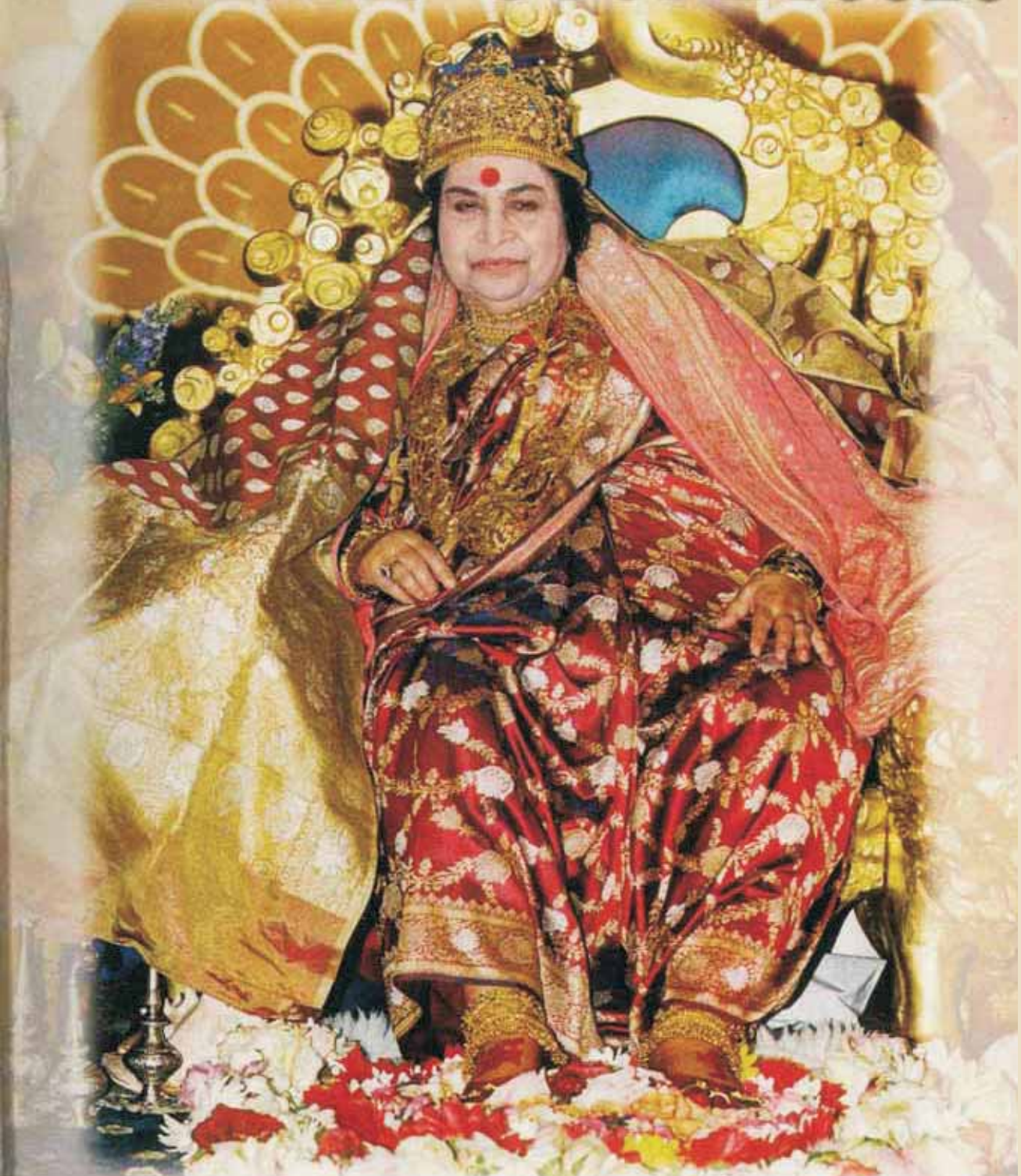


# The Divine Cool Breeze



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## PUBLIC PROGRAMME

Jawahar Lal Nehru Stadium, New Delhi, 24th March, 2003  
Pravachan of Her Holiness Mataji Shri Nirmala Devi

Your warm welcome moves my heart with joy. I do not know what to say and what not to say. I do not even know what to tell you today, on this occasion, because most of you are Sahaja Yogis. And those who are not will also be transformed, everytime it so happens. There were times when the attainment of Sahajayoga in life used to be very difficult. But now the things have changed. Now your Kundalini could be awakened very easily. Without any difficulty you could attain that state where it is said that the soul resides within you, and within you that miracle should take place which makes you familiar with your soul (Atma). This state was very difficult to get in the olden days. Only a few could achieve it as a result of penance of thousands of years, living in Jungles and serving the saints and seers. But in this age if people do not receive their Self-Realization then, no one knows, what would happen to them and what abyss they will fall in. May be that it is the reason why Sahaja Yoga is working out in this Kaliyuga.

Your contribution is also there in its spreadment. Thousands have become Sahaja Yogis, and every one could give realization. Such a big thing has

happened ! Could I do it alone? You have taken care of it, brought it to a higher pedestal and have worked hard for it.

How much I thank you, I do not know! It is a big achievement that thousands of people have entered this New Life and a New Light has dawned in them. It is beyond anybody's understanding and belief that such a thing has happened. But it has taken place. People from all castes and creeds have got their Realization. They are not from any particular strata of life; there is no high or low. Thousands of people have received Realization, not only in India but also in other countries. Still we have to give it to many many more people. All the problems of our country will get solved by it (Sahaja Yoga). The problems of all those who have got it have been solved. They have developed a new outlook, it is co-incidence that all those who have received it are working it out. I know only this much that this was to happen and it has happened. I never thought that it will gain so much of momentum.

I have to say only this much that those who have got their Realization, should not confine it to themselves. They should give it to others, distribute it among other

people. By giving, their joy will increase. Joy will be doubled by giving. There is no doubt about it that it is not something to be confined to yourself. It is to be given, and this giving will give you joy. I hope you all will derive joy by distributing it.

For years together I have worked hard in India and also put very hard work in foreign countries. Now you have to do more than me. Only then ignorance could be destroyed in world. The world is submerged in deep ignorance. Today there is one problem and tomorrow there is another. You have to be prepared to set it right. Those who have received it, (Self-Realization) they should increase it, spread it and give it to others. You should not lose temper on any excuse. You have to be very peaceful. This power will workout in you and with that power you will transform others.

For me it is a big achievement that so much work has been done in Delhi. I remember in the beginning when I came here, people knew nothing. They went their own way. Gradually they developed and gained balance in every way. With experience they realized the weaknesses and problems of human beings. Slowly they were trained. Now they have become so knowledgeable

that people ask me, "Mother from where have they got so much of knowledge?" This knowledge has awakened from within. It has awakened in them from within, where else has it come? It is the dawn, the expression of that supreme spirit that resides within. With it they know as to what is the Truth and what is ahead of it.

I explained it to my might. Now I find that people absorb it very easily. In villages where people are not much educated, they have understood Sahaja Yoga so well and they explain it so nicely! I am myself amazed to see their style. Delhi people have done wonders. There is no ill-will. People here, are very open-minded. I remained with them as much as I could. Now I cannot give them much time. However, they have become experts. Working themselves they have understood Sahaja Yoga and have taken it to great heights.

I am surprised to see that such ordinary people knew so much, they have so much of knowledge! Many of them are illiterates but they are so expert and knowledgeable that one is astonished as to how they have known so much and how they do so much of work. We have still to open some more fronts. Firstly we should talk of



patriotism. It is essential to be patriotic. We should know the historical facts and also how so many people sacrificed everything for the sake of the country. It's necessary that you should have knowledge of it and you should talk to people about it. It's a great country and many great people incarnated in this land. But now some curse has fallen on us. Many people came to us from abroad. Because of them we could not open our hearts to the people. But it is necessary to tell the people about all this. In foreign countries also it was told what excesses were committed in India but that doesn't mean that you should know what the people of this country suffered. Under what difficult circumstances they lived! If you have understood it then you might have realized how great our country is and what a monstrous upheaval it has gone through. When you become aware of it then you will be proud of your country and think what a great country it is. The culture of our country is very high. Nowhere else one could find such a culture. I have gone to so many countries but our culture teaches us to respect everyone, love everyone, love the country and also it has big-big ideals. We have to follow those ideals.

There is no use forgetting them. Not only that but we have to spread these ideals in other countries. All the misunderstanding about our country will vanish and we shall be able to tell others that 'How great our country is'. Our good points should come up. By them people will know the greatness of our country. I want to say that you should all be very respectful to your country, to those who have made sacrifices for the country, to those who have upheld the Truth and sacrificed their lives for the sake of Truth. You should have knowledge of such saintly people. Sahaja Yoga doesn't mean that you know only the greatness of this country. You also have to know its tradition, take to its culture.

It's the age in which we have developed likings only for imported goods and we have taken to the path of foreigners. It has done enormous harm to the people. How much difficulty it has put us in! Know the greatness and glory of your country and see it in your life and lives of others. There are wonderful traditions here. By running away from these traditions we are going away from it. We stood on truth and because of that we have to face innumerable difficulties. You have to accept it. But the person standing on truth becomes immortal.

Nothing is good or bad for him. He is respectable, worthy of worship and to become like him will be a big achievement. But still we don't recognise our country and instead of becoming its ornaments, we go on imitating others. It does not behove Sahaj Yogis; and I know Sahaj Yogis do not do such things. But we have to tell it to others also that there is pride of country, self-pride and different types of ideals of life. I think gradually it will develop. The number of Sahaj Yogis has increased. It has increased so much that there is no need for me to tell much. Sahaj Yogis will themselves do this work.

What I have to say is that if you are Sahaj Yogis then method and system of your life should be that of an ideal Indian. Caste and religion should not be cared for. The only significant fact is that you are an Indian and it is your duty to be glory of the country and enjoy living in that glory. You should take care of each and every tradition of your country, its music, art, craft and architecture. All these were wonderful. Now-a-days that standard could not be maintained but atleast we should understand them and see those standards. Indians should have this quality. They should know that so much great work has been done in this country and we should also do

something which adds to the glory of our country. There are number of things which Sahaj Yogis have to do and they have been doing also. Their lives have become so beautiful. Whether it is in the family or outside, people praise them and say that how beautiful the lives of Sahaj Yogis have become! Firstly the blessings of the spirit and secondly the subtle outlook which makes you know and recognise goodness. Without that subtle outlook you are not Sahaj Yogis.

There is a lot to say but I am thinking that many such people are present here who have not experienced their spirit. It is necessary to have a session of Self-Realization for them. You should all stretch your hands towards me and sit silently, peacefully. Now please close your eyes. Both the hands towards me and close your eyes. Keeping your eyes closed, now say 'Shri Mataji' please give us Self-Realization' (say it in your heart - without speaking). Keep your eyes closed and feel whether you have cool breeze or hot blowing from your hands. If you are feeling this breeze then stretch your right hand towards me and left hand over your head and feel. Are you feeling the cool breeze over your head?

