



IF YOU DO NOT HAVE A LARGE HEART, YOU CANNOT HAVE A GOOD AGYA.

-- Shri Mataji

## **EASTER PUJA TALK SYNOPSIS**

*Eastbourne, England*

*April 22, 1990*

During the Easter Puja, H.H. Shri Mataji prepared us for a big jump forward to be taken on the 21st Sahasrara Day. She told us that it is our opportunity to worship the resurrection of Shri Jesus Christ and thank Him for providing us an ideal of dedicated, intense and saintly life. Especially among the western Sahaja Yogis there is a tremendous surrender to Jesus Christ. This surrender, however, has to be enlightened. Even before realization people believe in some higher being. However, their belief is without the connection and becomes a sort of falsehood. They have a mythical, romantic idea that they have a special relationship to God. What is worse, this blind faith often gives people ideas that they have a right over God which they win by their act of belief and that God is obligated to provide for their material well-being. Christ has warned such people, "You will be calling Me Christ, Christ, but I won't recognize you." It is only after realization that we get the connection with all the Deities. However, when Sahaja Yogis lack depth, this connection also degenerates to the same level, in a subtle way. Sahaja Yogis then feel that Sahaja Yoga is obliged to provide for their well-being.

Shri Mataji explained that after realization when we get connected with Christ, our attitude should change completely. We have to imbibe the qualities of Christ within ourselves. Christ's life should inspire us to lead a life "that could be enshrined, that could be called as a reflection of Christ's life." Christ felt responsible for the world. He is described as the support of the whole universe in the Devi-Purana. Sahaja Yogis also have to feel responsible for the emancipation of the whole humanity and for the collective ascent of human beings. We have to be alert and be aware of our responsibilities.

Christ was concerned all the time with the benevolence of the world. Christ was knowledge. He knew His goal. He spoke the truth with complete courage, intensity, and dedication. Sahaja Yogis also have to be knowledgeable about Sahaja Yoga and speak about Sahaja Yoga with courage and dedication without being pretentious. The truth has the capacity to express itself through a personality. If we really believe that we are Sahaja Yogis we should be able to speak about Sahaja Yoga in the same way Christ spoke about the truth. If we cannot do it then we are lacking in the intensity which Christ has. Christ valued His work and did not waste His precious time on any frivolity. We also have to value our self-realization, and have intensity and dedication about our work in Sahaja Yoga. We can not waste our attention on useless things.

When we imbibe these qualities of Christ we will enjoy meditation. Shri Mataji explained that a person who cannot enjoy his meditation cannot be a Sahaja Yogi. The first sign of a Sahaja Yogi is that he looks forward to the time when he can meditate. "That is the time you are really in connection with the Divine and you enjoy the most." If Sahaja Yogis cannot get up for meditation and cannot keep awake, it is because Christ is not awakened in them. If His blessings are there on the Agnya chakra, we enjoy meditation and cannot get out of a meditative mood. To see our connection with the Divine with an awakening within is "Nirananda," absolute joy. Sahaja Yogis cannot

give up this joy for anything. Shri Mataji said this joy is like ambrosia trickling down on the tongue. To enjoy this we have to touch our depth. All Sahaja Yogis have depth, but they have to touch it.

Christ lived a life of complete sacrifice and He had to achieve His resurrection. He was dedicated to His goal; Sahaja Yogis also have to have complete dedication. Moreover, every step we move forward is so joy-giving. Sahaja Yogis also have to sacrifice their laziness. There is a subtle kind of lethargy working out among Sahaja Yogis when they say that they have done their jobs and it is for younger people to do it now. We have a lot of work ahead of us. Shri Mataji said, "You have to work very hard to develop yourselves vertically in balance with your horizontal growth." ..."All the time you have to think that you are a Sahaja Yogi and you have to know what you have to do in Sahaja Yoga and how to achieve it. You should not be satisfied unless and until you have achieved that excellence." ..."Mediocrity has no place in Sahaja Yoga. Only through excellence you will enjoy. Only through excellence you will really become Sahaja Yogis."

