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The Divine Cool Breeze



One day, I am sure, you all will evolve to such a state that even your glance is sufficient to make the trees grow, to make the fruits sweet, to make the flowers fragrant.

– Mataji Shri Nirmala Devi



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Shri Mahadev Puja

25 February 2001, Pune

Today we are here to celebrate Mahashivratri. It's a very great privilege for all of us to understand about Shri Mahadeva. Unless and until you have got your Self Realisation you cannot understand what is the great personality, the character and the power of Shri Mahadeva. It's not easy to conceive, also to reach the depth of His greatness, unless and until we are humble. We have to be very humble to reach at the lotus feet of Shri Mahadeva. As you have seen that one has to cross even the Sahasrara to be at the lotus feet of this great personality. He is beyond - beyond our conception but He resides in our hearts as the spirit and is reflected very well when you get your realisation. But still one has to understand the powers of Shri Mahadeva. It is not very easy to describe about this Great God in little words.

The first power He Himself has that He is a very forgiving God. He forgives. He forgives so many of our sins, so many of our destructive activities, our horrible mind which tries to create problems for every one, upto a point but He has the



greatest power to destroy. His destruction comes so suddenly because He rules all the elements. All the elements He rules, He rules the Mother Earth and He rules all other elements through their causals. He rules and He can destroy everything that He wants to if He finds there is problem. I have to tell you that earthquakes are

managed by him, not by me. I am not there for the destruction. He is the one who sees what's happening on this earth, what's happening to the human beings. I will give you an example of Gujarat. Apart from anything, Gujarat's people are very money oriented, they are worried because of stock exchange, this, that, all the time money, money, money, money, money. Even if they are abroad they are extremely money oriented. Sometimes I am surprised, it's impossible to talk to them about Sahaja Yoga, and they like artificial types of things like some gurus or somebody. I don't know from where did they get this. Whatever it is, we have a state called Bhavnagar in Gujarat. Bhavnagar people came, they brought for me those silver slippers 'Padukas' to be vibrated. I was

surprised. I was happy at least that these people are thinking over it, so they did a Puja, they did a Havan in Bhavnagar and also in Baroda. These are the two places which were not touched even - touched even by the 'bhukamp', by the earthquake. Can you imagine? Surat which is very much distant, was absolutely shattered. There are Sahaja Yogis, very few, all of them were saved and their houses also did not move. This is between the protection of your Mother and the wrath of God Almighty. One has to understand this very well that He has powers over all the elements; I went to France, and there are some people in France who tried to trouble, and all the media got after me. On the television, everywhere, they were saying all kinds of things against me. I knew something would go wrong, somewhere and suddenly from the sea, a big, I don't know what to call it, a big storm started. Suddenly, no one knows about it and two ships were completely sunk and those people who went to rescue them, got cancer. Then this storm started moving fast and all the churches lost their top heads, I should say. All the Churches lost it. So many priests' houses were ruined and it travelled and came upto the place where I had purchased a very big castle. Just stopped and just stopped at the brink of it.

Now, it's not my doing, I must tell you, but this is what He does. Though He is very forgiving, He is extremely kind, He is blissful but you should be aware of His

powers, all those powers are used to protect my work, I should say. It goes too far and it is to show to people that they shouldn't obstruct the work of spirituality. It should be real spirituality. It should not be somebody like a false guru coming up and showing some magic or talking something about some far fetched things, but the real spirituality, if you have the protection, will be always there and the Shiva will be very blissful. He is extremely blissful, and what does He give you is even more beautiful than you could think of. He is extremely forgiving. I should say He is the source of forgiveness. If you have forgiveness in your heart, He resides in your heart otherwise gradually you start developing very difficult type of diseases. Say, if you are not forgiving, your heart runs very fast. No one can touch your heart, you cannot get heart attacks but if you are tolerating, suffering and taking many things as a power of your own doing wrong things and forgetting about God then you also start developing a very big heart. So one side is that you develop a heart which is extremely aggressive and can become like Hitler's heart. Under any kind of pretensions if you start torturing someone, your heart becomes solid and then you can get a tremendous massive heart attack and all the troubles come. This is inevitable, but supposing you are extremely tolerant and you tolerate all nonsense, you are very docile, you are frightened person, if you are frightened and because of fright you do that, you can develop another kind of a heart, we

call as angina, where the blood supply is less and ultimately you develop a kind of a guilt and you have a very mediocre life. So this second thing also is very miserable among people who think they are very-very tolerant. I am saying that tolerance is alright because of spirituality, but not because you are frightened and you are afraid of something. If you are a Sahaj Yogi you have no business to be afraid of anything. In India people are afraid of everything, if they see a squirrel they get frightened, if they see a lizard, finished. I mean they are afraid of anything and the ladies of India are so afraid of even cockroaches. This kind of temperament is absolutely stupid because that makes you a kind of a person who is prone to angina. What is there to be afraid of? If you are a Sahaj Yogi and Sahaj Yogini, you are not be afraid of anything. They are afraid of rats! All kinds of nonsense, and they boast of it and they talk about it, their heart is becoming weak and weak and weak. Also I must say the Indian men are responsible for it because they treat their women as if they are appendages or some sort of a liability. I don't know what they think them to be. Their behaviour is so bad, unbelievable. Specially in North India, I have seen, women have no position. The women is brought in the house, kept in the house just like a maid servant, she has to cover her face all the time, she doesn't have to go out anywhere without permission. It's terrible. Some people say it is the Muslim influence about every thing.

When you believe in eternal life, in spiritual life, you should not be governed by any such nonsensical atrocities. And that's why I feel that you really need the emancipation of women in India. They are very good, they are very tolerant, they are very sweet but they develop all the bad diseases, all the mental diseases because they don't know their own value, they don't know their own self respect. On this I have already spoken at length Why should men behave like that? I think in our country we have atleast 70% women and the 70% people's energy is wasted in the North India. I don't know what they think of themselves! Then they are punished. All such countries can never prosper because women are the Lakshmis. But they have to be Lakshmis also, they have to behave like Lakshmis. Some of them come up like this that you are shocked. How can they be women, they look like devils! It's such an imbalance in the society which is punished again by Shri Mahadeva. He is very kind and He looks after the people who have suffered and He tries to punish people who made them suffer. It is his quality to help by destroying people who are aggressive. He doesn't talk of Kundalini, He doesn't talk of Self Realisation. He just punishes them nicely, in such a bad way that is shocking. I have seen many women who lived like this, suffered so much. They die much earlier than their age. All this, one has to see in the right perspective. He is there to protect of course, but more to destroy. He protects all kinds of

animals, all birds, all the nature He protects. He is the one who brings all the joy, all the joy of spirituality, but if you try to become aggressive then He is the one who will destroy. Sometimes he gives more long rope to hang, and so people think, we are alright, we have satisfied Him.

On the contrary in the West I find the women are ruling the men more than the men, very surprising! I don't know how they have handled the situation but they are ruling all the time and the men have to be under their thumb. I don't know how they have managed it, but they do it! They are not humble, they don't love and they will go on divorcing their husbands all the time. They do not love! They don't know what the love is, but also I have seen men don't understand what love is in India. They don't know how to love their wives, which is a life partner! How to respect, they don't understand! There, then comes a great wrath and this wrath works in so many ways in creating horrible diseases and in creating problems and problems for such men. The society also is responsible for doing all kinds of things against humble people.

Both ways one has to understand that if you are aggressive you are under the third eye of Shri Mahadeva. In any way if you are aggressive, say, with your servant, if you are aggressive with your subordinates, if you are aggressive with your children, there is this wrathful God watching and one can get under the spell of His destruction. But He gives us the

great heights of Himalayas. He makes human beings extremely beautiful, very noble and He wants that people should love each other, there should be pure love among human beings. Also He makes you very delicately behaving towards other people, very sweetly behaving towards others. If you don't have that then you are going in the wrong direction.

His greatest thing is that He gives you the height and the depth! If you are worshipping Him then you develop such heights that you see the whole world as a witness. He sees the whole world as a 'Sakshi Swarupa' as a witness and so He is the knowledge. He is the pure knowledge. You may get your realisation alright, you might feel cool breeze in your hands, alright, but do you have the knowledge? I have to tell you what finger means what, what hand means what, what is vibrations, I have to tell you. He is that knowledge, is pure knowledge, complete knowledge of the highest level. So He is the source of knowledge. **Those people who are not humble cannot get that knowledge, those people who are arrogant and who do not handle others delicately, sweetly, beautifully, are not blessed by Him. They cannot achieve anything in life. What do we have to achieve? Not your position, not your wealth, not all these outward things but you have to achieve a loving heart, heart with which you can love.** If there is Shiva in your heart you will love everyone in a very beautiful way.

There won't be any nonsensical ideas about love, just pure love, pure love for all the people is the blessing. Then all your harshness goes away. For example- if you have a little power - little power, so you start misusing it. Look at Shiva. He has so many powers. If He starts misusing, there won't be even a blade of grass left on this earth. How much we are sinful, selfish, He knows, that. But still He gives you a chance, say let's see they might improve! He is extremely generous - extremely generous. He is very forgiving and also extremely generous. Now supposing there are people who are living in a desert and they are very good people and they are suffering because they are living in a desert. He will create oasis for them. He controls the Mother Earth. He can do every thing to make them happy if they are spiritual, if they worship Him. But human beings are so stupid that they go on fighting also in the name of God. Like in the South we have two types of people-one who worship Shiva another who worship Vishnu. Can you imagine! Vishnu used to worship Shiva. Nobody is higher, no body is lower. It's so important, everything is so important. But they used to fight on this point that they are worshipping Shiva or they are worshipping Vishnu, and no where near the reality they went. They did not know what was the reality, nothing. Just fighting, fighting, fighting. In the name of God those who fight, Shiva comes on them and His trident hits them.

