady and are always moving them from one place to another. So also the attention of some people is constantly shifting from one object to another. These people are not even aware that such action spoils the eyes.

The other reason of deterioration of the Agnya Chakra lies in the manner in which you work. If you over-work then you become work-conscious. The work that you are doing may be good, but even then, if it is beyond the normal level, be it over-reading, over-stitching or over-thinking, it will spoil the Agnya Chakra. The reason is that while you over-work, you forget God. During the course of such work, God-consciousness does not stabilize in you".

*H.H. Shri Mataji, Hinduja Auditorium, Mumbai, India, 26.09.1979*

### ♣ **Don't move your shoulders too much**

"When you are singing you can move your whole upper part. Is alright. But not your shoulders. This is the thing one has to understand, that these two centres are to be looked after. You can move your neck, your body when you are singing. Is important. That helps. But not your shoulders. Shoulders are to be kept intact. But while saying just "yes," you need not go on "yes, yes, yes, yes." It's very, very simple thing but it can have a very bad effect. And those who move their shoulders too much do not feel vibrations much, because the Chakras are not alright. It's a very simple thing to be understood that they are the most important Chakras we have and whatever is to be used out of this Paramachaitanya, they have to be used by these two centres.

Even supposing your some Chakra is catching on your spinal cord, you have to use your hands. Somebody can say, "I can just put my

attention." Doesn't work out that good because yet your attention has not that... reached that stage where these Chakras like Lalita Chakra and Shri Chakra obey your attention. They do not. So you have to work out with your hands. Be careful. Don't move your shoulders too much. And if you see now, Indians when they sing bhajans, they'll move the whole body. They'll do like this, but never their shoulders. The shoulders will move in the same way as the neck is moving. They might move their neck also, but they'll never move their shoulders like this and is regarded as inauspicious according to Indian standards. Because of this culture, based on what the saints have told and also about many seers have told, it is more related to spiritual life than to materialistic life".

*H.H. Shri Mataji, Brahmपुरi, India, 17.12.1990*

**♣ ... the play of these Chakras has to come and that is why you have to use your power of your hands**

"But these two powers give us lots of benefits even without Realization. Whatever you see in this world created is done by these two Chakras of the Adi Shakti. But here the power doesn't move. It's not moving. But in the human being the power start moving and when it starts moving then we can say it is creating another world. But movement is not the only thing. This power acts, gives you intelligence, gives you all kinds of things which you have as human beings. But later on, this power itself becomes enlightened within you. Means the left and right side both become enlightened. This enlightenment you get it when you get your Self Realization. But not immediately. Not immediately. This one should understand.

For example, if you have pain or if your Chakra is catching, you have to use your hands. You cannot say that, "the energy is flowing within me, so it's alright. I can manage." It's not like that. You have to use your hands to impart that power to yourself or to others. If you have pain in the stomach then you can say that, "If there's energy in my stomach why should I have pain in the stomach?" But the play of these Chakras has to come and that is why you have to use your power of your hands. If you cannot use your hands then you cannot impart this energy".

*H.H. Shri Mataji, Brahmपुरi, India, 17.12.1990*

**♣ Mantras should open your Chakras otherwise it has no meaning**

"Those who think that by saying mantras morning till evening they are going to achieve much, they are sadly mistaken; it's all mechanically done.



So many people have a habit of all the time shouting mantras. It's not a habit. Mantras should open your Chakras otherwise it has no meaning. They should be used properly at key points, with great respect, with a great understanding, and then allow them to open your Chakras, by which you take the water in, of that great thing known as Kundalini. The greatest blessing will come to you through her love – but not the way people are just taking, there should be no transformation? If you are identified with your ego and think you are alright, you are sadly mistaken. You have to transform completely within yourself. Some people, if their circumstances are changed then they feel very well and they think "oh" they have achieved the highest. It is not so, is only the circumstance that has changed, only the atmosphere that has changed, and that makes you feel that you have achieved something great. You have to achieve it wherever you are. And it should be retained and must be there."

*H.H.Shri Mataji, Bordi, Maharashtra,India,27.01.1980*

♣ **Sahaja Yoga does not work on dead things, it works on living**

"So all the diseases which are only physical can be cured, which are psychosomatic can be cured; the combination of both can be cured. Any combination of these things can be cured by a person who is an established Sahaja Yogi.

But in case a disease has gone so far that it is irreparable, or something artificial has been introduced in the body, as they put steel-stick and all that –then Sahaja Yoga does not work on dead things, it works on living. If the organ is still living, it can work out. But if it is not living, then it does not work out.

It works out on 80% of people. But the 20% of people on whom it can not work out are the people who do not have the basic foundation to be a human being. They are like animals. Their attitudes are like animals- even worse than animals".

*H.H. Shri Mataji, (for Doctors) Brighton, UK, 26.07.1984*

♣ **…it is very dangerous thing to make everyone put their hands on this pulsating fontenelle bone area which we call as *Taloo***

"The people who talk of Baptism, like John the Baptist, he was really a Realized Soul and when he raised the Kundalini and put the water on the head, he really gave them Realization. That is *Baptism*. Christian means a

baptized person, but not any Dick, Tom and Harry can put his hand on your head and say you are Realized. On the contrary William Blake says, 'The priest cursed on my head'. It is true. For a Realized Soul, if you put the hand of a priest who is not a Realized Soul and who is not properly entitled to do it, children get into problems. We have seen many children who are Realized Souls, who got into problems- their eyes became squinty, they became funny, their brains went off and we have to cure them.

So it is very dangerous thing to make everyone put their hands on this pulsating fontenelle bone area which we call as *Taloo*. *Taloo* is the Brahmarandhra and is the most important part of a human being, so everybody should be 'very' careful before they touch this. You have to be a Realized Soul and you have to know how to do it, means you have to be a Sahaja Yogi. So for your children when they are born you have to be careful- If they are Realized Soul; more so. Because if they are not Realized Souls then their reaction is not so violent. But if they are Realized Soul, they scream and shout and they can not bear it.

So we must understand, though it looks like very traditional or anything like that, one must see that those things which are harmful to human being must be given up. The time has come for all of us to give up those things which are not good for our health, which are not good for our spiritual being. The time has come. If you do not accept this, then only thing I can say as a Mother that 'I am concerned about you'. But it is much more than that. It is dangerous time you are in".

*H.H. Shri Mataji, Delhi, India, 03.02.1983*

♣ **...if you cannot change yourself then this Kundalini will be just going like a thin line and you'll be catching all the time**

"We have to know that Sahaja Yoga is not just to pass energy thru us, like all other material things are passing energy. This mike is passing the energy, this transistor is passing the energy, and all other such things are just passing the energy. Nothing goes into them. In the same way, if our power starts flowing because somehow the Kundalini has been connected with the mains; it has not done its job, neither you have done any justice to yourself. So you have to absorb that flow of the Ganges within you and assimilate it and transform yourself. The Ganges would be flowing, but if it is flowing thru the stony area, the stones are not going to absorb anything from the river Ganges. But if it is flowing thru fertile land everybody will be making use of that water. So you have to make use of your Kundalini by

transforming yourself. Try to transform. See that, how much you transform. Now, the question about Kundalini becomes so... so... "Sahaja" they call it in the very funny manner, that people think that Kundalini should work it out itself while we are stones on both the sides, and the Kundalini's going to work it out, which is very very wrong idea. If the river Ganges is flowing you have to go the river. You have to fill your pitchers, you have to have beautiful pitchers; you have to carry them; you have to bring them home and then use the water for enrichment of your food, of your household. In the same way, if you cannot transform yourself, if you cannot change yourself then this Kundalini will be just going like a thin line and you'll be catching all the time and there won't be much progress. The progress must be shown outside".

*H.H.Shri Mataji, Bordi, Maharashtra, India, 27.01.1980*

♣ **Realized people only should be buried and all others should be burnt off.**

"They are not Realized people. Realized people only should be buried and all others should be burnt off. It's better – at least the bhoots go out of them. When they are roaming about in the church, and you are taking the children down there into the cemetery".

*H.H. Shri Mataji, Hampstead, London, 23. 11.1980*

♣ **... dead people should be burnt, only the Realized Soul can be buried**

"...Religion also became like a fungus; like building, say, big churches and around them to bury the dead. Now, I went to see Chartres; you have a beautiful, a very, very beautiful church and very good work done by the artist, but there are lying all dead bodies all around, it's horrible. Actually dead people should be burnt, only the Realized Soul can be buried".

*H.H. Shri Mataji, Dourdan, France, 18.05.1986*

♣ **All these photos that you have separately have meaning**

It is only in the lifetime of the Adi Shakti, that the photographs have started... it's more than a representation... "it's quite Me... because My attention is there... My photograph has got My Desire also in it" (900811.2); The photograph has so many elements in it - it has the light, water and earth elements in it... it has also air element, because if the air is not alright you cannot get a photo... and it has ether element because a photo you can transmit (800518); Only with the photograph will Sahaja Yoga be worked out (830121)

Our Mother's photograph is very auspicious... you don't put it on the ground... nor do you trample over it... auspicious matters... which are important matters, must be kept at a higher level always (800927); The protocol of the photo is important (800518)... it has a coefficient, and emits vibrations (900811.2); Keep one Photograph with you all the time in your pocket... respect it... with the understanding that... 'that is Mother... who is with us' - you'll be amazed how things work out (800518) All these photos that you have separately have meaning - the Hands, with a candle, are very good for the eyes, and for the blindness caused by bhoots, whilst the Feet are very good for the grosser problems, and especially for the ego and also the superego... they will correct the supraconscious, and will go to the grossest point - the Feet are tremendous... we also sometimes should watch the Feet (800517.2); The photo of the Devi's Feet is the strongest for correcting problems (841005)

A photo of the Face will not work to correct the grosser problems - for that a Photo of the Feet works much better. The Face is for the seekers (800517); "My face is such a funny thing, that if you watch it for a long time, you will have no thoughts... today it happened, I went to the tailor, and he just looked at me, and he didn't know what he was doing. My husband said 'Is he stunned or what?'" (800609); We also should watch Mother without thinking (800609) Also you can use my photograph for curing other people. So, one should not bother about all these things... one should keep completely detached about it. So do not cure anyone... if you have to cure people, then you please give them the photograph and ask someone to work on them. You have got the power to handle my photograph... give it to others (800127.2)

If a candle starts flickering in front of the photo, this is alright, meaning that there is something wrong and it is being corrected by the photo (810328); When working on someone who has a possession, by for example a false guru bhoot, it is important not to allow oneself to be exposed to the same bhoots, by keeping a photo in front of your face, like a mask - in addition of course to putting oneself into bandhan (800517.2); You should not show interest in people who have no interest in the photograph... if they are not interested in the photograph... just forget that person... you see that's the best way (791202.3)

**♣ You have to use your hands, you have to use your feet  
you have to soak your feet in water, because water is the**



- vibrations  
OM SATYAM  
light  
OM TAPAH
- ether  
OM JANAHA
- air  
OM MAHA
- fire  
OM BHUVAHA
- water  
OM SWAHA
- earth  
OM BHOO

## FOOTSOAK

### CLEANSING DURING THE FOOT SOAK

| CHAKRA     | CLEANSED BY                                              | ELEMENT    | WEIGHT OF ELEMENT  |
|------------|----------------------------------------------------------|------------|--------------------|
| Mooladhara | Salt in the Water                                        | Earth      | Heaviest in all    |
| Nabhi      | Water in the Bucket                                      | Water      | Lighter than earth |
| Swadhistan | Candle flame                                             | Fire       | Lighter than water |
| Heart      | Breathing during Foot soak                               | Air        | Lighter than water |
| Vishudhi   | Ether is above us                                        | Ether      | Lighter than air   |
| Aganya     | Light of Candle flame                                    | Light      | Lighter than ether |
| Sahasrara  | Vibrations Coming from Mother's Picture during Foot soak | Vibrations | Lightest of all    |

The infographic shows clearly that as you go up from Mooladhara Chakra towards Sahasrara, weight of the elements start reducing. For example Kundalini goes to Nabhi after Mooladhara directly and weight of Water, (i.e. Nabhi element), is lighter than Earth element. Then Kundalini comes to Swadhisthana (note that swadhisthana chakra is born out of nabhi and rotates around it.) where Fire element is lighter than Water. Then it goes up to Heart via Nabhi. At heart, the element is Air, which is still lighter than Water (the previous element). Similarly as you keep going up, the weight of elements keep reducing till you reach Sahasrara, where The Vibration is the lightest of all. That's why, when Kundalini moves upwards on every next chakra, we feel lighter and lighter and on reaching Sahasrara, we feel absolutely light & peaceful.

Needless to say that Sahaja Yogis must do Footsoak daily because we are household people, living in society. All the time, knowingly or unknowingly, we keep absorbing the negativity through our various windows viz. Ears, Eyes, Nose etc. through various advertisements, discussions and variety of atmosphere, (in office or home).

Thus we continuously absorb much of negativity in our Chakras and nadis which is not seen outwardly. If we do not clean and purify this subtle system everyday, our channels will not be clear for free flow of vibrations and Kundalini.

In one of Her speech, Mother told that 80% problems of our routine life are solved by 'Salt-Watertreatment' itself. We also know that if we segregate our total thoughts of a particular day, we will find out that maximum thoughts belong to Nabhi Chakra, i.e. either it is pertaining to the spouse, children or business.

### HOW FOOTSOAK CLEANSSES CHAKRAS

When we sit for foot-soaking, our Mooladhara Chakra gets cleansed by salt in the bucket as salt holds the properties of 'Earth element' in it. While the water cleanses the Nabhi, Candle-fire cleanses Swadhistan, Air cleanses Heart, Ether cleanses Vishuddhi, Light of Candle cleanses the Aganya and Vibrations from Mother's picture cleanses the Sahasrara. That's how we can use all the natural elements to clean our Subtle system every day.

### KEEP EYES OPEN DURING FOOTSOAK

## **ocean**

"Now, everyone must have the regular sitting in the water everyday. That's important. Every morning you must do your meditation, because on mental level, we feel, we have been with Mother, alright. This exposure is alright. You came, you saw how Indians are and how they are light on their feet and how they are good for Sahaja Yoga. But after seeing all that, you have to know that Sahaja Yoga is to be worked out, is not to be thought out. You just cannot think about it. Whatever you may try to do through your thought, you cannot achieve any results in Sahaja Yoga.

You have to use your hands, you have to use your feet, you have to soak your feet in water, because water is the ocean. All these five Chakras, or say six Chakras which are, - I say five because the one is Mooladhara Chakra, which is the first, and the seventh and the topmost is your brain. So in-between five Chakras, which are there, are to be handled fully, with the idea that they are basically made of matter, and these five elements constitute the body of these Chakras. Now, these Chakras, if they are to be corrected, we have to correct them by taking out all the problems of these Chakras into the elements from which they have come.

For example; a person, who is very right sided person, so he has to give balance by the left side. Of course raising with a hand is alright, but what about the element? Right sided person has all the elements which give heat, we can say the light, we can say the fire. So for the people who are right sided, the light is not going to help much. Like if you put the light before the photograph and those who are ego oriented people, if you just use the light, it is not going to work out. So what is going to work out is the Mother earth and the water element which is cooling. Even ice is very helpful to the people who are right sided. So all cooling effects should be used for correcting your right sidedness. So that you cool it down.

Same about the food. In food, those who are right sided People, should take to foods which are left sided, that is carbohydrates, means they should become partially vegetarians Or quite a lot of vegetarian, and should eat the things at the most like chickens but not fishes, not sea food because they are all hot. That's how you treat material side of your Chakras. Now the left sided people should use the 'deepa'- is the light, or the fire, to correct their left side. Also in food, such people should take more to nitrogenous, means, proteins and food like that. They should take more proteins".