Christ knew that He was an instrument. He was the one who had to open the Agnya Chakra. He had to achieve that through His resurrection and He did it. Had Agnya Chakra not opened, it would never have been possible to open the Sahasrara. Sahaja Yogis also have to realize that they are the instruments for Param Chaitanya Shakti to work out. The argument that 'Param Chaitanya will do everything and look after us' is absolutely absurd. If this were so, there was no need to create human beings. Sahaja Yogis should now count their deeds instead of counting their blessings. They have to reach their depth. "Unless and until you become deep, it (Param Chaitanya) cannot trigger. It is helpless. It is only through you it is going to work out. ...So Param Chaitanya has its own style. It can only work if you people want to work it out. It is the energy and you are the instrument." Shri Mataji said we have to be dedicated, intense and deep instruments of Sahaja Yoga and see "...how best you can reach people, how many people you can give realization, how many people you are going to help to improve their health, their mental condition, and then how much you are going to talk about Sahaja Yoga." Shri Mataji said that this is how Sahaja Yoga is going to work out the collective ascent of human beings.



## SAHASRARA PUJA SYNOPSIS

Rome, Italy  
May 6, 1990

\*All these years I have been waiting for this 21st Sahasrara day. Now a new change has to come and you can see the announcement (big roar of thunder). We have so far been dealing with collective consciousness, chakras, nadis but perhaps we do not know how many powers are developed in past 21 years within yourself...

The all-pervading power knows everything and the whole nature works for your benefit and progress and at the right time. Now be confident that you have powers. This is the new change that is going to come within your own understanding. So far you know that you could feel the vibrations, cure the people, feel the Param Chaitanya, but you do not know what dynamic forces are working in you and this new change is going to come. With this new change, you have to assume a new character - ANNOUNCEMENT (big roar of thunder). So far I told you not to talk about Sahaja Yoga openly, but now the time has come to start talking, announcing, telling about it to everyone; otherwise, the world would say that we never knew about it. So far we have kept Sahaja Yoga at a low ebb because I wanted, first of all, you to develop into really very beautiful Sahaja Yogis, so that from your lifestyle, behavior, understanding and thoughts, people would realize that these people are very unique - a very different type of people. You have to understand that all these powers are bubbling in you -but you are hiding it for some reasons.

Now those days are gone where Mother has to cure your headache, look after your family, wife and children... is all finished now.

Now you are responsible, not only for yourself but for your ashrams, cities, countries and for the whole world.

Now you are all in the "Royal Court." Take up your responsibility. ASSUME WHAT YOU ARE. KNOW YOUR POWERS - WHAT YOU CAN DO. Now the days are gone when you have to count your blessings and miracles. Now YOU HAVE TO COUNT YOUR POWERS, AND HOW I CAN USE THEM?

This is the new era we are starting from today. This is the day I was waiting for all of you to realize that you are not Sahaja Yogis for only your selfish ends nor for your families, communities, countries BUT FOR THE WHOLE WORLD! EXPAND YOUR SELF.

You must have that vision before you that I have put many a times before you people that you have to emancipate the humanity. Now don't have diffidence. This work is not going to be done by special people because they suffer from ego. This is going to be done by the people who don't have that ego of great success or of achievements or riches. Christ said that a camel can pass through an eye of a needle but a rich man can not enter in the kingdom of God because their ego is bigger than an elephant.

As we are entering in new awareness, let us not worry about our negative conditionings. There is only one confession, that 'I am a Sahaja Yogi and now after 21st Sahasrara, I am a Maha Yogi.'

Now we have to openly say and tell these fundamentalists, 'You don't know about the truth, or the power that is working. You are stupid people running after something that is a mirage and all of you will end up in hell.'

You may tell people that the new announcement has to come to say that running after falsehood is not going to take you to God. We believe in the power of Love, and not in the power of hatred. We believe that everyone is capable of finding the truth and getting to the heaven of that paradise which is promised to us, the kingdom of God.