You are not to fight in the name of God but you have to love and understand. So this fighting in the name of God is a nonsense; not only that but it is very-very dangerous. All such people who will do that will be destroyed. It is self destructive. Such people will be destroyed completely. So you should understand that in the name of God you have to love, you have to understand. You need not tolerate nonsense, it's different, but you have to love people - spread your love. Gradually this love can go all over the world and then the vision of mine, I can see, working out but if there is fighting, there's hatred, there's all kind of aggressiveness, these are all against Shiva and such people will be destroyed. What will I do with them? What can I do if they are destroyed? If they are very money oriented, materialistic people, they are not loving. They love you only for money. All such people will be destroyed, no doubt. One should be not only humble but should be extremely loving. To get the blessing of Shiva you have to be extremely loving. Such people may not be very cunning, clever, may be very innocent, must be, because when you love somebody you want to help that person. I have suffered myself, I have tried to help people and they have deceived me. So what! That's their nature and they are destroyed. What can I do? I didn't ask them that you deceive me but they deceived me. I don't know, why? I have been very kind and nice-still they deceived me! So then the destruction follows, what can I do about

it? I don't want anybody to be destroyed. I love this creation of mine and I don't have any way of protecting them if they are destructive. Because there's another great power who can destroy them. I am in a helpless condition sometimes. I don't know how to express but one has to understand as a Sahaj Yogi that with Shiva's love and His blessings you can become extremely loving, extremely generous, very-very sweet and innocent like children.

You have to be innocent. There's no need to be very clever and cunning. And you will be amazed how your innocence will be protected! If you are innocent, you don't have to worry. There's a power - the third eye of Shiva looking after you. Wherever you are going, it is with you. That doesn't mean that you become stupid, doesn't mean that you are not practical, all that is taken over, all the practical side by the power of Shiva. His guidance, His love, His kindness, you can see at every step of life, But first of all watch your steps. Are you aggressive? Are you troublesome? Do you say harsh things to others or are you humble? Are you gentle? And if you are kind, He is very much pleased. In the nature it is His rule that works and they are so systematic, they live with understanding of each other. For example, if you go in a jungle and it is absolutely quiet, don't hear even the birds twittering, then you should know there's a tiger sitting somewhere, because he is the king. They know they

have to obey and when the king is there, it is the protocol. They know automatically what is the protocol of the king, nobody would be even moving if he is there. He sits in his majesty. Then in one week or may be even fifteen days he will kill one animal. He has to eat, kills one animal, then he and his family they eat first. He waits for sometime, ofcourse, for the blood to ooze out then the whole family comes and eats. Then he leaves the body there. Then by gradation one by one all kinds of animal come and eat it as a prasad. And the last are the crows who come and eat that animal. Such discipline, such understanding of the protocol. I am amazed how animals are managed by Shiva! We never hear that animals are having a strike or animals are having a big underworld animals. You don't hear that these animals are stealing things but you just imagine we are coming from that animal life but we are worse than them! How are we going to rise if we have all such funny ideas of behaving in such a manner of fighting! On any small little excuse they will fight, they start fighting! Animals also fight little bit among themselves but not in a collective way. They do not do it in a collective way as we do it here, but at the slightest provocation we get into groups and start fighting. They get into groups but they don't fight. What is the thing among them? Everything is so much - so much understood by animals, why not for us also to understand the law of nature. It is Mahadeva who manages that, all the nature's laws are

to be obeyed. Even the Mother Earth, the sky, everything, is looked after by Him. He does nice-nice beautiful things for us. With the changing of the seasons He creates beautiful flowers. He creates all that is soothing, joy giving and beautiful. He looks after it. He gives us to see what nature has given us and tries to please us, keep us happy, entertain like an innocent child, while we, in our arrogance, have our reactions to every thing. You see a carpet, you say I don't like it. Specially in the West it is a common thing to say, 'I don't like it'. Who are you not to like something or to dislike something? What do you think of yourself? It's very common, and shamelessly they will say, 'I don't like it' or 'I like it'. It's impossible! Such human beings, I don't know, where will they go? What will happen to them? Instead of appreciating, instead of enjoying everything, why to start criticizing and reacting? Reaction is much more in the West, I must say, not so much in India, but there are certain cultural differences, I think, that's why people say like that. Here if somebody says like that, people will think that person is mad or something wrong with him the way he talks.

So it's important how you express your love, how you talk about your love. Start it with your wife to begin with and then you can move towards your children and the other persons. We are so stupid sometimes that we love the whole world but we can't love our wives. It is a speciality in India, that's very true but also

in the West I have seen people love their wives because of fear! Fear of divorce may be, I don't know. Love should have no fear, it should be just free love. Without any fear, without any aggression enjoy that pure love and that is what is missing in the human beings today as it is. When the day will come when human beings will be understanding the beauty of love then from the Heavens there would be flowers pouring on us. It would be such a tremendous day when Mahadeva will be able to close His third eye and would be peaceful in His heart. **It's my vision, it's the future for you to see how peacefully you can talk. How sweetly you can love others? How much you can give to others?** For example, if they have to give something they will go in the market and buy the cheapest, the rottenest thing for giving. That's not the way. You must buy a small or big, what ever it is, out of love, that should talk about your love, tell about your love and not about your money what you are spending. It's very common now-a-days, even in India, that people try to show how much their worth is, what they wear, how they dress up. For what? For what? I have known such people when they die there are not even four people available to carry their dead body. When they live they think no end of themselves. That time you should see how many people there are to love that person, to care for that person. May be it is this upbringing, may be that he had never known love, anything you may blame. But for a Sahaj Yogi it is important to

learn that love is your life, love is spirituality, and love without expectations- to do something. Some people are, I know, very good at helping poor people, this, that, but behind that is the power. They think 'O' we are great! We are doing this work, that work. Just to satisfy their power, not their love. **So, when you are working you have to know that it is just to satisfy your spirit, just to satisfy your love that you are doing it, not for any name or for any kind of a position.** If you have that kind of a detached love, 'Virakta', as they call it, then nobody has to certify you. You have it and you are enjoying it.

It is unfortunate I have to speak in English language, may be there are some who do not understand English, but now-a-days the English has become dominating, we have to speak in English language. I can't use any other language, but **one has to speak the language of love.** You see animals, you see if you have a horse, if you have a dog, all these animals they understand your love. How they stick to you, how they express their love? They are very sweet. This we have to learn from them, I think, otherwise I don't know how to make them understand the value of love. Please note that the way people are criticizing that we are not practical, that we have not achieved much money or power or something, that's not important because there are many like that selling in the market. **We are different, we are the jewels of humanity and we have to be**

like that..... shining, cutting out all the wrong things within us, as a diamond is cut to look something very-very great. My only, if I have any, desire is that try to follow the qualities of Shri Mahadeva. Detached He is, detached, absolutely detached. He lives with bones and things like that. He is not bothered about where He lives, what He lives with, what He has, nothing. So detached and we should be detached like that, at the same time we should be very loving like Him, extremely loving. How His heart is full of love for others! How He looks after us! I am warning you because I know you all love me very much. But you should also love each other, you should have a loving heart and have satisfaction in loving others. If you could develop that, your height will grow, your depth in Sahaj yoga will grow. It's alright, the Goddess gives you the shradhha, alright, but the depth in shradhha in sanskrit, in Hindi and in Marathi, I don't know, what you call but in Marathi they call it 'Dhyas', just deep into that love, drenched into that love, enjoying that love. Then you don't want anything, What do you want? You have got everything so what do you want now! Just like greatness of Shri Mahadeva, He is so great that He is detached. What does He want? I mean nothing is greater than Him, nothing is more important than Him. Then what does he want? He doesn't want anything, that's why He is detached. This detachment you have to develop but at the same time He is the lord of all the arts, of the music, of the rhythm. The

other day you saw these boys were playing the rhythm. The whole rhythm of everything He creates. The rhythmic life that we have, we are not yet aware of it. See a child is born, after, exactly after nine months or so many days. Who gives this rhythm? Then we get, say, certain flowers at such and such time, then we get in the nature all kinds of these seasons. Who keeps the rhythm? He is the one who is nothing but rhythm and that rhythm is kept up in the nature, in everything there's a rhythm and a rhythmic person is the one who has a very large heart, who is like an ocean. You get just that, this rhythm is disturbed, immediately if you find some body is being very cruel, very bad. But in a smooth, beautiful, peaceful lake there is no ripple at all. It's just low and then at that time if the rhythm, the silent system of that heart is broken, then Shiva takes charge. So one has to have a complete sense of the rhythm of time, rhythm of nature, rhythm of everything. People do'nt know even the names of the flowers. They do'nt know what these flowers are? What time they come up? They have no idea, what is the system of their living. Nobody is bothered. All of you see, there are seasons, and things. Its all the rhythm. Like he is playing a big tabla or a Pakhavaj, on which He plays all the beautiful tunes of all the seasons, and that's how the nature flourishes and comes up and then subsides. We do not see that point. We

just are bothered about ourselves. Like we ask, "how are you?" 'Mother, I have got a headache, I have got a stomach trouble. I have another trouble, or everything is there. But another one would say, "Aha, I am all right". So what's the matter? Put the world in right form, 'Mother, why don't you put the world right?' He is worried about others, not about himself. And in that understanding what one should do to make this world happy, beautiful, for that one has to really work hard, so called. And in that working one thinks, Isn't it our duty to make this world beautiful? Isn't it our job to make this world rhythmic, rhythming with our spirit? It is our duty, we have to do it. Not only taking Sahaj Yoga for your self but for others. It's not that you are all the time worried about yourself but you are worried about others. What's happening in the world. That is love. That love is spontaneous. And when it works. It works wonders.

So this is a beautiful evening where we are worshipping such a great source of our ascent and I hope you people will understand how far are you with that force. How much are you drenched in that force, in that rhythm of Shiva, who in His rhythmic way gives you vibrations. Vibrations flow in a wave way and that wave should engulf you completely and you should be all in that. Your 'I' ness should be dissolved in that. This is I bless you. Thank you.



