

Shri Ganesh Puja Synopsis

Talk by H. H. Shri Mataji Nirmala Devi

Perth, Australia, February 1992

"It is so joy giving to be back in Australia." Here it has been scorchingly hot, but now you have seen how it rained and rained because you wanted rain that was needed very much, and also you wanted a cooler atmosphere. Both things worked out. Then the worry was because of the rain the seekers won't come. Also that was solved because it was a testing ground. I told them if they are real seekers they will come; otherwise what is the use of having big quantity with no seeking? And see yesterday what beautiful people came. They came all the way in the rain because they were seekers, and very deep seekers. They never even asked a question. Can you imagine? In Australia I am always bombarded with questions... But I could feel the seeking so much that I said, 'Better ask Me questions,' and not a single question was asked. So in one shot, how many things I have done."

At the program, the electricity went off, which also had a good effect because we had to use candles and then all the bhoots were just merged with the candles. This happened when Shri Mataji came in the room. It was also important to realize that to be so dependent on electricity is not a very good thing. "So we should have always provisions for something natural. We should keep some lanterns and things and should try to be more with the nature than with this electricity. I tell you this electricity is responsible for spoiling our eyes very much... Because not that it gives us light but also it takes away light from our eyes. So too much use of electricity has made us like slaves." It is a good trend to have more natural surroundings, more natural places to live.

"If Param Chaitanya is the power of love of God, then it works out equilibrium. So the Sahaja Yogis who are going to work out Param Chaitanya have to have equilibrium in their life. This is a place where I say resides Maha Ganesh." Shri Ganesh brings balance when it is steady. "When it starts moving in the right direction then a constructive work starts and also it works out all that is important

for life. But when it starts the other way round it works out the destructive part. These both are in balance. If not, life can not go on. The constructive and destructive both have to be in balance."

As in nature, whatever is created is destroyed and something new comes up again in a constructive way, and then whatever it has constructed, a part of it is destroyed. So in death resides life; there is no death. "Imagine if all the people who have been born since long would have been living today we would not have been here... So many animals have died and those animals have also 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 the change of life. Without death life cannot exist can not exist. It's a balance between the two. So **a Sahaja Yogi should never be afraid of death..if he is going to die, it is only going to be another life where he rests for a while and comes back again with greater enthusiasm, with greater energy.**"

So many things in nature are completely in balance. "If this balance breaks then we would be nowhere. So we have to understand that all this is done by Shri Ganesh. He is the one who looks after all these material things and all the things that you created. For example, the first chakra is created by this Mother Earth and all this universe is created by the second chakra. But the first chakra is the one which emits the holiness, the auspiciousness which gives balance."

When people lose their balance, they go to the right or to the left. **Some Sahaja Yogis are extremely righteous.** But there is no love. **"Without love, righteousness has no meaning.** Love doesn't mean that you have to indulge into anything but you must have detached love and responsibility." Shri Ganesh is on Mooladhara and He controls all our senses as far as the Mooladhara is concerned- specially all the excretion. "So we are not people

who believe in indulgence of it, neither in the detachment of it, but in the balance. That's why you have to be married, you have to have proper physical life, and that you should have proper children and lead a very sensible dignified married life... But love should be there - 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 we will do this way I am sure this is not difficult because you are Sahaja Yogis. You already know the quality of balancing."

In the West now there is imbalance because there all kinds of problems of homosexuality, including asceticism which is practised in T.M. and which is unnatural. It is natural to be in balance, then things go off and you become either too much of something and nothing of the other. That is how people suffer."

From the Ganesha chakra we have to learn what we are doing. Sometimes we have to accumulate things, we have to consume things and then we have to throw them away also. "When we receive some thoughts from anywhere we should only digest what is good for us, and is digested because of Param Chaitanya. The rest should be thrown away."

For example, we take whatever is good out of Catholicism- the worship of Christ, but whatever is nonsensical has to be thrown away. "Christians have crossed all the limits of adultery... What will happen to your children? What will happen to your society?" All the societies where adultery is a style of life are in complete imbalance, and are going against Christ's teachings.

"Shri Krishna has said in everybody resides the spirit. Then everybody is just the same. How can you have a caste system? You can have a caste system according to the work you are doing but you can't have caste system according to the birth... Everybody has got the spirit, so everybody can ascend. Christ has said the same thing. He has not said that women don't have the spirit and men have the spirit." It has no relevance to dharma which means balance, being in the center. If you are in the center, at the gravity point, you can not move to one side or the other. Gravity comes from Mother Earth and Mother

Earth has made Shri Ganesha. "This gravity comes very naturally to human beings. It is not to be adopted or anything."

"In childhood if the children are told about their ~~gravity, about their dignity, about their greatness~~, they will immediately develop it with a great pride. This gravity gives you a kind of an attraction. Anybody who is grave-grave doesn't mean you pull a big face... but gravity means you are not disturbed easily by any turmoil or anything. Gravity means as many things. As you can see from Shri Ganesha's character that gravity means you are the one who is standing in the center - a person who sees everything, doesn't get disturbed, doesn't get tempted, self contented, doesn't ask, for anything, doesn't need anything, doesn't take revenge, forgives because he has no way to get out of his gravity - he is just bound there." Such a person does not run after someone who is imbalanced or who has done something wrong. He has pity on such a person.

Standing firm itself is sufficient to frighten others and to destroy others. "He is standing at the point where he cannot be disturbed, but others are running towards destruction. So what is the use of running after and also get destroyed?" They may try to help because they can see that someone is going to fall down, but if a person doesn't want to become balanced, you cannot force it.

"Ganesha's greatest quality is that he has balance. With that gravity, He sits down on this Mother Earth." Australia is a country of Shri Ganesha, so Australians must naturally have balance, but they don't. Before starting Sahaja Yoga in Australia, Shri Mataji's experience of Australians was that they drank a lot, talked irreverently, shook hands very hard-did everything in a big way. This country of Shri Ganesha should be in tune with Paramchaitanya. Animals who live in nature cure absolutely in contact with God, under the complete control of God Almighty. They do not agree each other, they are extremely gentle, and they do not form groups. "They grow, accept whatever is given to them, live with it happily, and if they have to be destroyed they accept the destruction."

In this country of Shri Ganesha, the nature should be imbibed within you," and the balance should come in such a manner that your whole

temperament should show that balance in you." But the most difficult thing in Australia is that "there are groups and groups and people fight and lots of problems with them." In the country of Ganesh where there are Ganas "if the Ganas start fighting with each other, 'What will happen?' Supposing the antibodies in our body start fighting with each other, what will happen in the body? So you are like Ganas, specially blessed people to be born in this country. And after all these achievements that you have made, if you are going to take absolutely nonsensical things of the countries who are over developed, have lost their balance, then what is the use of being born in this Ganesh's land? In this Ganesh land, you have to have complete balance within yourself. That is what I expect from the Sahaja Yogis of Australia, and they have to give to the whole world the sense of balance of Shri Ganesh."

We should bear no grudge to anyone and we have to be forgiving all the time. The English language is not very soft "in that if you say something, one should not mind. It is a very humorous language but humour sometimes cuts you out... but that doesn't mean that you should say harsh words to anyone or you should be indifferent to anyone, your duties, to your children, or to your wife or to your husband. **Indifference to anyone is itself a tremendous harshness.** For a small thing, if a woman gets angry and doesn't talk to her husband or husband neglects the wife, doesn't bother about her... caring for her, then it is a crime according to Sahaja Yoga. It is a wrong thing because you must have balance, softness of nature. You should talk very softly to others and be kind and nice. Just find out if you are doing that or not."

"Then between the groups it's a question of using the power of love," which is the only power we have. "Look at Shri Ganesh -how gentle He is, how sweet He is and how innocent He is. His ways are so gentle, how He works on you, how He makes things for you, how gently He does all these things." For example, you can't see a flower opening out, you can't see anything that is growing in nature by Shri Ganesh. He does it so gently, and He makes every leaf in the whole world different. "While we are living on the ground of Shri Ganesh, how gentle we should be and in dealing with people you should be extremely

gentle to show we are Ganesh's Special Ganas - that's what I feel about Australians."

"All of you should really learn to be very loving, gentle, kind and concerned. Small, small things can make people happy, very happy. When I try all these tricks Myself you should also try these tricks, very simple - that one day I gave a saree to a lady. She said, 'Mother, how do you know I love this colour?' 'Because I have seen you mostly wearing this colour. So I know you love this colour.' Did You see me?' 'Of course I saw you.' So these small things you see. She was so heartened. She felt that Mother notices me because I have seen her. I mean I see all of you. I know about all of you because I am concerned, I am bothered about you. Everyone I know-where you stand, what's wrong with you, what should be done, what you like, what you don't like. There is no harm in doing that. It is much better to have a better rapport and then you understand what the problem is."

Shri Mataji explained that She tries to correct people very gently, but **we need not tell them. Instead, we can give a bandhan. We don't have to worry about doing something very drastic or telling people on the face.** Meditation helps to be in the center, but still sometimes we just slip off. "When there is a crisis, you just jump onto your gravity point... If that happens, no problem. It happens with Me. If I see any crisis anywhere... immediately I know that I am deep down on My gravity and from there I can see everything clearly, and then I solve the problem." You do not have to compare yourself to others or think that you'll be losing or gaining something. "You are in charge of yourself. So you don't worry, there is no jealousy, there's no kind of a temptation. You are there. You are not bothered."

"Sometimes the leaders are worried about their leadership, and now leadership is just a hocus pocus." Leadership is a joke, and if you know it's a joke then it will work out better. There is no hierarchy in Sahaja Yoga. "We all are one." No one is better than anyone else.