These nonsensical problems of my family, my wife, my children, my house, my property, my money -- all these "Mys" should be finished first, because you belong to the whole world like a noble king belongs to his kingdom.

Now you are absolutely free and the source of your joy is your Spirit. You are detached from everything. In that detachment you are going to nourish everyone. Detachment comes through thoughtless awareness. When you look at anyone, get to your state of thoughtless awareness. Immediately you will feel detached and you will know the solution to the whole problem. **THE GREATEST POWER YOU HAVE IS IN YOUR BRAIN, THAT YOU ARE KNOWLEDGEABLE.** Just you have to get into thoughtless awareness and the whole library of knowledge can open to you. Also in every field you have advanced so much, but these are very mundane things which may give us little pleasures here and there but the main thing is how many people we give realization to, how much we can announce about Sahaja Yoga.

Sahaja Yoga is not "by the way." Sahaja Yoga is commitment and complete involvement; otherwise you are really useless for Sahaja Yoga. It's better to have few people who are committed than to have thousands who are just useless. So let us see what you have decided for yourself and what you have decided for Sahaja Yoga. If you have decided to opt for Sahaja Yoga, then just know that this is the main thing which you have to do. **THE WHOLE ATTENTION SHOULD BE ON SAHAJA YOGA. WHAT IS HAPPENING IN SAHAJA YOGA? WHERE ARE WE? WHERE ARE WE GOING? WHERE IS MOTHER? WHAT PART SHE IS IN? WHAT IS SHE DOING?** If you put your attention to it, your negativity will absolutely disappear. So now you are Maha Yogis, we have to make it a MAHA YOGA. Unless and until that level is achieved by you, then you should think that you are still backdated and I don't know in the turning of the wheel, how many will be left.

Now don't doubt about yourself and just go full ahead with all the mariadas of Sahaja Yoga. So the MARIADAS have to be there. Except that the moral mariadas (boundaries of conduct) have to be there, and also the behavioral mariadas. There are not many mariadas in Sahaja Yoga. **BUT THE MAIN MARIADA IS THAT YOU SHOULD BE VERY MORAL PEOPLE,** and also you should be, in appearance, in behavior, such a person that you do not become obnoxious.

Today we have people here from all over the world and you go and tell this message to all the rest of the people whom I have not met that, **"MOTHER HAS ALREADY ANNOUNCED, THROUGH THE VISHNUMAYA ALSO, THAT YOU ALL HAVE BECOME NOW MAHA YOGIS AND TRY TO EXPRESS THAT, MANIFEST THAT. WITH FULL CONFIDENCE IN YOURSELF AND WITH THIS POWER OF LOVE, I AM SURE WE'LL ALL WIN OVER."**

OPENING OF THE AGYA CHAKRA OF PLANET EARTH

U.S.S.R.

12 MAY TO 17 MAY

THIS was the fourth time Shri Adi Shakti blessed the Soviet Union within six months. The results are tremendous. There is a core of over 2000 Sahaja Yogis meditating regularly in the major cities of Moscow, Kiev and Leningrad.

The thousand seat halls were jam packed with just Sahaja Yogis, so finally a stadium of 4000 capacity had to be hired to accomodate the long queues of public. The national T.V. interviewed Shri Mataji at the airport and again in the studios. Thus it would be possible for millions to get their realisation through the cinemia. Photographs of Shri Mataji would be mailed to interested seekers thus allowing them to practice Sahaja Yoga. The head of the communist party and several ministers received their realisation. The ministry of Education has introduced Sahaja Yoga in one of their schools in Moscow and would gradually take it up on the national level. The ministry of health has set up a Sahaja Yoga centre for medico-biological problems. Shri Mataji addressed a special conference of 300 doctors from all over the Soviet Union and gave them realisation. Their interest was so aroused that Sahaja Yoga doctors were invited to participate in a medical conference from 1st June to 9th June. Shri Mataji was so pleased with the Russian seekers that She agreed to bless Soviet Union again at the end of June. We pray that the Agya would certainly open. She praised the wisdom of the Russian seekers and said that without wisdom you cannot handle freedom. Look what has happened to the Americans!