Ekadasha Rudra Puja

8 June 1988, Vienna

Today is a very important day in the history of spirituality. The Ekadasha Rudra incarnation has been prophesied by every prophet. That the Ekadasha Avtara will be coming and it will destroy all the negativity, all the anti-God activities. Ekadasha principle, actually, is built in void, because when the saints wanted to cross the ocean of illusion through their meditation, they were hindered, troubled, tortured and slaughtered by negative forces. These negative forces came up through the failings of human beings. When human beings failed, they saw other people who were so much better than them, and they saw that they are nowhere compared to many other human beings, or sometimes

out of anger and temper the villainous temperament grew into them and then it formed this anti-God negativity in the void. So void has given actually the villainy to come into form. As you see in Sahaj Yoga, we must have seen it many a times, that when you go to a wrong guru or to a wrong person or you do unauthorised worshipping, your left void catches. So in the left void all those destructive forces act. Also in the process of evolution there were many plants, animals who were destroyed because they were not in the centre, because they were egoistical, some were cunning, some were too big, some were too small. They were all thrown out, and when they were thrown out they felt that they must react. So, they went into the collective subconscious, and came as subtler entities to harm the people who were aesthetic. Like we see these days the viruses that attack us. These are the plants which have gone out of circulation. After some time we will find tobacco will go out of circulation, many drugs will go out of circulation. All these can form a kind of a anti-growth, anti-development, anti-freedom forces within ourselves.

So in the area of void these horrible negative forces were formed. In the same way many human beings who

were born and tried to assert their ego, went into egoistical processes and thought that they can control people, they can have their domain over all the human beings, they can overpower the whole world.... all such people form a very powerful institution in the history. Today also there are many such forces coming into existence. These forces are building and destroying every moment. They are building into our void area and then they are destroying. **These people when they come from the right side, from the right void, we call them as supra-conscious and those who come from the left side, we call them as the subra-conscious entities.** All these entities do exist as the human being are the image of God, as in the collective sub-conscious of God-Almighty and also in the supra-conscious of God-Almighty. These forces still remain till they go to hell. In the same way, in that person, in human beings also, these forces exist and they try to overpower us.

It is very remarkable that we have this Puja in Austria. Because in the geography of this world, Europe is the void and in that Austria is the one where we should have anti-negative forces built up to fight the negative forces. It is such a right place to have this Puja, and I am really thankful to all the Sahaj Yogis who have chosen this place for EKADASHA RUDRA PUJA. In the modern times, as

we see today, these forces are acting in a very subtler manner, in a manner that human beings cannot understand, and they remain in it. If you see the way we are drifting from reality, the way we are getting tempted by superficial nonsensical things, the way we have horrible diseases waiting at our doorsteps, we realise that we are standing on the verge of falling into a mire from where we may never rise, we may never come up. So we have to understand what is within us which can destroy forever these anti-development, anti-evolutionary, anti-constructive temperament of the nature. In the nature, if you see, every thing circulates in a very regular manner. For example, in the winter time the leaves have to fall down because the nitrogen of the leaves has to go into the Mother Earth to nourish the trees. Moreover, the Mother Earth must get the Sun's rays. So there should be no leaves and the Sun's rays can penetrate into the Mother Earth to nourish her. Then the trees when they are nourished they again become green and lush so that they receive the Sun's light and make chlorophyll out of them. Also they suck the water from the Mother Earth and throw them in the atmosphere to act as catalyst for the rain to come. Then the rain comes during the rainy season, then again nourished with water they lose all their leaves and whole circle goes on in a beautiful manner. There is no reversion, it is just a continuous circle

going in a beautiful manner to create and recreate. But with the interference of man nature gets disturbed. Also you can enhance the nature. You can save the nature's destruction, which could be natural also. But when you get your realisation, then with your vibrations you can save all natural things that are decaying under the modern influence.

So, first of all we see the effect of realisation. How it acts as EKADASHA RUDRA? It destroys the negative forces which are trying to destroy the nature. **One day, I am sure, you all will evolve to such a state that even your glance is sufficient to make the trees grow, to make the fruits sweet, to make the flowers fragrant. That is possible because our growth is showing results.** Slowly, slowly, it is showing results because you should not be stunned, you should not be shocked, so that you can see for yourself that what you are and what you are achieving.

But to allow this force within us to grow, first of all we should be very introspective. We should try to see ourselves what is happening to us. We must watch our steps. Are we moving towards our construction or towards our destruction? What are we doing? This EKADASHA RUDRA force, which is within us is so powerful, is so very powerful that, not only in nature but also in human beings, it acts. It acts in a way

that you are shocked and surprised. There is a gentleman whom I have given realisation is very dedicated but he is not in a place where he can come to Sahaj Yoga and some people tried to trouble him very much and he told me that these all met with an accident and all of them are now lying in the hospital. So, I said, I did not do anything. By their own doings they have crossed the limits, and if you cross the limits of goodness, naturally you do something, what we call as evil. And if you fall into the ditches of evil, you have to suffer. But also it acts on Sahaj Yogis. I have known of Sahaj Yogi, who tried to be little funny about money. I did not think that he should be punished, I never thought of such thing that he should be punished, really. But they acted, his own forces acted against him and he got so sick, so very sick that in my presence he used to just shake like a dried leaf. I never even told him that I know what you are doing!

In Sahaj Yoga, when you enter, you have to know that slowly and steadily you are climbing up a very steep road. Because it has to be very quick, so the rise is very steep and when you are climbing up that rise you have to know, if you don't go further you will slip down, but if you move side ways, you will fall down. You may say that Mother we are moving sideways, so there is a movement. Because of falling down also one may feel the movement.

That is the movement of destruction. **So you must have proper discretion about yourself. Are we ascending or descending? Are we losing our steps? Are we going higher in our steps?** Sometimes we do not realise that we are amidst the worst possible negativity in the history of this universe. In the olden times, there would be only one **Rakshasa** at a time, one had to deal with. It was so easy to deal with one Rakshasa, but to deal with so many of them already needs lot of work. But the worst part about it is that in the modern times these Rakshasa have entered into the brains of people. Because of their teachings, because of their illusions people have accepted them. And these people are my children. They are seekers. They are Seekers of Truth. It's like people using children for a ransom. They put the children before me and I don't know what to do! If I try to kill the devils, then the children are in front. So which is the best way to destroy, in modern times? Of course they can be killed, they can die but how, I am to save the people whom they have polluted, whom they have wronged? It is a very-very difficult and very delicate work. For that the only way is to bring them to a point where they get completely exposed. They are debased and the whole world knows who are they, how they look like. So instead of fighting them from outside or just asking Yama to kill them, the best is to make their own being

caught into the web of Ekadasha Rudra so that they are exposed to people by their misdeeds. That is the advantage, I should say, a part, of the ugly game of falsehood. Falsehood always gets exposed. You can see writ large on their faces; Their hypocrisy, their evil intentions and their satanic schemes.

As I said that the modern times are the worst for these attacks. We have to be more alert, more aware, more understanding. As the matter is, you all are very well equipped, but we all the time forget that we have got our vibrations, that we have got a new awareness of vibrations, we have got vibratory awareness. This vibratory awareness is a kind of a messenger which is absolute, which communicates and which tells us what is wrong with others and what is wrong with us. But if you start taking your decisions through your mental, emotional enterprises, then be sure that you will be misguided, because all these endeavours are one sided. Like a mental projection goes like this in a linear way, falls upon you. And also an emotional one does the same. Even the physical is just the same. But when you start seeing through the vibrations what do you do is to ask your spirit to communicate to you and the spirit is the absolute knowledge. So you do not succumb to your conditioning nor to your ego or to any other training or to any other Guru but yourself. **So it is very**

important for all of you to understand that we are not going to take any decision on our mental level but on our vibrations. Many a people think that if I say something about someone, may be, because they have reported it to me. But supposing if I am the source of all the vibrations, what is there for me to get reported? Why should anybody report to me? If they want to report they may but I know what exactly is the situation. Once in Rahuri I was waiting in the guest house and about five six professors came on their bikes. They came and told me, 'Mother we have come to warn you about a particular gentle man'. I said, who is this gentleman? They gave the name of this gentleman. They said you have to be very careful, he is a politician. I said alright, that's all you know about him? They said, yes. So you have to be very careful. I said, now I will tell you about him that this man has not married his wife. She is the wife of somebody else, and he has eloped with this woman. And the child is his. But this lady was raped by him. That is how he got this child. When I started telling them, they all started raising their eyebrows and opening their eyes. They said, 'Mother how do you know? I said you go and find out, whatever I am saying is true or not? They were completely stunned, went back and then reported to me that 'Mother it is surprising that what you said was the truth'. **So on vibrations you can**

know everything. But those who try to decide things without vibrations can make mistakes, till you reach the stage where you don't have to spread your hands, just you will know. But to go to that stage, you have first to surrender your discretion to vibrations. Now some people don't have proper vibrations. May be their Vishudhhis are bad. They should take proper care of their Vishudhhis. If they don't have some physical problems on their Vishudhhis they can feel it within themselves as to what chakras are catching, what is happening to this gentleman? Normally, because we are in the modern times, the people who are possessed appear more beautiful than the people who are not possessed. Once we had a lady who came to our programme, she was completely possessed, thin like a beanstalk, absolutely. And everybody, that was the beginning of the Sahaj Yoga, felt that what a beautiful woman has come! I told them 'keep her out of the hall for the time being'. They could not understand. Then she got cured and she looked very different now. To me she is very beautiful. The beauty that was seen at that time must be the camouflage of the negativity that people saw. Like as you see these Cinema actresses, cinema actors and some of the clowns, who move as Presidents, this that, you can see it writ large on their faces, how horried they are! Unless and until you

yourself are of that level and sincere, you won't be able to make it out.