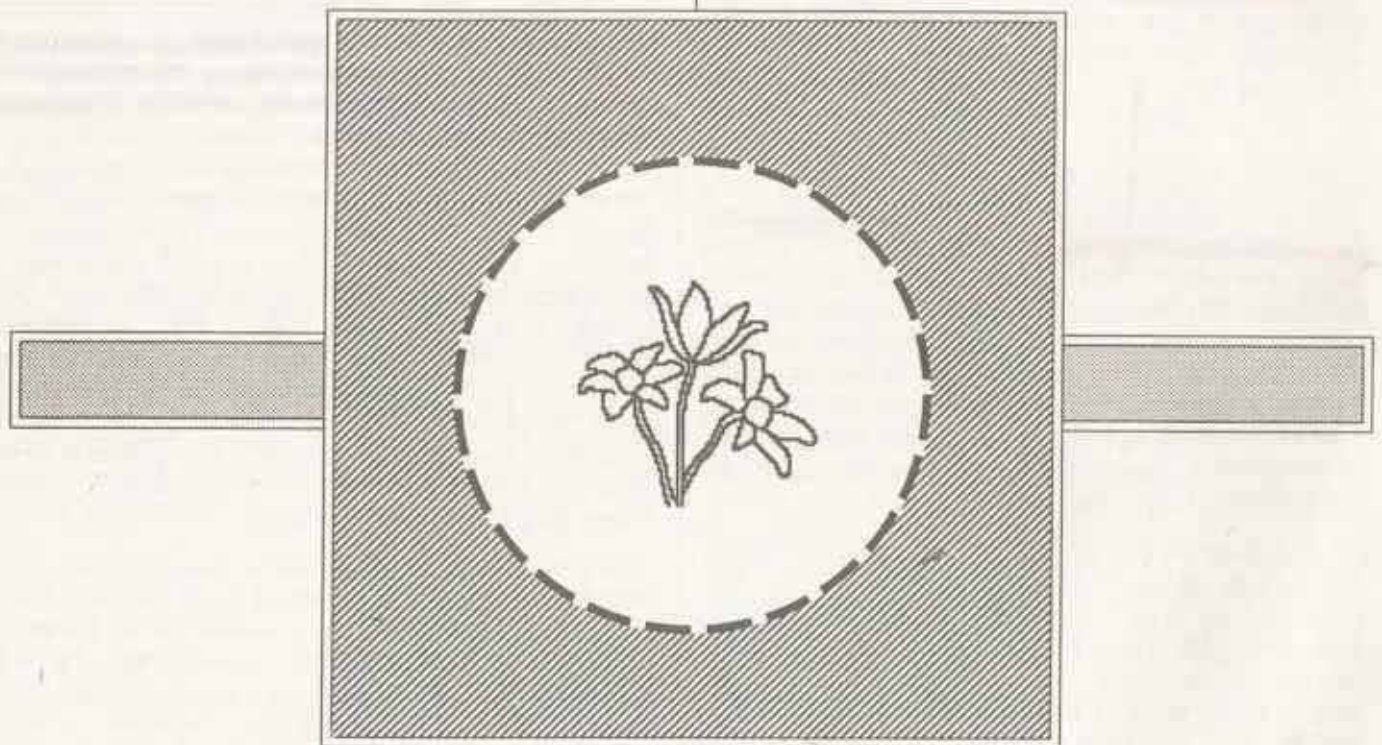
"So one should not have any fear of the leadership... If you are standing on your gravity, you keep doing it. He will understand you. As soon as the leader is on the gravity he will be there. As soon as you go away from the gravity, he will go away himself. So you stand on your own gravity

point and nobody can disturb you. You should have no fear, nothing to bother in Sahaja Yoga. As it is, you are all saints." All the ganas, the angels, and the all-pervading power are looking after you. "This is Ganesh's place here; things are going to work out."

"Anybody who tries to trouble you will be looked after by this all-pervading power. You don't have to do anything about it." Try to see if you are in balance - not too attached or too unattached to your family. "Attached love is the death of love. So we have to have proper understanding of this detached love where you stand on your gravity point and are concerned about everyone. In case you find that somebody is not all right. You don't lose

your balance.... If you start losing your balance, how can you get back that person? In that way you will lose all your hatred, all your anger, all your lust... all your competition because you stand in your own dignity... You don't want praises from anyone, you just know you are there, self-contented."

It's also not necessary to have a special audience with Shri Mataji. That's all ego. Shri Mataji is never private. She is available all the time to us. "All these things are coming out of ignorance and out of the fact that you are not on your gravity point. So today... in our heart we should think, "What is our gravity point?" and that we have to stand very firm. May God bless you."



Mahalakshmi Puja Synopsis

Talk by H. H. Shri Mataji Nirmala Devi

Brisbane, Australia, February 20, 1992

This Mahalakshmi Puja is being done so that we'll understand what is Wishwa Nirmala Dharma. The Mahalakshmi principle lies within all of you in the center, and once you are fed up with the falsehood and also with the hypocrisy of people, you start seeking the truth within. That's how a new category of people are born who are called as seekers, sadhakas. They are very different from others. They don't care for material gain or any power, position. They want to seek the truth. And this category is the one you are and that's why you have come to Sahaja Yoga."

Our seeking comes from our past lives, as well as from the conditions of our current lives, such as being born in an affluent family and getting fed up with wealth, or being raised in a place like India, where tradition is to seek the truth, where seeking money and power are recognized as falsehood, and people receive good conditioning from the culture. It can also become a fashion to seek the truth, but this can become dangerous and such people can get lost. People who take drugs can be seekers, not taking drugs because of fashion, but because they wish to find their Mahalakshmi principle. "So this Mahalakshmi principle was born within them. Sort of started manifesting, that beyond all this there must be something... The conditioning of every country has also hampered the progress of Sahaja Yoga within you and outside."

To understand Mahalakshmi principle we must know we have two other channels into which we can jump, depending on our background in this life. "Because of your background in last life you have come to the right path, but last life is being covered by this life... the society has dominated you in so many ways." Many people who come to the programs are seekers of many lives, but they may not settle down in Sahaja Yoga because of habits formed by the left and right sides. "For a Sahaja Yogi to keep his Mahalakshmi principle all right, has to always introspect." The best way to

judge ourselves is to feel our vibrations. When we go so far to the left or the right that we do not feel vibrations, our Mahalakshmi principle is not working. We become derailed. We should watch out for these conditionings in ourselves and in others that pull us off the central path. In a very detached way we must be the witness, see for ourselves and not about others.

We must be aware that if we have physical problems, we are not in the center. We should be able to completely cure ourselves. We should be peaceful, never angry. A person who is in the center, might put up a show that he is angry, but he doesn't get angry, but he doesn't get involved in anger or any emotions whatsoever." You should be sure first of all that you are completely detached... If you become yourself, then you are a master and you can see where are you going." If we are capable of going to the left or to the right we are not solidly Sahaja Yogis. There is no progress.

The first criterion of being in the center to fix up our Mahalakshmi principle is that our physical being has to be normal. We should feel healthy and happy, and should not always be complaining about pains in our body. Secondly, if we are in the center our attention is more towards nature, how it is working out. We should enjoy the creation around us. That's enjoyment which is surprisingly deep and joy-giving, and which takes us into thoughtless awareness.

We should not condemn any religion, only the people who do not follow the principles of religion and are not realized souls call themselves religious. "Churches can be condemned, but not Christ, not the Bible, not at all, never." We automatically respect and would never condemn any incarnation, religion or prophet. "There should be no malice about any religion whatsoever. No religion has done any wrong so far." It is the people who have been wrong, who use religion

for money or power. "Vishwa Nirmla Dharma, which is based on the Mahalakshmi principle, is the essence of all the religions. The truth of all the religions."

In the Bible, Paul created most of the confusion about Christianity. He started the nonsense of confessions and making people feel guilty, treating women as nothing. He had no right to do this because he did not know Christ. He was an epileptic who wanted a platform to give him powers so he organized Christianity. Christ never said you should organize Christianity, nor that you should confess or feel guilty. "All the time He has been talking of forgiveness."

In a very short time, Christ gave us the truth, but when it is interpreted, it goes wrong. "Another point of a Sahaja Yogi is whatever I say they don't have to interpret, they know it, exactly what I say. If they start interpreting, then there is something wrong with them. You cannot interpret Me. Whatever I say, I say in a very simple English Language.... There's nothing to interpret, I'm saying straightforward thing which need not be interpreted." People who think they have brains to interpret should realize that their brains are not of that calibre to interpret. This is one way to know if we are not in the center.

When we give lectures about Sahaja Yoga we must be careful not to become egoistical or say things which Shri Mataji has never said. **People who are not solid Sahaja Yogis should give realization but should not talk about Sahaja Yoga.** Also, somebody who gives you realization is not your guru and there should not be any awe or obligation towards that person. If this is not done, you may wind up following that person or group of people to the left or right. When we move out of Mahalakshmi, we are grabbed by negative forces around us, and we become even worse than common people.

We do not belong to any country but to the universe- Vishwa Nirmla Dharma. "We are part and parcel of the Universe... Now we have gone into eternal life, we have gone into something that is unlimited." "Like a little lotus that comes out of the mud that is sticking onto it, ultimately it comes out, the very clean flower." Then it spreads its fragrance all around so that even the mud gets

fragrance. This is our job. This Mahalakshmi principle is not just for ourselves but for the whole world. We are reforming a new race, a new society which is enlightened. Standing on truth and love. And there should be compassion.

We must be people who are spiritually well equipped and we must see to ourselves. We must be solid and then nothing can deter us. We have to desire that our vibrations should be all right, let our chakras be cleared, let us be in the center, in balance. We should not avoid attending to our own problems; we must desire to be clean and solid Sahaja Yogis. **"So many can be very high up in Sahaja Yoga, but their desires are not yet being fully manifested.** There is a damping effect of so many things I have told you."