**May God Bless You All.**



## Inauguration Ceremony - NGO

Vishwa Nirmal Prem Ashram, Greater Noida (27-03-2003)

You must allow me to speak in Hindi language. Out of the various problems of our country, one big problem is that here, there are different standards for men and women. I don't know how it has crept in because nowhere in our scriptures we were commanded to do that. It's written in our religious books, 'Yatra Narya Pujyanté Tatra Ramanté Devta'. Devas (the deities) reside where women are worshipped. I don't understand how this state was developed in which we have no respect for women. I was myself married in U.P. and was surprised to see that women had no significance in domestic life. There was no difference between the maid servants and the ladies of the house. How did it happen and why is it continuing? Because people are not awakened to this problem. The way women have been treated, thrown out of the houses, makes one weep. Without any reason women are thrown out of the house. I had many such experiences which anguished me. I don't understand why the women are being tortured like that! There is no arrangement for them to live. Once they go out of the house then there is no one to look after them. Poor ladies were thrown out with their small children. Those women are destitutes but

the children are also thrown out of house.

How could this system change in our country? Is there any remedy for it or not? Many a times I thought of writing about it but ultimately I concluded that there will be no use of writing. Some permanent arrangement has to be made about it, something has to be done. I wanted to do something concrete. I have seen many such women who are begging on the road-sides. People told me that it is a nice way to beg. I replied, 'you will realise it only if only if you are made to beg'. The indifferent attitude that people of our country have developed for women makes me weep. That is why I resolved to do something for shelter and food for these poor women. Something must be done. The poor women beg on the roads, do everything. I called them at my house, talked to them. However I could not find any reason for their undergoing this travail. Man develops liking for any woman. I don't know why? The life of women is very great. It is the foundation of the whole world. They give birth to thousands of children but people treat them so insultingly that poor woman goes to the brink of madness, tolerating all this. Because of her children she tries to face all atrocities very bravely. But what should she do? They have no



means to feed themselves what should they do, where to go and from whom to beg. No one allows them to knock at the door. I could see no remedy to it, so I thought that the best thing for these women would be to build a dwelling for them. Here they will learn something, learn to do some work-massaging, running small restaurants etc. But many people are needed to help them, to make them understand. Some place is also needed for them. With this target I have built this ashram and through this, challenged the emotions of everyone. I have challenged the love of the whole world so that people could see them with love. There is no fault of these poor women. Responsibility of their begging from door to door lies on the shoulders of our society. Being a woman, it moves me and I am anguished to see all this.

When the construction started I wished to complete it somehow. Put a lot of hard work on it and made a design of it. Its speciality is that the white colour you are seeing is such that it will not get spoiled with a special technique it has been made. I learnt this technique in Italy. There I learnt to make such a colour which will never fade. Use it and see how beautiful it is! It will not be spoiled with any quantity of water falling on it. In no

circumstances it will get spoiled. As an experiment I have used it but it is a wonderful thing. I don't know why our industry doesn't make things like that! It is not difficult to make such a thing. I told many people to use it, but then who will bother. There is neither difficulty nor botheration. But Indians do not want to change, they let the things go as they are. What could you say to them? In this country there were many scholars and Sanskrit Pandits. They have imparted knowledge in abundance. But people are not aware of it as to what a great country they are born in and how much knowledge is there in it. They have no respect for women. Women are treated like beggars. Husbands drink alcohol and beat their wives and those who do not beat, give no facility to them. Some how the poor women have to live. If the girl belongs to rich parents then it is all right, otherwise they are tortured. That is how, many women have become backward. Some of them have left their houses and are begging. Some of them are rotting in the domesticity. They keep weeping in the house and somehow getting on with the life. I do not know why the attention of the society, particularly in U.P., has not been drawn to it. In Maharashtra two-three social reformers

came up and they did a lot of work in this direction. Universities were established there because of them. Women were given high education and people could see potential in them. Now we have built this institution and I request you to suggest as to what could be done here. Which education could we impart? We have also thought a lot about it but you are also well informed. You write to me what else we could do for the betterment of these women. I have seen in foreign countries that no one could harass women like this. Their condition is not so bad. It is the speciality of our country that women are put to misery. I have been living abroad for many years and have noticed this difference. It hurts me to see that there is no value of women in our country. Woman gives birth to children, looks after them. Also Indian women are very charming, active, efficient and very loving. Indian mothers are very famous. But there is no respect for their love in our country. I don't know why? Western women have formed their fronts and managed everything for themselves. But there is no one to take care of them in this country. With the idea to impart knowledge and technique to girls and women who come here, we built up this Ashram so that they could be self-

sufficient and practice Sahaja Yoga. If they achieve it then they will be able to live with pride and self respect. We could set up some art and craft work and also could we make many eatables and impart high level education. Then the capability of women would be judged and seen that how many of them could be self-sufficient.

Some times we find that women are misused even on such places, but those who try to be self-sufficient they should be helped, they should be looked after. What is being done in our society is very harmful. It is the sign of wickedness but we pay no heed to it. I don't know how? We should give some attention to it. The respect that we should have for woman is absent. We torture them, beat them for nothing. I have such stories of tortured women which if I tell you, you will not be able to control your tears. I have wept over it a lot, but now I want to find out some solution to it. To achieve this end I have made this small effort. It would be expanded later on. The women who are imparted training there, they will mature and do something in their lives. They would be able to take care of themselves and their children, lead their lives respectfully. It is very necessary, however educated and trained may, the woman,



be they are not respected in their homes. What do the poor creatures do? Even their education is not respected. Therefore we should direct our efforts to impart some such training to women so that they are not insulted. We should also realise that we have to respect the woman and have faith in them. I have seen such inhuman deeds that, one cannot believe, are possible from one human being for another one. How could human beings cheat, harass and torture the another one. Its a strange slavery! We have gained independence from the slavery of Britishers but freedom from the slavery of our own social system is more essential than that. The number of women in our country, is at least 70%, the remaining are men. In spite of it, men have so much of ego that they don't allow the women to lead their lives with self respect, like human beings. They are no animals. They are human beings and to give them respect of human beings is absolutely necessary. We have to understand and respect them. We have to start from our own house and see what is going on there. I have seen it very closely but there was no other way out but weeping over it.

Knowingly I am talking in Hindi language because how could I tell about

the miserable state of the women of our country before these people? They are proud of this country. Whenever they come to India they touch the earth of this country and bow before it. They respect it so much that I have no words to express it. I never told them to do it. From their own minds they have faith in it and regard this country as 'Nandan Van' but they don't know the miserable condition that prevails over here. I don't want them to know about it. What is the use of criticising our own country? But at the same time the short comings need to be removed. They should be finished completely. That is what I am telling to all of you that there is no specific reason for women being respected in Western countries. But their laws are such. In India no one bothers about the condition of women and men think no end of themselves. The women are very important part of the society and you and you children will have to face the results of all the excesses done to women. Now we find our children getting spoiled because who is there to control them? Mother has no right and father no time. So who will look after the children and put them on right path. Its the story of each family. I have seen in U.P. that the college boys absent themselves from the

college and get into trains and loot the passengers. What could their poor mothers do? The poor mothers could say nothing, no one listens to them. This outlook should be changed and attention should be given to the progress and social status of our women. If it begins in every domesticity then things will improve all over. These conditions anguish me extremely. Men failed to accept the right of women. So I thought to spend on this project. Now such a place is built which attracts attention of the people. Atleast some respect should be given to women. In our lives we could see their conditon. First of all we have to see the condition of our own mothers and sisters and then look to the society. The improvement in the condition of women will have our country to rise very high. Many great people have come up under

the guidance of woman. The way things are happening here, I hope the small effort will bring some improvements and it will attract the attention of people and they will be drawn towards the problem for which I have been worrying and weeping throughout. People should see that by Sahaja Yoga your spirit is awakened and you have the knowledge of the spirit. But you should have a compassionate outlook towards others after getting self-realization. Without compassion what's the use? Compassionately if you look, you will be concerned to see as to what miserable whirl our mothers and sisters have caught in. So its my request to you, to go all around and improve the state of women. I have done small effort but you could do a lot. So I request you all to love your mothers and sisters as you love me.

**Abundant blessings to all of you.**



## THE IMPORTANCE OF MEDITATION

Prabha Devi, Bombay, 1st Feb. 1975

Pravachan of Her Holiness Mataji Shri Nirmala Devi

The most important thing to progress and ascend in Sahaja Yoga is that you have to meditate. Meditation is very essential. You may or may not do any other effort but if you establish yourself in meditation then you could progress in Sahaja Yoga.

As I told you it's a new path, a new dimension, a new system in which you have jumped. You have entered into your unconscious, into that great ocean, it is alright but if you wish to penetrate deep into it then you will have to meditate.

I have heard many people saying, "Shri Mataji, we do not get time to meditate." Modern man of today keeps watch all the time only to save time, but he doesn't know as to why he is saving this time. Human being has invented watch only for Sahaja Yoga; he is not aware of this fact.

One gentleman came and said, "It's very necessary for me to go to London and I have to go by this very plane, somehow or other my ticket should be booked. Please do something, talk to Air India people and do something." I asked, what's the urgency? Why do you want to go to London? What's the problem? What particular job you have to do there? What

is that?" He replied, "I must go there, I have to save time, time is very important." I asked, "after all, what is the matter? Why are you saving time and running to London?" He said, "there is a special dinner which I have to attend and after dinner there is a ball (dance)." What are you saving the time for?

The wrist watch that you are wearing is meant for Sahaja Yoga and meditation and also to do the Sahaja work. I am wearing it only for this purpose, otherwise I would not have used it.

Someone who spends most of his time in Sahaja Yoga is not free from domestic duties. Sahaj work is no excuse to get rid of official duties. You have to do all the duties but everything should be done in the state of meditation. Everything would be done in the state of meditation because you have been established in the state of meditation. You can do everything in thoughtless awareness. As soon as you get into thoughtless awareness, the beauty, the whole knowledge and the joy of the work starts pouring into you.

It's necessary to understand, but people do not understand it and the problem begins that they get no time for

meditation. However, when you start receiving the joy of it then, you will be surprised; sleep is reduced to a large extent and you go in meditation. Even while sleeping you will think as if you were in meditation. You have neither to give up nor to reduce anything. All that was significant to us loses its significance and which we regarded insignificant becomes very significant.

You have to remember that the instrument which you are going to play into meditation, the Veena (वीणा) on which this beautiful music is to be played, has to be very neat and clean. You are neither that Veena nor the prelude to singing (Aalaap) but you are going to listen to it or to play it, you are the master of it. Therefore, if the Veena is not properly tuned, if its chords are rusted, or if some of the chords are broken, then, it's necessary to set them right. If the chords of the instrument are not in a perfect condition then there could be no sweetness in your life, there could be no beauty in you. There will be a strange irritancy (चिड़चिड़ापन), a strange dryness and a strange perplexity in you.

Seeing a Sahaj Yogi sitting in meditation with a firm mind is a big thing for me. I see that many Sahaj Yogis are

getting very deep within, but some Sahaj Yogis are very perplexed. I do not know whether all of them could reach that state or not. But one has to do everything possible in this life. Maximum time should be spent for it, everything else is insignificant.