*H.H. Shri Mataji, Vaitarna, Maharashtra, India, 18.01.1983*

## *Meditation*



### ♣ **When we say we are going to meditate, it has no meaning**

"They are We cannot meditate. We only can be in meditation. When we say we are going to meditate, it has no meaning. We have to be in meditation. Either you are inside the house or outside the house. You cannot be inside the house and then say that, "Now I'm outside the house". Or when you are outside the house, you cannot say, "I'm inside the house". In the same way, we... you are moving in three dimensions of your life, of emotional and physical and mental being. You are not inside yourself. But when you are inside, that you are in thoughtless awareness, then not only that you are there, but you are everywhere - because that is the place... that is the point where you are really in universal. [?]. From there you are in contact with the principle, with the shakti, with the power that permeates into every particle that is matter, into every thought that is in motion [emotion?], into every planning and thinking of the whole world. You permeate into all the elements that have created this beautiful earth. You permeate into earth; you permeate into 'Akasha' [Hindi/Sanskrit word meaning sky/ether], into 'Teja' [meaning light], into sound. But your movement is very slow. Then you say, "I'm meditating" – that means you are

moving in permeation with the universal being. But you are not moving yourself. You are just unloading yourself, to be free from the weight of things that do not allow you to move.

When you are in meditation, you must allow yourself to be in thoughtless awareness. There, the unconscious itself, the 'Achetana' itself will take charge. You will start moving with the force of 'Atita' [Hindi/Sanskrit word meaning 'beyond']. The unconscious is going to work it out. It is going to take you there, where it wants you to go. You keep to thoughtless awareness all the time. Try to keep to thoughtless awareness as much as you can. When you are in thoughtless awareness, you must know that you are in the kingdom of God and His people, His arrangements, His consciousness, is going to look after you. Even when you are giving vibrations to other people, I have noticed that you are not in thoughtless awareness. If you give vibrations in thoughtless awareness, you will not catch anything. Because, all these entities that enter into you, all these material problems that come into you, come when you are in those three dimensions. Through Sahaja Yoga, you have opened your gates of your own being; you have entered into your own kingdom. But you do not keep there: you come out of it and again you go back and settle down – doesn't matter. You should not feel so disappointed about it, so frustrated. You know people have worked for thousands of years and they could not separate themselves from themselves. Only you people – the Sahaja Yogis, whom are made after the pattern of Shri Ganesh himself – are so powerful, that they can give awakening and realization to other people. Even if you are caught up, you have seen you have powers. Even if you feel that the vibrations are not coming, you know you have powers. You can give realizations to others. In your presence people get realization. But you have to be that power completely. Supposing there's something wrong with your car but it... as long as it is moving, it's all right. You have to repair it. You have to repair all the time all our moods, which we have caused ourselves by our foolishness, by our lust, by our greed, by so many false identifications we carried with ourselves. We must have a complete attention towards our weaknesses and not towards our achievements. If we know what are our weaknesses, it's better - that we can really swim across better. Supposing, on a ship there is a hole and the water is coming in through that hole, the attention of all the crew, of all the staff and the captain itself will be on that hole from where the water is coming in and nowhere else. In the same way, you must be on the watch-out. There are so many pitfalls for a Sahaja Yogi, I have seen it. Of course, even the past is over... even the past can be overcome. In the present also they have many shadows of the past working. For example, when you



are sitting in a group, you are involved with each other. Those who are involved with each other, by any relationship whatsoever, must know that this kind of involvement is not going to help them to attain their individual ascent. Everybody is ascending individually though you are collectively contacted with each other and in communication – but the ascendance is individual, absolutely individual. So whether he is your son, brother, sister, wife, friend, you must remember that you are not responsible for their ascendance. You cannot help them for their ascendance. Only Mother's Grace and their own desire, their own effort to give up all that is three dimensional, will help them. So whenever a thought comes like that, you must know that you have not attained the thoughtless awareness in its full extent. And that's Saabdi?]. Meditation is the most Sahaja method.

Then we have prayers and we have also Puja. Prayers are also... if said in your heart with the feeling of complete surrendering and asking for the eternal – it will be granted. Just ask for that and the rest will take [care of itself? [Feedback on recording]] step-by-step. All the Sahaja Yogis have a problem. And they have problems because of their past, because of their future aspirations. Now when you have problems, in Sahaja Yoga you have learnt how to overcome them. There are so many methods other than meditation – you know them very well; that you must know what is the Chakra, where the Kundalini is. Now if the Kundalini has been stopped by a certain Chakra, which is not working, you shouldn't get frustrated about it. Supposing your instrument or your car has stopped on the way, what's the use of getting frustrated with it? You have to learn the mechanism; you have to be a good technician and then you can manage it very well. So all the techniques of Sahaja Yog must be learned and mastered. This you can only do by giving it to others and learning from correcting them and correcting yourself. There is nothing to be frustrated – that's the worst thing. If you get frustrated and unhappy with yourself, then there is going to be a problem. You have to laugh at yourself and laugh at your mechanism that is out of gear. When you start identifying yourself even with the instrument, then you are not there. You are not the Chakra, you are not the different Channels – you are the awareness. You are the power. You are the Kundalini. So you don't have to worry about all these things being not in their proper conditions. If they are not, you can solve it. Just now the lights went off. If the lights have went off because of the electricity failure, it's a serious thing. But if the lights have gone out because there is a fused bulb, oh, you can replace it; you can do all that. So there is no need to worry if your Chakras are spoilt. Worrying itself, or frustrating yourself, itself is a wrong attitude

towards Sahaja Yog. Sahaja in other terminology also means... means is a simple [THING? not clear] Sahaja means... to be Sahaja means in... I can say how Tulsidas has said, "Jaiserakhahutaise hi rahu" (You keep me as You like). That kind of an attitude takes your attention inside – because outside it is let alone to the dogs. Let alone... we are not bothered about the outside part. As you people, I will be, in that manner... and you will be surprised everything clicks out very well. Even, sometimes, you might feel: "I should reach a certain place, I must have this Bhajan done, I must get these things done" and it's not done sometimes. Sometimes by mistake something as you want is not done. You must accept it as the will of God. That is what He desires – it's all right. That is the desire of God and now you are one with His desire. You are here to communicate the desire of God to the whole world. At a... at this stage if you start having your own desires and ideas about yourself, then when will you become the desire of God? This I-ness has to go away. That is what meditation is – where you are no more 'I' but it is 'You'. Kabirdasji has written a beautiful poem about it. That when the goat is living and kicking, she says "Mein, mein" - that is "I, I". But then she dies and her intestines are drawn out into wires and some saint fixes them on the 'Tutari' – that instrument that they have – 'Ektari' as they call it, and he goes on pulling it with his fingers, then it says "Tu hi, Tu hi, Tu hi" – that is "You are, You are, You are". That is how we have to die and we have to be resurrected. You have been already, but Sahajyog as I have told you, is a 'Kheer' or what you call this sweet dish cooked in a raw pot – Kachche ghade ki kheer hai [in Hindi]. So the soil of the raw pot also is mixed up. But your attention can be with the 'Kheer', with the milk, and can drop out all that is the mud of the raw pot. That discrimination is spontaneous, it is there, you have got it – self-actualization. You can feel yourself. You know you are not that. You have started talking about your Chakras in the same manner. But the only thing, the only problem, or the only defect that is with the Sahajyogi is, that still, though he is there, his attention is involved with outside. That's the only defect. If the attention is removed... How to remove? That's the point, that is the first thing. Once you say "how to remove" means you have created the three-dimensional involvement. You are not to remove: it is there. If your attention is outside, then I would have said, "No, your attention has to go inside. It has not got it[not clear]". But it is there. You are sitting there. I am sitting here. But my attention is outside. I have to just feel myself where I am, that's all. Some have felt it; some have achieved it. You know among yourselves there are some who have gone very high up.

The other method we employ is of Puja. I've found that works very well with human beings: Puja - because it satisfies lots of demands of the past habits, that you feel that you are doing something about it. Then you start giving whatever you think God has given you, the blessings. And the ishi and Muni have found out – they're very clever people – they have found out how to please the Deities, how to please the Mother. So they have old you, as they have told you even in this lifetime of mine, how to please Her. They say She is 'Stutipriya' [Sanskrit word] – that means She likes praises. It's not that. But when you praise someone from the heart that means you are accepting it. And that is the time the Chakras start creating a force by which you are thrown, you are triggered, into that realm of God. So these Puja methods and prayer methods and the Mantra methods have been devised and found out by great thinkers of Sahajayoga, the great masters of Sahajayoga, and it is the effort – or you can say the effortless effort – of the Sahajayogis that makes my body vibrate. Extracts the essence from my body, I should say. They make... It makes the infinite release itself through this finite being and it works, it clicks - I have seen it - it works out very well. But you know that after Puja I get little tired because if you cannot receive it, that force, I want to sleep and get rid of that additional vibrations into 'Sushupti' [Sanskrit] by entering into the infinite state. If you could receive whatever I am emitting, in balance, with your Puja, then only it helps better. That means, when you are doing Puja, also receive it. Be in thoughtless awareness when you are doing Puja, completely concentrated in receiving. But while Puja people are talking, I've seen, they're t... moving about. I mean, I don't know how to explain it. That's the time something is oozing out – the nectar – and you just receive it at that time with full devotion. It is oozing out. If you feel my vib... vibrations of my Chakras at that time, you will realize that even the minute, small little, wheels in my body are moving at different space... at different speed, at different dimension. And I really don't know how to explain – but you see it creates a melody. You have to receive it and it is a melody individually – suitable for every individual – and when you receive it, it triggers in you that state of infinity. So at the time of Puja you must know that you... all your attention should be in reception.

Today is a very great day with the New Year. Within two years from today Satyayuga is going to start. It's a great day for many things that nine days are celebrated after this for the advent of Mother. It is the date, or I should say: the calendar was started by my forefathers and they perceived that this is the day when the Mother started creating. And this is the day She

created Ganesha to begin with. In the 'Utpatti' stage, She started her work this day and that's why they put this date as the first date because the time started from this date long time back. And that's why this date is very important, and if you cross this date then you are beyond time. You have to step on to this date and go beyond. You have to step on your Dharma, on to your religion, and go beyond – 'Dharmateet'. You have to be those three Gunas and to go beyond – 'Gunateet'. You are all those three. But the steps on which you are standing have to be all right, or those which are crossed or... have to be all right too. So when you are beyond, you have to repair those steps, which you have crossed somehow, which can be done through meditation, Puja, prayers. But the most important, the greatest advancement is done by giving... the universal through your universal being. You all must dedicate your life to Sahaja yoga and give more and more. Among us there are some people who have given a lot and by that they have achieved a lot too. You have to give, talk about it, spread it and bring more people to get this, otherwise they will be left out of evolutionary process. There's no time for you to doubt and think; don't waste your time in all these useless activities. If you have still doubts, its better to give up. It's high time that you get into the process.

So today I wish you happy New Year for a journey in the spiritual life of this world. You have to think of all the Sahajayogis who are far away from us and our thoughts should carry our love for them and they should be blessed as you all are blessed here. I hope these important days that I am here you will fully dedicate yourself for your emancipation on those four lines that I have told you. And whatever program comes in, take it 'Sahaja'. You should not insist on times and timings. Whatever comes 'Sahaja', accept it.

*H.H. Shri Mataji, Delhi, India, 30.03.1976*

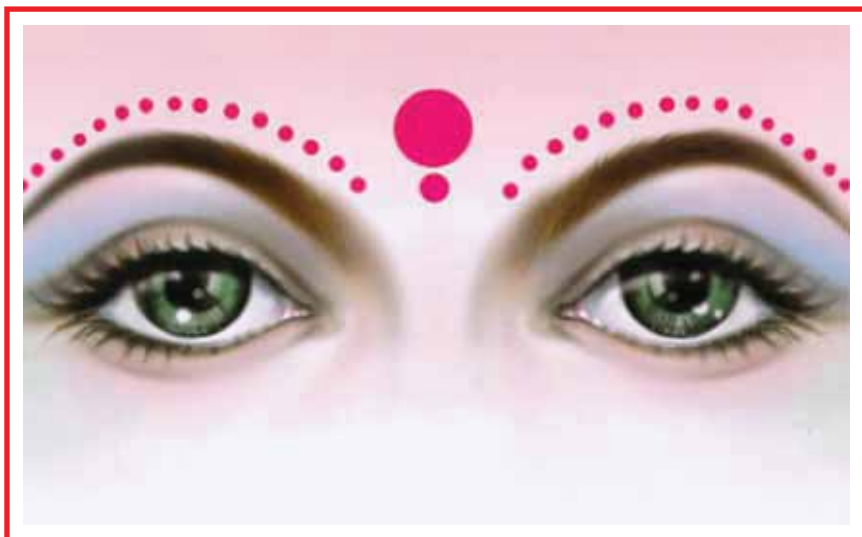
*Sahaja Yoga Project, Activities and News*



*“...but you have to promise that : “Mother, we will work with the same zeal, with the same attention as You are doing, and try to settle ourselves.”*

***H.H. Shri Mataji, Bordi, India, 13.02.1984***

*“Sitting in the Heart of the Universe...  
We know Your love is flowing through us....”*



*“Sahaja Yoga is not meant for individual. It is not meant for you. It is not meant for any collective Sahaja Yogis. It is meant for the whole world. You have to bring the light of God’s love and compassion everywhere.”*

***H.H. Shri Mataji, Pune, India, 1988***

## 1. *Nirmal Transformation Pvt. Ltd.(NITL)*

Nirmal Transformation Pvt. Ltd. (formerly known as Nirmal Infosystems & Technologies Pvt. Ltd.) with the current objectives has its beginnings in the year 2004 when H.H. Shri Mataji Nirmala Devi blessed the organization to take up the tasks of utmost significance to all the Sahaja Yogis in India and around the world.

The specific objectives involve,

To ensure that Shri Mataji's Divine message of Sahaja Yoga published in the form of literature, photographs, audio & video recordings is accessible at all times to the global Sahaja Community.

To collect & preserve Her message in requisite formats on digital media so that it becomes the lasting wealth in Sahaja Yoga.

To be an instrument to facilitate worldwide Sahaja Organizations, Trusts & Bodies in their everlasting desire of perpetuating Her Divine message into every corner of the world.

All Copyrights & Publishing Rights for Sahaja Yoga Materials in India are held by this company. The organization has been formally structured and is registered as a Section 25 (Non-profit oriented) company under the Indian Company Act.

The contact details of the organization are:

**Nirmal Transformation Pvt. Ltd.**

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## 2. Acquisition of Shri Mataji's House in Chhindwara



*Chhindwara, India*

*The Birthplace of H.H. Shri Mataji Nirmala Devi*

*“... You must be knowing that I was born in Chhindawara and Mecca and Chhindawara are on the same Cancer Line (Tropic of Cancer) - how is it?.....”.*

*H.H. Shri Mataji, Cabella Ligure, 25.5. 1997*



Chhindwara is a place of supreme pilgrimage being the holy birthplace of our most beloved Mother, Shri Mataji Nirmala Devi. The entire land and the structure at the birthplace was acquired by the "H.H. Shri Mataji Nirmala Devi Sahaja Yoga Trust" India, on 14<sup>th</sup> of July 2005. Since then by the blessings of Shri Mataji this holy land is constantly visited by the Sahaja Yogis across the globe. Today the ashram undoubtedly stands out on relief as the best building in Chhindwara town. Besides the *sanctum sanctorum* it also hosts a massive beautifully decorated meditation hall with seating capacity of 700 to 800 Sahaja Yogis.

A huge piece of land measuring about 35 acres was also acquired by the National Trust of Sahaja Yoga. The place is known as "Linga" situated 11 kilometers away from the main Chhindwara house (birthplace of Shri Mataji). The house where Shri Mataji was born is situated within the town itself. Proper care was taken to safeguard the artefacts and the original structure of the house through massive renovation campaign attempting to restore most of the original structure in its place.

The location at Linga was blessed by the holy presence of Shri Mataji during the 2007 International Birthday Puja. Since then regular Birthday Puja is celebrated every year in this location. The location has been facilitated with several essential amenities to bring comfort to the yogis when they congregate for the Birthday Pujas. Currently with the effort of yogis the place has been transformed into a beautiful scenic landscape bounded by a large reservoir. Several structures have also been added gradually to be able to host Sahaja functions round the year for thousands of yogis.