SHRI MATAJI'S ADDRESS TO THE MEDICAL CONFERENCE MOSCOW

To cure patients is very simple. If a tree is sick and you try to cure the roots then it will not work. If you become subtle and cure the roots then it will work out. If we can get to the roots then we nurture their centres and achieve the balance that would make everything so wonderful through the connection with the energy called 'Kundalini'.

Liver and Spleen

The heat from the liver after sometime collapses the lungs leading to asthma. When the liver does not get enough nourishment then it becomes overactive.

The intestines dry up causing constipation. Because of overactivity of the brain cells, the pancreas gets affected leading to diabetes. If a pregnant woman is overthinking then the child may have diabetes.

Similarly if the pregnant woman is overactive then the child can have spleen problems. Shocking news sends the spleen in turmoil. The spleen produces red blood corpuscles for all emergencies. Modern life is always an emergency. Constant shocks to the spleen make it crazy and vulnerable to cancer. At such a moment of vulnerability if something triggers from the left side then blood cancer accrues.

### Virus

Viruses come from the left side. They are dead entities that settle into the collective subconscious.

### Soul

Our soul is at the back. It goes in seven loops, the eighth one is in the sacrum bone. Its constitution is all the elements plus. It looks after all the endocrine and ductless glands. It acts for all our reflex actions. It is like a computer programme. Now medical science has discovered that in every cell are receptors of the same 'loop style' description. When a Depomine is created in the receptor then it leads to epilepsy, lunacy depression, etc. This depomine is produced when another soul sits on the back and over the personality and one starts behaving in a peculiar manner called possession. This possession can also take place from the right side where there are many dead spirits like Hitler.



SHRI BUDDHA PUJA TALK  
LENINGRAD 14 MAY 1990  
(synopsis)

Russia is the front Agya and China is the back Agya. The puja to Shri Buddha is being performed today to open this chakra. At the level of the Agya chakra there are thoughts. Because you are all connected with the same Divine Force there can be no difference of opinion. If there is a difference of opinion then you are not a Sahaja Yogi.

You must remember that in the realm of truth you are looked after. At each step there is someone who takes care of you. When I entered Moscow Airport I realised that the visa was not in my purse. The immigration officer just smiled and without asking any question just issued me a visa. All the Sahaja Yogis were amazed at this miracle. The subtle power looks after all the details and does miracles to show you that it exists.

There should be no fear in Sahaja Yoga. Throw out all fear. If anyone tries to intimidate you, he will be thrown out of Sahaja Yoga. No one should try to control you but your Spirit. There is no power stronger than the power of Love. Sahaja Yoga is not serious; it is pleasant mirth. It is a state.

Time is your slave now. You are beyond time. Nobody can harm you. Anyone who tries to play tricks will fall into his own trick. In the light of Sahaja Yoga you see the snake in your hand and just throw it out. You are not young, you are not old; you simply exist joyfully.

IF YOU DO NOT HAVE A LARGE HEART, YOU CANNOT HAVE A GOOD AGYA. the mantra of the Agya is 'Ksham' -- 'I forgive'. The mantra of the back Agya is 'HUM' -- 'I am'. Thus 'HUM KSHAM'.

May God Bless You.





V I S H U D D H I C H A K R A  
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Qualities

Left Vishuddhi : Brother-sister relationship, Selfrespect.

Causes of catch

Feeling guilty, immorality, insidious way of speaking, sarcasm, lack of selfrespect, being poor in words.