Most of the people, I have seen, talk of various things but how many of you talk of meditation, of cleansing yourselves and of enhancing the joy within? 'Such and such person said so, such and such thing happened, that should not have been done, this should not have been done'-does it behove a Sahaj Yogi? When you have got such a huge wealth of Thoughtless Awareness, should it not be unfolded fully?

You know it well that every moment you are getting it, but at the same time you are losing it every moment. How significant this moment is, that you have to see. I have never told you to renounce or adopt anything but this is your illusion; your mind is pushing you in illusion. Would you renounce your domestic life? Have I renounced my family life? How could I ask you to do that? You know it well that I work more than you but I never get tired because you people are the source of my joy. When I see you I get



very happy, my whole being is filled with joy.

Look to what is significant, I don't ask you to sit in meditation twenty four hours a day. Keep on wherever you are, that is what I mean. Wherever you are established, remain there, at your place, on your throne.

Some people ascend because of it but some do not. Diseases of the body of many of you have got cured, many have no diseases at all but still doubts of the mind continue to be there.

Forget everything, every human being has the right to get it. It is your birth right because it is 'Saha+Ja', born with you. But you will have to meditate and that too collectively. You don't have to bother to organise it, need not bother much to organise it. That work is being done and it will be done. How does it matter if the number of people is ten more or ten less! It's better to keep ten worthy people than thousand useless ones. These ten people are very significant for Sahaja Yoga.

You have to be one of these ten significant people. One of those who are doing Sahaj work very happily, enjoying themselves of it, flowing in it, advancing in it and those who stand in the front row.

The way Himalaya is highest in the world, everyone looks to it, you have to be like that. You yourself could be like Himalaya and see people of the world looking at you and saying, 'I should also become like that person who has risen so high in Sahaja Yoga.' The ascent is internal not external and I know about everyone as to who has reached which level.

You are the only obstacle for yourself, no one else could be an obstacle for you, no one could affect you by mantras-tantras etc. Without spoiling yourself if you try to know the other people then you will understand that some negativity has gripped that person. That is why, he is talking in such a way, otherwise no one does like that. The way he is talking, there is definitely some negativity in him. There is no need to accept him. May be, that he is your husband or she is your wife, there is no need either to quarrel or to argue with him; they will improve by themselves.

Not only that, you also know that in case of some catch how could you set it right by the movement of your hands. Such a power is flowing through your hands! All the deities that I have talked of have been awakened in your fingers-

in these five fingers, and in the palm all the deities are awakened. But it's important that these deities are not insulted in anyway. You have to take utmost care of these deities and all efforts should be made in this direction. They should be worshipped. Our hands should be worthy of worship. People should think, 'these are hands or the streams of Ganges'! The stream of Ganges should flow. The power that sanctified the Ganges, those vibrations (that chaitanya) is flowing from you. The power that runs the whole creation is flowing from you, you are aware of this fact.

Therefore, the hands and the feet from which this energy flows should be kept very pure. I don't mean to say that you keep washing your hands and feet all the times. Whatever you do with your hands should be done beautifully, naturally and with love. Love is the most significant element.

To gain depth in meditation is your only work, nothing else is so important. Everything else is going on. Whosoever amongst you, if thinks that I do this work, I do that work, then you know I let loose my Maya (element of illusion) and many have suffered for it. However, I shall keep on doing it. I have already told you never

to think that, I do this work, I do that work.' It's getting done as 'it is going and it is coming'. Now you have to get into the state of 'Akarma'-the way the Sun never says, 'I give you light.' 'He is giving', because it is flowing the energy of the God-the most powerful energy, from within. Similarly, very subtle powers are flowing from you because you are a subtle machine. You are not a machine like the sun, you are a 'special' machine which is very subtle and the beautiful vibrations that flow from you, no doubt give very soothing (strange) experience not only to you but to others as well. These vibrations set alright their subtle aspects, small-small instruments and machine with great love.

Now this power is the 'power of love'. How do I explain this fact to you? If you have to prepare some machine then it could be done by tightening some screw or by filing it with something but the human machine which has been wounded could be set right only by love. Human beings have many wounds in them and they are very tortured beings. You have to fill their wounds with the balm of love. The vibrations which are flowing from you are nothing else but love. When the stream of your love stops flowing, the



flow of your vibrations also stops.

Many people tell me, "Shri Mataji, I have got some catch. The flow of vibrations in my hands has stopped." The stream of love within you has discontinued to flow. Stick to your love, keep holding it tightly and your vibrations will continue. Because this is the love of the God which is flowing. Only that is flowing.

It is such a unique experience, such a unique time has come. Because in it you have not co-operated with me wholeheartedly, shall it all be wasted.?

You yourself can know everything and I am also ready to explain it to you wherever you fail to understand. However, there is a suggestion to give that you have to think whether you deserve it or not. Because you come in my attention-like in Marathi language it is said 'Jmoon aale'. That does not make you deserving. The depth within makes you deserving.

For example, there is a pitcher (गागर), it will contain the quantity of water according to its depth. If it has no depth then what is the use of pouring water in it, the whole water will flow out. With meditation you increase your depth, get established in meditation, go in

meditation. The moment you look at the thoughts that come while meditating, you will get into the unconscious state along with your consciousness. Your consciousness never ends. In that state you will understand consciousness. First time it has happened in the body of the human being that one knows about one's own body and about the body of others as well. Through collective consciousness you know what is happening in other person's instrument.

Till now very few people know its significance. Everyone says to me, "Shri Mataji if you take money from everybody, only then they will understand because money carries utmost importance in their minds. Money is an apparition. If you understand its significance by my accepting money from you, then it is better not to understand it. By giving money, you can't understand its importance. You have to give yourself fully to me and with that surrender how much you are likely to gain! There is no doubt that you will get many times more than what you give.

For meditation you have to come in collectivity, it is imperative. Though it is once in a month but you should meditate where seven (some) people sit

collectively to meditate. You may have a small group who could sit for meditation once a week and gather once in a big group. I told you it is the work of the Virata.

You have to awaken every part of the body, as soon as it is awakned the lights will get lit up. However you meditate at home, you realise on my arrival that no progress has been made. But the six-seven persons who used to come here daily have made lot of progress.

If there is fluttering in the eyes then you immediately know that Aganya Chakra is being hit. There is nothing to feel bad about it. If Aganya Chakra is not alright then it should be cleared otherwise the joy is reduced.

While meditating if your body is shaking and if you are not able to sit comfortably then you should know that there is problem in mooladhara and this could be a dangerous situation. When the mooladhara is affected then it should be got cured. These people know how to cure the mooladhara chakra.

So far as the knowledge is concerned, by listening to my lectures you could know all the scriptures. But I find many new seekers, sometimes, ascend with more speed and leave you behind

because it is not something to be taught.

If your hands are shaking then you should know that there is some serious problem in you. Shoe beating is the best treatment for it. Yesterday, you might have seen one fellow came and started saying, "Mother, there I went in a state of stupor." Then he came in front of me and started shaking. I asked him as to who his guru was? He replied, "one Bhagwat Sa in Poona," so I asked, what does he do? He replied,"that he has opened a spiritual centre over there; he gave me deeksha (initiation)". I asked, what deeksha did he do? He said,"he taught me the technique of this shaking. For sixteen years I have suffered from diseases, I lost my job, I suffered this, I suffered that," I asked, are you not awakened still? If you have a guru then you should not have all these problems. "How much money did you pay to him so far?" "I have paid rupees five-six thousand to the centre". I said, you have nicely bought all these diseases for rupees five-six thousands! Then shoe-beating was done to his ghost-the Bhagwat Sahab and the centre. Only then his hands stopped shaking. It all happened before all of you, many people were here.



Very clearly it should be asked from the people that do they have some guru or some negativity. If there is a problem, there is nothing to feel bad about it. But I see if one person has a little problem, the another possessed one also stands with him; they make a queue together and you could know that all these negative people are sitting together. Actually they should not sit like that, they should sit separately. But they sit as if making a group. It's wrong. Like, Thane people will come and sit with the Thane people and so-on. Sit separately, it's necessary. Don't sit in groups.

Another thing is that there are some old people, some middle aged and some youngsters. There is nothing wrong with the children but those who are old or middle-aged should sit separately. Old people should sit with the young and young ones with the old. Four-five young people sitting together will create problem and same is with the old ones. It happens, you may see. The experience of the old and young age is to be shared and it could be shared in collective consciousness. The old people need to be wise, very wise-elderly qualities and large heart-and the younger ones should pay respect to the elders. Youngsters

should be more active than the old people. If the elderly people are worthy of respect, they will be respected. So, they have to be worthy and the youngsters should respect them.

Even otherwise Sahaj Yogis should not disrespect other Sahaj Yogis because you are all divine personalities. You can know all this in meditation. While talking to each other if you think deeply then you will immediately know that. "Oh! his Agya Chakra is catching. That is why it is happening." Oh! his heart is catching that is why it is getting done, that is why the proper sounds are not emanating". You will not feel bad about it nor will the other people do.

But feeling bad is a 'big problem', a big obstruction. People take ill of what I say, what to talk of others. You should not feel bad about anything that I say. I always work for your benevolence-you know it. While discussing anything you should see that we are discussing about it, now, "where is our Kundalini, where are we going, how are we ascending. All other discussions are useless. How much are we awakened in dharma?" How much have we achieved? How much divine joy we are enjoying?" These experiences are to be told to each other. This is what

you have to share, everthing else is useless. Its better to keep silent about other matters. If Sahaj Yogis become such people then there will be a big differece-a very big difference'.

You are going to reflect Sahaja Yoga and the reflector should be very clean. If the reflecting power of the reflector is fully awakned then there will be no difficulty. By no other means-no other methods, by making big big organisations, by chanting big mantras or singing music could we work out Sahaja Yoga? Nothing could be achieved by all these methods.

I never saw so many realised people as I am seeing today. Its my goods luck that I am seeing so many realised people. In no age I saw so many self realised people. Its a matter of great fortune.

But the way I say there is no perfect saint (sadhu) in this modern age. You people were the great saints in olden times but you were not involved in this world. You were in forests but today you are here living with the other people of the world. What a joy will it be to get into your saintliness. The Saraswati will start flowing along with this Ganges and Yamuna.

No outer sounds will disturb you. If you

put your fingers in the ears and your Sahasrara is opened then you could listen through it even if your eyes and ears are closed. So the deaf boys that came started listening to some extent.

If your Sahasrara is opened, doctors know it well that there are certain subtle points, subtle centres in the limbic area which perform the functions of nose, ears, mouth and other organs of the body. We awaken that Sahasrara which takes care of the whole body. Then there remains no need of the sense organs such as nose to smell. You could also breath from Sahasrara. Even if, all sense organs of the body are rendered useless still you could do all the functions. However the organs are not rendered useless. By the awakening of Sahasrara your body starts blooming. It gets beautified. All the diseases run away. Everything is all-right. Some small problems, if arise, they also get solved.

To make progress in meditation one thing is very essential, very essential. We call it innocence. Purity & innocence of child. That is why you have seen children get their realisation in no time. But the cunning, those who think no end of themselves, those who have no desire to get connected to the Divine and who



keep on showing their cleverness, such people do not get their realisation so easily. One should be fully innocent. Effort should be made for it.