Today what we are doing is to awaken within us this Ekadasha Rudra force which will help you to fight your own negativity and fight the negativity of the whole world. Now we have so many hands, so many people with different, what we call them, Aayudhas, means the weapons. All these weapons are with you. They are within you. And you can definitely use them. But first you must know what weapons you are having and how to use them. There is so much blind faith, there are so much of wrong ideas, so much of organisational fortresses they have built, all kinds of nonsensical things are going on in this world. But they will all be finished. Nobody will know anything about them except that they might know as some villainous creatures on this earth. Ultimately the living force will exist. We have to know that we know the Living Force and we have to be very sure about it and we have to be very proud about it that we know what is the Living Force. Then this Ekadasha Rudra within us becomes very strong. **Anybody who tries to trouble you will have a nice punch. Any organisation which tries to subdue Sahaj Yoga or in any way harm it, will have a nice time.** Like you know I went to Moffkan show and he misbehaved. Next week that show was closed down, no more. In India there was a newspaper which tried

to make a funny article out of me, that newspaper was closed down for months together. Just it happens. I don't say anything of this kind. But the way things happen is very surprising. How this Ekadasha is now active! Also the most significant thing is that this Ekadasha is going to act only in Kaliyuga, in these modern times. Earlier it was not going to act because there was hardly one guru, who is today a guru must have been in a satan last time. Only one horrible Rakshas there. So it was very easy to kill him. To kill Kansa it took no time for Shri Krishna. or to kill Ravana, it took no time for Shri Rama. And once they have killed the whole thing becomes cleansed out. But here they are like mosquitoes, so many of them, one after another. There is no end to it. And they have entered also into the being of human beings giving them diseases and all kinds of problems and tortures. So the problem is much more deeper and very very complicated.

That is what Ekadasha Rudra which has got eleven destroying powers. We say that there are ten forces or directions, you can say, and this is the eleventh. So ten from outside and one from inside. **All these eleven forces can act on to anyone who tries to hamper the progress of Sahaj Yoga, or who acts against it, against me or against you people. Anybody who tries to trouble you it will act.** On the physical

level it appears on your forehead. The Ekadasha Rudra shows on your forehead and you get a swelling over here. Some people you must have seen a curve here and a huge big thing coming up. Mostly the cancer patients, if you seen them, they have from left it rises to the right side, quite a lot, a bump there on the right hand side. And there are some who have got on the left hand side. So from the left hand it rises, goes to the right side and the one which rises from the right side, goes to the left side. So the more dangerous ones are which go to the right side, because they are the ones who are very sly, which we cannot see, which are hiding, which can harm you very much.

So all these horrible things that are acting today can be completely destroyed if we develop our Ekadasha Rudra within ourselves. They are not so powerful. One Sahaj Yogi can kill thousands of them, while they cannot harm even one Sahaj Yogi. So they are really powerless before you. They have no way of torturing you. In case you are a powerful person they will all disappear, and disappear forever. And remember, once there were three Sahaj Yogis in India, who used to go by a particular road in a village. So one lady got possessed and she started doing ho-ho-ho, like that. So they said why are you there? She said, we are here in this lady to tell you that please tell these three Sahaj Yogis

not to go by those roads. Because now we have run away from all the villages and we are just residing in that area. If the Sahaj Yogis go through that also the whole night, we will be jumping around. So better ask these three Sahaj Yogis not to come that way, so that at least we have some place to reside. These are, as I told you, all gone out of the circulation of evolution. So these are dead, dead people. And these dead people can, in their subtle bodies, enter into us and form entities. Those entities can grab us and can possess us. Such possessed people look quite normal. As I was saying today, homosexuality, oversexuality, no sexuality, then we can say, no aesthetics or too much of artistic tendencies; then we can say, too much of eating and hunger or eating nothing at all, fasting, then not afraid of anyone. What is wrong? For everything what is wrong? Not afraid of God or afraid of even an ant. Then there are people who feel guilty all the time or those who make others feel guilty as if the other person is good for nothing. Plus we have- an other kind who are very very cruel that they can enter into people, can make their own slaves, can work out anything, horrible wars by their own talkings, and their are others who subjugate themselves to these evil people and accept their dominance and try to destroy other people in the glory of these dominating personalities.

Then comes the area of Sahaj Yoga where nobody can enter. You are perfectly happy there. Ekadasha Rudra is standing around you, on your forehead to look after that area. They are watching, they are guards. Nobody can harm you. You are very nicely settled down there in the Sahasrara. And nothing can touch you, nothing can even bring a slur on you. They are very alert and they have many facets. Each deity has many facets and all these facets are all the time throwing light in that area so that there is no intruder to enter in it. This is what you have got within yourself. And when anybody tries to enter into this area of Sahasrara, immediately they act and can harm that man to such an extent that you are yourself amazed and you don't know how it has happened! But to develop this force we have to meditate with sincerity, with understanding, not just to first sit before the photograph and

say 'Mother I, surrender myself to you, this, that. Sincerely, because the deities know who is sincere, who is in it, who is the one who is really trying to rise and ascend. It is a struggle in a way, it is a struggle but it is not a struggle which will not bring any fruits. Otherwise all other struggles give you no fruits. But this struggle is so simple, and so already explained and worked out that you don't have to worry too much.

So today we have to invite all these forces of Ekadasha Rudra to destroy the negativity in this Kaliyuga, completely. Also to pray if there is any negativity within us it should be destroyed. If there is any negativity against Sahaj Yoga it should be destroyed. Any where in our character or in our understanding, if there is any negativity, it should be destroyed. This is today's message for you on Ekadasha Rudra.

May God Bless You

Message of Sir C.P. Srivastava

18 November 2000, Pratishtan, Pune

If we look around us we find that everybody is quarelling in the name of religion. It is happening in India as well as the whole world. Most of the countries in the world are currently facing the problems of division.... fighting in the name of religion, racialism, casteism etc. What is this? Are we fighting in the name of God? How many of these know what is God? Every religion has its own definition of God and people of these religions fight for what they call their God is the supreme. Can there be different definitions for one and the only God? We all are replica of God as he created us, and does not want us to fight with each other. We should respect God. All the religions are guiding us on wrong path, and the genuine religion (which is within us) is missing. Religions are becoming rituals. I can give an instance of this. I was travelling with a Turkish ambassador and he took me to a beautiful Mosque. I saw people gathering for the prayer. So I asked him, " Can I offer prayer?" He asked whether I am a Muslim? I said, "No". He said, "No" So I was amazed but I did not argue. So this shows how we have been misguided!

As we all know future is of youth. In this modern era by all functionaries of society that is politicians, media, mafia, fashion barons and so on. Now it is up



to the youth to take up the mission of transformation of society. This transformation has to come from inside which is the message of Shri Mataji and also mine. If youth doesn't take-up this mission of spreading the message of Sahaja Yoga then future is very bleak. All youth should take-up this job of transformation which is given to us by Shri Mataji.

Sahajayogi youth is different from normal people because their inner power is enlightened. They are guided by Divine power and hence they are always on the right path. Other people will be impressed by such youth.

We all should adopt good qualities like ethics, purity, honesty, helpfulness, morality in our life. Sahaja Yoga is nothing but a development of all such good qualities within ourselves, promoting honesty. We all see in our society that corruption and funda-

mentalism is rapidly increasing and leading to various types of crimes. After the transformation all this will be eradicated from society.

When in 1970 Shri Mataji started Sahaja Yoga, I was amazed, as I was also trying to transform my surroundings.

It was so difficult. But working single handedly all over the world, She has transformed so many people and now you all are her messengers. So all of you must take up the responsibility of transforming human beings. It is the need of the time.

My best wishes to all of you.



Bhumi Puja

7 April 2000, Greater Noida



I bow to you all the seekers of truth. I never expected that you will come in such a big number and understand the importance of this work. Once we were going for a Sahaj Yoga programme, we were passing through the place known as Daulta Bad. By chance our car developed some problem. It stopped. When I got down, I saw there were many women, more than one hundred, standing there with their children. The number of children was many times more than the women. These women were taking water from a leaking tap, wearing tattered clothes, with covered heads they were there in that scorching heat. I couldn't understand as to what was happening! I asked them, "what are you doing here? Why did you come here?" They replied, we are all Muslim ladies, our husbands have divorced us. These are our children. The amount of Mehar,

which we got from our husbands, was so small that it was not enough even to pull on for a month. Here we have got employment. We break stones to small pieces to earn our livelihood. But where do you live? They indicated towards a building. There were few clothes hanging and a dilapidated house which could not be called a house. They said we all live in it. Tears rolled down my eyes. I sat there on a stone and started crying. A question rose in my mind that despite the rich culture and purity of our country, and despite the fact that the women of this country hold their character in high esteem, why the condition of our country is so miserable? The another thought that came to my mind was, if the mothers are so miserable, what will be the condition of the children? How could they rear up their children and educate them?

There a thought came to me that there should be some organisation which could support this sort of destitute and neglected women and give them some help and support. It happened many-many years ago. I was too much absorbed in Sahaj Yoga work. My inlaws belong to Uttar Pradesh. There, I saw, there is no respect of women. No one listens to them. Women are dominated. Only dominating women could be heard of, but the simple women are dominated in every way. No one bothers for them, whatever their condition. If some women dies in young age, the husbands are invited to remarry. I was aghast to see all this because condition of women in Maharashtra is not like this. In Uttar Pradesh the husband of a woman dies, the society forces her to remain a widow throughout the life.

So this was my experience with those labourer women. So I thought that first of all such an organisation should be started in Uttar Pradesh and it is very heartening that we are starting an organisation in Uttar Pradesh. It is my desire that these destitute and needy women should be given such training that they become self dependent and could rear up their children nicely. They should command respect. But only this organisation is not sufficient. This is at a very low level. Goal will be achieved only when women are given proper place in the society, when the men realize their

duty towards the women and their daughters. Life of the women is one sided. It should be changed. Men should look after their family, children, wife, mother with real love and understanding. So many of you are sitting here. If you all take a pledge to respect the women, then a lot would be achieved. Men never get widower but if a woman becomes widow her condition becomes miserable. One woman tells it to the other one that it was your hard luck. Not only this much, they say, "you have devoured your husband". I have heard myself saying them like this! May be that that is the reason that women of olden times used to become Satis. The worst happens if a widowed girl is charming.