T R E A T M E N T

- 1 Use Mantra of "Shri Vishnumaya (Sister of Sri Krishna)
- 2 Use affirmation: "Mother I am not guilty at all, as I am the spirit, by thy grace, how can I be guilty".
- 3 Give vibrations to the Vishuddhi Chakra.
- 4 Avoid excusing your ego by feeling guilty after doing something wrong or indulging your ego.
- 5 Development the quality of purity in brother and sister relation.
- 6 Face any immorality or other sins of the past and know, that Mother forgives you and that you should not feel guilty.
- 7 Evaluate yourself as an expression of the love of GOD - don't feel "useless" or inadequate. Don't be dominated by others.
- 8 Talk about Sahaja Yoga to others with confidence.
- 9 Sing with your whole heart bhajans.  
Use your voice for worshipping Shri Mataji.
- 10 Be not sarcastical or cynical.
- 11 If you have been using a mantra by a false guru, it has to be neutralised by affirming: "Shri Mataji, you are the Source of all the great Mantras" or "Sarva Mantra Siddhi"

Centre Vishuddhi

Q U A L I T I E S

Divine diplomacy, playful witness, omnipresence, collective consciousness,  
(Thyroid gland)

Causes of catch:

Agression, arrogance, lack of collectivity, lack of witnesspower.

## T R E A T M E N T

- 9 -

- 1 Use the Mantra: "Shri Radha Krishna"
- 2 Use affirmation: "Mother make me a detached witness"  
"Shri Mataji make me part and parcel of the whole"  
"Shri Mataji make me discriminating and selfcorrecting person"
- 3 Give vibrations to the Vishuddhi chakra.
- 4 Put your index finger in your ears, extend neck backwards, looking towards the sky, sing "Allah hu Akbar" 16 times.
- 5 Develop quality of detachment and witness state.
- 6 Massage the Vishuddhi area with oil, ghee or butter, and take butter in your throat.
- 7 Take saltwater gargle night and morning. Use tulsi tea, and burn camphor.
- 8 Ajwan dhuni to clear nasal passages, sinuses, and bronchitis.
- 9 Press your chin to the chestbone, roll the tongue back, like swallowing it, do not touch the gum, and breathe relaxed and slowly in and out for 1 minute.
- 10 Breathe in with your nose, keep the breath for a while and breathe out and keep a while. With every inbreathing you should take in a little less air, untill you reach zero. Repeat 3 times.
- 11 Sip a little vibrated salt water through the nose.

## R i g h t Vishuddhi

### Q U A L I T I E S:

Witness of self, sweetness in sound, words, thoughts and behaviour

Causes of catch: Cold, excessive responsibility, smoking, swearing, harsh talking, sinuses, too much singing and talking.

## T R E A T M E N T

- 1 Use the Mantra "Shri Yeshoda"
- 2 Use Affirmation "Shri Mataji, verily You are the sweet countenance of my words and deeds".  
"Shri Mataji please take away all my aggression and dominance, give me a sweet voice, and make me a sweet & collective person."
- 3 Give vibrations to the right Vishuddhi.
- 4 Speak less, and if you do, try to avoid any tendency to dominate others by your voice.
5. Develop the quality of speaking sweetly to others.
6. Pay less attention to the taste of food.
7. Forgive everyone and dissolve your anger.
8. Don't argue with people or spend a lot of time convincing people of your point of view.

## HOW TO INFLUENCE PEOPLE

H.H. SHRI MATAJI

The Hauge, Holland 17.9.86

To influence other people we must know how much control we have upon ourselves also. That is very important. For example some people have no proper image and they try to influence others, so its a mockery. Nobody gets influenced by such a person who has no image of his own. So before working out the exterior, the interior must be worked out.

It is very important that when you are talking to people you should have a proper style of talking & walking. You should all be trimmed down properly, dont walk in a languid manner, or in a manner of throwing your legs here and there, but straight, and sit down straight. Let people see that you have faith in yourself first of all. If you dont have faith in yourself you cannot influence others.

Your self confidence must be shown through all your behaviour like talking, walking, sitting and communicating. There should be a feeling of confidence. But the confidence comes in a person when he realises that he is completely secure. In Sahaja Yoga you know if your centre heart is secure, tell yourself, " Mother is with me. Mother is helping me and I'm with Mother. I have nothing to worry ". Then your centre heart will be alright. But if you are diffident about yourself then you cannot do it. Confidence is to be established first of all within yourself. For Sahaja Yogis its very easy to say " I am the Spirit, and I am the child, I am the one who has been chosen by the Adi Shakt Herself ". So there should be a tremendous amount of self confidence in you.