We should not trouble anyone. Troubling anyone is against innocence. Troubling so many souls, how could we be innocent? Innocence means something bloomed like flower that gives fragrance to the whole world. It troubles none. However, sometimes people are troubled because of their foolishness. Its right. Getting sure of yourself, you should not trouble others.

You have now got the switch of innocence. I tried to see if you have made such a switch? If you have that switch then put it on and your Agya Chakra will be cleared immediately. But you do not have the switch of innocence, switch of compassion, the switch of peace. All the switches have not been created in you so far. First of all, you awaken the deities who are sitting within you then all the switches will be commissioned in you, one by one.

It is the easiest to put the switch of innocence because when we were born and were very small, we were innocent. Innocence develops in the company of small children, by talking to them, by

remembering their innocent utterings. Those who become innocent get entitled to the kingdom of God.

**While meditating, look within and see what tricks my mind is playing? Where is it moving? What foolishness is it committing? The moment you see it, immediately you go into thoughtless. 'Thoughtlessness'- this is innocence.**

Now you will go in meditation, we may not meditate for a long time. But while going in meditation you have to see which one of your chakra is catching. All of you who have got Self-Realisation know it well. You could feel it on your fingers as to which finger has burning sensation. Put bandhan to the burning finger and the burning will go. If the fingers are burning too much, toss your hands and it will go away, you know it. Put a bandhan.

But be in thoughtlessness and keep the attention on Sahasrara. See whether those who have come for the first time have got their Self-Realisation or not. What is their problem? What are their catches? It will all be removed, all these problems are external.

This is a big dedication where energy flows from both the sides, where there is

expression of left and right sympathetic nervous system-from that channel within, it is the channel of Sushumna. By doing this, Sushumna starts working, but it should be awakened. If it is not awakened then it means Sushumna is not working out. The meaning of awakening is that cool breeze will start emanating from your fingers. If you have this cool breeze flowing, if you are fully in thoughtless state in meditation, then you are progressing and ascending. Like, you sit in an aeroplane, you do not know where you are going, yet you reach somewhere.

So long as we are here it is necessary that all the Sahaja Yogis should participate in it and even after my going they should not spoil this collectivity. **If you talk useless things then you will suffer for it. Anyone talking of any external thing, anything except Sahaja Yoga and the spirit, that is within, shall suffer. No worldly thing is to be talked. Talk of the spirit.**

Clear your chakras. There is nothing to feel shy about it. The catches of chakras arise due to external problems. Boldly cleanse the chakras and get rid of the catches. Those who have burning hands should cleanse them. My hands

are also burning-what could be done other than cleansing. I am unable to sit. Also, you know many other methods of cleansing. There is nothing to feel bad if I asked someone to sit in water and cleanse himself, there is nothing to feel bad about it. How foolish it is to feel bad about it? How foolish it is to take ill of it? People think what Shri Mataji has said? Are you such a great saint? You don't know that even the big saints do it (Cleansing).

As I have said about Kabir Dasa -'दास कबीर जतन से ओढ़ी' 'used with great care? Kabir said of himself that,"I used this 'body' with great care". He was such a great person (महापुरुष) then what is there to feel bad about it?

If some one is told to bring pitcher (मटका), he will feel bad about it! Some people bring so big pitcher!

Give up all the useless and stupid imaginations. No childishness-not at all. You have to be child like not childish.

Now we shall go in meditation. As I said, first tell yourself with love. You know I am your Mother. Know it fully well that I am your Mother. Know it fully well that I am your mother and having a Mother means full security, full protection. Nothing will go wrong.



Stretch your hands towards me, slowly close your eyes and watch your thoughts. You will be thought-less. You have to do nothing at all. Immediately on getting thoughtless you will penetrate within yourself.

First tell yourself that I have decided not to hurt anyone today onward. 'O Divine forgive everyone', all those who have hurt me and also forgive me because I have also hurt many people.

God will grant you only what you ask for. You have to pray that, "O Almighty, make me peaceful", and he will grant you peace but you don't ask for peace. Ask for contentment and he will give you satisfaction. But you don't ask for that.

Give me beautiful character and he will grant you beautiful character.

Prayer means now you are connected to the Divine.

..."Fill me with love, give me love for the whole world". Give me sweetness-sweetness. You will get whatever you

ask from the God. Ask for nothing else. Ask for yourself...

Establish me in your lotus feet.

Submerge this drop into your ocean."

"Whatever impure is there in me remove it all. Whatever you ask from the Divine, will happen...

"Make me large hearted, make me wise. Give me Thy wisdom. Give me Thy knowledge."

"Let there be benediction of the whole world. Let there be kingdom of love in the whole world. Let my lamp be lit for it. Let this body dissolve in it. Let my mind be in it. Let my heart be submerged in it."

Think of the most benevolent thing and ask from the God. "All that is beautiful if you ask for, that you will get. If you ask for ugly things, you will get that also. On asking you will get the ugly also, the useless also. Then why shall he not give what is worth asking?

Do not ask externally (with lips) but ask from within (with Heart).

## HOW TO OVERCOME EGO AND KNOW THYSELF

Dollis Hill, November 18, 1979

Pravachan of Her Holiness Mataji Shri Nirmala Devi

A happening by which a creation of God is going to get its fulfilment and is going to know its meaning. It is that great! Perhaps we do not realise it. But when we say, we are Sahaja Yogis; you have to know that, to be Sahaja Yogi how much identified you should be with the Truth of Sahaja Yoga; and so many misidentifications which are hanging on to you, must be got rid of. People call it a sacrifice. I do not think it is a sacrifice. If you think, something is happening in your way, you try to take out that hurdle. In the same way, if you stand out from your obstructions, you will be able to understand that, these obstructions are standing in your way and they are not your own and that they are stopping your progress. So you should let these misidentifications out of your minds completely, and try to be more and more yourself and not in tune with misidentifications.

This is one of the problems I think, people have here. Whenever I get any complaints, or something of that sort, I understand that, still the level of understanding about Sahaja Yoga is not upto that point. It is a tremendous task and for that if you are the people, who have to come up; and if you are the people, who have to fight it, you have to understand it in its full extent and also

understand, where you stand for it. *How much you have to improve yourself? Because you are the people, who are going to take Sahaja Yoga to that position, where it has to reach. As far as I am concerned, I have nothing to do anymore. I have done it. Now it is for you to receive, you have to imbibe into it and you have to change the whole thing. That is your job and that is why it is a serious matter.*

The second point: I always have been saying that due to ego problem, we are very much disintegrated. We are so disintegrated that, the connection with the Divine is never properly established. As I have said it, that, this instrument (through which I am speaking) if it is divided into five parts and all the five parts are fighting with each other, you cannot get anything done through this instrument, though it is connected to the mains. In the same way if you still remain disintegrated, you cannot get that connection. For example, you see people come down here, I have seen, for Sahaja Yoga. Now they have other interests and other priorities and other things which are very important to them. All the time, they are wasting their time for that and then they will say that, 'Mother, we are not progressing much in Sahaja Yoga'. If you decide, as Mr.



Venugopalan has told you before, that 'we have to do Sahaja Yoga first and the other things are secondary'-then only the Sahaja Yoga can be really established into you. We will have some Sahaja Yogis of a very high level. I know that, we will have some of mediocre level. Some will be absolutely useless and some will be absolutely thrown out. We will have all types; that also I know.

*Now it is for you to decide, where do you come? How far you are going to? If you are going to waste your time in thinking about other Sahaja Yogis and small-small things and frivolous things, your disintegration is going to be increased, you are going to be separated much more as all these decisions are taken through your ego e.g. 'I don't like it, I don't do it. I don't see it' and the like. If you could somehow or other see your ego working, then you can get rid of it and that is the thing one has to do; not to fight the ego. I never say fight the ego but surrender it. It is the only way your ego can go.*

That is why the progress in the West, as you have seen it, is much less than that is in India. Take the particular case of Shri Venugopalan. He is remarkable. He is the particular man who is doing remarkably well. He is holding a very big position in India. Here I have seen a person who is, say, a dish-washer. He

comes to Sahaja Yoga. Still his ego is so big. Even our Prime Minister won't have such a big ego as he has. I mean, the way he will talk that, 'I don't do these things' and so on. I am myself amazed, the way people talk. As if, you see, everybody has become the King of England or what, the way they talk! This is something, one should tell people, when they come here. 'Do not waste Shri Mataji's energies in arguing this and that'. Because everybody thinks no end of themselves here. And that is the biggest hurdle that they have, when they even come first time. You find it so difficult. I have to show all my appreciation of their ego all the time', to just satisfy them; so that they come round. And that is why, the progress becomes less.

Now in his case (Mr. Venugopalan's) he has been a person, who has been to all kinds of horrible Gurus and his wife also has been to all kinds of horrible Gurus; because of another extreme in India we have, that we must respect all the saints. But these types of saints are fake saints. Not only are they fake saints, but some of them are devils. So they are not going to say that, "We are devils". When they do not say that they are devils or whatever it is, they do not come in their proper forms. These simple innocent people, who are seeking God, just go to them, give their heart, do everything and

they find that they are devils. Once they discover that they are devils, then they are surprised. Then they come back and go to another Guru and another Guru. But the harm is done. But they get rid of that harm because they recognise that harm has been done and they know what the truth is and what to expect. It is the blessing of that country that the people know what to expect. You see, people like those good quality people would not like to go and will not go to a man, who shows some sort of sensationalisations or 'Chamatkaras, i.e. miracles. They would not go to them, but they will go to other subtler people, who are very cunning and put up another kind of a show and just say that, 'no, no, this is the way you can attain the highest' and that is how most of the Sahaja Yogis in India also have been. Except for the village people and the district people; most of the city people have been, to some Guru or something. But despite all that, they have left everything. I have told them, 'you have to beat them with shoes;' they will do. In the morning every day he does his sadhana (meditation) for one hour, even if he is a very busy man. Here even to get up in the morning, people grudge. I mean, what can you do with such slow moving people? You see it is absolutely very difficult.

And this is what I think, we must

understand that, we have a very great responsibility in the West. Because this has to happen in London. It has to happen in England to begin with and that is why you bear a very big responsibility. You have to evaluate yourself and Sahaja Yoga again and again and again and know that what makes you slow is your ego or even superego is there, no doubt. But ego is the main problem. I must tell you that, ego is the main problem but I dare not say to anyone that, this is your ego, because that will just jump on to my head. But, try to see your ego, how it is deviating. Because it is your own joy that you are seeking. Your own property that you are seeking. It is your own that is hidden from you, which you have been seeking for ages. Now that is what I have to expose to you. What is there to argue with a person, who is trying to give you the highest? It is just a waste of energy. Do not waste your energy on these things, frivolous things and finding faults.

Now he has been organising our Delhi Camp. He is the one, who has organised the printing of our books and so on, so smooth, absolutely. I have not known any problems you just tell them that 'this has to happen', 'Alright'. I do not know how it works out. You have stayed in Delhi. You have seen how many people were there. Never a problem. Did you have anybody complaining, anybody



quarrelling or anybody fighting among themselves? Nothing of the kind.