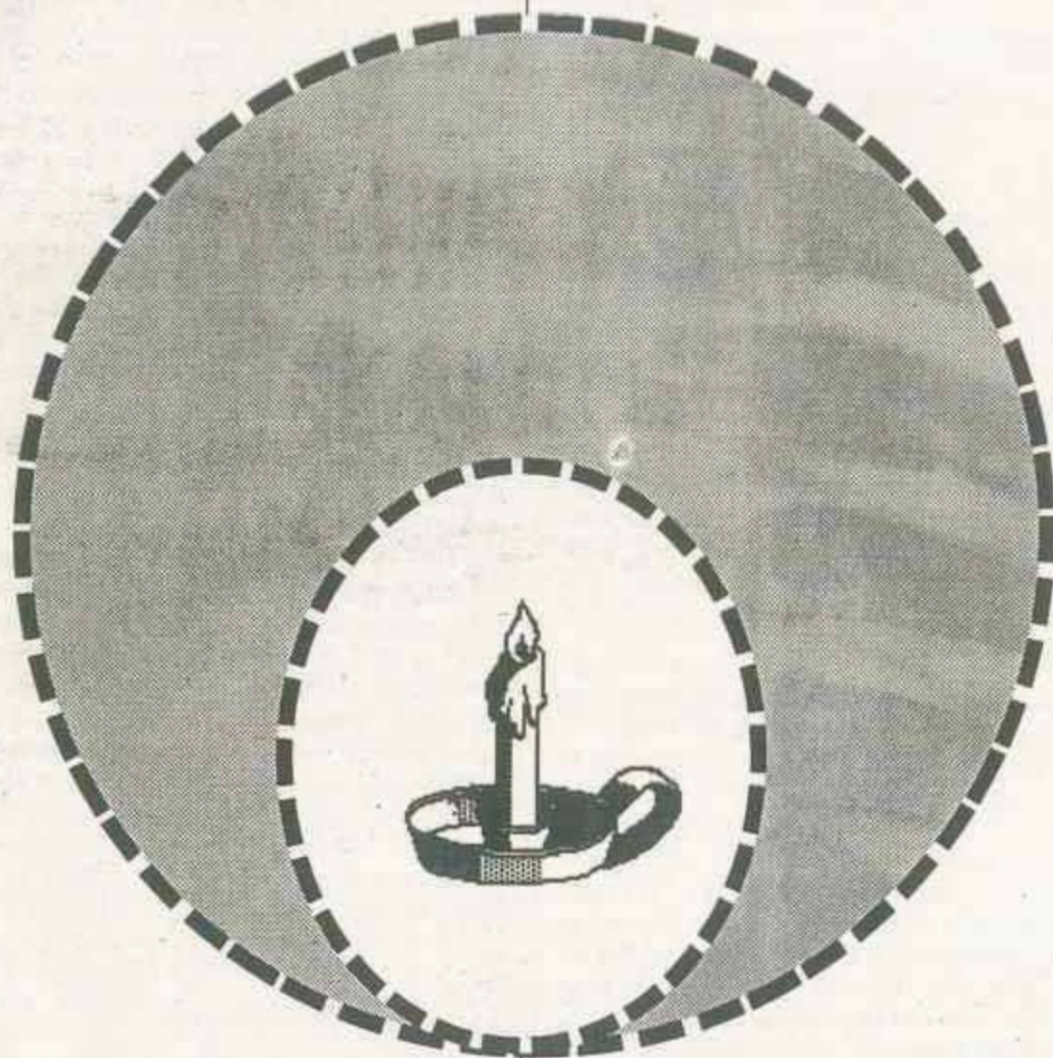
Mahalakshmi principle is the principle within us which nourishes everything and balances us. It is the guiding factor working out everything that brings out wisdom and love for God and for the truth, and you thrive on that love. **"A simple one you can do is just to be on My Kundalini... just put attention."** The problem will be solved by becoming thoughtless because there is no thought. **"By that your ego will definitely dissolve because then you will know that Mother is doing everything, I am doing nothing so why should I be proud of it?"** Also, the conditioning will dissolve because My Kundalini is absolutely pure. It's not attached to anyone. It's not even attached to Sahaja Yoga.... The job it has got to do is to nourish everything. If it can nourish, well and good, if it does not nourish, well and good."

It depends on what you want. "Nobody is going to force you in any way." The Kundalini is flowing just like the river Ganges and if you desire, it will just flow into you. **"Bhakti is the desire, the joy of bhakti."** It's such a beautiful thing and we just get lost into it, enjoying it, without thinking. "And that's what is the most committed, the highest state where you are just one with the Divine and just swimming in the ocean of joy."

"This Mahalakshmi principle is to be preserved, and has to be always watched and looked into." There are so many blessings of Mahalakshmi that they cannot be told in one lecture, but the greatest is **complete self-contentedness - you are comfortable in your Spirit.** When the Mahalakshmi

principle enters into our brain then the Virata is manifesting and we become beautifully collective. Then we don't consider where we are from, what colour is our skin or what is our religion. "This joy comes from the same Mahalakshmi principle when She enlightens your Sahasrara." The feeling is of the whole, not the individual. We are

one with the whole, we belong to the whole. "This Virata's feeling that we are part and parcel of the whole gives you complete peace and complete protection." Surrendering the Mahalakshmi principle means we give up our ego and our conditioning. That's why Mahalakshmi is so important.



Mahasaraswati Puja Synopsis

Talk by H. H. Shri Mataji Nirmala Devi

Auckland, New Zealand, February 23, 1992

The Mahasaraswati principle is on the right side. "First is the Brahmadeva's principle, which is the Saraswati principle, and then this Mahasaraswati takes you to the principle of Mahabrahmadeva, called as Hiranyagarbha, which is very important for Sahaja Yogis.

"Those who think too much, or those who create too much without realization... in all kinds of arts.. go to the left to the extreme or to the right." For example, if an artist goes to the right, gradually his paintings will become extremely violent expressions. He would also be austere, inflexible, and would have his own style and not get into any other style. "And then when he gets tired of it, then he will take to something... like abstract art. But without realization the abstract art can be something very absurd and funny."

"Today's pop music also, which is very aggressive, is from the same outcome. Because you cannot ascend, so you move to your right... Then these people also impress people who are also very right-sided... Popularity is not the sign of real success. It will come and go... It creates no impression in the history."

There are many writers in English language starting from Shakespeare who showed the futility of human endeavour. They are like avadhutas, "the one who has reached a very great degree of development in his spiritual life. He can see the futility of human endeavour, and then brings them to the point that they have to rise above these stupid inhuman endeavours, and take to some sort of an endeavour which will bring them something higher, and also will create something of eternal value." People like Somerset Maugham and Cronyn were centrally placed; however later when Hemingway came he started moving towards the right. Now modern novels are all full of filth and violence; they are absolutely not palatable to human consumption.

Artists who move to the left side are "suffering from

Greek tragedy all the time. They go on crying and weeping... and make you cry also." Some left-sided artists drink a lot and become over romantic types who "live in an imaginary world of pain and suffering. And they have their own ideas about their own romantic models that they've formed in their heads with their left side." Even in India those Muslims who used to drink a lot started singing 'gazals.' Not in the meeting, not in yoga, but in separation they sing, When will I meet you, oh God?"

Society also moves to the right and to the left. When it moves to the right they like right sided things, and when it moves to the left they like left sided things. "So also there are people with two types of temperament, so that's how they start appreciating these things." At the same time there are people who are in the center, like Tolstoy and, among French writers, De Maupassant. In every language we have the same type of people, but especially in Sanskrit language writers were in the center, not so much on the right or left side. "The reason is, for the literature there are some rules and regulations. It's not the western idea in India that we should be abandoned people. That's not accepted. So even in literature there is kind of restriction. **What is literature?**" It's called sa hita which means **which will be benevolent**. If it is not sahitya then it is not literature, it is trash. But when the Germans or Japanese dig our Sanskrit literature they make a big ado about the Kamasutra which is not recognized as sahitya at all by Indian scholars. These creations of ugliness and vulgarity are a compensation for people who are very right sided. A right sided person will take to drink because he wants to compensate, to quench the thirst for power, or to neutralize the right sided movement. In modern society, people slog for five days, then drink, hibernate, and spend all the money on weekends, and return with a hangover on Monday.

When these extreme things start showing results, the artist gets fed up. Then within him rises a subtler

attitude towards creativity. **He starts seeking true knowledge, pure knowledge in art which sings of divinity.** All of the madness inspires him to think that we should start doing things better, and then the Mahasaraswati principle starts working out. But then also when they start thinking of God, they fall into traps. They may follow money-oriented or power-oriented religions, and never become spirit-oriented. If they develop a personality which is mental, "whatever they speak has no effect on others also because they are not awakened people, they are not connected with the Divine and whatever they do is just mental."

So when the Mahasaraswati principle is awakened you start seeing clearly the difference between what is mental and the truth, and realize that there must be something higher. "They read about all the spiritual works in their own religion in which they are born. Then they start moving out and reading about some other religion also. Then they realize that every religion says the same thing. Then when it comes to the Agnya point, "then suddenly they realize that something is wrong, that people are only mentally accepting this religion, and there must be something beyond this. At that point, if someone gets their realization, he just sticks to it."

This Mahasaraswati principle has to be awakened in all musicians, artists, and those who have reached that state, and then suddenly they can get their realization very easily. Many Indian musicians came to Shri Mataji and asked Her to enhance their creativity. When they were awakened, all of them became world-renowned. "Those who have reached Mahasaraswati level through reading or creativity or through writing or anything, when they reach a certain state of Agnya, then either they will get disappointed - go to the left and absolutely think this is all useless - or else they get realization, they become very dynamic artists, very dynamic writers and people who are creating something of an eternal value."

The **Mahasaraswati principle makes you much subtler.** "and you start understanding that the gross understanding that we had about our art and our creativity has to be subtler and then such writers only appeal to people who are subtler." For example, William Blake was regarded as a mad poet, and Mascarò, who translated the Gita into English in the hope of communicating the subtle,

reached a stage at his agnya where he saw Shri Mataji in his dream and recognized Her instantly.