**The stages of the project includes :**

1. Construction of a Meditation Hall in the courtyard of the SHRINE and some additional structures to manage the flow of visitors, house souvenir stall office rooms and necessary facilities.
2. Acquisition of a large plot of land (of up to 16,000 square meters) in close proximity to the Shrine (Linga).

New annexe has also been built as an extension over the existing structure to accommodate more number of yogis visiting the centre.

**3. *Vishwa Nirmala Prem Ashram***  
**A home for destitute women and orphan children**  
**(A project of 'H.H. Shri Mataji Nirmala Devi Foundation')**  
**(A Non Government Charitable Organization)**  
**–Regn. No. S-31374**



Vishwa Nirmala Prem Ashram is the first project of its series in India and abroad inaugurated on 27<sup>th</sup> March, 2003 by H.H. Shri Mataji Nirmala Devi as a non Government charitable organization dedicated to the rehabilitation of destitute women and orphan children with focus on girl child.

The Ashram is providing temporary stay with free boarding, lodging, clothing, vocational training and medical care to helpless destitute women of the society. After training for the period of 6 to 24 months, they are expected to earn their livelihood independently and lead their lives with dignity. They will also be assisted in securing suitable employment. Destitute women up to age of 40 years will be admitted. The orphan children from 2 to 8 years being admitted are provided free food, clothes, accommodation, education, medical care up to the age of 18 years. Thereafter, they will be rehabilitated in their life.

The residents at the Ashram enjoy a loving family atmosphere with a very clean and hygienic living, rich food, games etc. housed in a two storey spacious building with a huge garden on a plot of about 10,000 square metres in the prestigious Knowledge Park/ Institutional Area of Greater Noida. They are also guided spiritually so that they are transformed to a state of inner peace and balance enabling them to face life in a much better way.

***Excerpt of the talk from Her Holiness Shri Mataji Nirmala Devi on the occasion of the Inauguration ceremony of the Vishwa Nirmal Prem Ashram, Greater Noida, India, on 27.03.2003 (Translated from Hindi)***

"...Out of the various problems in our country, one big problem is that we have different standards for men and different for women here. I don't know how it has crept in, and nowhere it is written in our scripture. It's written in scripture, '*Yatra Pujyante Nariya Tatra Ramante Devta*' (*The Deities reside where the women are worshipped*'). I don't understand how this state was developed and conceived, in which you have no respect for women. I Myself was married in U.P. (a State in India) and was surprised to see that women had no significant value in domestic life. There was no difference between the maid servants and the ladies of the house. How did it happen and why is it continuing? It must be because, the people are not aware of this kind of situation. The way women have been ill-treated, thrown out of the house, makes one weep. Without any reason women are thrown out of the houses. I don't understand why women are thrown out of the houses. I have witnessed many such instances, which make Me cry. I don't understand why women are tortured like that? There is no arrangement or compromise for them to live. Once they go out of the house, then there is no one to look after them. Poor ladies were thrown out with their small children. Those women were rendered destitute, and alongwith them the children were also driven out of the houses.

How could this system change in our country? I wondered whether there could be any remedies for it or not? Many a times I thought of writing about it, but ultimately I concluded that writing about it will be of no use. Some permanent arrangement must be made. Something must be done. I wanted to do something concrete. I have seen many such women begging in the streets and roadsides. I have heard people making remarks "it was a nice way to beg". I tell them "You will Realize only when you are compelled to beg". The indifferent attitude of people of our country towards women makes Me weep. That is why I have resolved to do something to arrange shelter and food for these poor women. Something must be done..."

"...The life of women is of a great importance. It is the foundation of the entire world. They give birth to thousands of children, but the people treat them with so much humiliation that these poor women have to tolerate all these nonsense and are driven to the point of madness. It is only because of her children that she has to face all the nonsense and atrocities bravely. But then what else she could ever do? They have no means to feed themselves, where would they go and from whom would they beg? No one

entertains them even when they come out seeking help at their doors. I could see no remedy to all these, so I thought the best work would be to build shelter for these destitute women. They will learn something here, also could learn the art of massaging or even run a small restaurant etc. But helping hand is required to establish them and also make them understand. A suitable place is also required for them to carry out all these works. With this objective I have built this Ashram. I have tried to invoke the emotion of love within every individual. I have challenged the love of the whole world so that people should accept them with love. In fact, there is no fault with these poor women. Ultimately, the responsibility lies with the society for their pathetic status of begging from door to door.

Once construction of this Ashram started I had a desire to get it completed somehow. I had to put a lot of hard work and also personally had designed it. (There was a special technique adopted for colouring the building) The specialty is the white colour that you see in this building, will never fade. It has been done using a special kind of technique. I learnt this technique from Italy. In Italy I learnt this technique of developing colours that do not come off easily and also is everlasting. Just by applying that very technique, how nice the white colour is expressed here. It will never fade by any circumstances either by water or by any thing what may come. It can withstand everything and yet remain unchanged. I have used this just as an experiment, but it works out wonderfully well. I don't know why our industries do not manufacture things of that kind? It is not at all difficult to make such things. I have advised so many people, but ultimately it is put aside with a view, who would take such pains in changing and bothering about it. It is neither difficult nor a thing of botheration. After all in India, it is like a condition and a mindset to not to adopt any change and rather let go as it is....."

"...First of all you must judge the condition of women in your personal lives at homes. Take care of your own mother and sisters and then look for the society. Once this is improved, automatically your country will rise to a great height. Wherever, the women have taken up the responsibility of directing and taking care (of the society/place), great personalities have emerged and have risen to great heights from there. The way things are happening here, I hope this little effort will certainly bring adequate improvement in conditions of women. It will draw the attention of the people and they will be attracted towards the cause for which I was so much worried and had wept.

Through Sahaja Yoga you have ascent to your Spirit. You have known

your Spirit, but your attention should be such that it must have compassion in it. Even after realizing your Spirit if you are not compassionate from within, then what is the use? You must have the compassion and in that light of compassion you should look around. You will be surprised when you will realize how the mothers and sisters have been trapped in the web of misery. It is My earnest desire to you all that you must look at your surroundings and your neighborhoods and try to rehabilitate the distressed women from their miserable conditions. I have attempted to put in a little effort in this direction, but you could do a lot more I believe. So, I request you all that you must love your mother and sister as you love Me. Endless Love".

***H.H. Shri Mataji, Greater Noida, India, 27.03.2003***

***Excerpt of the talk from Her Holiness Shri Mataji Nirmala Devi on the occasion of Bhumi Pujan, Vishwa Nirmala Prem Ashram, Greater Noida, India, April 7<sup>th</sup>, 2000***

"...Now it is pious duty of all of us to help this organization, not only with money but also in bringing it up. The most important is to find out such destitute women, who could be sheltered there. We do not know where we shall get such women. If anyone of you knows about such destitute, troubled, helpless women and widows, who are suffering, they should bring them to this organization.

They were telling that so far they have only a hundred such women in the list. But this is very small number. Poor, downtrodden and helpless women could be brought about and helped. Only in our country the institution of family is continuing. In other countries family has broken. Women are responsible for it, not men. It is the Indian women who have supported the country otherwise things would have been very different. You must understand that if excesses are committed on the women then they will revolt. It will be harmful. It is the death of the love and affection which is harmful. Wisely protect your women and daughters. Look after them and love them. They should be aware of your love. Your love will not spoil them.

Until the man is weak women could never dominate him. But, she should not be so much suppressed that the growth of the children gets affected. Nowadays, children do not respect their mothers. They are shy of touching the feet of their mothers. If the fathers have no time to look after them then children are bound to go astray. The news that we read in the papers everyday is because the family system is falling. It must be kept in proper shape. This is the warp and weft of our society. Because of this you

are sitting here today. If you want to evolve then you have to remember that respect of women and transformation of people should be your coveted goal. It is My intimate desire. My blessings are with you, but you have to share these blessings with other people. We have to integrate people. If you are unable to integrate one family, how are you going to integrate the whole world? All of us should live with love.

Now you have become Sahaja Yogis. This is great achievement. This is the path of knowledge. You know what is love and how to share it, how to pass it on. We will be astonished that whole society will be transformed. . . . . Register in your heart what I have said. This is My vision. You people could fulfil and relieve Me of My heartache."

***H.H. Shri Mataji, Greater Noida, India, 07.04.2000***

#### 4. *International Sahaja Public School, Talnoo, Dharamshala*

The International School is situated at Talnoo, a beautiful spot in the lap of the Himalayan range called Dhaulagiri. The word *dhaula* means 'completely pure', *nirmal*. *Dhar* means 'range' (the mountain range is called Dhauladhar). It is at a height of 2000m and is approximately 16 kilometres drive from Dharamshala, the well known tourist centre of Himachal Pradesh in India.

##### ***The Aim and Objectives of the School***

This is a unique system of education evolved by H.H. Shri Mataji Nirmala Devi dedicated to the cause of grooming the humanity with moral values on one hand, and wisdom on the other. The system of Sahaja Education imparted here not only extends an opportunity for children to enjoy the purity of innocence, but also makes them valuable citizens of this world to understand the essence of living. Shri Mataji says "Innocence is an eternal quality which can never be lost or destroyed", while the basic objective of this School is to reflect such divinity in all students who come from across the globe to be intellectually and spiritually evolved. In yet another revelation Shri Mataji says "Our present day educational system is failing to bring out the great potential inherent in human beings, as proven by the terrible state of affairs in the West. Born Realized as well as our Sahaja Yogi Children need an enlightened school system where they can grow and manifest the great Souls that have taken birth".

This School popularly named as ISPS extends an opportunity to inculcate love for nature, care for the environment, gentleness, nobility, honesty, wisdom and yet a lure for adventure. Children are surrounded with everything that enriches the Spirit in a human being in this divine land. It not only helps transformation of individuals but encourages and helps stimulate ones' natural curiosity, creativity and imagination power in this serene majestic environment. The vibrations in the air help the pupil understand the essence of spiritualism and the Realized style of living. Shri Mataji says "I have seen children coming from our school in Dharamshala, extremely confident and extremely humble and I asked them, "What do you do?" They said, "Mother, we meditate. We meditate in the school in the evening and that meditation helps." Imagine these small children can say that".

Besides the essence of developing spiritualism, the school also allows



the children to develop personality and individuality and yet retain the ability to relate, work, share and play harmoniously without evoking competition and to enjoy the reality of the collectivity. The children are made mindful of their individual and collective responsibilities such as respect and duty towards their parents, elders, teachers, fellowmen, public property, country and world at large.

That's why an ex-student who graduated from the school prefers to reserve his comment as ... "They often say that the Himalayas are like the seat of the Universe. And we know they are the Sahasrara of India and the Sahasrara of the World. It is where "the sky is always lit with the brilliance of vibrations and Mother's divine love." It is Her school and She is always looking down on Her children."

### ***Education, Standards, Academics and Routine***

- The School is affiliated to the Indian Council of Secondary Education Board and the admissions for children are held for Std. I to Std. X.
- The medium of instruction is English.
- The School is residential with lodging and boarding facilities. The ratio of dormitories and caretaker authority is approximately for a group of 8 students. The dorm Aunties and the authorities take care of the children as parents do.
- The School session starts around the 23<sup>rd</sup> March and ends second half of December. There are tests, Unit tests, a half yearly exam and an annual exam held for each session. The Annual Report is based on the overall performances of all the tests undertaken.
- The School has a library with an excellent repertoire books on various subjects besides a special Sahaja library with Sahaja literature, audio and video cassettes.
- The School has a provision for Indian and continental food. Special attention is given to the nutritional values. The School has its own bakery that caters fresh items to the students.



- As a part of recreation the student enjoys watching video cassettes as well as Sahaja video cassettes. The children enjoy periodical trekking, excursions and educational tours besides various sports and games within the School premises.
- Regular subjects opted for Senior School-Class 5 to 10 are English, Mathematics, Biology, Chemistry, Physics, History and Civics, Geography, Computer, Hindi, Environmental Studies and Sahaja Yoga.
- The other co-curricular subjects cover Music (Vocal and Instrumental), Dance (Classical, Folk and Mime), Woodwork, Drawing and Painting, Clay works and Paper craft.

All Children must apply for a student visa. Any other type of visa will not be accepted by the local Foreigner Registration Office (FRO). Students who arrive with a tourist visa will have to leave India after six month. Parents who require a letter from the School in order to request a student visa should email to the school account with the following references:

- The name and the surname of the child and his/her class
- The date and place of birth of the child
- Passport number, its expiry date and nationality, fax number and the addresses, to the accountant's email at: **ispsjm@yahoo.com**
- Email address for communicating with
- Junior wing –in charge:  
**isps\_office@yahoo.co.uk, ispsoffice@rediffmail.com** and senior wings in charge at: **isps\_senior@rediffmail.com**
- Contact address :  
International Sahaja Public School, Talnoo, Dharamshala (H.P.) at  
**www.sahajapublicschool.org**

### ***Graduates remember Shri Mataji's School in the Lap of the Himalayas***

- I can think of no school to do this job better than the International Sahaja Public School. This school doesn't just give the best possible grounding for a development of an ideal human being, but also the spiritual guideline that we all need to become better individuals in society. Analyzing the totally unique nature of the school, the International Sahaja Public School is not only the ideal school for students, but also a ground where better human beings are made and creativity is acknowledged. I would have no hesitation in recommending this school to any parent who cares about the welfare

of their children and their development into better human beings. It is a society of better human beings that, ultimately, will result in a better world for all. — *Rishi Nicolai, Australia*

- At Dharamsala, in a pure and healthy environment, we were given the chance to grow into adults without the threats and dangers of today – no drugs, no alcohol, but an absolutely strong feeling of security and love. This school let us grow up in something comparable to an intact family. At such a young age, the feeling of being protected is one of the greatest needs and the school gave it to us, totally in contrast to the situation I found later in Europe. I have met many people who have no back-up from their families and I have seen their state. Aggression, hatred, insecurity have become their guidelines. Quarrel and disorder within families of this Western world are the cause. I was taught to respect my parents. I was taught to search for answers within the family and I found them. Although we were often separated from our parents for months, I never felt left alone. In fact, the bond to my parents grew and so did the respect. It was they who had to let loose and overcome their conditionings on how children should be brought up, to give me the chance to grow up in a functioning and working community. My experience in the school enriched my personality in several ways. Firstly, it gave me an open and tolerant attitude towards other cultures that I found was lacking in some European public schools I went to later. Being at boarding school and far from home, it also developed my skills of handling situations independently. I also learnt how to cooperate, coordinate and live with other students my age, with each of us, our habits, likes and dislikes. The different system of teaching lead to the fact that, when coming back to Europe, my levels of math and sciences were superior to those of my classmates. My years at the school have been of the most instructive and enriching of my life, precisely because it offered so much more than just the usual academic curriculum.—*Niranjana de Kalbermatten, Switzerland*
- I can not express in words how lucky and how privileged I feel to have been able to attend school in India, at the Sahaj Yoga School in Dharamsala. I cannot even pretend to imagine the difference to myself, my personality, if I had not been there, for it is what I learned during those young years in my life that has made me who I am today. Most obviously, the education I received was of a much higher standard than what is offered in Canada, where 'perfect' in the Western education system is the 'satisfactory' that is expected by the Indian

International Board of Education that I studied under. Along with a second language, the experience of Indian classical music, dance and art, I have come away with an international perspective on a very diverse world. But it is not just the academic education I received at the International Sahaj Public School which is of such a high standard, but more importantly the deeper values that I learned through the spiritual aspect that underlies the way in which the school is run. These are values that developed qualities of my personality and matured them much beyond my peers back in Canada. Most importantly, I was allowed to learn about myself and the world around me and, in doing so, become more self-confident and secure in who I am, a quality very much lacking in the West, where insecurity, problems of personal identity, family and social dysfunction are dominant everywhere. It is also due to the simple meditation techniques I learned that allow me to reduce any stress in my life that comes from university course work, job work and even day-to-day problems that arise. My friends are envious that I am able to remain peaceful and balanced in my life while under pressure and, at the same time, top the class in almost every course and receive high praise from my lecturers. My attention is more focused and my mind is clearer. I fall asleep with no effort at night and wake up in the morning well rested, something I have come to know that most people around me do not enjoy - *Gautama Payment, Canada*

- "There is no place on earth as blessed by the attention of the Adi Shakti in her physical form as the school She made in India. We are not the children of our biological parents, of our collective, of our nations. We are the children of the Goddess and we belong to Her. Our Mothers concern for her children is absolute, there is nothing she does not do for us. Every action of Hers is for the benevolence of Her children, for the benevolence of their Spirit. This is the feeling i get as i recall my childhood spent at that school at the foothills of the Himalayas. It was a blessed childhood as most old students would agree.