You see, this is not the sign of intelligence either, all the time trying to find faults with each other or trying to blame yourself. Both things are wrong. *The best thing is to grow in wisdom and yourself see that we are becoming wiser and wiser.* Some of you are really very grown up and some of you still go up and down and some of you still very low. *So all of us have to go together. If somebody has achieved something, it is of no use to Sahaja Yoga. As I have told you, it is the collective thing that is going to work and all of you have to work it out.* It is so sweet that you have real brothers and sisters all over the world today. When you will go there with a full heart, they are going to receive you, as you have received them with full heart. *But, we all must come up, come up to a point, where we can face each other with full love, with openness, without any worry about anything, without any fear of anyone; but just say they are your brothers and you are their brothers and that you have to love them.*

That is only possible when we get out of our fears here because there is also another side to it that ego always has fears. Because it aggresses others, and, that it knows others can aggress it. So this is a point we have got to think about,

that never will fetch you in any way. Despise yourself, never! You are saints. You must know that. You are realised souls in this world. How many there are, who can raise the Kundalini? How many there are, who understands what are vibrations?

I am going to tell you on Guru Puja, what things you have achieved, and how; many things you have got within you, built-in how, which are working. How your chakras are awakened through Sahaja Yoga! As he says, 'Yes,' it has happened. But what are you doing about it? This is the greatest of the greatest things which can happen to anyone that you know. *Also you know, this is the greatest happening, which was prophesied long time back as the 'last judgement;'. You know that this is the way, you are going to be judged. So we have to work very hard. We have to work. It is effortlessly given to you, alright. But to maintain it, keep it up to go high, we have to religiously work it out.*

*It is a very humble attitude in receiving more and more and more into your being, imbibing into your being. Let it trickle into your brain completely covering it. Let that eternal bliss come into you. I am so anxious. Do not make yourself a small person. Have a bigger vision. Have bigger ideas because now you belong to the bigger thing, the*

*biggest of all the Primordial, the highest, to the Virata! If you realise your importance then you will work it out.*

See! If you see an Indian Sahaja Yogi, you will be amazed! He sleeps only for two or three hours or four hours. But he will not give up his sadhana. If he can get his full sleep, it is alright. First thing is to have one hour for sadhana in the morning. He will get it out somehow. But sleep? We have been sleeping all our lives! You have to correct yourself. You have to rise. You have to go ahead to achieve you own ascent. That is the point.

*See your selfishness, I am telling. To know yourself is the greatest selfishness. If you do not know yourself, all the selfishness is useless. As you call it "Swartha" in Sanskrit. If you break it there are two words 'Swa' and 'Artha'. If you know the meaning of it, it is your 'swa' means your 'Self' and it is the greatest selfishness. So this is what it is.*

We are very happy that he is here. We will also be going to India. Next year, we also are planning to go to India and we are going to meet lots of them in Delhi and Bombay. They are all waiting for you. They are all planning, how to receive you and will be happy that so many of Sahaja Yogis from London and all over will be coming. And you know how they look after you and how they are happy

and joyous.

And certain things definitely have gone wrong with us, we know that, we should understand them. Because these are the troubles of our own over-thinking and our over-reading and over-domination. But we can get rid of them very easily. It is just to detach yourself and see for yourself addressing yourself. "Now Mister, how are you?" If you say like that, immediately your attention will go through yourself to see your outer being. That is very important. *The more you see yourself clearly, the better it is. You have to face yourself.* And you do not want to face because you are afraid of facing yourself. Because you have been aggressing others and you are afraid of aggressing in the way that is towards yourself. But there would not be any aggression because that is the perfect state where you see yourself. Neither you aggress any one nor you are aggressed by anyone. You just see yourself clearly and that is what you have to see.

Gradually you start seeing your chakras, seeing your problems and you know that how it gradually develops. But everybody wants quick results. It is alright, if you want quick results. But are you like that? If you are like that you will get quick results. If you are not, *then be patient with yourself. Not with me, but*



*with yourself.* I am saying, you have to be patient because, there is a problem with you. So you have to be patient with yourself and not with anybody else. That is the main point. If you are patient with yourself, this is the long promised thing which you will get. *But you must learn to be patient with yourself and not to be angry with yourself, not to debase yourself, not to aggress yourself on to others. It is a very simple thing, the simplest thing to do; but because of your complex life and our complicated thinking, we have become quite entwined up into things.* It can easily be got out of and just slipped out of without any difficulty. I know that you can do it. So forget about all these things, like my father, my sister, my brother. All these problems will be burnt in no time. *As soon as your life runs straight, everything will be burnt away. Nothing will be left but your light and others who will come to you for enlightenment.*

I know that you are going to have a big day for a Guru Puja; and before that I have to request you to prepare yourself. I may do something great. But I must have a proper recipient, so that you must prepare yourself. Think about it. Are you loving others? Are you in love? Are you in love with every one? *Just to think that*

*you love everyone is so great! I mean you ask me. Because I always think how much I have to love. You see, so much love I have always to give to others. Just think how great it is to love others. You know how people treat me sometimes. Terrible! Is it not? I still love them. I enjoy playing with it.*

In the same way you should love, and love is the thing that is going to unfold beautifully like a lotus, you see: opens out petals and beautiful fragrance starts flowing. In the same way, your heart will open out and the fragrance of love will spread throughout the world. It will ring into you. I know it can happen. The sooner the better and the choice is your own which you have to make-your choice.

I am very happy because such a beautiful song to hear and just before Christmas, which is a very big thing for me. You know that; and in the same way we are having another Christmas now. *Christmas to celebrate a new Christ born within us. Let us prepare for His coming and how you prepare is not by running away from yourself, not by getting into frivolous things; but by working it out, beautifully cleansing. Cleansing has to be done if the Self has to be established in the temple of this 'Being'.*

**May God bless you all.**

## POEM

**Shri Bhaswarasuri**

Shri Bhaswarasuri, in radiance you shine,  
You are the Holy Ghost, all adoration Thine,  
Mother, You are the Devi, and demons You do slay,  
You protect the Devās, and those to You who pray,  
Creator of all that is, of all this Mahamaya,  
You guide and help all those who have spiritual desire,  
Transformation You have wrought, Your Chaitanya does blow,  
This breeze, Divine does integrate all things in me, You know,  
In others too, I see the change, and as all things work out,  
I see the truth, and feel the joy, which leaves me in no doubt,  
That now, at ease surrendered, whole, I feel that I'm in no doubt,  
That now, at ease surrendered, whole, I feel that I'm in You,  
I've found again my innocence, there's little left to do,  
Except, at times, proclaim to all, "You too can know what's true I"

JAI SHRI MATA JI



## PREDICTION FROM GYANESHWARI

(Bordi, 12.2.84)

It's a great responsibility on all of you that you make your marriages successful. It is your responsibility much more than that of the men and you have to see that you behave in such a manner that you create a proper motherhood within yourself and a discipline that you want your children to imbibe and your husband to have. You have seen, your Mother has been sitting from 9 to 10 hours sometimes at one place. Not even getting out of this place, but I have seen that people can't sit for 2 hours in a place even if they are meditating and they will get up, disturb everybody else and come down. This is a sign that we lack in our discipline, that our parents didn't discipline us, that we didn't discipline ourselves. So now first thing is that you have to have perfect discipline of your temperament and it is a sign that you are the people who represent this Mother Earth who has a special wisdom. All of you have to be extremely careful that whatever you do will be reflected in the whole family and in the whole Sahaja Yoga system. Now when you get married to your husbands, try to understand that you are the Mother Earth and you have to give, and because you have the powers, you can give and because you

have so many Shaktis within you, you have to give. That means you are superior in a way that you can give so that your ego should not stand up all the time and say why should I do? Why should I do? And then you will start enjoying this womanhood. So try to be good mothers, good wives and responsible Sahaja Yoginis. Those who, after marriage, try to deviate their husbands from Sahaja Yoga are really the most cursed ones. You should have sweet tongue for others. You should be careful about what you talk. You have to be responsible. You are special people that you are married in Sahaja Yoga. I hope you will keep this in mind.

### Gauri Puja

The power of the virgin is alone, without Shiva. **Your body should be your slave at the time of meditation.** 'Yasham' means, Yash means a good reputation. 'Roopam' means auspicious personality. Now the thing is, all the Sahaja Yoga terminology are integrated. If you say success, it means good reputation that has come out of righteous success. Anybody who has a success is not a fellow who has yasha. In Sanskrit language it is just the other way round. If you have got so called success,

supposing some body has become minister, for all practical purposes he is supposed to be a person who has got success, in the English language, but in the Sanskrit language the Yash means a person who achieves something which gives him good reputation, the righteous reputation. Reputation of virtue. So such a person need not be a very wealthy man, need not be so successful as a Minister or a Prime Minister but the success that gives you great reputation. Like the success of the saint. So one must always understand in Sahaja Yoga all the words. Now Roopam, Roopam can mean in normal words like just 'good looks' but in Sahaja Yoga it is not good looks but it means the look or appearance that is blissful. You see that gives blessings. The face that gives blessings and not negativity. So its an integrated terminology. Its one word means many things. People should not confuse because good looks can be like a cinema actress, that's not the good look. Good look means not glamorous but it means a look that is blissful, auspicious. Muktananda means She gives me the bliss of yoga, the joy of yoga and the joy of complete freedom. Mukta, Mukti, as they call it. Complete Nirvana.

The joy of Nirvana.

She is the one who opens the Moksha's door. She is the one who should give me alms of realization. Asking for alms. Its all the way of asking something in a very humble way. Very humble way that give me the alms of Realization. Like a begger would say, "I beg of you, please give me realization. I am a begger at your door."

She is the one who gives the prologue in a drama. She is the one who holds the cords in a show, where the pantomimes are there. It is called as 'Sutradhara', the one who is the holder of the threads. But She is the one who holds all the Sutras in Her hand, all the threads in Her hand and just makes us do all the drama. Its all Her own style. It is true, agreed. If you don't keep her pleased, she will destroy the whole world. So you have to keep her pleased all the time. That's what the women must understand. They must keep their husbands pleased.

Kashmir Tripureshwari means the Sahasrara. See, the Himalaya is the Sahasrara and Kashmir is there. These are two meanings of Tripura. One is that She killed the horrible demon called Tripur and Tripura means of the 'three worlds'. She is the beauty of three worlds.



(Tripursundri). I mean the beauty is not to be confused, it is to be integrated. She opens the doors of the heavens because then you can enjoy.

'Pasaya' means the blessings that you are going to have, it is used for me; what you are going to get is the milk of the Mother. Now he says that all of you, who are one in Spirit, this is all description of Sahaja Yoga today, in future and present.

That you will get; at this time what is going to happen. It is so beautifully shown, you will be surprised, that you all will become one in the universe, the spirit of the universe will be satisfied with the Yagnas, with the fire ceremonies you are going to have. How it is appropriate? He said it 300 years back. Then you should give us the milk of your blessings by getting complete satisfaction from us. That time all the horrible evil people will be ruined and their laws will be spoiled, and people will take to righteousness. At that time there will be a tremendous friendship of the spirit of people. Those who are in ignorance will get light. The whole universe will see the light, the Sun of one Universal Religion. Whatever they will desire, they will get it. All the human beings. When you will meet Her, there will be a shower of blessings and of

course of Chaitanya. When you will meet Her, that's Me. ...(Clapping). This is the description of the Sahaj Yogis, you must listen to this. That they will be the forests, like forests, many thousands, like moving forests of huge trees, of trees that give blessings. Kalptaru is the tree that gives you whatever you want. They will be like the moving forests. Means all of you are like that, great. That you will be like the great trees which are moving, but which are bestowing blessings upon others, giving them what they want. They will be, now you people, the oceans of talking or bubbling Amruta. Amruta is the nector. The nector of life. You will be the oceans of the bubbling nector which are talking. Like this ocean is here. See the trees in the Ocean.