We should allow the Mahasaraswati principle to grow within us. In Sahaja Yoga we are not told not to read any book, but in **whatever books we read we should see the subtle points and see for ourselves.** Whatever intellectuals write, however true, they cannot propagate anything. "It will be just a game, something that will happen outside and it will drop out... It has to become innate. That's only possible if your spirit comes into your attention."

As realized souls whose Mahasaraswati principle has been awakened, we must read books of value and understand how Sahaja Yoga is contained within them. All of these books talk of some part of Sahaja Yoga, but not the whole of it because they come at different times. Now we have to know the complete integrated knowledge of religious thought in order to understand how all religions are integrated. Sahaja Yogis should read and understand what others have said and where they have gone wrong. We shouldn't read nonsensical people who make no point at all. "We have to read and see the subtle side of this growth of thought, how it grew up and how it became subtler and subtler, and how so many people in the world have contributed to the central path of sushumna and then they completely wrote about the yoga."

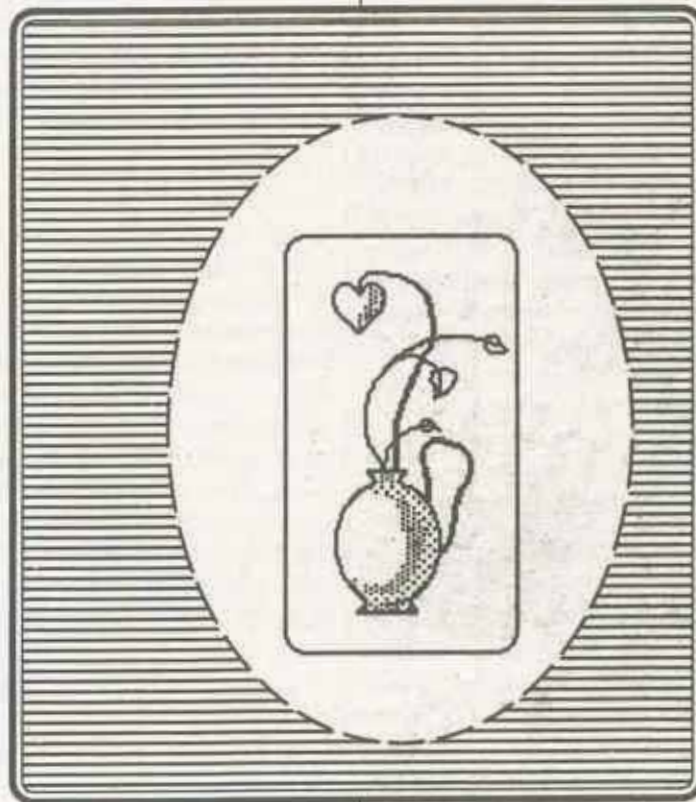
For example, Rabindranath Tagore initially wrote about separation, and later he became subtler and wrote about meeting the spirit. The same thing happened with Buddha who renounced everything, including His family, read the Upanishads and other scriptures. Ultimately He reached Gaya where, when He was tired and fed up, He got His realization. But Buddhists think that whatever He did before, by renouncing, is important. Actually, it had to happen because He was such a pure seeker. But Sahaja Yogis don't have to do anything of the kind. They just get their realization because most of them in their last lives have crossed most of their problems, and have known that it's all nonsense "or may be in this life also they must have realized it's all nonsense, and then they must have come to Sahaja Yoga. So it's a very great luck for you that you are here, that you've got your realization and that you're enjoying yourself."

There is also a political aspect to the right side. "Even in politics the growth becomes subtler and subtler." For example, in Russia where communism was so power-oriented, not money-oriented, a person like Gorbachev was to be born on the central path who would put it into balance. "So far he's not been able to manage, but he will be known all over the world for his great thought, and the great work of reducing the pressure between the two ideologies."

Another problem today is fundamentalism which also comes from the right side and which takes people to extremes of violence, craziness and madness. "But a new disease has started now, those who go too much to the right... where the whole conscious mind goes out of order, and you become like a reptile." People with this disease understand everything, can talk well, but they cannot move their hands or feet if they want to. "This disease is the one which is a warning to everyone so we have to be careful."

It is dangerous for Sahaja Yogis to go too much to the right. Some people start preaching Sahaja Yoga in a very fanatical manner. But we should

never speak that way. There should not be any domination or commanding people not to do things, or organization. "It is something so spontaneous, so beautiful - just works out." Because we are Sahaja Yogis, the main thing is love, compassion and Divine Grace which is a beautiful living force which creates all kind of constructive things. If this understanding is not there, you'll have problems with leadership. **"Sahaja Yoga doesn't work out with people who are violent."** The best thing is to judge ourselves, and whenever we are doing anything for anyone or saying anything, we should ask ourselves, "Is it benevolent or is it violent? Is it for our self-propagation or a holler than-thou principle, or is it for the goodness of others?" "Once you start judging like that your way of talking, your way of working it out... You should try to see the whole thing as a complete play... **If you watch everything in a witness state then you can handle the whole situation very nicely. Even if you do not talk, if you do not say anything. Still in a witness state you become very powerful.** I mean that in a witness state you can easily solve lots of problems. May God bless you."



Guru Puja

Talk by H. H. Shri Mataji Nirmala Devi

Cabella (Italy) 19-7-1992

Status of a Guru is a state and not a status, because status is external and can be bestowed upon anyone and is external. For an external merit you can give a status to a person. It is a state. Which means the innate being evolved to that level that you become the master. Otherwise how can you achieve that state? If it is innate, in a Sahaj way, then how do we achieve it? There are certain faculties which we have to develop to begin with. The first faculty **to become thoughtless. In meditation you can become thoughtless for a short time. Gradually this short time should go on increasing.** This is a state. So how do we achieve that? Human beings cannot understand that anything can happen spontaneously. For that it is Sahaj, it is very simple. You have got a mantra called 'Nirvichara'. Then you stent witnessing that without thinking. **Just see -- witness. Just seeing creates the first state within us.** You become the witness--Saakshi. As soon as you become Saakshi the whole thing, whatever you are seeing gives you the complete idea, subtle as well as gross of that thing. You see it and you know it. As a Sahaja Yogi it becomes your knowledge. We can say in modern terminology that you see something, it gets recorded in your mind and it manifests joy, knowledge, compassion, whatever is the situation. Because now you have many dimensions which you have to develop. For example -- **you meet someone you have to deal with. He is talking and talking. Just become thoughtless. As soon as you become thoughtless you are in a different realm altogether. But in that realm your power will manifest and it may cool him down.** It will shut him down or may be he may feel tremendous love for you.

The word Guru means gravity. The Mother Earth has gravity. **A person who is a Guru has to have the gravity.** How do you develop this gravity? Some people artificially become very grave and sometimes show that they are very serious. Gravity is within yourself. **In the second state of your Guru-pada gravity must manifest.** As you become the witness, you gravity starts expressing itself. It will not show as temper or seriousness etc, but it will manifest in a way that the **whole thing will become extremely dignified**

and majestic. The state in which you rise now becomes effective. Before this it was not. You had to all the time manipulate, say this or that, but in your silence you can manifest your gravity. This gravity act slike a magnet. Mother earth has a magnet which is called gravity by which people are attracted and we rest on this mother earth because of her gravity. You get a magnetic temperament, character and personality. **This magnetic personality immediately shows that it is manifesting its power, like the sun rays fall onto the leaves, the rays which look simple manifest their power of making it into chlorophyll.** In the same way when you are at that height or state then without saying anything, **with just a glance you manifest.** Not only that but you record everything. I seldom forget things.

When you start witnessing something without thought there is no obstruction for absorbing the knowledge about that thing. There's no thought. Complete absorption takes place. Then it manifests. This is how the Divine Power works within us. With our gravity we touch the depth within us which can carry the Divine power within us and manifest it. Unless and until we touch that depth within us Sahaj Yoga is like Hare Krishna Hare Rama. That's why I find so many Sahaja Yoga is like Hare Krishna Hare Rama. **That's why I find so many Sahaja Yogis go off their rails suddenly because they have no gravity to go down into their own being and to use that gravity for manifesting the Divine Power.** For example a vehicle which is not properly fixed cannot be used for something substantial. The most substantial thing in your lives is this Divine Power which looks very light. You never feel the weight or pressure of this Divine Power; but if your channel is not clean then this Divine Power cannot flow properly and manifest. So when we say that we are the instruments of God Almighty, we are connected to the mains. If this instrument is not alright then it cannot manifest whatever it is supposed to do. We are much above all these ordinary instruments, even the most complicated or advanced by science because we reach a state where we ourselves become the science. Science of Truth. Absolute Truth.

So what is needed for a Guru is **self-esteem**. This is a very important point. **To achieve the self-esteem we have to intropect.** And know that today I am not what I was before. I am a realised soul. I have got powers. I have powers of love, compassion, grasping things, powers of creativity, and powers of giving realisation to others. Nobody had these powers. In Sahaja Yoga we are not self conscious. **We should not be self conscious because that can give you ego. But we should have self-esteem.** 'I am a Guru. I am not an ordinary person of the street. I am something special. I am on the shores of truth, I have to salvage the people who are blind and mad.'

At that time a kind of a silence will come within you. **When there will be any such crisis you will become extremely silent.** This is again a state. **If there is something that makes you unhappy or upset try to reach that axis which is just silence. This silence will make you really powerful.** This silence is not only yours because when you are in that silence you are in the silence of the cosmos. You are in connection with that Divine Power which is working all the cosmos. If you just become silent, know that you are just sitting in the kingdom of God. When you get the great honour of becoming a king then you walk upto you throne and sit down and look around and you feel the silence of this state that now you are the king. This silence is the sign that you are definitely now in contact with the Divine. You are silent because now the Divine is going to look after everything. You don't have to do anything. **Just keep silent. Not forcibly. Its again a state.** If a problem or turmoil takes place suddenly your attention will jump onto that silence and once this happens you are in contact with this All Pervading Power.