So first of all I said that if any widow comes to Sahaj Yoga, she should get married, But who is going to marry a widow in our Country? If at all some one gets ready to marry a widow, he will keep on humiliating her. Manhood, they think makes them superior beings! They do not know that they have taken the road to hell. This is nothing but wickedness. This sort of behaviour is depravity. To behave in this manner with one's wife, who provides all comforts to you, is against our culture. It is written in the Indians scriptures 'यत्र नार्या पूज्यन्ते तत्र रमन्ते देवता'. Gods reside where women are worshipped. But women have also to be worthy of worship. The woman of our country is in a miserable condition

today. That is the reason that there could be no good government in the country. These are the days of Navratri but all the Goddesses are unhappy. No blessings could come from them. Without respecting your wife and without taking good care of her, none of the Goddesses, including, Goddess Laxmi, would bless us. This is the cause of all distress in our country. If this tendency is overcome, then I think all the problems could be solved because the blessing of Shri Lakshmi comes when we respect the woman. Those who do not respect the Gruha Lakshmi, how do they deserve to be benefitted by the blessings of Goddess Lakshmi? I happened to see a Video Tape in which they showed the widows living in the temples of Vrindavana and Gokul. Poor lord Krishna might be concerned with the miserable state of these widows! Their condition is so miserable. They are exploited to such an extent that through out the day they are made to sing in the temples and only one Rupee is paid to them every day. The people there misuse them in every way. Even such a film did not prick the conscience of anyone!

There, there are five lakh such widows. No one thought that we are earning so much money, why not to do something for the benevolence of these women? Why not to start some project for them? It appears that men have lost all their sensitivity. No one thought of

their benevolence. A lot was shown in this film. I said, "there is no use of showing such films and the lady who came to show this film was motivated by the desire to defame the organisers. They have got enough publicity. If they have so much of money then why do not they construct nice Ashrams for these women. The existing Ashrams, which are very few in numbers, are not managed properly. So why not to have such Ashrams where these women are looked after in a nice way. Fed up from such a life, many of them commit suicide. In our society it is compulsory for a woman to get married and if the husband dies than there is no end of her miseries. It becomes difficult for her to live. She is surrounded by all sorts of troubles. Not that they are immoral. In foreign countries a widowed woman finds out another husband or takes up some business. Moral standards in our country are so high that thirty two thousand women obliterated themselves to protect their chastity and respect. What is the way then left for the women of this country? They cannot live with respect. Such a miserable state is there that I think that if at all one gets such disease and live in the hospital, some arrangement could be made for a diseased person. But how could you remove the pain of such women? Such a distress but no sympathy! Seeing a widow was considered to be ominous. Ritualistic people do not eat food cooked

by a widow. Our society is unaware of the fact that our scriptures do not allow such things. After the death of Ravana, Shri Rama married Mandodari, the wife of Ravana, to Vibhishna. But people say that Shri Rama was alright, yet widows cannot marry. Just imagine your own mother, sister or daughter in such a miserable condition! May God save from such a society! It is better not to have such a society and if at all some society is made everyone should have the right to live peacefully in it. So I would like that all those who have troubled women in the house or outside should transform themselves. They should realise their guilt of troubling a poor and helpless woman. Those, who have distressed their wives or daughters are also criminals. I cannot tell what punishment they will be subjected to. Now there will be dawn of Satya Yuga. It is necessary for everyone to adhere to Dharma to the path of righteousness. Essence of Dharma is love. Those who cannot love their wives, whom else they could love? One who could not love one's daughter how could he love anyone else? Her fault is only this much that she is a woman, Had there been no woman in the world, where would have been your mother and how could you take birth? Deep sensitivity towards this fact should arise. Maharashtra was also affected by this evil custom. However great men like Tilak, Gokhle, and Ramdev challenged this custom. They themselves married

widows and brought awakening against this custom. They brought many reforms. In Pune, education for women is free of charge. They do not have to pay even a single penny up to graduation. Much reforms are needed in this part of the country because condition here is much more miserable. People should be awakened to this problem. On the contrary, if the woman is dominating, she rules the family. Many women have learnt to dominate but there is no use of it. Women should absorb every thing because their powers are that of Mother Earth. One should awaken one's powers, use them for creative purposes, and live with self respect. Mere talking about it will not achieve anything. It should be thoroughly understood that this is a sin and it should not be allowed to happen. Only then there could be transformation in our country. Everyone, whether a Sahaj Yogi or non Sahaj Yogi, has the duty to protect the women being beaten in the neighbourhood. If some drunkard is creating nuisance than he should be checked. It is your social obligation. Until such an awakening takes place in you, this work could not be done.

There are some women who are so selfrespecting that they forbear everything. If you tell any widow to get remarried, she will be aghast. We had a Sahaj Yogini. She was very beautiful and had three children. Eldest son was 15-16 years old. Where-ever she went for

employment, some man or the other was mad after her. This is the tendency. People do not run after their own wives. They are attracted to other women and if the woman happens to be a widow nothing like that! Very carefully I asked her that the solution to your problem is that you get remarried. Immediately she fainted, "Shri Mataji why did you say such a thing? For what fault of mine you ordered this severe punishment?" It is no punishment at all. Such a conditioning in woman is the gift of the society. Once widowed, widowed. You cannot remarry. Nothing doing! Who will make them understand? Then I asked her son to talk to her and bring her round. She was beautiful in appearance and a widow. How could she live in a man dominated society? After once year she came round because by then she was badly caught in problems. She could realise that Mother is right. Then I married her to one American. All her children were nicely brought up and settled. Widowed women, some times, go a begging but shall not remarry. God has not commanded to do like that, nor is it written in any of the scriptures. These things are made to exploit the women. We do not believe in widowhood. What is widowhood? If the husband is dead, he is dead. Do not put his stamp on your forehead. Either both husband and wife die together otherwise the life of the woman is miserable. It is not destiny. Had it been Dharma, that couple would

have died together. But it is not the case. Women have suffered a lot on this account. Now you have absolutely no need to suffer.

Such women could be hot-tempered and quarrel-some. They start politics in the family. Such women could not be nice. They are always distressed and disturbed. So we have started this organisation on a small level. In it we shall endeavour to train such women so that they become self sufficient and live with self-respect. If they are young widows then we shall marry them to suitable men. If Indians are not willing to marry them then I will send them to America. That will be the best way. Indian men think too much of themselves. This ego should go. I always say that men need to be reformed not the women. What are they so much proud of? What do you think of yourselves? Just now someone was telling, if a man is an I.A.S. he is the greatest son-in-law. I said, what is there in an I.A.S? Always hand to mouth. I know it well that if they are honest, their income is not much. They suffer if they are honest or dishonest. Yet women prefer I.A.S. I am unable to understand as to how men think very great of them if they become I.A.S.! Anything could spoil the brains of the people, specially in India, and they start flying in the air. What ever atrocities they may commit after-wards, they regard it as their right. Followers of Jain Dharma

preach to protect mosquitoes and bed-bugs. They do not kill these parasites but they find no harm in beating their wives. She is your wife, she has not come to be beaten! If she opposes then how could she be a wife? The cause of this condition, this low level in our people is that our internal values are disappearing. In olden times grain - parchers used to beat their wives in our country. But now, I have seen, everyone beats one's wife and they are not ashamed of it. There is no pity left in them. In other matters they behave nicely but in this aspect they are absolutely shameless. They will not hesitate to scold their wives publically. Their conscience is not pricked. Is it the education that they receive in the family to behave like that? So I have decided to work hard for this organisation and ameliorate the condition of such women. The number of women in our country is more than 65%. If such a big and significant part of the population is made power-less than what is going to be the condition of the country? Your country is fully crippled. Big-big lectures, showing of films and plays will not achieve anything. You have to work it out. In one's own life, in the life of the society, some people have to show by their deeds that they are really reformists. Leave all the stupidities. It is all useless. People are conditioned in such a way that they are unable to get rid of their wickedness, and women are conditioned

in such a way that they go on forebearing everything. No one is bothered about the consequences. Children are being misled. They take to stealing and all other wickedness. How has it happened? Because the institution of family has broken, the society has become insignificant. So family system is very significant because certain families form a society and societies make a country. Now it is the people, who talk of the country but the family is disappearing. The family could live with honour, selfrespect and the love for the country only when the women in the family are respectable, when they are given due respect. We have to understand this point thoroughly. In Maharashtra also, we have some social system which exploit the daughter- in-laws. But all this will change. If they do not change, the children will beat the father. Then their brain will be set right. Human beings have so much ego in them. What is this ego about? What have you achieved to be so proud of?

Now it is pious duty of all of us to help this organisation, not only with money but also in bringing it up. The most important is to find out such destitute women, who could be sheltered there. We do not know where shall we get such women. If anyone of you knows about such destitute, troubled, helpless women and widows, who are suffering all these, they should bring them to this

organisation. They were telling that so far they have only hundred such women in the list. But this is very small number. Poor, downtrodden and helpless women could be brought about and helped. Only in our country the institution of family is continuing. In other countries family has broken. Women are responsible for it, not men. It is the Indian women who have supported the country. Otherwise things would have been very different. You must understand that if excesses are committed on the women then they will revolt. It will be harmful. It is the death of the love and affection which is harmful. Wisely protect your women and daughters. Look after them and love them. They should be aware of your love. Your love will not spoil them. Until the man is weak, women could never dominate him. But she should not be so much suppressed that the growth of the children gets affected. Now a days children do not respect their mothers. They are shy of touching the feet of their mothers. If the fathers have no time to look after them then children are bound to get astray. The news that we read in papers everyday is because the family system is falling. It must be kept in proper shape. This is the warp and woof of our society. Because of this you are sitting here today. If you want to evolve then you have to remember that respect of women and transformation of people should be your coveted goal. It is my intimate desire. I always give you my blessings, but you have to share these

blessings with other people. We have to integrate people. If you are unable to integrate one family, how are you going to integrate the whole world? All of us should live with love. Now you have become Sahaj Yogis. This is a great achievement. This is the path of knowledge. You know what is love and how to share it, how to pass it on. We will be astonished that the whole society will be transformed. We do not have to be like foreigners. Not at all. Their women go to courts. In America women marry seven-eight times and grab the riches of the husbands. We do not want all this. What do we desire? We desire love with each other and beautiful children. If it is achieved the whole society and the whole country will benefit. There is no need to go to courts and fight. If this is in the benefit of all then why not to take to it. We have to be very wise.