The ocean that talks in a way that it just emits nector. The nector of bliss. That is you people. They will be like the moon without any spots on it. Immaculate, which has no spots, no blemish, without any blemish. Like the sun which is without heat in it. That is you. All such people who will be righteous, who will stand for the right, for the truth, are going to be related to each other. Are going to be related in the whole world.

Now with this beginning we

understand that the great saints of Maharashtra that time, the greatest was Gyaneshwara. Because he saw the future that was going to come and he told the people about you that men of God will become prophets and they will have powers to make others prophets. Now we do not realize, what are we. When we become Sahaja Yogis, we become so much, still worried about things which have no value. If you see, in the ultimate all these things which are so temporary have no value and if you go on wasting your energy about things that have no spiritual value, that does not matter, you are going to waste your life because now you are that, what is described. The oceans which are talking nector. Oceans of talking nector. Nector; not the nector that we understand, nector of spiritual bliss. You are that, and when you are that then what is expected of you about yourself? Just find out? You just find out yourself, reflect back that what is expected of me, of myself. What am I doing about it. I am worried about this nonsense, that nonsense and I am supposed to be the ocean of blissfull nector. I am supposed to be the forest of the Kalptarus, the trees that give the boon to the people, huge victories and then

what am I doing? I don't even have attention that can absorb the energy of the Divine. The attention should be such that I should be able to absorb the will of the Divine. Instead of that my attention is on wrong things and what am I doing? What do I do about myself? Is that I am not fine to manifest that special quality. The highest quality. The one that I am, I am born after ages. I have been born so many times. I have been a saint, I have been going round, seeking God. I have been going round, and again when I am born in this life time for such a tremendous task, again I am lost with the same non-sense. I am still moving about with the same non-sense. If you understand that then you will know what importance it has today on this day of our international seminar.

Internationally you are all related to each other and to nobody else. Internationally you are all related to each other. These are the relations which are relations of deep friendship. Friendship has no bias, no lust, no greed, nothing. It's just friendship. It's pure relationship and we are that. So its alright to say that its all love, its all affection, its all goodness, its all very sweet thing but you must know that you have to come up.



These trees have come up after a long struggle against the atmosphere, against the whole surrounding. They have come up on their own, except for the Mother Earth, to which they are connected. So you people must know that you all are here. Come up, fight yourself, to find out, what is wrong with you?

Where is your attention first of all? The attention has to move in such a manner, that outward you grow and inward you hold fast to your Mother, with complete respect. Those who can't do it are absolutely useless. If any tree does not try to hold fast the Mother Earth, it will fall out. I mean its just what it is doing and for what it is rewarded. Its nothing to do with Mother Earth. This Mother Earth has this special quality and if this Mother Earth is not going to be linked by you, by your purposeful adherence, continuous identification, you are going to fall out like a dead tree. So its very important to understand that you are great. No doubt. These trees are great. They have fought through, they have come up. But where is your attention and what are you here for? What is needed for sticking, sticking to things which are against your growth? Bothered about things which go against all the time!

The first and foremost thing that goes against us is our own non-sensical ego. We must understand that this ego is the one greatest barrier within us. And we have to get out of it. Kundalini has to rise like the tree has risen and the ego is the biggest, biggest hurdle for most of us. It appears in many ways. We fight the Mother Earth which is giving you the source. You are the very being of that Mother Earth. She has created you. She has made you. Because of her you have come up. You are fighting her, you are going against her. This is wrong. How will you go? And once you start growing the sun can help you. The nature can help you. But you must have complete desire to rise above your dwarfness, above your selfishness, above your conditionings and speically your ego. All this when we say that you are this, there is no need to be puffed up. You see if I tell that you are a little tree and you are going to be a big tree, it does not mean that it has become a big tree.

One has to become the big tree by pushing forward and that quality like Gyaneshwara, like Tukarama, like Ramdasa, you all have to become that quality. They never saw Me, I just nourished them without their seeing me.

But they nourished themselves, on their own greatness. You have to be great like that. Instead, you live with false notions about yourself, artificialities, absurd ideas, all nonsense that we have gathered through our upbringing, through our nationality, through our reading, through our Gurus and through our own mental projections. We are going to be extremely dangerous for the growth of every individual Sahaja Yogi and as a whole also it will act. So we have to take a vow today that we are going to behave in a manner which behoves our advent, not others. Our advent at this time which is being described and prophesied. Prophecy was made long time back. If we understand that we have come on this earth for that purpose, we really separate ourselves from all rest of the nonsense that goes on and try to rise towards the sky as these trees are rising. **You should not follow any other Sahaja Yogi in all anti-growth activities. And anyone who tries to create a kind of a bhoot or tries to impress you by saying that he can teach you something higher, lower, all kinds of techniques this and that, you have to forget.** First of all you must know that Sahaja Yoga is a growth

within and that growth expresses itself outside. So that 'growth within' is to be done by you fully with full understanding. Then I don't have to tell you about anyone. You won't be vulnerable to nonsensical talks and jabberings. You have some people who are intellectuals. Intellectuals have a bad habit of intellectualising every thing. Intelligence is nothing for God because God has created it. So you have to see through.

There are some people who are very emotional and try to express themselves emotionally. You have to get out of those ideas and you have to understand that emotions can play a very dangerous role in life.

Now we have decided to have so many marriages in Bordi. It is very nice thing and very auspicious thing. Very happy about it that we are going to have so many marriages. It is very auspicious because marriages are supported, blessed by God. You are special because I am sitting here before you for these marriages. Don't make a fuss out of it, Do not create a problem by becoming superficial. These are the marriages of Brhama Eka, where one feels the oneness of the spirit, of the All Pervading Power. Try to know that these marriages



are done among saints and not among ordinary people. Try to respect the inner quality of a person. If somebody is a Sahaja Yogi of a high quality that must be respected and that must be loved, and not the outer quality. The outward qualities are non-sensical. You must respect each other when you marry because you are all saints. You are saints of a very high quality, I have told, and the potential is so great. It is already described to you that only your assumption can fetch you that greatness.

अब मैं हिन्दी में थोड़ा सा आपको बताना चाहती हूँ कि सहजयोग में हम लोग अब ये नहीं जानते कि हमारे बारे में हजारों वर्ष पहले ये बताया गया था कि ऐसे महान लोग संसार में आयेंगे और पहाड़ के पहाड़, ऐसे बड़े बड़े वृक्षों के बड़े बड़े अरण्य संसार में घूमेंगे, जो बोलते हुए, चलते हुए, दुनिया को उनकी इच्छाओं की पूर्ति के कल्पतरु जैसे उनके आशीर्वाद देंगे और उनके एक एक व्यक्ति में जैसे सागर उमड़ते हैं, जिसमें कि अमृत बोलता है। ऐसे सागर, ऐसे सूरज होंगे-चमकते हुए सूरज जिनके अन्दर कोई भी अग्नि नहीं, ऐसे चन्द्रमा जिसके ऊपर कोई कलंक नहीं। ये आपके वर्णन हजारों वर्ष पहले भृगु ने किए और तीन सौ वर्ष पहले ग्यानेश्वर जी ने किए कि कितना आपका महत्त्व उन्होंने बताया, कि कितना जरूरी है-सारी दुनिया के लिए। सारी दुनिया के लिए एक आशा है।

The whole world is hoping this thing to happen that they should get such people on this earth, those, which have

been described.

इस तरह से हो रहा है, और हो गया है। लेकिन अभी इसकी प्रगति, मेरे विचार से, बहुत धीमी है। इसकी प्रगति बहुत धीमी है। प्रगति आपकी वजह से धीमी हो जाती है। ऐसी जगह चित्त अपना जाता है जहाँ हम अपने को गिरा लेते हैं। अपना चित्त इस पेड़ का जैसा इस पृथ्वी से पूरी तरह से निगड़ित है, ऐसा आपको अपनी माँ के साथ निगड़ित करना चाहिए और उसको जो ऊँचाई है, उसके ओर दृष्टि होनी चाहिए। ये ऊँचाई जो भी इन्होंने हासिल की है, वो इस वातावरण से लड़ कर, झगड़ कर, बाहर आकर, अपना सर ऊँचा उठा करके। जो लोग अपना सर दुनियाई चीजों के लिए, कृत्रिम चीजों के लिए, बाह्य चीजों के लिए झुका लेते हैं वो कैसे उसे पा सकते हैं? या जो अपना चित्त इस धरती माँ से हटा लेते हैं वो तो मर ही जाएंगे। इसलिए हर सहजयोगी का ये कर्तव्य है, ये पूरी तरह से कर्तव्य है कि वो जाने कि सारी दुनिया आपकी तरफ आँख लगाए बैठी हुई है और आप अपने गौरव को पहचानें।

The whole world is watching your progress, the world is expecting this to happen. The whole world has already pronounced it and where are we? Our progress is so slow. We are worried about stupid things, material things, worldly things, superficial things, artificial things. So one has to understand, you are here today for this international Seminar, to promise me.

आप लोग आज यहाँ मुझे वचन देने आए हैं इस अन्तर्राष्ट्रीय सेमिनार (संगोष्ठी) पर कि माँ आप जितनी मेहनत करते हो उसी तरह से हम भी मेहनत करेंगे।

Everybody seems to be younger than me in this puja, but you have to promise that Mother we will work with the same zeal, same attention as you are doing and try to settle ourselves. Quieten ourselves within. We talk too much. We talk too much, do nothing. Try to preserve your energy in that silence.

उस शान्तिमय गौरव में आप अपने को उतारें। अपने बारे में पूरी आपको कल्पना होनी चाहिए कि आप हैं क्या।

You must have full idea as to what you are. You must understand, what you have been upto, what have you done about it? Talking, talking, talking! That's not the way it is going to work out. The atmosphere is fine, everything is fine. The future seems very jubilant. Everything seems to be fine but the highest about everything is the hope of your Mother that you are going to emancipate the whole world. Give attention to that. Think about it that you are going to do it. You have to be the walking, talking, moving forests of that Divine Love, that Ritambra Pragma. I hope you understand that today is the very important day and I feel that if this holy session works out well, may be we might achieve a lot next time.

It is my request to all of you to meditate sincerely. **Now we look forward to a**

**puja today. At this time a big reservoir has to be opened out but it is to be channelised through people and how can I channelise through people who are filled with vanity, with stupidity or with small mindedness? You have to be large, huge, big hearted, great people.** You are all 'Born Again' who are great today again. But somehow you are mixed up with your surroundings. So try to understand your own importance and the importance of the time. It is time to worship yourself, to worship, but be worshipable. You all think that by dressing up properly or by putting up any show like that we become worshipable, we do not. We should be worshipable to ourselves. You see that whatever we are doing, it has that grace and beauty and the love and the greatness of the saints who are very great saints, not ordinary one but tremendous saints. It is being described, actually, Gyaneshwara in this poem has really worshipped you. I wish we had people like Gyaneshwara but they are all inside my body. You are all outside and whatever he said has to be fulfilled. Not only that but whatever he said is the truth.