From my experience working on the dorm staff of the school after being away from it for four years it was clear that the 'wild and chaotic' (what i feel were the glory) days when i studied there had completely disappeared (no doubt all the parents are very happy about that!). The school has come such a long way since its first days and will continue to improve. What ever problems may have existed then, and i am sure there were plenty, i can hardly recall any of them. To me those

childhood days were the best days of my life and i would not swap them for anything. Not for better food or more hot water or anything.

I feel that the school was created for the benevolence of sahaja children. As yogis, every sahaja child is our responsibility. Each and every one of them. It is difficult to raise a child so that they become beautiful yogis, who have faith in their vibrations, who meditate because they want to not because they are forced. We, whether present at the school or not, whether biologically related to the children or not, have a duty to ensure that they have a school environment that is full of love and respect.

The Principal of the school, gave up a good job, better pay (and probably more obedient students). She gave up being near her children, her family, to work in the school of Shri Mataji because she cares about these yogi children. How many among us have the courage to do such a thing? She has taken her responsibility as a yogi seriously and is investing in the future of Vishwa Nirmala Dharma.

As a ex-student and an ex- staff member my first reaction to complaints about the school is: if you feel about it so passionately why not go over there and fix it or help out at least? They desperately need more people. The school wants to be able to accommodate any sahaja child who desires to be there (and that is a great thing) but they also need massive staff support.

One cannot gauge what the school is or where it is at in a few days or weeks. Nor can we fathom the deeper divine workings that happen through the school, we know nothing! Only that that school is a blessed place. When i was a young student there i had many dreams where Mother visited the school and we would all be waiting for her at the gates throwing petals.

Mother was always so young in those dreams smiling at all of us and laughing. So many students of the school had similar dreams. And when i was working as a dorm aunty, in the night when the children were sleeping, i would get this feeling that Mother was there in the dorm, sitting by the bedside of each of the children.i could really feel that she was there.

ISPS is such a special place, it is foolishness to feel that any human being can be in charge of it. There is one Power that knows everything and is involved in everything to do with our school and She is the Ultimate organizer and knows exactly what She is doing.

It may seem improper of me to say anything, but ISPS is my school and there are few schools in the world where the ex students are still concerned for its welfare long after they have left it. The thing is that ISPS will never leave us. It is an integral part of who we are and we love that place and we want it to be there for generations to come".

## 5. *International Sahaja Yoga Research & Health Centre, CBD, Belapur*

Situated in a sylvan surrounding, the International Sahaja Yoga Research and Health Centre stands as a unique centre of its kind in the world, where treatment is done by vibratory awareness, developed by Sahaja Yoga meditation, as advocated by H.H. Shri Mataji.

On 19<sup>th</sup> February 1996, Her Holiness Shri Mataji Nirmala Devi founded and graced this sprawling International Health Centre as a gift to humanity at CBD, Belapur, Navi Mumbai. The late Dr. U. C. Rai, former Head of the Physiology Department of Jawaharlal Institute of Postgraduate Medical Education and Research, Pondicherry, and professor in various medical colleges of Delhi, was appointed as its first director by Shri Mataji. After his demise, Shri Mataji appointed Dr. Madhur Rai as the next person in charge of this Health Centre.



Mother's Divine Grace has cured many patients from all over the world. About thirty-five countries including U.S.A., Australia, England, Africa, Malaysia, Singapore, Russia and Canada have benefited from the Sahaja treatment in this Health Centre.



Cases of varied etiology like Hypertension, Bronchial-Asthma, Diabetes, Migraine, Epilepsy, Depression and Cancer have been cured at the Health Centre. Not only patients with physical ailments but also yogis with subtle system imbalance visit the Health Centre. The total number of patients (indoor admissions plus out patients) has risen progressively from a figure of nine hundred and fifty four in 1996 to five thousand and twenty five in 2004.

For admission at this Health Centre one needs to send in, by fax, post or e-mail, his or her brief medical history or a brief account of subtle imbalance, to the doctor in charge. Subsequently, the bookings and

reservations for rooms in the Health Centre are made at the reception.

**Contact Address:**

**International Sahaja Yoga Research & Health Centre,**

Plot.1, Sector 8, Param Pujya Shri Mataji Nirmala Devi Marg, CBD,

Belapur, Navi Mumbai - 400614.

Tel +91 - 22 - 27571341/27576795

Fax +91 - 22 - 27576795

Email: sahasa.center@gmail.com

***Some important quotes from our Mother, while talking to doctors in the International Sahaja Yoga Research and Health Centre on 19<sup>th</sup> February 1996***

"...Seekers of truth. It's a very different thing today that I have to speak to people who are professionally doctors and are following a kind of a medical practice which is supposed to be absolutely scientific. I am not here to in any way denounce or put down any one of the theories that are prevalent and are practiced by the doctors all over the world. In no way one has to degrade any knowledge whatever is available. But the problem is when you find any knowledge is not fully developed or not competent we should open our minds to something that could be something better than what we are following. Because we have studied in a medical science, because we know about medical studies it's not necessary that we should be so conditioned that we can not take to anything that is new, is available. In the ethics of medical science as far as I know, it is for the benevolence of the people that we are working, we are not working for just pocketing money or for propagating a one kind of theory that we know of.

As it is you know, every time in the science theories are challenged. Starting from earlier times, you see all becomes hypothesis then becomes laws and then the laws are challenged. Another thing is the science is amoral. It doesn't look at that aspect of human being where it is important that morality must be imbibed. Thirdly it's a limited thing, it's limited because it is dealing with our efforts through our mind. With our mind, whatever we try to know need not be absolute truth that is the reason there is always difference of opinion. If it was absolute truth there would have been no difference of opinion. So what we have to do is to get to a point where we can know absolute truth, absolute meaning that every doctor should feel the same way, diagnosis should be the same. From all these point of view we have to a little bit humble down and see for ourselves what knowledge lies

before us in this great country of India. We have no idea as to this knowledge of Sahaja Yoga existed thousands and thousands of years back."

..."Through our evolution we have become human beings, we have become human beings and what we have all the things within us about which we have no knowledge. We have knowledge whatever we see outside but what is within us we have no knowledge so far. Because we have not yet studied or have tried to find out what is written in so many ancient books about what we have inside ourselves. So it is a question of understanding that all these things written since ancient times in our country by many saints, many incarnations must be some reason why they wrote about it. Now this power is nothing mysterious today, it's the power that is to sprout for our last breakthrough of our evolution. After the human awareness we have to jump into a new awareness which is a complete understanding of ourselves. This new awareness that has been talked about, told about by Zen system which you know that is followed very well in Japan, then also by Lao Tse in China, by so many people it has been talked about that one has to become a person who is beyond the mind."

"...If you are a scientist you get an idea about what is the deep knowledge hiding behind these superficial things that we are seeing. It works out in every way for example on genes I have worked out and I told them about genes what I know about and they were surprised. They said no body has worked on phosphorous so far. I am surprised at it. It's a common sense, and then also our Doctor Saheb is telling about the immune system, I said it's also absolutely 'common sense', that if the immunity goes down you will catch diseases. What is so great?.....

Now then, we have to connect it to the deities where doctors fail. They can not. They will have a Ganapati in the house; they will say 'Namaste' to Ganapati and then go for work. But they don't know Ganapati is so important for us within ourselves. What it does, where He exists, how it works? It is not only our Indian deities, but we also have Christ, we have Mohammad, we have Mahavira, we have Buddha, we have all of them. They are all within us. But this is too much for doctors to really accept, I would say they should not. Later on gradually as they grow in Sahaja Yoga they will start accepting. It is once you have real knowledge then you are amazed for diagnosis, you need not kill the patient. Only on your finger tips you will know what is the matter? Not only you but anybody else, who is a Realized Soul, will say what centres are catching and what the problem is. It has been decoded now in Sahaja Yoga and you can find out what is it all about.



Now, the research Centre that we have here is going to assimilate all the information they have about the people who have been cured. We don't want to have any diagnosis things going on because, we can feel it on the fingertips, but they can bring their diagnosis from other hospitals, from other places and they can see for themselves if this diagnosis is correct or not. They should treat it according to the diagnosis of Sahaja Yoga and once they are treated they can note it and write it down for conducting future research work".

"...But let us now face that the time has come for so many people to get completely cured, completely happy, joyous and enter into the kingdom of God almighty. To talk of God to the scientist is a big headache but there is God and as a scientist you must first find out if there is God or not? Otherwise if you say there is no God that means that you are very unscientific. Have you found out whether there is God or not is the point so I would say that all of you should very humbly try to find out if there is God. Let us scientifically see that there is God or not".

"... In Sahaja Yoga you don't have to take any money or anything just works out through your powers. You can help the poor people very well. Of course if there are very rich people, they are available to you, we don't want to bother them too much and neither they are bothered about us. They only depend on doctors so you can have them. But for us is more important the middle class and the lower middle class especially the people who can't afford to go to doctors and hospital."

"...This science is absolutely free to you, you can learn it in one month. For medical science you have to work for seven years. What is the advantage for doctors to know it because they can locate it very well, they can grasp this much better. They can understand that it's so scientific. It's so beautifully working out. They are amazed at it. I would say that, this is so great a science, we can call it a meta science as Doctor sahib (referring to the late Dr. U. C. Rai) has said, but this science can explain it logically but science cannot encompass the whole. Science is still a little cup can't get all the ocean into it. So for that all the scientific people who think science is great should try to understand what is such a wealth of our country. May God Bless You All."

### ***A few interesting experiences shared by the Sahaja Yogis who visited the centre***

Etienne Loyson, a 62 year old architect from Belgium, is just spell-bound, "Earlier I had high blood pressure. Doctors abroad had suggested

taking several tablets on routine as the only treatment method. But today, with Sahaja yoga treatment and the blessing of Shri Mataji Nirmala Devi, I am full of energy. I have stopped all medicines and I feel I am just 30 years old."

Katherine Reid from England (who suffered from irritable bowels syndrome) is a happy woman today, in contrast to her life previously when she had to take several medicines prior to her arrival in CBD, Belapur Centre. "I feel much better having stopped my medication completely. My health has improved by about eighty per cent." Anna Kargaity, a Canadian who suffered from depressive psychosis is full of smiles today. "I now have a positive outlook towards life, being able to develop my own personality and express my feelings", she says. Similar benefits were highlighted by Belinda from Australia, Kumar from Canada, Bryan from USA and others.

On being asked as to why so many foreigners are coming to India, when advanced medicines are available with doctors of modern medicine all over the world, late Dr. U. C. Rai once commented, "The doctors abroad don't have a treatment for the psyche of human being, except giving tranquillizers, sedatives and anti-depressant drugs. These are not only harmful, but also habit-forming. In view of this, Sahaja yoga, which can control the psyche of human being by meditation, has become very popular to the treatment and prevention of psychosomatic diseases like bronchial asthma, migraine, irritable bowel syndrome, infertility, multiple sclerosis and spondylitis, to name a few. It is all due to the blessings of Shri Mataji Nirmala Devi, who founded Sahaja Yoga centre, and has enlightened thousands of people all over the world."

### **Theodore Efstathiou from Greece**

In February of 2002, I was at the Sahaja Yoga Health Centre at Belapur, in order to dust off some more negativity from my subtle system. On the 19th of February, it was the sixth anniversary of the operation of the centre. For the occasion, a puja was offered to our Divine Mother. Vibrations were very strong and it was very auspicious to have attended such a puja. The event marks a milestone and it is a good opportunity to say a few things about the centre, about its operation and the need for it.

### **Those with medical problems**

The question was raised in the past, as to why Sahaja Yogis need to come to the centre for treatment. The question hardly needs any answer when one has some evident medical or severe emotional problem. In such a

case, one should consult a physician and determine the ailment and its cause. Normal practice is for Sahaja Yogis to follow the recommendations of doctors.

It should be noted that the centre has achieved cures or improvements in cases where medical science could offer no relief whatsoever. Even if you receive the full medical treatment specified by your doctor, you may still wish to come to the clinic. Sahaja Yoga practice is the way to cure a medical problem. This must be emphasized.

In sickness, the medical profession simply eliminates the symptom. Medical practice does not cure. A cure is effected only when the negativity in the subtle system that caused a disease to manifest is itself eliminated. Otherwise, the cause is still in the subtle system and the patient simply begins to work himself into something worse.

Only fragments remain of the works of the ancient Greek philosopher Heraclitus from Ephesus (circa 500 BC). In one of them he says, "The doctors, by cutting and burning, they work up the same as the diseases and they receive payment, which they do not deserve." This is as applicable then as it is today, despite all the progress in medicine.

Socrates has explained this more fully by saying that "No doctor knows himself. This is the reason he is a doctor." Putting this in the language of our Sahaja culture, it says that "No doctor is self-Realized and this is the reason he is a doctor."

Yogis with medical problems should consider going to the centre to benefit from the experience and focused attention of the Sahaja Yoga doctors there.

## **Those without medical problems**

With respect to persons who have no medical problems, the natural question is why one should take the big step and come to the health centre. Once Professor Rai quoted our Holy Mother, who said that the negativity in Sahaja Yogis is so strong, that they cannot feel their catches.

This is a very strong statement by our Holy Mother. It indicates that unless you can feel your catches, your spiritual ascent may be very difficult to achieve. It is after you understand your problem that you can eliminate it.

In order to appreciate Shri Mataji's remark, She has stated that the number of diseases that exist is the total number of combinations and permutations of the chakras. On the three channels there are twenty-one

chakras, so the total number of combinations and permutations can be computed as the product of  $21 \times 20 \times 19 \times 18 \dots 3 \times 2 \times 1$ .

I tried to compute this expression on my computer in integer format and the computer run out of numbers. So I used Stirling's approximate method to estimate the value of this product and it turns out to be of the order of ten raised to the eighteenth power. This is a fantastically big number and is of the order of a quintillion. This shows the hopeless task with which the medical profession and the bio-technologists are faced in trying to determine the genetic code of diseases in order to effect cures.

At the same time, it also gives an idea of the fact that in each one of us, the condition of the subtle system is not as simple as it might be indicated because we feel a chakra catching. Of course, no human ever attains this fantastic number of catches.

To ascertain the condition of the subtle system and to treat the various catches and cross-catches, a person who has a well developed vibratory awareness is required. Such people are the doctors to be found in the health centre at Belapur. Such people are the ones who can balance a subtle system and get a person on their way to spiritual ascent.

What this points out is the fact that when people who have lived an average life and have had no unusual experiences, it is not easy to feel and understand the inner workings of affirmations, mantras and treatments.

## **Routine at the centre**

During your stay at the health centre your attention is set on your spiritual progress and on nothing else. There is a morning meditation at 8 am and an evening meditation at about 7 pm, which includes watching a video or listening to a talk by our Holy Mother from an audio tape. You will have the opportunity to get up at 4 am, in order to get to the lawn for a very early meditation and prayers. In this way, you will get the experience of the difference it makes to have early meditation, as our Holy Mother urges us. You will also get the experience of feeling Mother Earth as a Goddess who is there to help you by sucking from your feet all your negativity, when at this early hour you walk around saying Her mantra and asking Her to absorb the negativity.

The doctors prescribe to you the treatment that you have to give to yourself. The idea of the treatment is to get the Ida and Pingala Nadis to balance, so that you are always on the Sushumna Nadi. In so doing, they can tell which chakras need to be corrected next, thus finding the way in the

labyrinth of the cross-catches that exist in you.