What is this All Pervading Power of love? Is it some energy floating around? Or is it some sort of river or ether? **It is the complete totality of reality.** Other things are unreal. The reality is so efficient that it never fails. We cannot even imagine with this human understanding how it controls or works. For example: You see the trees. The rose bush will give roses only. It wont give apples. It will grow upto a certain height, it wont grow like a coconut tree. All the characteristics of this nature is maintained, nourished, looked after, controlled absolutely and at the right time and seasons. That is why it is called Ritumbhara Pragyna. It is complicated for human brains that they cannot understand how it works. All the miracles are just a play of this power which thinks,

understands, co-ordinates, co-operates, loves and looks after you. It is at your disposal. Wherever you go the connection is maintained. Its like a Governor travelling and the security travels with him The ganas are all around. You are Sahaja Yogis, so you are such special people that where-ever you may be -- sleeping, walking, sitting, that connection is maintained.

You don't have to say anything, command or request. It is at your disposal because you are one of the governors in the realm of God. Anyone who tries to trouble you or insult you has to pay for it. You should never worry or think of those things on the mundane level. On the contrary I would say better forgive because God alone knows what will happen to that person who misbehaves. **You are special people. Only thing you have to have your self esteem and you must try to maintain your balance.**

Once you come in balance, the job of a Guru is to give balance to others. It balances everything, the climate, nature, atmosphere, society, human beings. It is there to balance you. That balance comes from the Guru principle which balances you. If you have Guru principle within, you get into balance automatically. How do we develop that balance? In the ancient times they had very severe methods like starvation, asceticism, asanas, etc. This brings great imbalance. If you become austere, it will make you such a dry person and you will be burning. These ascetic ideas may have come because they wanted people to pay more attention to their spirit. A guru is not ascetic by nature, but he is so detached that he is ascetic. He may be a king or a beggar, if he is a Guru then in every state he is in complete balance. Nothing is tempting. There is no temptation. When you reach a state beyond temptation, greed or lust then there is no problem. Nothing can really bring you down. You may wear a tulsī garland, pearls or diamonds it doesn't touch you. But you don't run away from anything. When you run away from anything you become an ascetic artificially. Asceticism is within yourself. It is innate.

Mostly what happens with people is that they feel that they are not a Guru. They come and tell me "Whatever symptoms you told me are still there. I still have desires." You are going the other way round. You should not try to weigh upon what I tell you or judge yourself. **Do not judge. Just gradually rise and appreciate yourself** and gradually settle down on the position you have achieved. But if you start

Judging you will feel diffident and depressed, "Mother has said we must have this". Judging yourself all the time will not help you. You are self assured. You are sure about yourself.

Some people say 'Mother said so'. I might have said and might not have said. So I have said so. But what are you saying? It is a very good way of troubling others. You should outgrow into your own experience of what is good. You have a greater enjoyment than me because you are already human beings, so you know about human beings. Then you see your ascent and it is much easier for you to appreciate. For me it is different because I have never known temptation and all these qualities you have. You have come from something human to a higher level is very creditable. You can enjoy much more than I could enjoy or Christ or Shri Krishna could enjoy. Because the one who has risen and grown now feels the fragrance of his virtues, qualities and greatness. Then he enjoys himself. To him a proper understanding of this change comes and he understands other human beings much better who don't have your capacity, your knowledge, depth and gravity. Because you have been a human being. Now you are Divine. But because you have been a human being you understand other people. The real Gurus were very harsh people. But I am a Mother. Those Gurus have come out from the human level. You are different from those Gurus. You got it Sahaj. Others can also get it from you. You don't have to shout at them. Sahaja Yogis have no right to say anything harsh to anyone. Without saying anything to you, you got your realisation. If somebody comes to your for realisation you must do in the same manner. If you have this harsh attitude you could be a Guru but not a Sahaja Guru.

There is a difference between a Sahaj Guru and a non Sahaja Guru. Non Sahaj Gurus are very hot tempered. A Sahaj Guru has no business to be hot tempered. Here there is such love, such compassion, such love for each other. No competition, no politics. **If you understand that you have got everything in a Sahaj manner and in the same Sahaj manner you give it to others and respect others.** You all know that you are all Gurus. You have to be Sahaj. You got it Sahaj, so you have no business to be harsh, horrible, hot-tempered or strict Gurus. But it crawls up. Quite a lot of military business starts in Sahaja Yoga. No disciplining is needed. They will discipline by themselves. They are also Gurus. Who can disci-

pline a Guru? Then they are Sahaj. None of these non Sahaj Gurus knew how to give realisation. They never knew that Kundalini can rise with their hands. Very few people historically have given realisation so far. But you people are giving left and right to anybody. You have crossed the limits of science now. You have yourself become the science of the Divine and you know each and everything about these chakras catching of yours and others. But the way we deal with others is the Guru pada i.e. kindness, sweetness and concern. That's what your Mother has given. You have to have concern for each and every person. You also have to be motherly, extremely sweet, kindly, understanding and forgiving.

It is our responsibility to spread Sahaja Yoga and to emancipate the whole world. So no more priesthood and no more 'this person says so'. What you have to say, you say to that person. You will yourself see how you are reflecting your personality on another person; how he reacts and how he behaves. Gradually I see our collectivity is learning all this and all those horrible, dominating people have run away from Sahaja Yoga. I find that people are extremely loving and kindly to each other and also to others because you are the embodiment of goodness, righteousness, patience, compassion, love and concern. It is not how you can do it. You shouldn't give up. Just work at something and watch. Nobody can do that but you can do it. There should be self-esteem and assumption. **Assume your powers** if you are a Guru. You still think, "God knows if I have the powers or not, etc." Then you are still a beginner. We just say from our lips, "Mother, I am my own Guru;" Not only are you your own Guru but the Guru of the whole world. It's a collective Gurudom we have. Nothing can escape us now. We are absolutely formidable. We must understand that we have to assume. We elect someone, put some robes on him and say he is the Pope. But inside him he is not; he is just acting. He is fallible. With us, we have all these things within us and now you have to assume. Once you start assuming, all budhas will run away and you will be surprised who can stand a person who is a saint, a Guru and who knows he is a Guru.

You have to have introspection to see that your self esteem is completely correct. Other real Gurus lack compassion in this Sahaj style because they think they have worked very hard so why should these people not work hard. You may be anything, educated, uneducated, doing this or that work, rich

or poor, makes no difference at all. You are the Guru and you assume your powers. Like in any talent, e.g. music. You know that you know music. You know that you know cooking etc. But that could be also not totally absolute. You are already absolute totality of reality. The reality is at your disposal. But assume it. You are not ordinary at all. In that you will drop out all that is nonsensical. Others will see you and be surprised. This knowledge is so subtle and great of the highest degree. You never feel bloated up with fruit. That humility and simplicity gives you the special edge which can pierce into any heart. Thus you become apostles of truth. You can become prophets like William Blake. **Believe** that you are **one** with that great Power which is God Almighty.

People discuss the immaculate conception of Christ. But He is God Almighty. He can do anything. How can you judge Him and His Powers? To discuss about God have you got His brains? In humility you realise that He is God Almighty; He can do anything. Then there is faith, not blind, but the real faith in that feeling that God is Almighty and you have become the messenger of God Almighty. This gives you all the strength and courage, His compassion, love, attention and understanding. This faith should be absolutely one with him. Once I went to meet a real Guru who was very harsh. He spoke to me just as he would talk to a Goddess He said, "How do you find these worldly people here?" I said, "Alright. After all I have created them." He said, "You are God; with your powers, why don't you change them a little bit?" I said, "I have given them freedom. So they have the choice whether they want to get transformed or not. I cannot force them. I can do whatever I want to do but I don't want to do certain things. That is their freedom to choose. It is given to them because if they have to have the ultimate freedom, they should

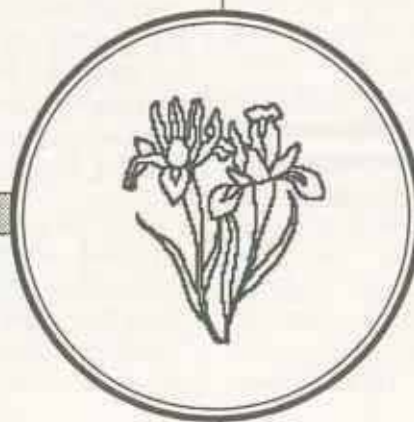
have their this freedom intact. You are a Guru. Supposing I am God Almighty I cant be like you." Then he told all his disciples to 'praise Her, because God is fond of praise. He said, "If you praise the Lord, He always gives every thing." I said, "Its true. You cannot get to Mother unless you really have Bhakti from your heart."

You cannot get to God without Bhakti. If someone demands to get his Kundalini raised, I cannot do that. But if someone asks humbly and with devotion to get realisation, it happens. **There should be not only Bhakti but faith.** This faith is now being challenged by science, Catholic church and other such horrible people. Your faith in God has to be absolutely untarnishible. Nothing can disturb that. You have seen the miracles of God. You have how you are working out His powers. You have seen known all these things. But still the faith in God is missing. The person who has complete faith in God, is God himself. Guru is called as one who is himself Brahma Chaitanya. When this faith in God is absolutely established that there is God Almighty and that I am the messenger of that God, and when it becomes absolutely firm in you then you are in the Guru pada.

I bless you today that all of you achieve that state that you reside in that Guru-pada state. Wherever you are, whatever may be your position, whatever you may do, the faith in God Almighty that is so truly within you will express itself and also manifest. It will act just like God.

Today we must remember one thing that we must have complete faith in the Kingdom of God and in the powers of God Almighty and then in ourselves.