Many Sahaj Yogis are sitting here. I am telling something new for them. **If you are Sahaja Yogis than it should be expressed in your behaviour.** Every one should know that you are Sahaj Yogis. We should know that a person is either a Sahaj Yogi or a Non Sahaj Yogi. We should know the art of integrating all. With this Sahaj nature you should conquer the whole world. Register in your heart what I have said. This is my vision. You people could fulfil and relieve me of my heartache.

May God bless you

Public Programme, Delhi

25 March 2000, Ramlila Ground

So far we did not know that we have not yet achieved absolute truth. Commands of intellect, we accepted as Truth. Gradually the brain led us to a state where we started justifying all our deeds. We started running after the material gains. Human connections with truth were severed and human beings fell into the unknown abyss. Now people are surprised as to how has it happened? Why such a situation arose? Why did man shift from wisdom to wickedness? Wickedness took the place of wisdom. This wickedness benefited neither the individual nor any one else. Some times we are alarmed to see the developments around. Every where there is blood shed and violence. Even the small children are not spared. Many such perversions awakened in us. About them, I can only say that there is extreme kaliyuga. There should be some limit of this kaliyuga. Even the scriptures have not described that this age is going to be so terrible. Scriptures made just a mention of it. It's written that in this age people will have their meals in the utensils of iron instead of brass. Many such formal things have been referred to. But the scene before us is horrible and moving. We could only say that human beings failed to have the right path and so went astray. In search of comforts, man ran after the luxuries,



but comforts remained a mirage and thus he sank in deep darkness. Man doesn't know that his deeds are evil and that he has to suffer as a result. Such things have developed so much that one doesn't understand what is going to be the fate of this world.

There are many problems in our country and other countries as well. It is improper to think that the people of other countries are right. They are also searching, and endeavouring to achieve the state of humanity. But man was awfully disappointed and fell in to the ditch of disappointment. He finds no way out. Thinks that every thing will go on like that. No one has solution for these maladies.

In such a state we should remember that saints and seers have asked to "Search within". Solutions to all the problems are within us. Kabir Sahib said, "Kahe Re Ban Khojan Jai, Sada Niwasi, Sada Ananta, Tohe Sang Smai". What

are you searching in the forest? The eternal one resides within you, He is always with you. Who is this eternal one about which the saints of the world talked? All the Dharmas told about it, Religion was misinterpreted in such a way that it created confusion and people forgot the reality that they have to search within. Our soul resides within us. It is fully alive in every being. This Atma is the reflection of the Almighty God (परमात्मा) in our heart. All the saints talked about it. But people say that, 'Mother we have not known any such thing'. Now the time has come for you to know about your soul and how to experience it. The 'Atma' within us is witnessing everything. We have neglected it to such an extent that now it does not warn us against our misdeeds. We have changed our wisdom into wickedness and are unable to see our misdeeds. We go on committing all sorts of wrong things and justify ourselves. That is how the sense of discretion (सत् सत् विवेक बुद्धि) becomes inoperative.

Now we have to know as to how to achieve the spirit. For this, arrangement has been made in our body. We need not search it outside. Kundalini, the sacred power is placed in your triangular bone called Sacrum. When it is awakened, it pierces six plexuses and gets united to All Pervading Power of Divine Love. It is described in our scriptures. Many saints from our country

went to other countries. I think Machhindra Nath and Gorakh Nath also went to many countries. Bolivian people know about them. They know the names of the chakras and also they know about kundalini. I have seen, in the ancient paintings of the Russia, they have painted plexuses. If you travel a little in this country then you will be surprised that how and from where have they known about it! Decidedly some of our saints might have gone there and told about every thing. In India also they told and wrote about Kundalini, that it resides within you. Nath Panthis avoided to tell about it because they were afraid of this power being misused by the people. Many, so called saints who read about it have spread misconceptions about it and made it a source of making money. Our ancient saints might have thought that the awakening is not meant for ordinary people. In twelfth century, saint Gyaneshwara sought permission from his Guru to write about Kundalini in his book - Gyaneshwari. In the sixth chapter of Gyaneshwari he wrote about kundalini. Since the pandits were making money in the name of God and were not wise enough to understand it, they said to the people that the sixth chapter of Gyaneshwari is prohibited. Do not read it, it is useless, it is not meant for ordinary people. Recently I have heard a lecture of a renowned Babaji. He said, that you won't be able to understand about it, you are all worldly people not renunciants.

You always keep running after material desires, and everybody accepted what he said. Sahaja Yoga is the path of the knowledge (Gyan Marga). So you have to take to the path of knowledge and become Gyan Margis. But these so called saints misguided the people and asked them to serve their Guru and do all sorts of rituals and people accepted them as true. **To say someone that you are not detached (निवृत्त) is a disrespect to him. But the people who do not know Sanskrit Language think them (Babaji) to be right.** Attachment (प्रवृत्ति) means running after material desires. So these saints told every one to serve their Gurus, worship the idols morning till night. Do all sorts of fastings and penance (तपास). They prescribed so many rituals to the seekers that they are inextricably caught in them.

Without trying to understand the benefits of these rituals, they keep on repeating them for generations. Mohammad Sahib told very clearly that idol worship is prohibited. But Mohammad go round the black stone placed in Mecca. Why Mohammad Sahib asked them to go round this stone? On the one side he forbade idol worship and on the other asked Mohammadans to circumambulate (प्रदक्षिणा) the sacred stone. The reason for this is the stone in Mecca is Meccashwar Shiva. But how would you know the truth about it? How would you know about the swayambhu (स्वयम्भू) idols. You do not know. How to

differentiate? When the kundalini is awakened, it pierces six plexuses and gets connected to the All Pervading Power of Divine Love, then Divine cool vibrations start flowing from your hands. Then your hands tell what is truth and what is untruth? Such a beautiful arrangement has already been made in us. There is no need to make any arrangement. Now your hands reveal every thing. Mohammad Sahib said that at the time of 'Kiyama' your hands will speak. The time of Kiyama has come. Now get it. If some one reads some thing, hands will speak and reveal what is truth and what is untruth. What is good and what is bad. If someone says, "what is there in Mecca, stretch your hands towards Mecca and see for yourself". All the Sahaj Yogis could feel the chaitanya and differentiate between the truth and untruth. Such a beautiful arrangement has been made.

The whole subtle system is installed with in us. When you achieve this state of self realization then you automatically get rid of all the negativities. Your six enemies, anger, lust, attachment, ego, jealousy and greed (क्रोध, काम, मोह, मद, मत्सर, लोभ) runaway from you. When we conducted first public programme in England, six drug addicts came to the programme. We were astonished that they were relieved of their drug addiction the second day. It was really astonishing. They said, these drugs are useless, we

do not like the drugs now. They were fully transformed people. Today they are beautiful Sahaj Yogis working for the spreading of Sahaj Yoga. You have to achieve this thing. Know your spirit. Arrangements have been made in us to achieve this Divine Knowledge. Or we can say that this machine is installed with in us. When it becomes operative then you experience many miracles about yourself. All the drunkards, who came to Sahaj Yoga have said adieu to Alcohol. Wicked people have left their wickedness.

I went to Taliyati, there a Mafia Don accepted Sahaj Yoga. I asked how has he accepted Sahaj Yoga? They said, Shri Mataji, he wants to meet you." He came. He was so humble! He said, "Shri Mataji I have committed many crimes. Could I be forgiven?" I said, "You are forgiven". That is the thing of the past. Today I am talking to you in the present. Now in the present, what are you? You have to see how much you have been transformed. The way he has done was really astonishing. How could this Mafia Don get so much transformed? This happened. No lecture was given to him nor was he made to understand something. This is a happening and it was to happen in Kaliyuga, because in kaliyuga people will be transformed. After transformation one becomes so beautiful and pure.

Today this world needs this transformation very badly. To bring about

this transformation I think, is the duty of all the Sahaj Yogis. I did my best. Worked very hard, went to so many countries of the world. Now it is the duty of all the Sahaj Yogis to tell everyone about Sahaj Yoga and get them transformed. Many people have gone astray in the name of God Almighty and in the name of Dharma. When you give them Self Realisation, they will be enlightened. If the connection of all these lights burning here is severed with the mains then could they give light? In the case of human beings it is the same. We have to be connected to this great power, which has always been eternal truth. It existed in the past and exists today.

When your attention gets enlightened you become an enlightened person. Such a person works for the benevolence of the whole world. If the human beings are transformed, all the problems will be solved. Man is the root cause of all the problems. With his transformation all the problems, all the difficulties will go away. So we should try to give Realisation to more and more people. After awakening, I have seen, there is no quarrel, no turmoils, any country they may belong to, there is no quarrelling, no fight. They meet each other with open heart. It is the great ocean of joy. Sahaj Yogis enjoy being together. It is the tradition of our country that together we should live like brothers and help each other in every way. This is our culture.

Strange things happened. This country was divided in many parts. Still there are many disputes in the country. People are quarrelling everywhere. On one issue or the other people are ready to grapple with each other, and groups are formed for this purpose. It is inhuman. Even animals do not behave like that. Human beings should not be like that.