The techniques used in the health centre are not different than what has already been published either in the *Sahaja Yoga Prayer Book* or in other treatment publications. What really counts is that the grounds are highly vibrated. Our Holy Mother has Her attention on the health centre and She effects all cures. It must be appreciated that the Goddess is Realized by devotion. Once you are here, you are devoted, for there is nothing else to distract your attention. Mother has said that prayer is the greatest weapon of a Sahaja Yogi. The health centre is a very good place to learn devotion and surrender to our Holy Mother and to learn how to pray effectively.

## 6. *Shri P. K. Salve Kala Pratishthan, (Academy), Vaitarna, Maharashtra*



The academy of Indian Classical Music and Fine Arts at Vaitarna, Maharashtra, has been established and blessed by Her Holiness Shri Mataji Nirmala Devi as a prestigious project.

Vaitarna, surrounded by dams and lakes in the vicinity of scenic greenery, is about 100 kilometres from Mumbai and about 80 kilometres from Nasik off National Highway 3

(Mumbai Agra Highway), easily accessible from Khardi Railway Station (25 kilometres) of the Central Railways.



The Institute is situated within an area of forty acres of land comprising of streams, undulations and natural landscape. The Modak Sagar and Tansa Dams are in the vicinity with a thick reserved forest cover.

The buildings have been architecturally planned on the instructions of our Divine Mother, with a central courtyard and a covered stage.

### ***Mission Statement***

Music is a Divine Inspiration to become the Spirit. This is the prime goal of the Music Academy.

### ***The Academy***

An academy is an Institution of Learning Art and a Research Centre where people get generous time to introspect, contemplate and conduct a spiritual research on themselves. On a subtle and gross level art is the medium to know and experience their inner selves and raise it to a higher degree of divinity.

## **Preamble**

The rules have been framed upon the underlying fundamentals of Sahaja Yoga as expounded by the teachings of Shri Mataji Nirmala Devi. Students must respect the pertinent statutes at all times within and outside the academy premises as they represent the academy during the duration of their studies.

A proper attitude needs to be adopted. Students of this academy are NOT clients, but rather students of Indian Spiritual Music, which is being taught in the holy context of Shri Mataji's academy. Throughout their stay they must be aware that being here is not a prerogative of theirs but rather a blessing that the Divine has bestowed upon them. An understanding of this reality is required if a student is to apprehend the nature of the academy.

## **Contact Information**

### *Academy address*

Near Vaitarna Dam (also known as Modak Sagar Dam),  
Village Belvad, at Post Vaitarna, Taluka Sahapur,  
District Thane - 421 304 Maharashtra, India  
Academy homepage: [www.pksacademy.com](http://www.pksacademy.com)

***Excerpt from the Talk delivered by Her Holiness Shri Mataji in Vaitarna, India, 31<sup>st</sup> December 2002 and 1<sup>st</sup> January 2003 on the occasion of the inauguration of the Music Academy.***

"What I have to say is that life should be musical. 'Musical' means to improve the state of mind of human beings, to make it rhythmic and systematic. Without achieving it there is no use; what will be the difference between you and other people? You people also keep on quarreling like others!

Most important thing is that we should have more love and devotion in our hearts. It will bring peace to you and also to others. Without peace music has no meaning. We have constructed this beautiful building as per the ideals of Baba Mama. The purpose is to inculcate music in the lives of the people and to make the whole atmosphere peaceful. The world needs peace today, everything else is meaningless....."

".... I bless that this Institution may blossom and those who join, should learn music and make their lives musical. I hope you will fulfill the desire of Mine. Whenever you feel angry, whenever you get the fits of temper, whenever you complain tell yourself that I am a Sahaja Yogi. I am a different person. How the Mother has transformed me. If you just

understand this thing, then the sense of self respect will awaken within you. If this feeling is not awakened then there is no use, there is no use of material objects. It does not behove you to quarrel over small small things. Now you have become saints and seers. Very high calibre personalities. But you are not sensitive to this fact. You do not understand that you are saints and seers. You just think yourself to be beggars on the street which you... Today I bless you especially that you should all become musical. ....Today I wanted to bless you that you become completely musical in temperament, rhythmic and entertaining to others and not quarrelsome....."

"...Every country has its own problems, but we have something very great with us is our music. Not musician, but music. So the musician should take to Sahaja Yoga. They should meditate. And if a musician is money oriented, then you can not help him. Either he should be music oriented or money oriented. When they are money oriented, they never value themselves, I think. Because, if you have music, the talent of music, why should you care for money? And whatever money you give them, they'll be never satisfied. I have seen very great musicians who were never, never money oriented, who did not care for power. But we have even now many musicians who I would say are the last words in music. Those who are, are very humble. They'll always tell you "we have to still learn a lot. We have to understand a lot."

So I was very much touched, and I was very much enamoured by the statue of Baba Mama and of My father being there. Not because they were My brother, or father, they were very, very great people, and their greatness has touched Me. Baba's quality was that he was a loving man, extremely loving and very forgiving person; extremely unassuming and very loving. He never cared for publicity or he never cared for what position he was occupying. His humble nature was natural, very natural, and very sweet. And he has been with Me since his very childhood."

So with his love and attention, now we have so many musicians, so many people here. I am thankful to him and thankful to My father, for whatever they have done for Sahaja Yoga. May God Bless you all."



## ***Experience shared by a yogi who visited this Academy in the recent past***

**Anand Schreuer, from Austria**

With the Grace of Our Holy Mother I had the opportunity to study a few months in this blessed place which I call Our Academy.

Looking back I can see how much weight has been lost of Ego and other enemies of the Spirit.

Staying in this Divine place is such a joyous experience. So many aspects are incredible and hard to describe. There is the multi-cultured flavour of being in a big ashram together with Sahaja students from all over the world. There is the stage where not long ago puja was offered at the Holy Lotus Feet of Shri Adi Shakti Herself on the occasion of the opening of the Academy. On this same stage we Sahajis are allowed to meditate. There are the buildings that are incredibly beautiful as well as practical which is not very surprising as they were designed fully by Our Mother Herself.

The whole ashram emits vibrations and we are constantly bathing in this bliss. Moreover there is the jungle which is all around the Academy as well as rural area with a small village nearby named Vaitarna. There is the attention of H.H.Shri Mataji on this new project of Hers which is very evident to all of us. Shri Mataji Herself inquires in detail about the ongoing activities of the Academy, how it is going and who is there and so on. We can feel the warmth and affection of Our Divine Guru in every step we take in that blissful abode.

Looking back to what has happened to me in Sahaja terms is that Mother has carefully lifted me up in vibrations and I feel so much lighter (in vibrations) than before the trip.

This Indian classical music which I study is such a beautiful thing that only this music itself has lots of vibrations and is capable of changing a lot in human beings. It touches the hearts of the listener and the singer at the same time. The combination of Sahaja with Indian traditional art like music, dance and miniature painting is an explosion of vibrations, at least for me.

The Academy students had an opportunity to perform before Her Holy Lotus Feet in the recent past. Our youngest student was a 7-year-old girl studying Kuchipudi. Together with her elder sisters (in Sahaja) she gave a touching performance just in the presence of Mother on the 24<sup>th</sup> December. After that many Indians have registered for the Academy as they were so

touched by the performance.

The Academy provides you with a nice room which is usually shared by two brothers/sisters. Every room has a bathroom attached. All the work is done by Sahaja Yogis. They cook and clean for you. We are completely free to attend our lessons and study and have fun.

What a blessing to be born in this time and able to use all these Divine Facilities Our Mother has created for us.

## 7. Nargol Project- the historical place where Sahasrara of Universe was opened- Gujarat, India.

### ***Nargol, a Holy Pilgrimage Place for all Sahaja Yogis***

Nargol is a small village situated on a beautiful beach about sixteen kilometers from Sanjan in South Gujarat, close to the border with Maharashtra. The creek between Sanjan and Umergaon was once upon a time an active port and it was this very place where the Parsis landed over a thousand years ago, and settled in Nargol, Sanjan and neighborhood. In fact, it is said that the Zoroastrian refugees arrived in the Gujarat region of India in the 8th Century AD.

Shri Mataji and Sir CP had come to Nargol on 3<sup>rd</sup> of May, 1970 and stayed in a Bungalow named ***Blue Heaven***, which belonged to the then Collector of the Bulsar District at that time. It was the next day in the evening of 4<sup>th</sup> of May that Shri Mataji decided to open the Sahasrara of the Universe. She went into meditation under a casuarina tree popularly known as the *Saru Tree* (in local dialect) on the Nargol Beach and in the morning of 5<sup>th</sup> May, 1970. She experienced the enlightenment as the Sahasrara of the universe was opened.

In an interview in Vienna, Shri Mataji fondly recalls the episode of Her divine mission of opening the last Chakra and giving en-masse Realization to the humanity for their salvation.

".....So I was seeking the ways and methods, working it out inside Myself through My own style of meditation, in the sense that I would work out all the permutations and combinations and when I met one person then I would see what problems that person had, how you can overcome it. Like that I would try to study that person internally.

And I went to many people to find out, but I found they were great hypocrites. I saw so many of these Gurus, most of them. When I saw them, I was surprised they were all hypocrites....."

"I went there but My husband said, 'No, I won't allow you to go to this program.' So he arranged his own..... There I could see all the things which were going on. And that is the day somehow or other I said I must open the last Chakra! So the last Chakra was opened and I saw the Kundalini, which is the primordial force within us, which is the Holy Ghost within us, rising like a telescope opening out. And then I saw the whole thing open and a big torrential rain of beams started flowing through My head all over.



**'Blue Heaven' Guest House in Nargol**

Eternal Trust. On his humble submission and request, Shri Mataji identified the historical casuarina (*Saru*) tree at Nargol, under which She meditated to open the Sahasrara of the universe. There after since 1975, Sahaja Yogis have been visiting Nargol, either to meditate or to perform Havan and offer the Nirakar (Formless) Puja during the Sahasrara Puja at Her Holy Lotus Feet.



I felt I am lost, I am no more, there it's only the grace is there, that is there. I saw it completely happening to Me....."

***H.H. Shri Mataji,  
Vienna, Austria, 09.07.1985***

In March 1972 Shri Mataji again blessed this land of Nargol for a day with Her holy darshan (visit) along with one of the trustees of the Life Eternal Trust. On his humble submission and request, Shri Mataji identified the historical casuarina (*Saru*) tree at Nargol, under which She meditated to open the Sahasrara of the universe. There after since 1975, Sahaja Yogis have been visiting Nargol, either to meditate or to perform Havan and offer the Nirakar (Formless) Puja during the Sahasrara Puja at Her Holy Lotus Feet.

It was exactly after 25 years of Sahaja Yoga in October 1995, the world was again blessed to witness and offer International Diwali Puja at Her Holy Lotus Feet in Her Divine presence in Nargol, amidst a collectivity of 2500 Sahaja yogis from India and 100 from abroad.

The Life Eternal Trust, Gujarat, (since its foundation in March 2003), has been entrusted to undertake the divine task of acquiring and developing this historic land. However, a lot of efforts have already been made in this direction to raise this project for preserving this Holy piece

of land of Nargol, with construction of an Ashram and for other NGO activities in near future. It is our collective desire that along with the development of the holy shrine in Chhindwara, this place could also emerge as another Holy pilgrimage for the Sahaja Yogis.

Recently a wall has been constructed around the Historical 'Saru' tree and named it as '**Nirmal Briksh**' (Pure Tree) that still stands tall with ever widening shades of compassion and a lot of Vibrations.

Interestingly, the recent (post 1947) survey carried out for the Indian coastline and beaches by the World Oceanography, two beaches viz., Nargol in Gujarat and the Covalam in Goa have been adjudged to be the best.

### ***A few excerpts from H.H.Shri Mataji's revelation on opening of the Sahasrara to the world***

"As soon as the 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 tremendous force, as if I was unaware and got stupefied. The happening was so tremendous and so unexpected that I was stunned and totally silent at the grandeur.

I saw the Primordial Kundalini rising like a big furnace, and the furnace was very silent but a burning appearance it had, as if you heat up metal, and it had many colors. In the same way, the Kundalini showed up as a furnace, like a tunnel; as you see these plants you have here for coal burning that create electricity. And it stretched like a telescope and came out one after another, Shoo! Shoo! Shoo! Just like that.

And the Deities came and sat on their seats, golden seats, and then they lifted the whole of the head like a big dome and opened it, and then this Torrential Rain complete drenched Me. I started seeing all that and got lost in the Joy. It was like an artist seeing his own creation, and I felt the Joy of great fulfillment.

After coming out of this beautiful experience I looked around and saw human beings so blind and I became absolutely silent, and desired that I should get the cups to fill the nectar..."

***H.H. Shri Mataji, Paris, France, 05.05.1982***

"Today is a great day for us, for all the Sahaja Yogis that on this day... the Sahasrara was opened out. It was just a miracle I should say because I didn't think that I am at a point where it could be done. So I wanted to wait but some things happened that made Me think that it had to be opened. It

was in such a situation that I felt if I delayed it anymore now it may help these false gurus to spread their nonsense all over."

***H.H. Shri Mataji, Cabella, Italy, 07.05.1995***

"When I was born I was shocked at the way people were. At that time I don't think I met many seekers . . . First I thought I've come a little early . . . but then I saw these horrible false gurus also throwing their charms on people and trying to control them. That made Me really, really think that now I'd better stop worrying as to what sort of people there are — let's start! And that's how the first Brahmarandhra Chedan took place in India. It was 5th May, 1970 in the morning time."

***H.H. Shri Mataji, Cabella, Italy 06.06.1993***

"When the Kundalini enters the Agnya Chakra, She enlightens it. Then Christ within you is enlightened or awakened. He sucks both these balloons of ego and the super-ego and the whole Agnya Chakra opens. There is simultaneous opening of the Sahasrara. I saw the Sahasrara of the Virata open. It was like tongues of flames. Just like when you dissect the human brain, its cross-section looks like petals of flame. In the center of it, it looks like a yellow hole. The opening of the Sahasrara is sudden. With a bang it opens."

"You know that I reside in the Sahasrara. I incarnated on the Lotus of 1000 Petals; that is why I could break it open also."

***H.H. Shri Mataji, Sorrento, Italy, 06.05.1989***

"At the end of 1946, I reached the conclusion that I had to do it in a very deep silent way, and through the inner movement of My being I had to find out what was so problematic about human centres and their three channels.

Ultimately in the year 1970 I had to go to a seminar of one of the so-called masters because he requested My husband who had his friend staying in that place, who arranged My visit. I was amazed to see this man, who was ten years younger than Me, looking at least twenty years older than Me. But he mesmerized all the people and they shouted and screamed and some barked like dogs. Just by mesmerizing, he was taking them to their past.

This really shocked Me. I was sitting under a tree to watch what he was doing? At night I went alone to the seashore, sat there alone meditating about how, somehow or the other, I could use My own Kundalini for the en-masse Realization of the people. That was the moment when it worked, and it clicked. I was surprised, that with a little deeper penetration, I could work

it out. The experience was like this. I saw My Kundalini rising very fast like a telescope opening out and it was a beautiful colour that you see when the iron is heated up, a red, rose colour, but extremely cooling and soothing. The Kundalini went through My fontanel bone area (Brahma Randhra) which was open from My childhood and was pouring out Divine vibrations (Purna Brahma). But this new experience gave Me a new dimension of understanding of My Divine force. It came like a very promising reality that it was the time for Me to start My collective work. I found that the whole of My being was filled with great peace and joy. I opened My eyes, went to this false master and told him, "Now the last centre can be opened for everyone". I was amazed to see that he had no idea about the centre, or about the three channels which I knew from My very childhood. I found out that there were so many of them who were very false masters and were just money- oriented , working through mesmerism by encouraging anti Christ activities of immorality or by saying that this world is coming to an end".