May God Bless You.



Shiva Puja

Talk by H. H. Shri Mataji Nirmala Devi

Bombay, 26th & 27th February 1987.

Sahaj Yoga was known to me all along. It is a unique knowledge with which I was born. It was not so easy to reveal it & I wanted to find out how to reveal it.

First of all I thought that the seventh chakra must be opened, which I did, on the 5th of May. It is a secret in a way. Formerly, the Brahma Chaitanya was A-Vyakta. It was not manifested. It was not expressed by itself. The people who managed to reach Brahma Chaitanya somehow, by attaining 'Realisation', said it was Nirakar Ka Guna. You are like a drop that gets dissolved in the ocean'.

No one could say, explain or tell people anything more about it. The great incarnations also who came out of this great Ocean of Brahma-Chaitanya, tried their best to share it with the best available followers (which were very few) & introduce them to this Brahma-Chaitanya. But because the Brahma-Chaitanya was not in a Vyakta form, these incarnations got dissolved in it.

Like Gyaneshwara took his Samadhi. People said that he cannot talk. It has to be experienced. So very few people got to swallow it. Nobody could actualise the experience by feeling on their finger tips, or feel it on their senses, or on their mind, or ever understand it with their intellect. It was a big problem. They all tried and or prepared a ground for it.

Now I have come as the incarnation of the Brahma-Chaitanya AS A WHOLE. The sea of the Nirakar has now become a big cloud (Saakar). It has taken a form. Those who came before were all a part-and-parcel of it. Now the WHOLE has come. This cloud has rain water. The rain water is nourishing the minds of the people. Gradually they are brought to a level where their Kundalinis have risen. They have got their Realisation and now gradually they are feeling everything on their senses, their finger tips. This is the reason why nobody has talked about Vibrations so clearly. They managed to talk about Chaitanya Lahiri. This

was so because of its A-Vyakta form. It was only a STATE. A state to be enjoyed only in that State with no manifestation in the gross. In that State they became beyond Temptations, beyond Tamper etc. That is proof before us. HOW they did it, WHAT was this Brahma-Chaitanya? - they could not show its Pratyaksha form. What they could show was only thorough Similes or through some Parables.

This is what I have achieved-its Pratyaksha form. The complete form of the Brahma-Chaitanya I have brought from the sea. So now, **I do not allow you to get dissolve in it. I have put it in the form of a big Ghata (Matka).** In that, you are smaller matkas. In other words, I have taken you all in my body as small cells, nourishing you, looking after you, cleansing you & working it out. **But I am MAHA-MAYA. So I have to work very slowly, gradually, and at the right time and right point.**

When the seventh chakra was opened, all the chakras came to your Sahasrara, and so I could manage all your chakras & all your deities. Any Deity you ask and you get the vibrations. So that proves that I am the Brahma-Chaitanya.

The Brahma-Chaitanya is the Adi-Shakti and Sada-Shiva is also in my heart. But since I am so much humanised, it is not so easy to find it out. If you tell this to Modern human beings, they will not understand. It can only be told to Sahaj Yogis because they will understand. **To bear this Truth is so difficult.** These days it is difficult to bear money, leave alone that, even to bear ones own position. They become so shaky. **So for them to bear the fact that I encompass all the incarnations is too difficult to bear.**

One day I went to Aurangabad, where a boy told me that Brahma-Chaitanya is beyond feeling and non-feeling. He had read about in some book. I told him it was true, but he should forget about it and just feel it. It was THEN that I decided to tell about it to a few people. You see, the right time

also had to come before I disclosed it. All other religions have so far been segmented and non-integrated. NOW the WHOLE integration has come. I can now explain Christ, Mohommad saheb and others, because they are all a part & parcel of the whole, which is Brahma-Chaitanya.

Do not talk about me to the Scientists. Just tell them that this is a Unique Method that has come. Though it is a little difficult to understand, yet it has HAPPENED and we have seen it for ourselves. Like that you tell them. If you talk about Me, they will be shocked. Maximum you can tell them that - this knowledge was brought out by Sri Mataji Nirmala Devi, by which the Kundalini could be arisen. HOW she has managed it, we do not know. It is probably a secret. Put the whole thing on me.

Now you understand. Can you say-how does a seed sprout ? By putting it in the Mother earth. So you say, that by putting EVERYTHING to Mataji, our seed has sprouted. It is a living process and we have seen it for ourselves.

So far nobody has been able to give Realisation to others. May be only one or two have given Realisation to others. Most people have achieved it by the process of cleansing. Example : Buddha got his Realisation by thorough cleansing. Brahma-Chaitanya crawled inside him because he asked for it, genuinely wanted it & prayed for it and was therefore cleansed by it. But again He went into its STATE. There was no communication about it thereafter. This is what is in the COLLECTIVE now. This collective working is now happening because this STATE has started expressing itself.

Supposing you discover electricity, and you keep it to yourself & not talk about it to anybody. Then how will anyone know about it ? It is not that the great Saints did not want to express it, but there was no communication then. It is just like if someone has no eyes to see, then whom are you going to show to ? Or talk to ? There was no one to appreciate and absorb that STATE at that time. **Those who did achieve realisation, their Sahasraras got opened, but they got lost in it. The whole experience remained to be individual and not collective.** Now that is over. **Now it is collective.** Everything has to be collective at a point.

Even to reach this point, testing was done by sending little bit feelers at a time. Ultimately Christ

got crucified. Mohommadsaheb, Nanak & Tukaram were coming from Valkuntha and see how they were treated. Things just did not work out then.

I know all beyond the Valkuntha, but I have not revealed it so far. It will be slowly revealed by me because people have not been prepared yet to become capable of absorbing it. You see, it is like the preparation of a Khichidi. It is yet under preparation. So let it cook. You are all in it. **The quality of people being built up now is equivalent to the choicest of the handful of disciples of the past prophets. NOW & HERE everyone is destined to come along slowly and steadily.** All those who will now fall into this great Hand of the Supreme Cook will be well prepared in it. Rest who opt to remain out will be left out. **It is all beyond TIME. Each to his own capability to achieve.** Just as it is difficult to say how long will one learn to ride a Bicycle, or become a C.A., or a Doctor. Some may take very little time, while others very long.

The bondage of time is created by man himself. In reality this body has no timing. Time dimension has been created by man by his habitation. With the formation of habits, the KAAL or time bondage is created. **When there is no habit, there is no time dimension.**

With Sahaj-Yoga lots of Habits leave you. But this takes time too. **You must therefore never justify your habits if you want to rid them.** It is with justification that habits stay. **If in one life time you can achieve Self-Realisation, reach the point of having begun to lose your habits, THEN in that very life time it is possible for you to acquire that so called STATE. In the event that you may happen to remain half-baked during the process of one life time, then you will come back to complete your achievement, This is how Sahaj-Yoga will now work out for some time.** THIS is now the last Judgement. During the process of the revelations in Sahaj-Yoga, when I still see people behave in the opposite direction, I feel awesome. I continue to have such bad experience at times but then such people leave Sahaj-Yoga. This happens, but you must not get discouraged. You must go on working towards it putting in your very best efforts.

Always remain in the Centre. **Do not worry about your growth in Sahaj. Once you are in the centre, growth is automatic. It is already being nourished**

by me. Daily you move from left to right. In your Habits you move towards the left while in Ambitions you move towards the right. To seat me in your Heart, is a Bhav or a feeling. So **just as you develop Habits on the left side, you must practice to have that Habit-like Bhav for me in your hearts.** If, so easily you can acquire your habits, then why not this Beautiful Bhav? **All this is nothing but a change in Bhav.** After all Habits are easy to remove, being just a mere STATE of mind.

Once you have established MY Bhav in you, it takes its position in your entire body and carries itself through eternity. Depends on how much you are using yourself to it. It is just like if you put lots of smoke on your room then all the mosquitoes will run away. So **it depends on how much of ME you have filled in your hearts.**

The question that now arises is that, how does one come to stabilise the state of My bhav in your hearts? The ANSWER is - **Stability comes by constantly stopping your own attention or Chitta.** Always do Chitta-nirodh. Just like you go out and you see something you must consciously stop your Chitta from going towards it. It comes with practice. Pull it inside. This is called detachment. Remember the contact outside, or Samparka is always through the Chitta. Watch where it goes all the time. Always ask yourself, "Where is my Chitta" ?

Actually Chitta is segregated within us as our consciousness as well as our awareness. **When our consciousness becomes one with our awareness, it assumes the form of Vibratory awareness which balances you.** This balancing keeps you in the Centre. The moment your chitta goes in the wrong direction, immediately you feel the HEAT on your senses. That is how the all pervading Power works and grows within you.

All our habits and Samskaras crumple our Brain formation and appear as convolutions in the brain. When all these convolutions open up, new spaces are created in the brain, having more absorption power. The crumpled brain supply opens. This is how the connection with the Divinity is made.

Scientists basically have to be stunned. Like I went to a Medical Institute and I told them about the Para-Sympathetic nervous system. They got

stunned. The mode of action of Stiponilan Adrenaline, they cannot explain, but we can. Now take carbon. If you see it from the left side, you can see the right side and vice-versa. On the left side you can see the figure of Carbon as in form of a Swastika, On the right side it looks like the Omkara. If you see upward from down below, it looks like a cross. THAT IS A FACT. That there exists an all pervading power above the Human Brain. This is only a hypothesis. The human brain is in the form of a Pyramid. The Param Chaitanya or all pervading power is coming from all sides and is striking the brain of a Foetus (soon after its formation).

What actually happens is that, at the apex of this pyramidal brain, the Param-Chaitanya passes unhindered and settles down in 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 on 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 phenomena 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 sides on their way out. As a result of this pull, and additional force called the resultant force is created. Now the theory of 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 Foetus 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 the right. The second part is also known as 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 &

reaction is the same on the left side this reaction builds one's Conditioning 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 & reaction pass through both the AGNYA & 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 is the ACTION element, the potential of which forms the Pingala 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 Pingala 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 Penial.