Human being is the best of Divine creations. God Almighty has made such a beautiful arrangement in us to get our awakening. We do not have to spend any thing for it. One gentlemen said to me, "I will pay you Rupees one Lakhs if you awaken my kundalini." I replied, "I am willing to pay you Rupees Two Lakh for keeping silent." **Kundalini knows no money. It is a divine power with in you. It could be awakened if you have the pure desire. It could not be forced upon you. It could be worked out only if you have the pure desire. No other desire is pure.** Had it been pure, the shape of the modern economy would have been altogether different. With great difficulty you construct a house. But you are not contented. You wish to have a motor. But this also cannot give you contentment. None of the material objects give us contentment. Had the desire for this object been pure then they would have satisfied you. Self realisation is the only pure desire. The spirit resides in your attention. The light of the spirit

will give you joy and peace. It will enlighten you in everyway and it will make you collective. You will become collectively conscious.

We think ourselves to be seperate entities. They are such and such, and we are such and such. In the eyes of God human beings are one, under His protection, It is just mental exercise that we are superior, they are inferior, this and that. It is purely mental exercise. One gentleman came to meet me. He was Chief of Ivory Coast. He was so humble that I was surprised. With great humility he said, "Shri Mataji, Please make all my countrymen Sahaj Yogis." I said alright, you could do it yourself. He told, I am in a state of joy. He had divorced three wives. Now he was ashamed of it. "What is my life? Why have I designed it like that? But now I am fully transformed. I am full of joy, peace and comfort." There are six hundred Sahaj Yogis there. They had taken up Muslim religion. I asked them why did you adopt Muslim religion? They replied that these French people have no morality at all. They are totaly immoral, So we thought to adopt Muslim religion so that some morality could be preserved. I said, all religions are equal in Sahaj Yoga. We do not insult any religion; no religion is higher or lower. After Sahaj Yoga you will thoroughly understand your religion and its depth. So far, you were lost. Now you can

achieve it. It's a fact that all those people for whom religions were made, are fighting in the name of religion. It is not proper. Wickedness has taken over the wisdom.

Kundalini enlightens the brain. When it passes through the Agnya Chakra, it enlightens the brain, and one could see one's mistake. One realises one's foolishness. What was I fighting about? Without knowing yourself, you can not know the truth. But people are wasting their lives, and lives of their children. The whole country will be destroyed. Many countries are being destroyed. So we have to awaken our Kundalini. It is very sacred. This Kundalini is your individual Mother. She is your own Mother. Irrespective of the number of children, you are the sons and daughters of Kundalini. She knows every thing about you. Everything is recorded on it. What is your desire, what were you, what are your defects and what is the problem in your body? She knows everything. Taking care of all the problems, your Mother Kundalini rises without giving even the slightest trouble to you. Because She is your Mother. When you were born, your Mother withstood all the pain, you suffered no pains at all. Similarly Kundalini is your Mother, and while giving you your rebirth it gives you no pain. You are lifted so high that you are surprised to know that you are like that. All this wealth was innate in you,

and you did not know about it! She is with you in every way. These chakras work on physical, mental, intellectual and spiritual levels and it is worked out in every way. There is absolutely no doubt that after coming to Sahaj Yoga, your health is improved, every thing is improved. Not only that; by the grace of goddess Lakshmi your monetary condition also improves.

Those people who have become Sahaj Yogis in our country, they have become prosperous. Their behaviour has improved and all disputes finished. Because this power is all pervading, moves every where. It works out everything, and our lives become ideal, so ideal that people say, "what a man he is!" As it was said for the saints.

Today, so many Sahaj Yogis are sitting because Sahaj Yoga spread in most of the countries. Everywhere there was a sort of disgust and disappointment. Violence was at its height. Many people could not with-stand it and they came to Sahaj Yoga. They say that Sahaj Yoga has spread in 86 countries. No doubt I didn't go to all these countries. But wherever the seed goes it could sprout and become a plant. Similarly Sahaj Yoga spread every where. Its very surprising to see that people of these countries would come here. They go to Italy for Pujas. So far I have not been able to go to their countries. May be that

I go someday. I am surprised to see their love and harmony with each other. There was a boy in Bombay who used to say, "Mother, I do not want to live, my Mother is very bad". That boy died in the bomb blast. This news spread to all the countries and everyone was concerned about it. It was told to people that he was a saint. The authorities offered land to cremate or bury the dead body. Such letters were sent to me that I was astonished.

Recently my brother Baba Mama expired. He loved people so much that they sent so many letters and faxes, which I have not been able to go through so far. So much of love, so much of beautiful things people wrote that I am surprised, I never thought that people loved him so much. The atmosphere of love you have entered. Every one will love you and you will also love everyone. The biggest quality of Sahaj Yoga is the Power of Love. No other power could stand before it. You are in the protection of this Power of Love. You are always protected. No one can touch you because God loves you. Who dares to go against Him? Who could be hostile to Him? We have many examples where people say, "how have I changed, I do not know. How have I achieved, I do not know". You feel happy when you listen

to such things because they are all your brothers. They belong to you. It appears that the whole world will be transformed. Nice days will come. All this is happening, yet many people are still to be transformed. Transformation is very important. Human beings have fallen to a very low level. It is very easy to transform them. You have to do it. There is no other way out. But transformation of the people and kundalini awakening is the only way to achieve this goal. You need not stand in the water or sit before the fire. **Just get connected. You have to give a little of your time. Go to meditation centres and attain more depth. People do not grow because they do not go to collectivity. Without nourishing it with collective love this plant will not grow.** That is the reason Jesus Christ said, that some seeds fell on stone or in such places that they were destroyed but those seeds which fell in the fertile land, sprouted and became trees. Sahaj Yoga neither condemns nor opposes any religion. Incorporation of the quintessence of all the religion in it, is its speciality. The deep relations which are there in these religions will get established. A life full of joy and comforts is waiting for you. May you achieve it.

This is my blessing to you all.

SAHAJA YOGA MEDITATION

14 September 1990, Hammersmith Town Hall, England

So now, you will have to close your eyes. Before closing the eyes you can take out the spectacles but please don't open your eyes till I tell you. Nobody will have any problems, may be, some of you might feel the cool breeze coming out. Some will feel in their hands, some will feel out of their heads, some will feel little heat coming out.

Doesn't matter, let the heat get out, doesn't matter. It's very simple.

So, what I have to ask you is that you are entering into the kingdom of God and you have to be very pleasantly placed towards yourself. First of all, forgive yourself. Don't say it is difficult, it is the easiest thing to say. Just forgive yourself and don't feel guilty. Actually forget the past because it's finished and the future doesn't exist. You have to be in the present. So just forget about it. Some people might be feeling guilty, why I read this book, why I read that book? Forget it, done is done - finished, so have confidence, alright?



Now please put your left hand towards me and the right hand on your heart and please close your eyes. Here now, you have to ask me, like you ask a computer, a question. You may call me Shri Mataji or you can call me Mother whatever suits you. "Mother, am I the spirit?"

Ask this question three times in your heart. Now you should know if you are the spirit you

are your own Master. So please take your hand on to the left side of your body in the upper portion of your abdomen and press it hard. Here ask another fundamental question three times. "Mother, am I my own master? Ask the question - please ask three times.

I have already told you that I cannot force pure knowledge on you. I cannot force. So, now take your hand down to the lower portion of your abdomen and ask six times a question or you have to request six times because this centre has got six petals, "Mother, please give me pure knowledge". Six times, ask, this centre has got six petals. As soon as you

have asked for pure knowledge the kundalini has started moving up, you may not feel it but it is moving. So now we have to nourish our upper centres with our confidence to open them out.

So now, raise your right hand on to the upper portion of the abdomen of the left hand side, press it hard and here you have to say with full confidence "Mother, I am my own master"? Just say it with full confidence ten times because this centre has got ten petals.

Now, raise your right hand on to the heart where resides the Spirit. I have already told you that you are not this body, you are not this mind, you are not this conditioning nor your ego but you are the spirit, pure spirit. So, now raise your right hand on your heart and say with full confidence twelve times "Mother, I am the spirit". Twelve times, "Mother, I am the spirit", which you are. I have already told you about this Divine Power and this Divine power is the ocean of knowledge, is the ocean of compassion, is the ocean of blessings but above all it is the ocean of forgiveness and whatever mistakes you might commit, the power of this ocean of forgiveness can dissolve all that.

So now, raise your right hand into the corner of your neck and your shoulder as far back as possible, press it hard and push your head to your right fully. Now here you have to say with full confidence in yourself "Mother, I am not guilty at all."

I have already told you that whether you forgive or you don't forgive you don't do anything but if you don't forgive then you play into the hands of wrong people and you torture yourself. So you have to forgive everyone, in general. So raise your right hand on to your forehead and put your small finger and thumb on to temples and three fingers on your head and put down your head. This is the control of sympathetic and parasympathetic. Now, put down your head, put down fully. Now here please say it is very important. If you don't forgive I can't forgive for you. You won't get your realisation because this centre is a centre which is very very tight one. So you have to forgive everyone, in general, just say that, just say that "Mother, I forgive everyone" in your heart say it, in your heart not how many times; from your heart say it, from your heart, not how many times, that's not important.

Now, please take your hand on the back side of your head, push back your head fully as far as possible, hold it. Now here, you have to say for your own satisfaction without feeling guilty, without counting your mistakes you have to just say "O Divine power of love, if I have done any mistakes knowingly or unknowingly, please forgive me." "O! Divine power if I have done any mistakes knowingly or committed any wrongs knowingly or unknowingly please forgive me". You say it from your heart, not how many times, but from your heart.

Now, please stretch your hand or stretch your palm fully and put the centre of your palm on top of fontanelle bone area which was the soft bone in your childhood. Now, please bend your head as much as you can. Push back your fingers as much as you can please push back your fingers, put a good pressure on your fontanelle bone area. And now again I have to tell you, I respect your freedom, I cannot force Self-Realisation on you. So you have to ask for it in your freedom. So now, move your scalp seven times slowly, seven times slowly clockwise saying "Mother, please give me my self realisation". Now please take down your hands, slowly open your eyes, you can wear your spectacles. Put your hands up like that, watch me. Can you do it without thinking? Watch Me.

May God bless you.