Like when somebody comes in you should talk to him in a very gentle manner knowing that there is another God who is coming in. If there is Spirit in me, there is Spirit in him also. You must see that he sits properly, that he is comfortable, and ask him if he wants any tea, etc. Make him feel that you are not in any way disturbed, or that you are irritated, but are happy to meet him and you settle down with kindness. Sometimes also in diffidence one might feel nervous about a person. That nervousness is a sign of insecurity. One should not be nervous if one is talking to some one. One should be in a way that another person should feel absolutely confident and should feel that this gentleman is very pleasant.

Another way is to allow others to talk. Listen to them properly, and do not talk yourself. Listen to them, and once they've said something say. " That is true no doubt. I agree

with him .. but .. " then you can start. Dont just stun by your " No! Not at all! ". But on the contrary, you see what they say. You can watch me I do that many times. When somebody says something. " Oh, that is true, you see, this is it... " So they dont mind. They think that you have seen the other side, that you have a balance, you dont just impress your idea upon others. In a way you are, but you do it in such a way that nobody feels the impact that you are doing something of the kind.

Dress is very important, supposing you are connected with somebody in an official way. The best thing is to wear a business dress, like a deep blue suit with a lot of stripes, a proper three-piece smart suit, clean shoes, and the hair nicely done, may be a little bit oiled. Look like a smart business person.

When you have to talk, say, about your organisation, You shouldnt say 'I' ; you should always say 'we'. Always refer to the organisation and never to yourself. " I would not do such a thing. I hate it. I believe in it." That is absolutely absurd. " What we have to do. That we believe. We think this way; - and what is your opinion. We have this kind of a thing." Or anything that you want to tell them about your own organisation or your own product or anything. You have to tell them. " Now see, this is what is available. Now it is here, and we have seen that it has done a lot of good, and it works this way. And we have got very good reports about it. You can see the reports. We have the reports here, you can see what it is. And, if you please, you can try it, and see for your self."

You should be well equipped. Suppose you are having some product, then you should know all about it. The brochures should be there. "Here it is. Please have it. You can see yourself." Explain to him what it is. The market doesnt capture so much because of the product, but because of the way it is put forward.

If somebody is not alright, in a mild way you should say what the problem is. "We are facing this problem. Now, tell me what is the solution " then the person does not feel bad. If you tell a person directly he does not like it. You wont like it, if I tell you so directly, but I tell you everything, -- But I tell you in a way that is mild, that is congenial, that is easily understood and assimilated.

That is very important, that you have a style that people understand, and proper kind of behaviour.

Actually by not influencing others, you influence others. Art lies in hiding art. There should be no deliberation exposed about it. When talking to someone also, even if you dont understand what they are talking, you should show that you are understanding and listening.

When you have to deal with three or five or ten persons, then you should understand that you should always try to create a good feeling among them. Like now for example, I would like you to marry. Then I will tell you about her, what she is, in a way that will not hurt her, but prepare you. Because later on you may hear about her, that somebody was saying so, and Mother never told. So, in a very gentle way you should say, "You see, she has a little of these things, but its alright. She can be very gentle. She can manage it." And it depends on you, how you manage it. So that you feel informed knowledgeable about a person, and also responsible about it, 'that now it is my responsibility'.

I use certain tricks, which I have naturally. But you can imbibe them also. It is not difficult. Such little, little things make a difference you see. When they are sick you must look after them. Find out if their children are sick, if their wives are sick. You should be concerned. An organisation you must treat like a family. What's wrong with her? Is she alright? Do you need any help. Send flowers sometimes, when the husband or the wife is sick. Or make enquiries about the children. All these things mean a lot.

You dont have to stoop down; you have to rise higher to attract. This is the difference. But, when rising higher, you should not suggest that you are rising higher, create any jealousy, so that they think that he thinks no end of himself. Be very gentle. If you are lower than them, or of their style, then how will they follow ?

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