When the Kundalini enters the Agnya chakra, she enlightens it. Then Christ within you is enlightened or awakened. He sucks both these balloons of the Ego & the Super-Ego, and the whole AGNYA chakra opens. That is why Christ died for our sins. There is simultaneous opening of the Sahasrara. I saw the Sahasrara of the Virat open. It was like tongue of flame. Just like when you dissect the human brain, its cross-section looks like petals or like flames. In the centre of it, it looks like a yellow hole. The opening of the Sahasrara is sudden. With a bang it opens. How can I explain, — it gives the effect of one telescope into another. Normally with the opening of the Agnya and the Vishuddi, the Ego and the Super-Ego get sucked in. Mind is Super-Ego. Ahamkara is Ego. Our soul or Atman is surrounded by all the five Elements plus their causal expression, with the Kundalini on the periphery. The elements are mainly the Earth and the water, while their causal is just jyot matra.

When self-Realisation takes place, the Deities are awakened, and the chakras are nourished and freshened. They open out and start releasing energies. At the Pithas (representative points of the chakras on our brain) all actions begin against each related chakra. Coordination at both level

starts and all chakras get integrated. Take an example of your Mind. It wants to do something. Your body — it wants to do something else. Thirdly, your intellect — it wants to do something else. There is no integration. On Realisation, all three become one.

Take another example of a piece of cloth, it represents the attention. Before realisation it is all spread out & in all directions. Now take a finger and poke the cloth in the centre from the bottom and raise it upwards. What happens? The cloth is pulled up to a point & 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 realisation, 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 human are slaves of our habits. We out of sheer habit do not allow our Chitta to stay out 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 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 anytime 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 Sahaj-Yogis with the object to keep your attention in the Centre. It is very important to constantly keep your attention in the centre. With realisation, our left and right Nadis relax off upon receipt of Divine energy. Due to release of 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. You can then direct it out to perform a particular task, and after achieving it, without any reaction, it occupies its position in the centre. It has by now achieved the quality of not getting attached to anything.

In my case it is different. If my attention is on you, I will take all your problems into myself and cleanse it and myself suffer. This I will do only if I want to. Now, Sahaj Yogis, I have to fix, because I have put them indiscriminately into my body. So I have to suffer. The Sahaj-Yogis themselves are just barometric in this regard. They cannot suffer the way I do, may be a little bit, because whatever they suck, goes into the vast ocean.

Now the study of the fifth dimension of matter is going on in Russia-the study of Bioplasm. This is completely a right sided activity. Each human being has his own Aura and depending on his changing Gunas, the colour represented by that Guna or Aura changes. What do you give bandhans to ? To your Auras so as to protect it. Only matter can have an Aura. So it is all materialistic. The fifth dimension is actually a microscopic or a photographic dimension. So when you see some lights in my photographs, it is one form of an Aura. You see Brahma-Chaitanya has got its own light. This is only visible to me. Some people can also see it when their AGNYA is bad. They can see it from outside.

The principle is that when you are away from it, you can see it, but when you are in it, then what can you see ?

Thoughtless awareness comes when your Kundalini crosses the Agnya Chakra-when there is no thought. It happens by control. Slowly it becomes a part of you and encompasses your whole body. It becomes a STATE. This is doubtless Awareness. You become the Brahma-Chaitanya or the STATE.

At this stage, you all need to work and not just land up in that STATE & get into a Samadhi. I have achieved it for you without giving it to you. Then why do you ask for it ? You must know that YOU ARE THERE and there is no doubt about it. This is now the final game. In reality this STATE is very easy and spontaneous to achieve, but yet I would like you to work for it & try for it. When you feel like achieving this STATE right now and for your own individual self, then I would say that you are being selfish and in a way you are becoming an escapist. You have to first become collective. Otherwise on an individual basis you will get lost in the Nirakar and you will not even be able to see ME. You see, you will be in that STATE-you will be dissolved in the ocean. So evolving from the

ocean and dissolving in it is not anything unique or great. But to become a cloud from the ocean and then soak everyone with your Rain-water would surely be a unique achievement. This is my aim and also my game. Just as every game has an aim, so has mine.

To stay in the Centre, become Sharangat. Say "you are everything Mother, so you do everything". It is complete surrender.

For a Scientific mind, you have to give them this whole vidya in bits. If their cup is small you cannot fill more than the capacity it can take. So have patience. You cannot give them the whole ocean now. Remember that Science is only a wee part of the WHOLE. First create a craving for SAHAJA in them by introducing it to them. Once they come, then watch them. Remember your time ? The same thing happened with each one of you. At first you experienced it then craved more and more for it, very progressively. This process is also Scientific.

In the mundane, when you work to earn money, you will encounter the MAYA. Just remember that you are earning for ME. That's all. Go ahead and earn as much as you can. This I am only talking from the materialistic point of view.

People who came into SAHAJ-YOGA through you Sahaj-Yogis come better than through ME. You see, with me they tend to get entangled in my MAYA. See, I am nobody in my human form as far as the new comers are concerned.

EPILEPSY :

Cause: Movement of the attention to the extreme left. You go into the state of collective Subconscious. This happens when you develop some fear or fright being a weak person on the left side. Also when you happen to be involved in an accident -sudden fright or jerk.

Cure: Bring attention to the centre. To do this, first bring it to the right by saying the Gayatri Mantra. Then to the centre by saying the Brahmdeva-Saraswati Mantra. On moving to the right, you start feeling Vibrations, stop at this point. Do not say any more Gayatri Mantra because you must not go too much to the right. Too much to the right means the frequency of Vibrations start decreasing.

It is important that you must get the Vibrations. If not, then repeatedly raise the Kundalini till you feel the Vibrations.

Another best way is to put the left hand towards the Photographs and the right on the ground. Say Mahakall Mantra so that the Vibrations start flowing. Use of the candle from the back side of the left will also help.

This treatment is also the same for CANCER & other PSYCHOSOMATIC diseases. It includes Muscular Scheletal disorders. In Muscular problems, the trouble comes from your disturbed Shri Ganasha. In Hysterectomy cases, where the Uterus is removed, the problem is of Sri Ganasha. AND fear element. If somebody is not having a child, then she has a left Swadeshthana problem. Same problem is also true for heavy Periods - when there is too much stimulation in the Parasympathetic in the Sacral region, there is too much flow resulting in heavy bleeding. Other results are Diarrhoea & Excessive urination.

Cure : Use of Gayatri Mantra, Initially. But it must also be backed by some Medicines. You can give ajvain dhuni (even for surgery patients). For Lumbago you give ajvain water. For Muscular Lumbago use Ajvain for intake and geru for application only. In Lumbago the bone gets twisted, therefore use vibrated kerosine oil mixed with some other oil. In few days it gets alright.

For any treatment whatsoever, remember that the most important fact remains that everything depends on your Ichha or Desire Shakti. So Ida nadi is important that you must have desire and it must be the right Desire. No wrong Desires because eventually everything becomes mechanical & hypocritical. The right desire is only to achieve your GROWTH. This is SHUDDHA-ICHHA. If you have a gross desire like-I must have a son etc. you have it too, but then you will want something else also. Meaning that you are now becoming a hypocrite. In pure Desire you got everything in a bundle. It is from genuine Desire that you grow. This whole concept is your attitude towards your Ichha-Shakti.

Now take the Action energy or Kriya Shakti. This has two aspects, namely Physical and Mental. Physically you must sit down and Meditate do become thoughtless. Mentally you must see that

your mind does not go towards all non-sensical things in gross forms. All that you must say is : "Mother you are doing everything, I do nothing". THIS IS THE CONTROL ON YOU.

For both left and right sided persons it is important to first cleanse yourselves and then do your meditation. When you move towards the left side, you raise your Kundalini and it just comes out. You must raise your Kundalini before Meditation. Do not just be mechanical when sitting to do Puja. Your DESIRE must be genuine to GROW.

People who are from Arya-Samaj are basically Right sided people. They must use Bhakti, Bhajans, seat me in their hearts i.e., move towards the left side, Cleansing must be done only by use of mantras on the Central Chakras. Mahakali and Maha Saraswati, both act on the centre from both the sides and are therefore inter connected. Even the Mantras for the left and right are chanted only for the purposes of raising the Kundalini alone. There is no use of attention here. Treatment of left side through chanting of Mantras for raising the Kundalini is only to improve upon your desire energy.

Another way is to raise your right and lower it to the left by hand. This helps a lot. In addition activate your right side by Mantras of Brahmdeva & of Gayatri. But all upto a point. You see when I have to do it I control it by raising your Kundalini upto a point. And before it goes too much to the other side, I control by pulling it out just in time. It is all in my control. When people do not control, they just go on and on.& Like-Ram, Ram... Panduranga, Panduranga ... and get lost on one side totally.

Mother is now asking you all - "Where is your attention".

First must come Bhakti Bhav and this then must move onto Shraddha BHAV.

ON PHYSIOTHERAPY

When the vibrations flow, they relax the muscles. The muscles in reality have gone into spasms due to tensions. E.g. Left Vishuddi or any chakra, the vertebrae start to twist (Physical). When you put your chakras in me (in my care) they will be relaxed and then you can adjust by giving vibrations. These vibrations can be given to others.

You need not touch the other person, by giving vibrations by using circular movement by hand using mantra.