I bow to all the seekers of Truth. At the very outset we have to know that truth is what it is. We cannot organise it, we cannot mould it, also we cannot know it at the stage when we are human beings, with human awareness we cannot know it. So we have to become a super human being, a higher personality. What is said that you have to be the spirit, you have to be the Self. In all the scriptures, in all the religions, it has been said that you have to be the spirit and when we see the turmoil and the problems in the world, completely show us that there is so much of a mess. And most of them are the problems created by human beings. We have to

do some introspection and some soul-searching, and we have to find out after all why! Why we human beings have created all these problems for ourselves. We have had philosophies, we had ideologies, we had so many kinds of enterprises but despite that there are so many differences, and the differences are having larger and larger gaps. If it is the Truth, it has to be the Truth for everyone, everyone has to say this is the Truth, but it has to be the Absolute Truth. If it is not the Absolute Truth then what we believe into is not the reality and this is the main reason why everything in the name of God, Divinity, everything has failed so far because it is not substantiated by reality.

First we must feel the reality and what is the reality and what is the Truth? The Truth is that you are the Spirit, you are the pure Spirit and that there is all pervading power of Divine Love which does all living work. Now we see all these beautiful flowers, beautifully arranged, everything, but we never think how so many flowers have come out of one seed? How it has worked? This living work is done by whom? We will say the Mother Earth but Mother Earth seems to be a thing which is just a matter. Then how these flowers have sprouted from a little seed? Who has done this work? We don't even think who has done the job of making us human beings from amoeba stage! So, for a hypothesis, let us think there is something, some power, that is doing it. As scientist you must keep your

minds open; there's no use having blind faith in me, in Sahaj Yoga, in anything. Because blindness will never give you reality. You should be open like scientists are, and whatever hypothesis I am putting before you, you have to feel it on your Central Nervous System. **This is what is the Bodha**, is what is Buddha preached about that you have to feel the All Pervading Power on your Central Nervous System, and the time has come, time has come for all of you to feel that. You all can feel that All-Pervading Power, the power of the Holy Ghost, the power of the Primordial Mother and then once you are in connection with that-like this instrument, when it is connected to mains it has a meaning. Your self knowledge will tell you what is the meaning of your life, otherwise there is no meaning. We are without any connections to the reality and that's why we do not know where are we drifting? What is happening to us? Where are we going?

Now, I verily say to you that within us lies this instrument, and this instrument is very well intact in all of you. Now there are some people who have written books after books, which have really shocked me, saying that it is very dangerous to raise the Kundalini, some people have said that Kundalini is in the stomach. So they are unauthorised people or perhaps they do not want you to have your Self Knowledge. They want to deviate you. Also, you will find people who will tell you that you should not do this Kundalini Awakening and all that because it is very

dangerous and this brings problems. Not at all. This Kundalini, which is in three and a half coils, is an energy of pure desire within you. All other desires rise within us and once we achieve them we still are not satisfied, we are going from one desire to another. So, the law of economics says that, 'in general desires are not satiable'. So this is the only power which has to rise and give us that Pure Desire that once we achieve it or once we manifest it, then all the desires become absolutely of no value. Then this madness of desire goes away and we understand all these transitory things, all these pleasures of life with its full limitations and we know how far to go with them. But first we must seek the eternal, we must seek this All Pervading Power which is very subtle and is all around us. But as human beings are, as you must have seen here also, on top of your head, here, on one side it is the Yellow Ego, on the left side is your Superego, is your conditionings. We have so many conditionings in our minds, to say that I am Indian, you are a British or you are this and you are that is a conditioning. God never created world like that, He created only one world, we have made it like this. This is the one world, this is another world, this is the another nation. We human beings have created problems for us. Of course, I mean He did create rivers and mountains and he did create different type of people, otherwise you all would have looked like some military junta. But no, He made us differently to look different. That was His

idea to create beauty, while we have such conditionings! From the very childhood we have conditionings of this kind! Then we think we are born in a particular religion. So that is one another horrible conditioning we have that we are in this religion so we must follow this religion. But in Sahaj Yoga when you come, you will be amazed to see that those people who started all these religions are the real people and once they started it, after some time it drifted into something extremely nonsensical. Now running away from the religion also you cannot solve the problem or running towards it just the same. So, what is that you have to go beyond all these conditionings that are there and also beyond your Ego.

Now the ideas about Ego are also prevalent and people say that these are our Karmas, we must suffer. I know of so many people who say that 'Mother, what about karmas'? Now, the yellow stuff that you see there is the Ego. It is only the human beings who think that they have done some bad karmas or good karmas. Animals don't think. They are under the complete control of God, that's why they are called as Pashus, means Pash, completely controlled. A dog is a dog, a scorpion is a scorpion, a tiger is a tiger. They behave the way they are, but human beings have everything in them. You may find somebody as a very nice dog and suddenly becomes a snake. From where does it come? It comes because still all these

conditionings that are within us are built in and then also this Ego that has come into us that I am doing this work, I am doing that work. Now, see we have a beautiful Hall of course to be appreciated very much and we should say that it is a very good piece of art or whatever it is. But something like a tree was dead so we have made this platform, from dead to dead. We have done no living work, whatsoever. We cannot do it, but when the kundalini rises. you will be surprised, in many people who have problem, on their centres, you can see with naked eyes the pulsation. Under your hand you can see the pulsation of kundalini rising and you can feel the pulsation on top of your head, here, and when the pulsation disappears you feel the cool breeze coming out of your head, out of your own head. All these things are to be verified. There cannot be pretensions about it. Reality stands by itself, it does not need any support. So, when all this happens to you, what you get is the Self Knowledge. What is the Self Knowledge? It is, first of all, to know about your own centres. Now a person gets lunatic without knowing that he is getting lunatic, a person gets cancer without knowing that he is getting cancer. Whatever happens to you, you just do not know as to what is happening to you. You have to go to doctors, spend lot of money, do everything and then the doctor certifies, now you have these ten diseases in you and that now you will die after one month or so. You don't know how it has developed in you, how it has

come suddenly to you. But when these centres are out of gear then you feel this is wrong with you, that is wrong with you. Because you are realised soul and you can feel it on your fingertips when the centres tell you that this is wrong with you. This is not only on physical side. Physical side is the minimum that you get, but you find out about emotional side, you find out about your spiritual side also, very clearly, that spiritually where are you. Just to certify yourself that we are 'twice born people' or we are this and this is misleading yourself. You have not been kind to yourself, I should say, and not honest to yourself. You have to be honest.

We have to find the Truth and we have to get to it because it is our own. This is our right to have it as human beings and you cannot pay for it. One thing if you understand that you cannot pay for it, you will understand what is reality. Like the seed that you plant in the Mother Earth, how much do you pay to the Mother Earth? How much did we pay to Christ? How much did we pay to Rama or Krishna? To anyone of them, how much did we pay? But those who have now commercialised all these ideas, we are just getting lost into it. So, we have to do little bit soul-searching and find out, where am I? I have to find the Truth and I must get to it. This is the time when the whole world has to emancipate. This is the resurrection time or we can call it this is the last judgement. But you will be judged by your own

Kundalini who is your Mother. She doesn't trouble you. When you were born, your Mother took up all the trouble, all the labour pains upon herself. She didn't trouble you. In the same way this Kundalini doesn't trouble you and She is anxiously waiting. I am myself amazed the way these days the Kundalini is rising! Of course, today we have so many people. I am sure you all will get realisation but in a place like Paris, where I never had such hopes, thousands of people getting realisation! I was amazed that time and all of them full of joy, laughing, I have never seen French women laughing that much. They never laugh normally. I was amazed that all of their cheeks were up there, upto their eyes and I said 'what's the matter!' They said, "Mother don't know from where this joy is pouring into". That's the quality of the Spirit that you start feeling so joyous and the joy doesn't have the duality of happiness and unhappiness. It's singular. You just feel it from within yourself. You enjoy yourself.

Then another quality of the Spirit is that when it comes into your attention the light of the Spirit comes into your attention. Supposing, this room is completely dark. We don't know how we relate to each other, where we are sitting. If we start walking we might tumble over other people, we may try to trample some people but if there is light, you see, you know where you are sitting, where others are sitting, what is your chair, what is their chair. So, in that light of Spirit

you develop a new awareness, a new dimension which we call as collective consciousness which is described by Hume very clearly. Hume has talked about it and that is what happens to you. It is not a false thing that O! I am collectively conscious! No It happens to you, means you can feel the chakras of another person, you can feel what's wrong with him and you know how to correct it. You get the powers, you get your own powers to raise the kundalini, to give realisation. I mean now I cannot go all over the places. Sahaj Yogis are doing this work. You all get those powers of raising the Kundalini and giving realisations to others so that they find their own Self, their own Spirit.

So, the Absolute Knowledge can be only known through self realisation because whatever you want to ask, like a computer, the answer comes. There is somebody who met me in Paris, he said, I don't believe in God. I said, "alright you ask a question to me, Mother, is there God? Stretch the hands towards me, ask the question three times. 'Mother! What's happening. The cool breeze is coming'. I said, the answer has come, there is God".

So, Absolute Knowledge is only possible when you know the Absolute

Truth, and to have the Absolute Truth you have to go to the Absolute Being within you, which is your Spirit. So, it gives you the Truth, it gives you the Collective Consciousness. The main thing is that you become extremely peaceful personality, you become peaceful, you emit peace. It's like the wheel, that the wheel at the periphery is moving fast, but in the centre of the wheel is the axis. It has to be silent, otherwise the cart won't move and you jump on to that point within yourself when you are completely peaceful with yourself, completely integrated, without any tension, without any problem. These other ideas of removing tensions, this thing that thing are all artificial and mental. It cannot be mental, it is beyond mental. When the Kundalini rises, as you see there is the centre in the optic chiasma—Agnya chakra, when it crosses that centre then these two institutions are sucked in and She passes through the limbic area and comes out of your fontanelle bone area which is the actualisation of your realisation. So now it is absolutely evident for people to see that we have to get to that stage and you have all the properties, all the possibilities, everything within yourself to get to it.

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