*H.H. Shri Mataji, Meta Modern Era, Ch. 9. Evolution, pp.183-184,  
Pub: 1995*

*List of a few important Sahaja Yoga establishments and projects along with addresses for contact, online information, newsletter, newspaper and magazine subscriptions, published regularly worldwide.*

**Sahaja Yoga Mandir**

(Ashram at Delhi, India)  
C-17, Qutab Institutional Area  
New Delhi 110016 (India)  
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Fax: +91-11-26866801

**Nirmal Dham**

Sahaja Yoga Ashram  
Behind BSF Camp Chhawala  
Gaon, Delhi-110041, India  
Ph.: +91-11-25316826

**Pratishthan**

NDA Road, Near Chandni Chowk,  
Pune-411023, Maharashtra, India

**Vishwa Nirmala Prem Ashram  
(NGO)**

Home for the destitute women  
Plot No. 9, Institutional Area,  
Greater Noida, U.P. (India)  
Tel. +91-120-2230681

**Sahaja Yoga Health & Research  
Centre**

Home for the destitute women  
Plot No. 9, Institutional Area,  
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Tel. +91-120-2322053

**International Sahaja Public School**

Talnoo, Dharamshala Cantt.  
Distt. Kangra H.P.-176216 India  
site : [www.sahajapublicschool.org](http://www.sahajapublicschool.org)

**International Sahaja School**

Canajoharie, NY, USA  
[Canajoharie.school@sahajayoga.org](mailto:Canajoharie.school@sahajayoga.org)  
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*An example of the suggested style of an article can be seen at*

**[http://www.sahajayoga.org/current\\_projects.asp](http://www.sahajayoga.org/current_projects.asp) For International Sahaja Yoga Book Project**

**A few selected URLs (online site address) to view International Sahaja Yoga sites and related Sahaja information like Newsletter:**

**<http://www.nitl.co.in>**

**<http://www.sahajayoga.org/> Sahaja Yoga International Site**

**<http://www.sahajayoga.org/swan/> Sahaja world wide announcements and news**

**<http://www.sahajayoga.org.in/> India News Letter/SITA India**

**<http://www.nirmalnagari.org>**

**<http://www.sol.com.au/kor/home.htm> Knowledge of Reality; Australia magazine**

**<http://www.amruta.org>**

**<http://www.sahaj-az.blogspot.in/2009/01/nirmala-vidya.html>**

**<http://www.valaya.co.uk/IN-DEEP.htm> Excerpts of Mother's talks**

**<http://www.daisyamerica.com/> Sahaja Book Publication**

**<http://www.sakshi.org> Sakshi Pokhari - The Pond of the Witness**

**<http://www.sahajvidya.freeuk.com/jmsy> Excerpts of Mother's talks**

**<http://www.shrimataji.net> Rare photographs of Puja and other photographs**

**<http://www.sahajayoga.es/uma/> Promised land of Spain**

**<http://sahasrara.nirmala.info/> Sahaja Yoga contacts and other related information**

**<http://www.divinecoolbreeze.com/> (Divine Cool Breeze Magazine)**

**<http://www.sahajayoga.ca/newsletter/index.htm> (Shaja path Newsletter)**

**<http://www.sahajayogaradio.org/> (Radio)**

**<http://www.sahajahealthcentre.com/> (International Health Center)**

**<http://www.sahajaworldfoundation.org/> (World foundation)**

## *Books Published and Projects related to Sahaja Yoga*

This list is not all that Sahaja Yoga has treasured over the period of its evolution since 1970. It is an attempt to compile most of them from all corners of the globe that speaks of the volumes of books or booklets or such publications, known so far in wide collectivity or in information received. However, a few of these earlier titles may now be available in newer editions or reprints, while, a few may not currently be in circulation. This list does not reflect recommendations for literature study, but is an attempt to refresh our awareness of the works attempted in Sahaja Yoga, including the verses and texts in book form from divine nectar blessed by our beloved Mother Herself, in one place.

### ● **Ongoing projects related to Sahaja literature**

Keeping in view the compilation and archival works done on the Holy Scriptures of various religions across the globe today, it is high time that we the Sahaja Yogis of the world collective, must collectively pray at Her Holy Lotus Feet that this beautiful world be blessed with compilations of volumes that archives the words of Divinity for our ascent and our Self Realization not only for today but for the future long after we are gone. Her talks that are the mantras for the world, will be our Vedas, our Puranas and the most epic Holy Scripture, that the world shall ever witness with the Advent of the greatest incarnation, Shri Adi Shakti, Shri Mataji Herself, on Earth.

*The objective and the intention of the project undertaken in this direction, is to accurately transcribe as many talks as possible that were given in the English language so that an important resource is created as a by-product, and be available to researchers, academicians and to countries who wish to translate transcripts of talks into other languages.*

However, the list of Research papers and other related documents already published in magazines, periodicals and journals are not included in this exhaustive list. At the same time, compilation of a list of such articles or papers published from time to time on Sahaja yoga is underway and not ignored.

## Compiled Listing of Books/Compilation/Periodical in Sahaj World

| <b>Name of Book</b>                                                         | <b>Author</b>                                     | <b>Language</b>                                                  |
|-----------------------------------------------------------------------------|---------------------------------------------------|------------------------------------------------------------------|
| ➤➤ Corruption–India’s Enemy Within 2001                                     | Sir C P Srivastava                                | English                                                          |
| ➤➤ Bhrashtachar–Bharat ki Bheteri Shatru (Hindi Version of Corruption) 2002 | Sir C P Srivastava                                | Marathi/ Hindi                                                   |
| ➤➤ Nirmalanjali                                                             | Prayer/ Song Book                                 | Hindi/ Marathi                                                   |
| ➤➤ Sahaja Yoga Songbook                                                     | Compilation                                       | English                                                          |
| ➤➤ Pushparpan                                                               | Compilation                                       | Hindi                                                            |
| ➤➤ Sahaja Pushpanjali 1995                                                  | compiled by Sushil Kejriwal(Songs)                | Hindi                                                            |
| ➤➤ Sahajamala (Book of Poems), 2000                                         | Armaity H. Bhabha                                 | English                                                          |
| ➤➤ Sahaja Geetarpan 1995                                                    | compiled by Sushil Kejriwal(Songs)                | Hindi                                                            |
| ➤➤ Sahaja Yoga Geetanjali                                                   | Compiled book of songs (English, Hindi, Marathi)  | English                                                          |
| ➤➤ Sahaja Yoga Parichay Pustika                                             | Compilation                                       | Hindi, English, Marathi, Tamil, Telgu, Gujrati, Konkani, Bengali |
| ➤➤ Sahaja Yoga The Unique Discovery                                         | H.H. Shri Mataji Nirmala Devi                     | English                                                          |
| ➤➤ Sahaja Yoga - A Guide for Parents, Teachers and Students                 | Helga Fein                                        | English                                                          |
| ➤➤ Mantra Folder                                                            | Compilation                                       | English                                                          |
| ➤➤ The Joy of Spreading Sahaja Yoga 2013                                    | Excerpt from Speeches of Shri Mataji Nirmala Devi | English,                                                         |
| ➤➤ Sahajayoga Prachar-Prasaracha Anand 2013                                 | Excerpt from Speeches of Shri Mataji Nirmala Devi | Marathi                                                          |
| ➤➤ Sahajayoga Prachar-Prasar ka Anand 2013                                  | Excerpt from Speeches of Shri Mataji Nirmala Devi | Hindi                                                            |
| ➤➤ Divine Light Miracle Photographs of Shri Mataji 1998                     | Geoffrey Godfrey and R K Pal                      | English                                                          |
| ➤➤ The Divine Mother 1008 Photographs of Shri Mataji The Great Guru, 2000   | Geoffrey Godfrey                                  | English                                                          |
| ➤➤ Islam Enlightened, 1998                                                  | Javed Khan                                        | English                                                          |
| ➤➤ The Light of the Koran Knowledge through Sahaja Yoga 1998                | Flore Descieux, Transl: Caroline Mc Carthy        | English                                                          |

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| ➤➤ Geeta Enlightened, 1986                                                     | Yogi Mahajan                                       | English                  |
| ➤➤ Bible Enlightened – Religions and Yoga (Vol. First, Second and Third), 2003 | Dr. Dan Costian                                    | English                  |
| ➤➤ Music and Sahaja Yoga, 1997                                                 | Dr. Arun Apte and                                  | English                  |
| ➤➤ Sahaja Yoga<br>1991 (English) 1998 (Hindi) Marathi                          | H.H. Shri Mataji<br>Nirmala Devi                   | English/Hindi<br>Marathi |
| ➤➤ Sahaja Yoga Research and Health Centre                                      | H.H. Shri Mataji<br>Nirmala Devi                   | English                  |
| ➤➤ Sahaja Yoga : A Jungian Approach                                            | Jose Antonio                                       | English                  |
| ➤➤ Education Enlightened – A Guide for Schools                                 | H.H. Shri Mataji<br>Nirmala Devi                   | English                  |
| ➤➤ Prabodhit Shiksha – Vidyalayon ke liye Margadarshak                         | H.H. Shri Mataji<br>Nirmala Devi                   | Hindi                    |
| ➤➤ Prabodhit Shikshan – Shaleya Margadarshak                                   | H.H. Shri Mataji<br>Nirmala Devi                   | Marathi                  |
| ➤➤ Meta Modern Era<br>1996, 2007                                               | H.H. Shri<br>Nirmala Devi                          | English<br>Russian       |
| ➤➤ Para Aadhunic Yug (Hindi Version of Meta Mordern Era) 2000                  | H.H. Shri Mataji<br>Nirmala Devi                   | Hindi                    |
| ➤➤ My Memories, 2000                                                           | Babamama (H.P. Salve)                              | English                  |
| ➤➤ Mere Sansmaran (Hindi Version of My Memoirs) 2002                           | Babamama (H. P. Salve)<br>Translation. O.P Chandna | Hindi                    |
| ➤➤ Sahaja Yoga Prakritik Jadi Bution Dwara Rog Niwaran                         | Compilation - Booklet                              | Hindi                    |
| ➤➤ The Advent, 1979                                                            | Gregoire De Kalbermatten                           | English                  |
| ➤➤ Avataran 2013                                                               | Gregoire De Kalbermatten                           | Hindi                    |
| ➤➤ Legend of Dagad Trikon, 2005                                                | Fiction<br>Gregoire De Kalbermatten                | English                  |
| ➤➤ L'Avenement (French edition of The Advent) 1985                             | Trans: Lotus heart                                 | French                   |
| ➤➤ El Advenimiento (Spanish edition of The Advent) 1994                        | Gregoire De Kalbermatten                           | Spanish                  |
| ➤➤ The Third Advent, 2003                                                      | Gregoire De Kalbermatten                           | English                  |
| ➤➤ Jail Break                                                                  | Yogi Mahajan                                       | English                  |
| ➤➤ Miracles of God                                                             |                                                    | English                  |
| ➤➤ The Search for the Divine Mother 1997                                       | Gwennael Verez                                     | English                  |

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| ➤ Eternally Inspiring Recollection of our Holy Mother.<br>Vol-I (Stories from India)-2006<br>Vol-II (Stories from Western Europe)-2007<br>Vol-III (Stories from East Europe, Middle East)-2007<br>Vol-IV (Australia, New Zealand & S.E. Asia)-2007<br>Vol-V (Stories from The Americas)-2007<br>Vol-VI (United Kingdom)-2008<br>Vol-VII, Part 1<br>Vol-VII, Part 2<br>Vol-VIII | Compilation<br>(Linda Williams)                         | English            |
| ➤ Param Pavni Maa ki Shashwat Prerak Anusmrutiyan<br>Vol-I (Stories from India)<br>Vol-II (Stories from Western Europe)<br>Vol-III (Stories from East Europe, Middle East)<br>Vol-IV (Australia, New Zealand & S.E. Asia)<br>Vol-V (Stories from The Americas)                                                                                                                 | Compilation<br>(Linda Williams)                         | Hindi              |
| ➤ Keys of Wisdom, 2006                                                                                                                                                                                                                                                                                                                                                         | Fiction (Linda Williams)                                | English            |
| ➤ Cooking With Love - Divine Recipes 2003                                                                                                                                                                                                                                                                                                                                      | Recipes of H.H. Shri Mataji Nirmala Devi                | English<br>Russian |
| ➤ Annapurna - Divine Recipes                                                                                                                                                                                                                                                                                                                                                   | Recipes of H.H. Shri                                    | Hindi              |
| ➤ Lal Bahadur Shastri –<br>A Life of Truth in Politics, 1995, 2007                                                                                                                                                                                                                                                                                                             | Sir C.P. Shrivastava<br>(Russian trans: Mr. Firsov)     | English<br>Russian |
| ➤ Lal Bahadur Shastri –<br>Rajniti Mein Satyanistya Jivan, 2000<br>(Hindi version)                                                                                                                                                                                                                                                                                             | Sir C.P. Shrivastava<br>(Trans: Shankar Nene)           | Hindi              |
| ➤ Navaratri Talks (Nine Nights of Worship) —Pune 1988, 2002                                                                                                                                                                                                                                                                                                                    | Talks of H.H. Shri<br>Mataji on Navaratri 1988,<br>Pune | English            |
| ➤ Navaratri Pravachan—<br>Pune 1988 (Hindi Version)<br>2003                                                                                                                                                                                                                                                                                                                    | Talks of H.H. Shri<br>Mataji on Navaratri 1988,<br>Pune | Hindi              |
| ➤ Medical Science Enlightened<br>New Insight into Vibratory Awareness for Holistic Health Care, 1993                                                                                                                                                                                                                                                                           | Professor<br>Dr. Umesh C. Rai, M.D.                     | English            |
| ➤ The Ascent                                                                                                                                                                                                                                                                                                                                                                   | Yogi Mahajan                                            | English            |
| ➤ Utthan (Hindi Version of The Ascent) 1994                                                                                                                                                                                                                                                                                                                                    | Yogi Mahajan<br>translation by CL Patel                 | Hindi              |
| ➤ Realized Saints                                                                                                                                                                                                                                                                                                                                                              | Yogi Mahajan                                            | English            |
| ➤ Sufi Odes to Divine Mother                                                                                                                                                                                                                                                                                                                                                   | Yogi Mahajan                                            | English            |
| ➤ Great Women of India                                                                                                                                                                                                                                                                                                                                                         | Yogi Mahajan                                            | English            |
| ➤ The Face of God                                                                                                                                                                                                                                                                                                                                                              | Yogi Mahajan                                            | English            |
| ➤ Parmatma Ka Swaroop                                                                                                                                                                                                                                                                                                                                                          | Yogi Mahajan                                            | Hindi              |

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| ➤➤ Ishwarache Darshan                                                                                                       | Yogi Mahajan                                                | Marathi             |
| ➤➤ Tenth Incarnation                                                                                                        | Yogi Mahajan                                                | English             |
| ➤➤ Shri Kalki                                                                                                               | Yogi Mahajan                                                | English             |
| ➤➤ The Last Judgement                                                                                                       | Yogi Mahajan                                                | English             |
| ➤➤ New Millenium Fulfills<br>Ancient Prophecies                                                                             | Yogi Mahajan                                                | English             |
| ➤➤ Nav Sahasrabdi<br>(Hindi Version of New Millenium<br>Fulfills Ancient Prophecies) 2000                                   | Yogi Mahajan<br>translation by O.P. Chandna                 | Hindi               |
| ➤➤ Navin Sahasrakat Prachin Bhavishyavanya                                                                                  | Yogi Mahajan                                                | Marathi             |
| ➤➤ Unique Discovery                                                                                                         | Booklet                                                     | English             |
| ➤➤ Divine Knowledge through Vibrations<br>1992                                                                              | P. T. Rajasekharan &<br>R. Venkatesan                       | English             |
| ➤➤ A Collection of Prayer and<br>Praise—Sahaja Yoga, 1990                                                                   | Compilation                                                 | English             |
| ➤➤ Sahaja Yoga Puja Book<br>1990                                                                                            | French Compilation—<br>From Le Puja                         | English             |
| ➤➤ Sahaja Yoga Mantra Book<br>1989 (Nirmal Vidya)                                                                           | H.H. Shri<br>Mataji Nirmala Devi                            | English             |
| ➤➤ Prayers, Praises and Protocol to<br>Her Holiness Shri Mataji Nirmala Devi                                                | Collection                                                  | English             |
| ➤➤ Come the Mother Calls—<br>A Tribute of Love to<br>Shri Mataji Nirmala Devi                                               | Compilation                                                 | English             |
| ➤➤ Children in Sahaja Yoga 1991                                                                                             | Compilation                                                 | English             |
| ➤➤ Cabella 94 (photographs by<br>Michael Markl, Vienna) 1995                                                                | Compilation—printed by<br>Adolf Holzhausens Nfg.,<br>Vienna | English             |
| ➤➤ Nirmal Dham—<br>A Project of H.H. Shri Mataji Nirmala Devi Foundation                                                    | Compilation Souvenir                                        | English             |
| ➤➤ Grace                                                                                                                    | Compilation                                                 | English             |
| ➤➤ Sant Kabir Aur Sahaja Yog, 1999<br>(Ek Vaigyanik Drishti)                                                                | R.R.Singh                                                   | Hindi               |
| ➤➤ Shri Ganesha Puja 1999                                                                                                   | Compilation- Souvenir                                       | Hindi/English       |
| ➤➤ The Age of Ascent                                                                                                        | Compilation- Souvenir                                       | English             |
| ➤➤ Vibrations, 2000                                                                                                         | Compilation- Souvenir                                       | English             |
| ➤➤ Shiva Tattwa, 2000                                                                                                       | Compilation                                                 | English/ Hindi      |
| ➤➤ Birthday Messages                                                                                                        |                                                             |                     |
| ➤➤ Health, Peace, Morality Culture<br>“East-West” (9th. All Russian Scientific<br>and Practical Conference) 9-10 June, 1998 | Compilation<br>Moscow, Russia                               | English/<br>Russian |