In left sided diseases, you get into the collective subconscious from where you collect Protein 52, virus. These make you beyond help sometimes. Fever is caused to those whose liver is out, who has overworked his liver. He is heated up etc. It can be corrected by putting ice on the liver. Malarial Fevers are right sided i.e., Mosquito bites. Bacterial Fevers are left sided. These are mainly due to certain in-takes of food such as Fungus like Mushrooms, old paneer etc. Diabetes is the action of the right side affected by the left side. Right side being vulnerable. Firstly when you think too much, pay no attention and remain in your habits, then a fear element adds to your vulnerability. Just like a hard working man thinks too much. All his fat cells are used for the brain. The swadhishthana goes into action and neglects its left counter part. The left side gets drained. You become vulnerable. At this stage if some fear comes up in you and you also start feeling guilty, then you develop Diabetes.

Correction is to use All's name in mantra. Source is from swadhishthana and Nabhi of the left. Left Nabhi gets first affected by having fear of wife or worries for her or any other family member. In addition your vulnerability at that point brings about Diabetes. Clear it by clearing your Agnya chakra. Don't think so much. Go into Thoughtless Awareness. Put left side to right side. Take more salt so that it neutralises the action of sugar excretion because it has got water of crystallisation. Use ice on right Swadhishthan and Nabhi. Avoid sugar after proper tests if necessary.

Heart Attacks :

Over active and inactive or lethargic heart. Overactive heart is of right sided people. In such cases the heart can collapse. Especially it can happen in very young age. This is because their attention is too much outside. Due to this their Atma departs. The atma gets no attention due to their extreme materialistic nature. Overactivity can also come from too much worry about the family, thinking too much of the future. The heart starts to pump more blood and over works itself. It gets tired. In addition the attention is not on the spirit. For Lethargic hearts people take all kinds of mantra's and first spoil their Left Vishuddhi. They

take Tobacco and cigarette, creating problem on Left Vishuddhi. This makes the pumping of the heart difficult, so it becomes tired because it cannot pump. Due to extreme left Vishuddhi, the lethargic heart gives you Angina. These are the 2 types of Heart attacks. The first type can be cured by putting ice on the stomach and on the heart on the right side. Also move from left to right. Sit in water. Do not use light at all. Sleep in darkness, stay more indoors. Take full rest. And repeat that "I am the Spirit". "O Lord, please forgive me". The second type can be cured by asking him to say - "Mother you are my beej mantra. You are the Mantrika. Also "I am not guilty". and say "I forgive everybody Lord." So that all the hurts disappear. Use light and fire to clear the left side.

Asthama is mostly a left sided psychosomatic disease. It can sometimes be right sided with persons who are very dry and have always tried to Dominate others — The Dryness of the peritiorium is too much. Mostly to also come, from the right heart — For those whose father is dead or that, you are not a good father or that you happen to trouble your child or that you are unhappy about your ownself. It can be combination of any.

Intake for left side — If people eat the fat it is bad. Because the fat is stored and it is not available for circulation. For thin people their fat is available for circulation, so they can eat fat. But for fat people, they should only put fat in their nose, oil in the ears etc. For fat people oil massage on the head is very good. These people can massage with Golden Amla Hair oil. It cools them down.

ARTICARIA is also psychosomatic. When your liver is lethargic, it becomes vulnerable.

Cure : Use geru-Rub it on some stone and give it to your child in Honey (very little). Also for grown ups. For very old people it is also very good for it has soluble calcium. Any soluble calcium is good. It is good for application and then cover it with something black. The source of its problem is left Nabhi. You see when the liver is lethargic, the left Nabhi becomes lethargic. The person is not using much of his energies. So it is a lethargic liver, excited by the left Nabhi.

Treatment : is again left side. Best is to cover the body with something black, so that the heat is given to it. It is a form of an allergy. Most allergies are caused from cold to hot. i.e. Taking bath in

cold water and then hot water. To take coffee and immediately take cold water. This sudden change, the system cannot adjust to. In the left Nabhi area is the spleen. The spleen is a speedometer and also an adjuster. When it adjusts and it is not properly done due to sudden change, it causes problem, so it has to suddenly provide its energies to either increase or decrease the flow of the RBC's. That's how the spleen goes crazy. This is also the root cause of Blood Cancer for people who are hectic.

When you have the Back Agnya working, you become lethargic and when you have the front Agnya working you become overactive. The balance of chemicals in the body comes from the Agnya. That is why you should always be in thoughtless Awareness. Left sided people are ones who have troubles themselves and Right Sided people trouble others. Those who are left sided, their bodies will pain and they will suffer. The right side people, who inflict pains on others will not notice it. These right sided people can therefore develop diseases like cirrhosis of the liver or a problem on the eyes.

Bhakti is the guna of the left. Shraddha is of the centre. The left side is very pleasant till you start getting the pangs and then you start getting drifted away — this is happening in Bhakti with some people.

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 people will see you and come into Sahaj. This is the best way — to let some people just come up. This is the game.

Lots of people have personalised it. They want to know what is happening about it in my family, then to others, then to people of Bombay etc. Sahaj Yogi's are very honest, compassionate and diligent, good natured and have lesser tempers.

Their character has assumed a new dimension in this process of building up. **Each one of you must work hard towards it and not bother too much about the other.** Sthiti is tested only when you are exposed to it. That is the time of Paristhiti. Sthiti

must be clubbed with complete Discrimination.

There are Deities who are in the Chakras. When the Kundalini rises, she awakens them just like seeds. Once they are awakened, they start working it out. They know what is their job, what to work out — like they have been appointed. Those Deities you have achieved through your evolution at different points. So where ever they are settled, they do the job. Take a seed. It is gross. It has potential to become a tree and this has the potential to become numerous trees. So this potential is subtle to subtler to subtlest. Its appearance is gross. The causal of mother earth is fragrance so when it awakens the kundalini, it touches the causal also just like you get the fragrance. The Causal of realisation is the Shuddha iccha. Man is made of 3 potential i.e. the gross, the subtle and causal. This causal of realisation, i.e. Shuddha iccha enlightens the subtle and the gross bodies. Just like you put a seed into mother Earth. The mother earth enlightens the seed and gives its potential to it. — In the same way, the Kundalini is the mother earth in you. She rises and gives this potential dimension to your seed. Everything has a different causal and so every chakra acts according to its own causal. The problem is, we do not understand even at the grosser level. Now take a very gross level — you reach a point where to take an atom. This atom has Nucleus which has protons, Neutrons and Mesotons. Now, if you cool down this atom such as Helium gas, the atoms become collective. So also the mesotons act on their own, and even they become collective when cooled to a certain point. So even to the grosser and grosser, this potential exists. Scientifically it can be proved.

But when we take a human being, we are talking about a living process. The human being is the most manifested one on the grosser level. Now, the inner growth has to come. On the grosser level he is now fully manifested. Just take a seed which has reached its grosser level and is now living and pulsating and it is then put inside the mother Earth then what happens?

The subtle to the subtlest is replicated in our whole being as such. The potential is the Kundalini. The Kundalini is representing the causal of the mother Earth. The causal of the Virata is collectivity.

The representatives of Sada Shiva and Adi Shakti in

us are the Atma and the Kundalini (These are beyond the causal, in fact they excite the causal).

Take an Example : Light a candle. Put your hand before it, It is awakened before my photograph. The potential of the candle has come in. That is my photograph has awakened its potential. With it, it can now burn the negativity. You have seen a wall getting black out of such an effect.

Everything has a causal which keeps all the potential. From causal to the gross you move through the subtle. Now what happens, just as fragrance is the causal of the mother Earth, through that causal all flowers and trees come out. Also for human being it is the carbon. How the mother Earth burns within herself, creates this carbon within herself with the heat and that carbon becomes a part and parcel within you to create Amino Acids. So the Mother knows, at the causal level, she knows what you are. The causal is the Nirakar in the Shakti form while the Deities are in the Sakaar to use it. They know how to use it. The exhibition of it comes on the gross through the central nervous system.

The Sakaar is the Doer or the Karta. The causal is the power of a particular Deity—the unmanifested power. But as soon as the Deities are awakened, their powers are also awakened. This is a living process and how it works out you cannot explain. Now see the foetus, how does it take its form, who guides it, there must be some Intelligence — who does it, who manages it — who plans it out?

Now I will question a Gynac : Anything foreign in the body is thrown out of the system, then why not the foetus? Answer me.

Something nourishes it, looks after it and then throws it out at the right point of time. It is growing within and it does not trouble the mother, but in fact the mother's face changes while the whole energy of the being is transferred. Now where does this beauty on the mother come from? See the nourishing and looking after. It is so amazing to see its perfection. Isn't it?

We think no end of our intelligence. But living in the presence of God, a small seed came and at the end of each a small cell came out. The intelligence which this cell has, if it is to come to man then Sahaj Yoga would be fully established. It straight away sees, its own direction. It sees a

stone, it does not fight with it, it just goes around it and binds it so that later when it is to become a tree it will help in its foundation. Then slowly, and easily it reaches out towards the water. It has no premonition about where it will find the level of water.

I once experimented with a bumble Bee. I applied some colour on to it as it used to make its own house at my place. Now somehow that colour came to its wings. One fine day I went to a place which was very far away, I saw the same Bumble Bee there. Then she was seen again at my house. How did she take on all these routes. She must be having some magnet.

Also how do birds find their homes from Australia to Siberia?

You see they all are in collective and absolutely Homogeneous. Any they all move together. This is all for the Pasha state of the Pashus.

But we humans are no longer pashus, we are free. Now it is in this freedom, when lots and lots is lost and gone, then human beings settle down. This freedom was given at Adam and Eve level. If they were sensible, there would have been no problem. Now one has to pay too much for this freedom. But now-a-days it is all working out. This living process cannot be explained to Science. The Scientists will not accept the Deities. So don't worry about them. If we don't have Scientists what is the harm, we will not miss them.

The greatest thing for all Scientists is to see for themselves. Nothing can be explained to them. Say Sulphur Di Oxide has got vibrations that are electromagnetic - Symmetric and Iso-Symmetric. They just state what they see. They will see in Sahaj Yoga what it is, you give them the facts and let them experience it. How can you show them anything Scientifically?

Jai Shri Mataji