**May God bless you.**



## I'M THE HOLY GHOST

(New York, 30.9.81)

...It is revealed that how those people are reborn, who crucified him again, and again & again they are crucifying! The Crucifixion is not the message of Christ. That's why I also don't like people to wear the cross. I can't see them. Its not cross, of course it is very helpful because if the bad spirits see the cross, they run away. But it is a reminder of something which was unbearable because the Mother had all the powers. She was Maha-Laxmi. He had eleven powers. Eleven powers to destroy! You can imagine. He had still those powers and he had to go through all that without destruction. He saw to it.

Now people may say, "How was Jesus resurrected?" First of all there was an objection to 'immaculate conception'. I mean they have objection for everything. He was not a human being. He was the Divine Power. I conceive you in my heart. You know that and I put my Kundalini and I put you from my heart into it, and I get you out of it. The way you have got your Second Birth, in the same way Christ was to be immaculate. But She put Him in the heart and into the uterus down below and She created Him. Its very easy to doubt Him and say things against Him because He is no more. And the Jews must learn a lesson now. They denied Him once and they have suffered. Now don't deny Him again. You can't deny, the

person who is the embodiment of this Divine Power. Christians may be wrong. If Christians have tortured you, forget them. They are just the same as you are, fanatics, fanatics, fanatics. Whether they are Christians or they are Muslims, so many are the same as any other person. I do not find any difference whatsoever. Dogmatic, ignorant, fanatic. Forget those people. They do not stand for Christ. Christ himself said in the second Chapter of Matthews II, "You will be calling me "Christ, Christ, Christ, I won't recognise you. Who are they?" We people, who say Christ, we are the self solicitors of Christ, we are the people who are incharge of Christ, all of these people will be charged and they will be thrown away in the hell, the way they have managed things about Christ. Some of them are genuine, they don't know that this is artificial. They are genuine, but they must get their realization. They must ask for their realization and they must know what is Christ, within themselves they have to awake the Christ in them.

I was telling you that Christ said that you are to be 'born again'. That I am to be born in your heart. Now the heart centre is here as well as here. Because the heart is controlled by the centre at the fontanel bone area and that's what he said that you should get your

realization, when he said he should be put in the heart.

Now the people of various countries, even your country, went down to India and they never told that Christ was born who was the Maha Vishnu. Because it is already described in the Puranas that he is the Aadhara. He is the one who once awakened by the Kundalini, will suck your Karmas. They never went and told. So the Indians went on with their Karma theory and these Gurus have come here to teach you Karma. It is amazing how you accept all these theories of non-sense! Like they say that you have to suffer because you have done bad Karmas. Then they will say that to give yourself balance you go this way or that way and you just keep it to balance. If that is so, that you have to go to one extreme and to other extreme then what are they doing here? Why are they talking? They should shut up, because they can't do anything. They can't give you realization. They can't save you from this situation, so its better that they suffer. Why do they say, "you should suffer"? Why should they say? Because they want to enjoy you suffering. They want you to suffer because they enjoy it. Now so many of these disciples who came from these horrible Gurus, who said you must have your karmas and you must

suffer, told me that they saw their Gurus giggling at them and mocking at them. And they showed me some of the photographs they had taken up of these Gurus, which show complete mockery of these stupid disciples who were suffering in their body and suffering in their mind in the presence of these Gurus. So they have a double enjoyment : one the money and another is the kingdom and third, the greatest of all, that their purpose is to kill you all and to destroy you all because you are that they achieve by their falsehood. Because these God's men are impressed by their falsehood. Now see if there was any false Guru here, this hall would have been filled, the whole thing would be filled; on the road there would be a jam but the real Guru, I have seen not only here, everywhere, it starts very slowly. Of course in a place where people are very simple and who are very sensitive, is a different one. But people in the cities, specially, they are so insensitive to reality and so sensitive to devils that it is surprising that they feel very much at home with devils and very much lost with the reality.

Because you are in falsehood so you must know that you have to become the real. You have to become that which is the spirit, which is not so far shining in



your central nervous system, in your awareness, and this is the spirit which is the one described. Not spoken before also in the churches, but today for the first time I am speaking about the Christ in a church and that's why I am very happy that at least in this church I could say something that would establish itself and that when people will come here, I hope, they get their realization and that something works out here and they get at least awakening because so many saints are sitting in front of me. May be that one day will come in this church, may be, it may work out that the people will get one day their realization.

Christ's life was only for 3-4 years. Nobody allowed him to live longer than that. Whatever possible was done but such stupid people, such stupid people, you could not talk to them; and that's how they killed him. He could not speak to them anymore and that's how his life was finished. But in that small life of his what a spark, what a spark it was! The way people have behaved towards him was atrocious. I must say, I must say that the apostle themselves, because this Matthews and this. He was such an intellectual, such an intellectual, that he would not accept the idea of immaculate conception. Very difficult man! He would argue it out. He said that if a virgin is going

to give birth to a child then everybody is going to say that it's a very very blasphemous thing; that it's a very very illegitimate thing and it should not be spoken up. Horrible fellow, and one better than the other! Then they took it in such a funny way because they became supraconscious people. They started speaking the languages of so many evils. That part of Bible is wrong where they become not realized. The wind part is alright. But so many people, I have seen, they come to my programme, when they come for realization, they feel the wind for a while and immediately they shunt out and become supraconscious.

Now we will see what is supraconscious entity and the subconscious entity. Now you see here these are two petals. These are two petals. One controls, of course, the pituitary, that controls the Ego and the Pineal, that controls the Super Ego. But this also has the capacity to blow it this way out and blow it out this way. Supposing you become supraconscious and you start thinking too much, some thing about the future, what must be the galaxies, we should find about this, we must find out about the stars and about all these things and about future and about - say prophecies and astrology. It is all futuristic. You

people are mostly futuristic. You try to plan and every plan fails of course, but this thinking and planning is too much, can push up this side too much. Actually I have shown here it is this side. But actually when it is placed, it is placed like this. The ego is placed like this and super ego is placed like this. Here we could not show the three dimensions. So from the back to this side is Super Ego and from here to here is the Ego. Now this ego bloats out into this side and when it bloats to this side, it goes into the Supraconscious Area. So it comes up here. Now the supraconscious area gives you visions, hallucinations, L.S.D.; effect. Then you start seeing from the eyes of a person who is a dead person but a very ambitious person. For example you might get the vision of Hitler and all these horrible kings. You might get the colours, you may say the auras and one has to understand here that these auras start coming to us because we shift, we disintegrate from our being. That's how we start seeing something else separated from us. **To see auras is not a good sign in Sahaja Yoga.** If you are seeing auras, we have to bring you back to the same position because you have to be in the present and not in the future. You get disintegrated. For example if there is machine, say which takes the

aura, auras I was talking to some one who has done that work of aura picturing. Now after realization you don't get any auras in a person, can't see aura in a person because he is integrated. Completely integrated. But when he is in a mess, he starts getting the auras. Like if he had cancer he will get auras. If he is alcoholic, he will get auras. A kind of a crazy auras. A normal person may have auras, not so much crazy. But auras you cannot see when the whole thing is integrated. You can see in a light which has no aberration, that means it is good light; if there is aberration then it is a bad light. All the seven colours, colours of the light have to be concentrated and have to be integrated. If they are prismatic and if they are giving it separately then it is not one integration, and when it is one-integration then you cannot see seven lights. So the person is not integrated.

Now all these auras come to us because we are made of seven types of tatwas within us. But the people who are on the right side only believe in the five tatwas. They call them Koshas. I don't think if I have a type for that, but these are the Koshas that are created by the first centre, by the second centre, by the third centre. These are the physical words, by the fourth one, then the fifth one and the sixth and the seventh, and they



do not create auras outside. They create inside near the heart. And these are created near the heart but as soon as you get realization, they all become one. They all merge into one and that is the spirit. So as if you can say, when the spirit exists in a prismatic way, then you get the auras of seven, but when it becomes integrated than you become one, all the aura become one. So integration is the aim of Sahaja Yoga as now I think I have told you that you could also go to the sub-conscious area, in the same way. The sub-conscious area is there on the left hand side. If you move into collective sub-conscious area, you can be triggered into cancer. By this triggering you might get heart attack, something like that, diabetes.

Many people believe that sugar gives you diabetes. It is not true. Sugar does not give you diabetes. What gives you diabetes is too much thinking. Those who do not think too much never get. Indian farmers never get diabetes. They don't know what this disease is. Because you think too much, you work too much. This centre works too much. It has to create food for the brain. It has to replace the brain cells and these brain cells are to be replaced. For that it creates, out of fats, the new cells, the evolved cells. If it works too much, it neglects the other

things which it has to work out throughout. One of them is spleen, another is pancreas. When it neglects the pancreas, you get diabetes. Not by sugar. Of course sugar, because it has to convert it into fat. But if you do not have sugar then it's a double work. If you have sugar then it converts it into fat and makes it useful for your brain. But if you think too much and you don't take sugar, it's the double action. But if you just take sugar and do not think also can be problematic because it has to convert too much of it into fat. You see, too much work is given to it. So there is no balance. So one has to understand that too much sugar is not good but you must take sugar because sugar is needed, and stop your thinking.

How do you stop your thinking, only by rising above the Agnya Chakra. This is a very very important point at Agnya, that you must know, that the thinking stops. Now the thinking stops in you, like this. There is a way, it rises the thoughts and falls off. Another thought rises and falls off. In between there is a place called as 'Vilamba' Now when the thought rises, it automatically falls off. Now this space is the place of present. This rises either from the ego or super ego and goes into the past. The in-between space is the present. One is the

future, one is the past, Now this place has to be increased.

When it increases then what happens is that Agnya chakra opens more and you become thoughtlessly aware. You become thoughtlessly aware. You come in the present. There is no thought. And the thought is the barrier between the creator and ourselves. For example if you look at a beautiful stone that is placed there or anything, you watch it. Now if you want to think oh!, it looks like a man, it looks like a devil or it looks like a God or what ever it is. There is a thought in you. So what you do when you are realized, you just watch, you watch and whatever the joy is put there of the creator, of an artist, completely it is within you, because there is no thought. There is no wave, there is no disturbance, in a completely silent lake. All that is around it, all that creation comes into it, absolutely reflected and you enjoy the thoughtless awareness called as Nirvichar Samadhi. There is complete Nirvichara where you have no thought and you start enjoying that creation completely. The joy of that is there. Nothing is in between. So the thoughtless awareness comes in when the kundalini crosses this Agnya Chakra. It does double work. Firstly, it makes you thoughtlessly aware. Secondly, because

the Kundalini, it has pierced through, it pushes through and she fills these with the grace. The grace comes on this, when the grace comes in, you start relaxing, the centres also relax. The centres are in tension, but when the grace comes in they go back into normal. So there is more, sort of, expansion and the thoughtless awareness starts establishing itself at the Agnya Chakra.