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| ➤ A Seeker's Journey – Searching for Clues to Life's Meaning, 1995 | Greg Turek , Australia                                 | English/French<br>Russian<br>German,<br>Chinese |
| ➤ Actualise Your Self-Realization                                  | Edwin Hou                                              | Chinese                                         |
| ➤ Sahaja Yoga Meditation Beginners Guide                           | Kwong Ming Wai                                         | Chinese                                         |
| ➤ Nirmal Fragrance, 2005, 2006, 2008<br>2013                       | Compilation<br>(Rabi Ghosh)                            | English                                         |
| ➤ Nirmal Surabhi, 2006, 2007, 2013                                 | (Translation of<br>Nirmal Fragrance<br>By O.P.Chandna) | Hindi                                           |
| ➤ Children in Sahaja Yoga 2007                                     |                                                        | Russian                                         |
| ➤ Marriages in Sahaja Yoga 2007                                    |                                                        | English                                         |
| ➤ Raising Children in Sahaja Yoga                                  | Compilation                                            | English                                         |
| ➤ Men & Women in Sahaja Yoga                                       | Compilation                                            | English                                         |
| ➤ The Light of the World                                           | Compilation                                            | English                                         |
| ➤ Hope, Faith and Love "The Road to God"                           | Vladimir Mikhanovsky                                   | English                                         |
| ➤ Journey Within                                                   |                                                        | English                                         |
| ➤ Navaratri 2010 Booklet                                           |                                                        | English                                         |
| ➤ Shri Krishna Puja 2009 Booklet                                   |                                                        | English                                         |
| ➤ Medical A-Z                                                      |                                                        | English                                         |
| <b>Periodicals and Magazines</b>                                   |                                                        |                                                 |
| ➤ Akashwani Volume I                                               | Yuva Shakti, bound                                     | English                                         |
| ➤ Akashwani Volume II                                              | Yuva Shakti, bound                                     | English                                         |
| ➤ Anant Jeevan, 1979-1980                                          |                                                        | English/ Hindi                                  |
| ➤ The Divine Cool Breeze USA, 1987-2005                            |                                                        | English                                         |
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| ➤ The Knowledge of Reality                                         |                                                        |                                                 |
| ➤ The Life Eternal                                                 |                                                        | English/ Hindi                                  |
| ➤ Maha Avatar, 1980                                                |                                                        | English/ Hindi                                  |
| ➤ Nirmala Yoga, 1981-1985                                          |                                                        | English/ Hindi                                  |
| ➤ Sahaj Amrit                                                      |                                                        | English                                         |
| ➤ Open Heart                                                       |                                                        | English                                         |
| <b>Books and Studies by Sahaja Yogis</b>                           |                                                        |                                                 |
| ➤ Know Thyself                                                     | Calin Costian                                          | English                                         |
| ➤ Sahaja : An Introduction to Shaja Yoga                           | Christopher Greaves                                    | English                                         |
| ➤ La beaute' de l'e'trehumain                                      | Olivier Ibanez                                         | English                                         |



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| ➤ Silence Your Mind                                                                | Ramesh Manocha                           | English                          |
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| ➤ Exploring Early Christian and Gnostic Texts                                      | John Noyce                               | English                          |
| ➤ Sahaja Studies                                                                   | John Noyce                               | English                          |
| ➤ Saints, Sufis and Yogis : A Biographical Dictionary of Realised Souls            | John Noyce                               | English                          |
| ➤ Seeking and Finding : a sourcebook of historical texts on kundalini, yoga,       | John Noyce                               | English                          |
|                                                                                    | realisation, Sahaja & nirvikalpa samadhi |                                  |
| ➤ Visions and Prophecies of the Divine Feminine : a sourcebook of historical texts | John Noyce                               | English                          |
| ➤ The Wisdom Tradition                                                             | John Noyce                               | English                          |
| ➤ An Experiential Treatise on Sahajayoga                                           | V.N.Phadke                               | English<br>(from Marathi)        |
| ➤ Meditation                                                                       | Nigel Powell                             | English                          |
| ➤ Sahaja Yoga-The secret to Self-unfoldment and Transformation                     | Saraswati Raman                          | English                          |
| ➤ Expecting to fly : In search of the Spirit                                       | Patrick Sheridan                         | English<br>German<br>translation |
| ➤ Thr Truth About Kundalini                                                        | Udo Szekulics<br>& Mala Rao-Szekulics    | English                          |
| ➤ A Seeker's Journey                                                               | Greg Turek                               | English                          |
| ➤ The Search for the Divine Mother                                                 | Gwenaël Verez                            | English                          |
| <b>Poetry and Fiction by Sahaja Yogis</b>                                          |                                          |                                  |
| ➤ The Legend of Dagad Tikon                                                        | Gregoire de Kalbermatten                 | English                          |
| ➤ Proceed-Haiku collection                                                         | Dragos Ionel                             | English                          |
| ➤ Simple Poems                                                                     | Dragos Ionel                             | English                          |
| ➤ The Final Act                                                                    | Derek Johannesen                         | English                          |
| ➤ Journey into Spirit                                                              | Paul Keetley                             | English                          |
| ➤ Let Our Spirits Run Free                                                         | Yogi Mahajan<br>Pragya M.Pradhan         | English                          |
| ➤ The Quest of the Sparrows                                                        | Kartik Sharma<br>Ravi Nirmal Sharma      | English                          |
| ➤ The Awakening of Navi Septa - 1<br>The Keys of Wisdom                            | Linda Williams                           | English                          |
| ➤ The Awakening of Navi Septa - 2<br>The Mountain Mouse                            | Linda Williams                           | English                          |
| ➤ The Awakening of Navi Septa - 3<br>The Swarm of Bees                             | Linda Williams                           | English                          |
| ➤ Beyond all doubt is Jerusalem<br>The Golden City                                 | Nick Burrin                              | English                          |

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| ➤➤ Sahaja                                   | Christopher Greaves              | English |
| <b>Books for children by Sahaja Authors</b> |                                  |         |
| ➤➤ Nirmala's Story                          | Radha Cody<br>Alia Einstein Diez | English |
| ➤➤ The Chalk Giant                          | Christopher Greaves              | English |
| ➤➤ Alicia and Little Star                   | Dragos Ionel<br>Richard Payment  | English |
| ➤➤ Alicia and White Angel                   | Dragos Ionel                     | English |
| ➤➤ Kids are from Heaven                     | Dragos Ionel                     | English |
| ➤➤ The Snow Man who was cold                | Sia Reddy<br>Ulrike Brokoph      | English |
| ➤➤ Oakee Doakee and the Ego                 | BombEdward Saugstad              | English |
| ➤➤ Oakee Doakee and the Hate                | WaveEdward Saugstad              | English |
| ➤➤ Coloring Book of Deities                 | Sona Agarwal                     | English |
| ➤➤ Sahaja Children's Colouring Book         | Sarita Keatley                   | English |
| ➤➤ Qualities and Chakras Paintbook          | BombEdward Saugstad              | English |

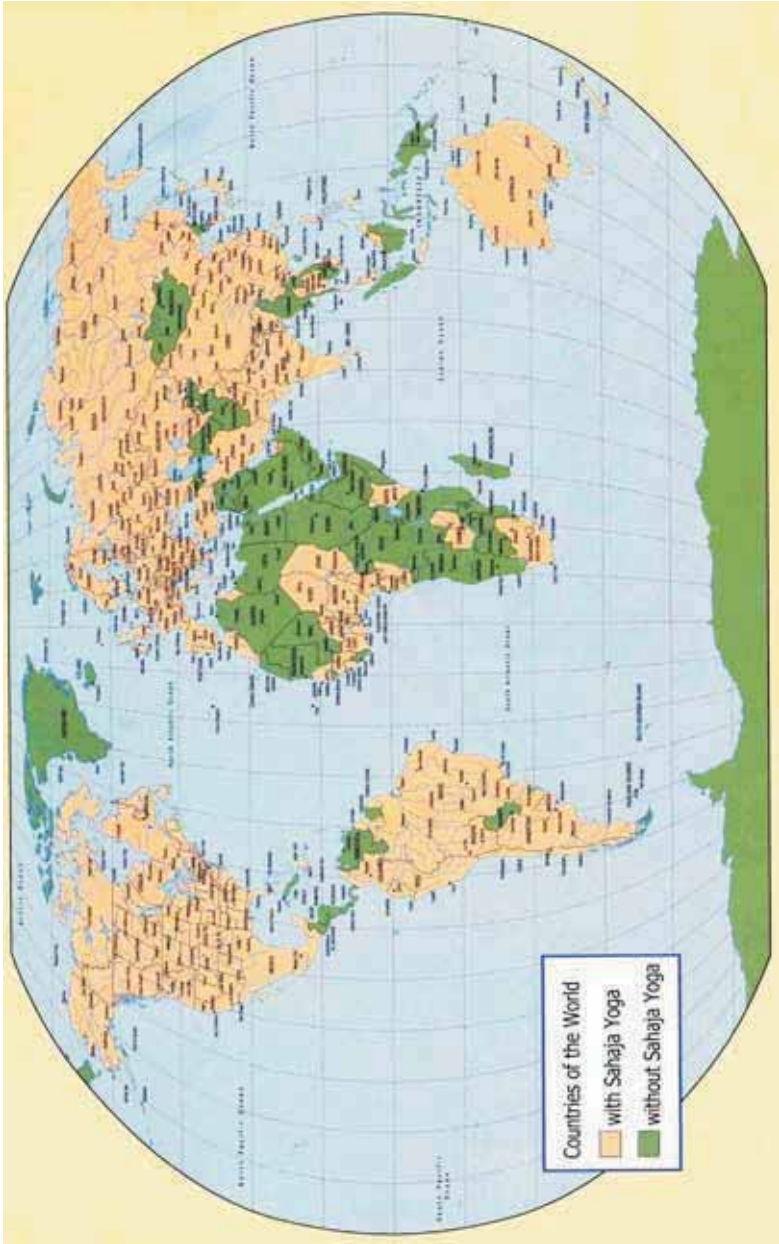
## *Vishwa Nirmala Dharma*



*"Why does God want you to know Him? Because He wants to see His reflection in you. That is why He has created you and He wants to see His reflection in you. Same with the Goddess, She has given you Self Realization because She wants to see Her reflection in you. So you have to prepare yourself for that reflection, which is so much purer, beautiful, loving, compassionate, and above all full of wisdom".*

***H.H. Shri Mataji, Cabella, Italy, 20.08.2000***

*Sahaja Yoga Across Te Globe*



As on 2005



**Dhayana Moolam Gurur Murtim  
Puja Moolam Guru Padam  
Mantra Moolam Guru Vakyam  
Moksha Moolam Guru Krupa**

# MOTHER'S MESSAGE TO THE WORLD

(GURU PUJA , CABELLA, ITALY 2008)

Today is a very great day for all the Sahaja yogis. Because Sahasrara opened in you, you could feel the existence of God. By saying there is God that was not sufficient, and to say there is no God also was wrong, very wrong, and people have suffered who have said like this. Only after getting realization you know that there is God and there are vibrations. It's a very big opening all over the world. Today I am saying that's why it's one of the greatest days for you.

Many of you have felt the cool breeze on your hands and out of your brain. Some have grown in Sahaja Yoga, some have not. Some are still carrying on with old catches. But now I have to say that quite a lot of you can become gurus, means teachers, and you should act as teachers. To act as teacher you should know Sahaja Yoga, the theory and the practice of it, thoroughly well, and then you can become a guru. It's a very responsibility, lot of understanding for a guru.

You should not have any ego, first. You should not have any of your chakras catching. You should be absolutely clear all the time, and there the vibrations should be flowing in both the hands. If they are moving in one hand and not in another, you cannot become guru. So you have to be a perfect Sahaja yogi, then\* you can be a guru.

And so many of you can be, but you have to ascertain first: are you capable of being a guru or not? With humbleness you'll understand. Those who think they can be guru should become gurus, because now I can't travel from places to places and you have to do My job, is to give realization to people. But you have be able to give en-masse realization, then only you could be a guru. If you can give en-masse realization, then you could be a guru. You can use My photograph, but the realization should not be from the photograph but from you. Then only you can be a guru. There can be ladies or men both, can become gurus and spread Sahaja Yoga all over.

In My whole touring business Canada I have missed, and I would request some of you to go to Canada, because it's a very beautiful place and we have very beautiful Sahaja yogis there. You have to do now My work. I won't be able to go all over, but you have to go to other countries and create new Sahaja yogis. You can do it. To begin with you can use My photograph, but later on you can only put the photograph there but use your own powers, and give realization. You can do it, and that is how we can spread Sahaja Yoga all over the world.

I have done My level best now, but I don't think now I can travel anymore. So I am telling you that you have to take over and work it out. That doesn't mean you cancel Me – no, not at all! I am there with you, and every place you work, you put My photograph. But realization you have to give, and try to give mass realization. If that doesn't work out then you should know you are not a guru. If you can give mass realization then only you are a guru, otherwise you are not.

I said you can use My photograph, but you have to give realization to people. This is the sign of a guru. Then you already know what are different centers and what are the things missing in people. I've explained very clearly. In the same way you'll find those who come for realization, they'll have some defects and you'll find out what chakras they are catching. You know how to clear those chakras, so you have to tell them how to clear. Now you have mastered Sahaja Yoga, so you should know what is to be done. If you think you have mastered, if you believe that you have mastered, then you can become gurus; but first of all you should ascertain and find out for yourself if you are a guru or not. It is your responsibility now to give realization to people. And you can give if you have vibrations as like a guru. Or if ladies also – they're called as gurus, not as gurus but as gurus; but they can be called as guru also. And they can also do this work very well.

Solving the problems of people is not difficult then. Once they get realization their problems would be solved. This is a big power you have got, you all should use. First of all you can use a group if you want, and afterwards you should do it individually. Can you imagine all of you, if you become gurus, how many Sahaja yogis we'll have all over the world?

Whatever you teach you must practice. I mean, a person who drinks cannot become a guru, a person who flirts and has a licentious life cannot become a guru. So first examine yourself: are you clean or not? If there are many possessed people who try to become gurus, they cannot. Honestly you should see on the photograph: if you are possessed, then you cannot be guru. So now to become a guru is first to criticize yourself, to find out yourself fully, and then you can become a guru. I don't want to tell anybody individually, but you all can find out. Say four, five people can join together, and they can find out from each other if they are all right or not, if there is missing, if they are catching. But if they say there you are all right, then you can become gurus and you can preach Sahaja Yoga. This is your responsibility. This is how Sahaja Yoga will grow.

Otherwise after I retire or I don't go anywhere, then Sahaja Yoga will go into waste. So it is for you to carry the torch, the light. It's your responsibility now; you have got your realization.

I was born with the responsibility. I was born with all the understanding; and now you are also. Understand yourself. Do not condemn yourself. As long as you start your own realization; but be careful – don't become egoistical. You have to be very humble, very humble with everyone. And work it out, because if they are not realized souls you shouldn't condemn them, but tell them very patiently and sweetly that "you are not all right." Tell them how to meditate, how to improve. It's now a very big responsibility. Actually I have done this work, and you can do this work also. So you all have to become a guru.

This is the day of Guru Purnima, and I bless you that you all become gurus. Whatever you have got now, don't waste it, don't throw away, but use it for the betterment of people. If you go on meeting in the beginning have four to five people together, then you should separate. You have to give time to this. You have got your realization but you have to give realization, otherwise your state is not all right, is not normal.

So today I want to tell you what are the qualities needed for a guru. First of all he should be a detached person. That doesn't mean you give up your family or anything, but you should have a detached attitude that anybody from your family does wrong, you should go away from him or her. Secondly, through your realization you can see that you can spread happiness and remove their problems. You have seen whatever I have done, you can do it. You have got power to do it – but no hypocrisy, no hypocrisy; otherwise you will spoil the name of Sahaja Yoga.

So if you are sure about yourself then\* you should become gurus, and carry the work of Sahaja Yoga. I think I give you all My blessings and all My support, that now you take over and become gurus. You can also have all the pujas, and then you can use photograph. You have seen how one has to work it out, and if somebody has some defect or some chakras are catching, then you should tell that person how to correct it. On the photograph it is the best,



and very humbly you should tell them what is to be done, and you can save all the people.

So now I am no more available in the sense: I have done My best, and I think I won't be able to do this again. It is not My old age, but I want to give you a complete freedom to spread Sahaja Yoga. You have got it free and you also have to give it to people free, not to charge them.

On puja days only, be careful that don't put yourself on the puja. Till you have confirmed and you are sure that you have created at least hundred Sahaja yogis, good Sahaja yogis, then they can do your puja also; but the best thing is to wait and see. You don't enter puja business till you are, you have done about thousand people each; then you have the right to have a puja. But you could have a puja with My photograph till you're completely all right. Now have confidence, is the main thing. Do not condemn yourself. You are all realized souls, but those who can think they can become gurus can become and try.

You have to have patience with the seekers. You can't be angry and hot-tempered. Unless and until they try to trouble you, you shouldn't lose your temper. You should be quiet. Most of the gurus are very hot-tempered who have been before, and that's why they were busy with their temper and they couldn't produce anything sensible, I think. They could never give realization. So, I have to warn you: control your temper. Watch yourself if you get angry – then you cannot become a guru. Guru has to be a loving person, very loving and understanding.

Then you have to be humble, not to abuse people, not to shout at people. If they misbehave you can ask them to go out, but don't shout. If you think somebody is misbehaving you can ask that person to get out, but you need not shout or get angry with that person.

So it's a very big responsibility now. You've got your realization, and so four or five of you should join to form a Sahaja Yoga group, giving realization to people. Try! Of course My photograph would be there, but still you must try. Try to understand that now what is your responsibility. If a position is given, you have to always carry on with the responsibility of that position. In the same way, if you become a guru you have a certain amount of responsibility, that your own behavior should be very good to begin with.

In the beginning you cannot tell them "don't go to church," or "don't do this, don't do that." You give them realization and then you can talk to them. In the beginning you shouldn't tell them, or they'll just shun you. Accept them as they are. In the beginning you should not also cure people if possible. You can use My photograph to begin with, but don't cure them. Later on if you are confident, then four, five together should treat that person. Curing people is not very easy, and you may catch. So before acting on them you must take a bandhan.

Bandhan is very good. You should, even when you are going out you should take a bandhan. You should also make a very good speech, if possible. Now you know so many things and you can talk to them. It's a very big responsibility.

Now I have been working from the year 1970 and today so many years I have worked so hard, but I can't now do it. I have to go back and take some rest help –everybody has said, and you'll also agree. But you can tell about Me if it is necessary; but use My photograph. Every time you have a meeting, use My photograph.

Those who think they can be leaders and as gurus, they should first see their own vibrations. Meditate on My photograph and find out. You have to be absolutely honest that you are a hundred percent all right and there is no catch, and then you can become a guru – you have to be. First you may get two people, then three people; I started with five. So you can imagine how one can go with it. Try first of all with two, three, five and more. You can also advertise afterwards. If you have given realization to people, say about, you have given realization to ten people, you can start your own organization or whatever you may call, and can work it out.

Now you have the power. You have the right. But you must have a temperament also. In the beginning you have to be very patient and kind, very kind. Then gradually you'll find that you can cure people. You can use My photograph for curing to begin with, and later on you can see you can cure. First of all on vibrations you'll see what chakras are catching, which are good, which are bad, and then you should correct that. If there's something wrong you must correct it, and then become guru. It's not just accepting that "I am guru" – become guru, but you have to be very, very... authority on yourself. You have to judge yourself. First of all you should find out, can you become gurus?

And then you can send Me your reports. I'll be very happy to know how many you have got now. And that is how Sahaja Yoga would spread, no doubt. It is, it cannot remain at this stage because I am withdrawing, but because now you are so many Sahaja yogis, it will grow and work out. But I think now I can't travel, and I'm going back. I won't be able to come back again – not possible. So you'd better work it out for yourself. You must write to Me if you have any difficulties; if somebody is catching or something, or you have problems. Now I don't think any newspaper will criticize you. They have done it for Me, but not for you.

All of you, promise Me that you'll try to become gurus.

I didn't take any money from you, nothing from you. I just want that you should spread Sahaja Yoga. In the beginning, even in the pujas don't take any presents or money. You can only take little money from them if you have need to have a hall or a big place, but that would be much later. First of all try with few people. It will grow very well.

Now the another thing is, puja you should not allow them to do to you, to begin with. Till you have done three hundred Sahaja yogis, you can't ask them to do you puja. You can use My photograph for the puja to begin with. But be very careful, because you have powers now and it might pamper your ego; maybe you'll start thinking you are great. No – you have to save the world. All My work is that, and I would ask you to write to Me in India if there is any difficulty.

Also write to Me how you are spreading Sahaja Yoga, what is happening, I would love to know. But I think you will understand that I must retire now, I can't travel. If you have any questions, ask Me.

Those who are confident that they can become gurus, raise your hands. Oh, so many! Only one hand, not two!

If anybody is making money you should tell him not to do it, and also write to Me. You cannot make money to begin with, but when you have about three thousand people you can celebrate all the worshipping days, and worship. But you must make at least three thousand disciples each, then you can ask for a puja.

There are some people who cannot become gurus, who are catching and they have problems. If you have problems don't become guru, otherwise it will affect you. But if you think you are clear and opened out, then you can become guru. Is there any question?

I am opening a center for International Sahaja Yoga, and when you have done with three hundred Sahaja yogis, you can ask them to do puja, and take money. Before that if you get any money you can send it to that center. There would be about eleven members in that center, and I'll declare it. If you have any questions ask Me now.

First three hundred people you don't take any money, except for the hall or except for other expenses, but you don't take any money for yourself. Now can you raise again your hands, how many would like to be gurus? May God bless you.

Do you have any questions?

You can take money on organization basis, that you have to have a hall, loudspeaker and all those things, but you shouldn't take it for your individual use, you should be very careful – till you have three hundred Sahaja yogis. You can form a group of five to ten people, and start your work. You'll enjoy it.

Anyone has any problem, ask Me.

I have to go to Canada, I have not been, but I'll try to find some time. First now I have to go to Russia, and then I can go to Canada.

You have to work more in your country than outside to begin with, and then you can spread it all over.

Again let us see how many want to be gurus. Oh, what a big number! Thank you very much, thank you. Thank you, all of you.



***Gurur Brahma Gurur Vishnu  
Gururdevo Maheshvarah  
Gurur Sakhshat Mataji Shri Nirmala Devyai  
Tasmai Shri Gurave Namoh***

# Talk after Guru Puja

## Cabella Ligure, Italy, 20th July, 2008

**Partial transcript of the conversation with the World Council brothers after the Guru Puja 2008, Cabella on the subject of formation of Central Committee.**

**WC brother :** "...?" (Joyous laughter)

**Shri Mataji :** What did you say?

**WC brother :** "...?"

**WC brother :** What he wants Mother ...

**WC brother :** We will go to Russia!

**WC brother :** They are going to Russia (hindi)

**Shri Mataji :** (hindi) Who is going to Russia?

**WC brothers :** (reply all together in hindi) All are going.

**WC brother :** Shri Mataji there will be 6 1/2 thousand people. In ten days there will be 6 1/2 thousand Russian Yogis and Ukrainian Yogis, in ten days in Togliatti. Worshipping you Shri Mataji. (Hindi translation)

**Shri Mataji :** (hindi) ab zimmedari aap log ka hai (Now it is your responsibility)

**WC brother :** Ji, Shri Mataji (yes, Shri Mataji)

(pause)

**Shri Mataji :** I say now you take the responsibility. But you can contact Me. You can write to Me ... (pause)

**WC brother :** We will do it Shri Mataji. You are all the time with us in our Sahasrara. You stay with us in our Sahasrara

**WC brother :** Shri Mataji, You are always with us in our Sahasrara (Marathi translation)

**Shri Mataji :** (laughs - then says something and asks in hindi) Gaadi kahan hai? (Where is the car?)

**Someone replies :** the car is outside. (hindi)

**WC brothers :** Jai Shri Mataji

**WC brother :** Pranam Shri Mataji

(pause)

**Shri Mataji :** You must form a Central Committee... Central Committee maybe in London, or maybe here, or wherever you feel like, One Central Committee. And then you can inform them what is happening, isn't it?

**WC brother :** Yes

**WC brother :** We have Shri Mataji.

**WC brother :** Like the World Council?

**WC brother :** We have a Council Shri Mataji.

**WC brother :** Like the Council.

**WC brother :** We have the Council.

**Shri Mataji :** You have to tell what is happening. Some Central Committee, you should have about say 5 people.

**WC brother :** Communication. For communication?

**Shri Mataji :** Ah no no! For communication (Mother affirms yes)

**WC brother :** Yes Shri Mataji

**Shri Mataji :** I mean if there is any problem or anything, so you can attend ...

**WC brothers :** Jai Shri Mataji

**WC brothers :** (Question in hindi is) Yahan Pe? (here?) Cabella mein? Cabella main banae? (In Cabella? To make it in Cabella?)

**Shri Mataji :** asks Kya? (WHAT? - that means what to make here in Cabella?)

**WC brothers Reply :** Committee, Council?

**Shri Mataji :** Nahin, kabhi bhi banao (no, you make it anywhere)

**WC brother :** Ji ,accha ji. (yes - in a respectful manner -)

**Shri Mataji :** yahan bhi ....(here also....) (Shri Mataji says) Chaar, paanch ....le lo (take 4-5 of them)

**(Shri Mataji says) :** Here make one and another one in India.

**WC brother :** Ji, Shri Mataji

**Shri Mataji :** So koi yahaan problem hai to aap bataiye India main (so, if there is a problem here you can tell in India)

**WC brother :** Ji, Shri Mataji

**Shri Mataji :** And then tell Me.

**WC brother :** Ji Shri Mataji, bhilkul theek hai (yes, Shri Mataji ...It is absolutely alright)

**WC brother :** We have got it now. We have got it now.

**Shri Mataji :** (Mother talks to a WC brother) Put some Kajal in your eyes. You don't wear? You better wear. You read a lot or what?

**WC brother :** I read? ... Not so much.

**Shri Mataji :** Your eyes are getting little spoiled.

**WC brother :** Ya.

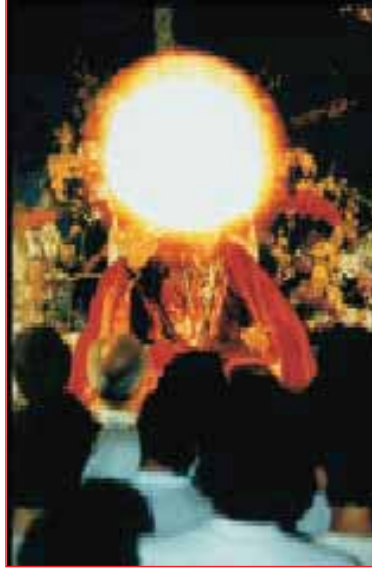
**Shri Mataji :** 'Chale' (should we go?)

**WC brothers :** Jai Shri Mataji

**Shri Mataji :** Good, seeing you all.

**WC brothers :** Jai Shri Mataji





**Sahasrar Swamini Shri Kalki Sakshat,  
Shri Adishakti Mataji Shri Nirmala Devi**

Today I am going to tell you what are the Mantras on Sahastrara, which are very important, you start it from the back.

Put your right hand towards Me, put your left at the the back.in the centre here.. ' .. or you can say that ..where there is a little jetting point ..on that point '

( Shri Mataji gives some preparational instructions in Marathi and -requests some water?.. -)

At this occasion the following transcribed Sanskrit Names are taken as per Shri Mataji's suggestion in short form Mantra:

Om Twameva Sakshat, Shri ( The names given below one by one ) Sakshat, Shri Nirmala Devi, NamohNamaha !

- |                                        |                          |
|----------------------------------------|--------------------------|
| - Shri Mahaganেশa                      | - Shri Sada Shiva        |
| - Shri Mahabhairava                    | - Shri ArdhaMatra        |
| - Shri Mahata-Manasa (Great Super Ego) | - Shri Bindu             |
| - Shri Mahat-Ahamkara (Great Ego)      | - Shri Valaya            |
| - Shri Hiranyagarba                    | - Shri Adi Brahma Tattwa |
| - Shri SatyaSakshat                    | - Shri SarvaSwasa        |
| - Shri Mahata-Chitta                   | - Shri Sahasrara Swamini |
| - Shri Adi Shakti                      | - Shri Moksha Dayini     |
| - Shri Virata                          | - Shri MahayogaDayini    |
| - Shri Kalki                           |                          |

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Shri Mataji says "... *It is a question of your collectivity growing in you. That is how you become a person who is collective, who enjoys collective, who works on collective and lives with collective. Such a person develops new kinds of powers and these powers are such that they are very subtle but they penetrate into any molecule, atom or human beings anywhere. And their penetration is only possible if you have a temperament which is collective. Without being fully collective you cannot achieve that height, which is very necessary today for Sahaja Yoga.*"

***H.H.Shri Mataji, Cabella, Italy, 20.07.1997***

Various information, the art works, photograph collection and other archived documents that spreads its fragrance is verily due to the love shared by the children of Shri Adi Shakti across the globe in all forms from editing to guidance to bring forth in this shape to be shared by other children in Sahaja Yoga. We do not intend to thank ourselves when the "Cause and the Effect is Shri Mataji Herself", also "She is the Doer and She is the Enjoyer". Yet, the brothers and sisters whose love and collective attention rendered the fragrance flow in this Nirmal Collection are gratefully acknowledged. But, before that we the blessed children of Shri Adi Shakti would also like to express our heartfelt gratitude to Sir C.P. for his kind gesture in releasing the first edition of this compilation.

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Jai Shri Mataji

May our collective prayer, dedication and complete surrendering through this compilation work be accepted at Her Holy Lotus Feet of Shri Mataji.

Rabi Ghosh, India, Email : ghosh\_rabi@hotmail.com



*..."Thank God, I was not a scientist; otherwise I would have finished My life making an atom bomb. Thank God, I am not a psychologist; otherwise I would have gone mad, listening to mad people. Thank God, I am not a politician, you know how they are.*

*...Thank God, I am none of these, I am just your Mother, concerned, absolutely concerned, about your ultimate well being and not about superficial things."*

*H.H.Shri Mataji, Kovalam, Kerala, India, February 1979*

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*“ There are so many things I’ve said.  
There are so many lectures,  
which I would like you to hear.....  
These are beautiful, precious lectures.....  
So if you are really interested in yourself,  
interested in your ascent,  
interested in becoming one with the whole,  
to be in the kingdom of God,  
then please take these tapes,  
listen to them, meditate on them.  
Meditation will become very much easier.”*

**H.H. Shri Mataji Nirmala Devi**  
Holland Park School, 6th July 1998