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

Now there are people who are talking that the Lords prayer in not alright. I mean who are you? What do you know about it. Everybody is challenging everyone! What do you know? What is your authority? The trouble is every body is entitled to do what they like with religion and with God. Though they do not know anything about it, they are absolutely ignorant but they think they have a right because there is no political control over it. Even Hitlar can talk about Christ;



anybody can talk about Christ, and about the prayer that He taught you. Who are you to challenge it? Who are you to challenge him? I can't understand, how do you challenge a person, without knowing your own position in relation to him. But this is a very very common thing that people do, and it is due to ego. Ego makes you high headed, and this is the worst I found that this high headedness that you challenge God, you challenge Christ, you challenge everything which you don't understand!

Your Mind is limited. It's a very limited way. You can't do anything with this mind of yours. You have to go beyond it. Somebody has to trigger you into space. You have to go into that. You have to become the spirit. Only by realizing your spirit you can get connected with God, before that you are not connected. That's why you have to become the spirit and the spirit is the connection, is the link with God. There is no other way you can be linked with God. If you want to keep yourself in delusion, you go ahead. But this is the real thing I am telling you, this is the true thing I am telling you for which you should know, you can't pay, you can't purchase it, you can't demand it, and you can't work it out.

The grace of God has to come, fall upon you to do it. Or a person who is

enlightened can only enlighten. Now about Christ you have to speak. I have spoken once about Christ for seven days one after another. There is no end to it. Such a great incarnation that I just do not know how to say that is. I have spoken all about him. As it is, we have many tapes in London. You can send for it. We are now going to have a centre here. Herman has offered his place and we will be sending those tapes there. As these 300 tapes we have brought in London which you can listen to, and see for yourself and all of these tapes are very good because they actually are Mantras. They work out the mantras and you also get listening to them, opening of your (Sahasrara) centres and all that. Now the last one, which is embarrassing because he already has told you that and I am supposed to have been here, I think, which is the integration. The end of it is the integration of all these seven centres. All these seven centres are placed around this area called as limbic. Which is the limbic area. Now if you cut it, the brain, the transect section of the brain, you will find it like a lotus. You can find it, that there is a marking look, like a lotus, opened out and it has thousand petals, are like this. But the colour is not alright. You people are so fond of this pastel colour, so they have used it, but we can

say that this kind of a 1000 petals are there. Now it is said in the Bible that 'I will appear before you like tongue of flames', and these are, they appear, they all appear. But these are very large ones and they appear as living. Living flames in different colours starting from one to another and they are 1000 in number. Now the doctors argue that they can't be 1000. They have to be 992. I mean just imagine these foolish people who argue on that! But they do not know that they are 1000 in number and they are placed here. But in the limbic area all the seven centres are surrounding it. Like we have got now, you see from here. This is the Agnya Chakra. Here, behind it, here at the back exactly, just at the back is the Mooladhara. Surrounding it, is the Swadhishtana. Surrounding the mooladhara is the Swadhishtana. If you are catching on Swadhishtana, you can feel it within yourself, the heavyness. If you are catching on it you will have diabetes. I will give one example. Diabetic people get blind after sometime, they loose the power of the eyes because this thing oppresses optic nerve which is controlled by the Mooladhara Chakra. We call it as Back Agnya. So this is the Swadhishtana Chakra, here at the back in the centre, here you find a hole, that is the Mooladhara and around it is

the Swadhishtana Chakra. Then here is the Vishudhi Chakra, is the Viraat. The Vishudhi Chakra is here. When you catch cold you find you will have the problem here. But if you apply something here, you will feel better. And this is the Vishudhi Chakra which is related to your throat. Now if you have the problem with collectivity also you might find a big block here. Now at the back of it is Nabhi, here at the back. This Nabhi has the left and right sides. As we have shown here the left Nabhi and the right Nabhi. There are two, left and right Nabhi. I don't know if I have told you about that left and right. You can find out in the book. Now, so you have got left and right Nabhi and also sometimes you feel that Nabhi is here. Some people do feel, who have problems with some kind of Gurus and things like that, you see, then you feel. But the whole void is here and this void is called as Ekadasha Rudra. This void, the whole of it goes like a great round, and this is very important because you get it from the void. If you go to a bad Guru or someone, you get this. And this is the one that is the rider. The rider, one who has eleven powers of destruction. The one who is going to come, slash out. Then he is not going to give you any council, he is not going to redeem you, no realization. He will slash out those



who are not realized. That's the last, that you don't ask just now. Give some time more to save more people. Because he is not going to question anyone, he is not going to allow any more time and that will be the time of complete destruction of all the satanic forces. So that is the Ekadasha, here. That collect, because all these horrible gurus are here. These are the Ekadshas. One thing is to be understood that one could get rid of this very easily. Now these two children of Rama who were born here and were endowed as the sun and the moon. The sun and the moon both are here, and the sun, as I told you Buddha, ultimately here and he became, ultimately, Mahavira. They are there. But when they were on this earth, Buddha talked about Non-violence and people thought non-violence to chickens, to bugs! These Mahavira people called Jains, we have got horrible community called Jains in India, and they believe in vegetarianism to this extent that they get a Brahmin, pay him and put him in a hut and bring all the bugs of the village and put all the bugs in the hut and bugs drink his blood. It's a fact, even today and then they pay some money to the Brahmin because the bugs are fed. Now you just tell me this kind of nonsensical vegetarianism. Am I going to give realization to chickens? Just

think of it, or to the bugs?

You are human beings. You should not eat flesh which is of the bigger animals than yourself. Because that is horrible. But you can eat the flesh of the animal which are smaller than you. There is no harm in eating that. And this kind of a nonsensical vegetarianism! Don't do any harm to the animals? But they don't mind, doing this. These Jains are the greatest, they are, you see, such just like suckers and they don't mind killing people for their money. They don't mind going for what you call, 'Shikari' hunting and killing anything but they will not eat a chicken or even the garlic. Now garlic as you know is very good for heart. But they don't eat garlic. Its very good for the heart. Its very good for people who have got tendency towards hardening of the arteries, where circulation is the problem, is very good to eat that and for cold. For people who suffer from cold, if they regularly eat a fresh garlic, say in the night, brush their teeth, then they will be much better off. So these seven centres are there. Now at the fontanel bone is the centre of the heart. Now just imagine, it is at that centre. So where do I exist?

I mean all of them are seven centres, so I am just like a bubble, But I am in your heart. **So the key of Sahaja Yoga is that you have to recognise Me. If**

**you can't recognise Me, you can't progress in Sahaja Yoga.** I have to frankly admit it. I don't tell this in my first lecture but I have to say that please now recognise Me. As your Mother, now I request you to recognise Me and you don't have to give Me anything. Just take things from Me. Just have it yourself but recognise Me. If you deny Me then this won't open. This will be always covered. That's why at the end when you say Mother, please give me my realization because I have come on this earth to give you realization. That's My job. Its one of the worst jobs that one can have. Because its not difficult with people to talk to them, to tell them about it and they are all the time up in arms, they are so aggressive and they start fighting. It's the Mother's job which is a thankless job, absolutely thankless job. You have to do it, and also only the Mother can do it. Because if you had the Christ, he would have taken eleven things and finished off everything. If you had Krishna, he has also 'Sanharak Shakti' to kill. But to use the whole thing which integrated ideas, balancing with understanding human beings, you have to have a Mother. And that's why sometimes people try to become very familiar and start taking advantage or taking liberties which is a wrong thing. What ever I am, I am, and I

am love. I can't help it. I really can't help it. I am compassion. One day I did feel very disgusted. Really once I did feel very disgusted with people, the way they were and I said that just forget it. And then suddenly I saw my photograph. I saw my eyes, and I said, "Nirmala, you are compassion, you are compassion, you can't help it. You just can't help it." I have to work it out. I know what it means, it means sometimes too much, too much, but I have to work it out. Now some people come out with question; 'why you Mother?' I said, "Why not you?" It's the good idea. Come along with me. I did a lot. It would be the best for me to retire and my husband might give you the pension and would be so happy that I have found out somebody who will replace me. But I have not found out somebody who will replace me. I wish you could, will be a good idea.

Now the name Nirmala itself means immaculate. Means the one who is the cleansing power and the name of the Goddess also. My actually sign name is Lalita who is the name of the Primordial Mother. That is the name of the Primordial Mother. But to be a human being with all these centres around, we work in, for example, from the last three days you don't know how much I am vibrating. You can ask Warren and other



people. I asked them to take vibrations and they were doing like this but they could not touch Me. They tried to put the hand on the head and they were just and then, they didn't know how to touch Me! Even it was so much vibrating. So its not easy to carry all this load on this human body. Appear like a human being, to act like a human being, to behave like a human being, so that there is a rapport. Why an incarnation is needed. There has to be a rapport because the unconscious can't talk to you. Whatever you see in the dreams comes back to you afterwards from the sub-conscious area. All the ideas, you have such a mass, such a confusion and you can't decide anything. So it has to come on this earth as a human being and tell you with the knack. I never knew English all my life. So first time I learnt English, but still I don't know American English. I hope I will be able to learn something more when I travel around. It's a dream that, it is a desire that you are to be realized. Its all written in the Bible, its all written in all the books of scriptures. It is very large, large in the books of Adi Shankaracharya who had described Me in full, in a very beautiful way and it is very easy for Indians to get it. I mean though I have not much disciples in the city but they are aware of my advent and they know that I am

there. Most of them know about it, but they can't understand why I have come to America? They say that why you come here, the people here won't accept. But I don't think so, because I think you are great seekers, very great, born in this special time. You have to work for Me. I must say that the transformation that has taken place in the Western Sahaja Yogis has not been achieved by Indians, so much, though they have an advantage because they are born in a country which keeps the attention intact. The attention is very much intact; so it is easy to work it out there. Here it is difficult. It does not appeal to people but still you are all great people. So many of you are not but they can be all saints. But those who are here should know that you have the greatest opportunity in your life to be realized and to give realization to others. First of all you have to become alright, then you can give light to others.

Now the greatest thing that is needed for Sahaja Yoga is wisdom. And logically you will reach a conclusion and understand that **Sahaja Yoga is the end of all the problems of the world, of all the problems;** for example take the capitalism and the communism. So I am the capitalist because I have all the powers but I am the communist because I can't enjoy it without giving it to you. But

its continuing. I have not to do anything because I think about it and it just works. It is like that. All the problems, political problems, economic problems, everything can be solved. Krishna has said, 'Yog Kshema Vahamayam'; when you get your yoga, you will get your well being. He has summed up. He could have said 'Kshema Yoga Vahamayam'. He did not. 'Yoga Kshema Vahamyam' He said first do yoga. First unite. Unite with the spirit; then you are blessed by all these things. There is centre of even material wealth, of Laxmi, which works out, and all the Sahaja Yogis who have been to Me are blessed by material wealth also but not too much like Mr. Ford, that is an extreme case. That is a headache. But they get well being from every angle in a balanced way and an integrated way.

So the last message is of integration that you get completely integrated. Whatever you do, your heart supports it, your mind supports it and your body

supports it. You are completely integrated in one being that is your spirit.

**May God bless you all.**

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

**May God Bless You.**





