

The Divine Cool Breeze

November and December 2008 volume twenty-one number six



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Love is the main thing.

When there is love,

there is energy,

there is patience

and there is wisdom.

Love has to be there first.

SAHAJAYOGI-PRIYA

THE ONE WHO IS LOVED BY SAHAJA YOGIS

extraordinary of the ordinary

Seminars like this are very useful because then you can pick out people who are very seriously interested in Sahaja Yoga, who are dedicated, who have passion for Sahaja Yoga, who feel that it is the most important thing of life.

Now you must have realized that you are the people who are the men of God and women of God and that you have to be prepared to take this banner of the New Age, of transforming Sahaja Yoga into Maha Yoga, into a vast area of spirituality.

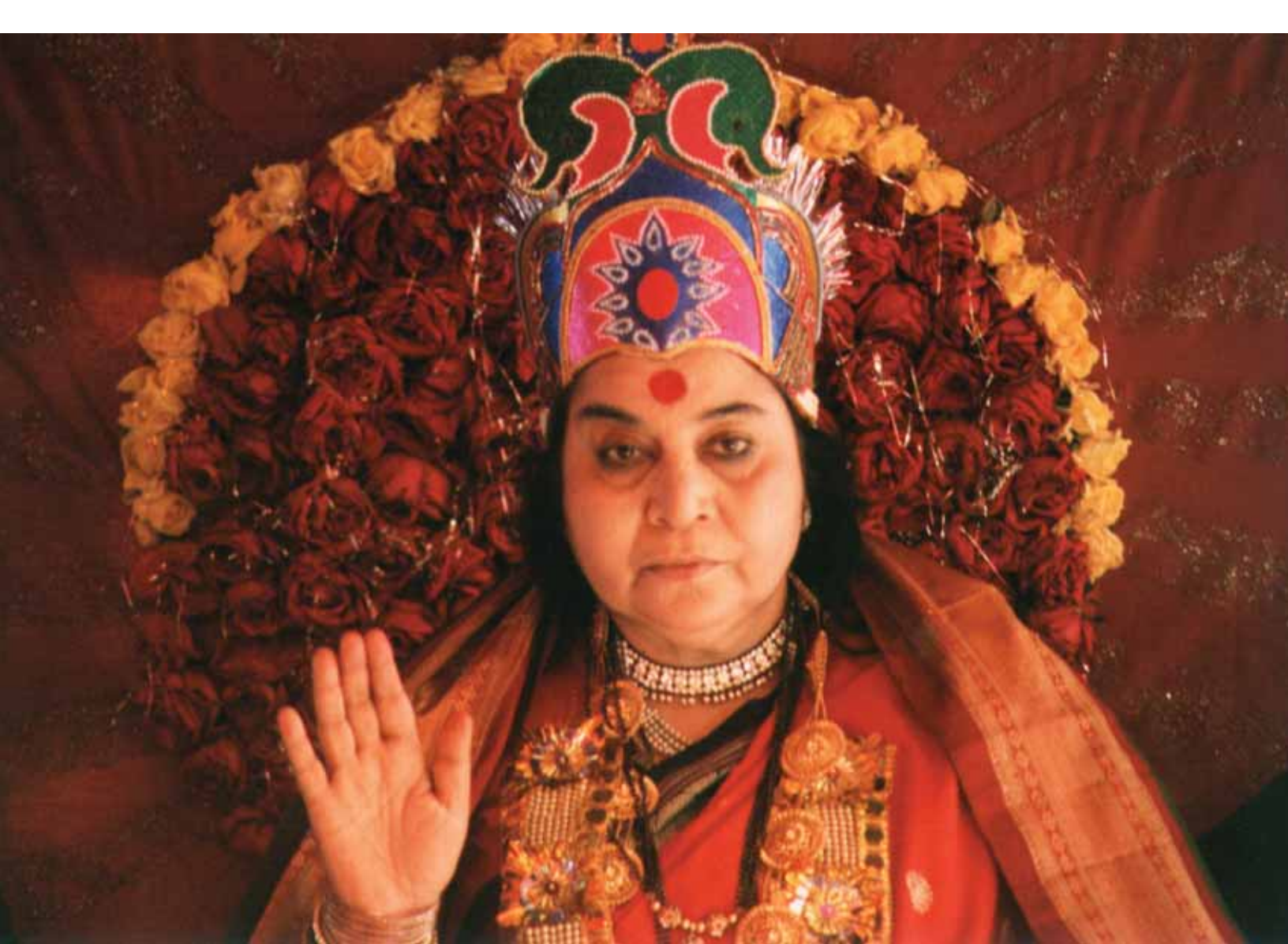
You are the channels and you are going to generate this energy through. If you were just channels, then your responsibility would have been much less. But Sahaja Yoga, it's a very different type of a living process.

Perhaps you might have noticed it, that once you receive your Realization it starts transforming you firstly, then it starts transforming others. By your presence, you start transforming them. By your existence, you start transforming other people. You start transforming the atmosphere, the subtler problems of negativity. They all work out. Like a tree, when it is blossoming, the fragrance of the blossom creates a different type of aura around itself, that it attracts all the bees around to gather the honey. In the same way, when a person is realized, is enlightened, the aura spreads and you start getting people attracted towards you.

We have to remember a few points about Sahaja Yoga, that you receive the light first. The second step is that you generate the light – it is never done in any other process – that you generate the light on your own, with your will, with your understanding, with your freedom.

For example, a tree may give rise to seeds and the seeds might become trees, but seeds do not regenerate. They do not have a will. But here the seeds are human beings. Only the human beings have the will.

15 November 1980
Plaw Hatch Seminar
United Kingdom



Now you've been enlightened with your will. With your will, you can regenerate or, you should say, you can generate on your own, Sahaja Yoga, to go further. It's a very subtle understanding, that when light comes into this candle, it cannot regenerate of its will any other. Somebody else has to take it to that.

So your will is very important in Sahaja Yoga. What do you will? That is very, very important. "Will" does not mean "desire." Will means "desire put into action." So what you do is to desire and then you put it into action. You can do it.

First of all, we have to know that we must have desire. That is there, no doubt. You are categorically seekers. I mean you are that category. You are born as seekers. You cannot get out of it. You are seekers. Whatever may be your problems, from whatever source you might have come, whatever mistakes you may commit, but you are seekers. Seekers are seekers.... Everybody is not a light. You are the light-givers and it is going to work out through your will.

So how powerful should our will be? How dedicated should we be about our will? That one has to know. You have to fathom out that will within you.

Once you start doing this Sahaja Yoga, then you recognize how important is Sahaja Yoga, that it gives a real meaning to the whole creation. In the eyes of God and the Divine Power, that has to work out. That's the purpose of life. And surprisingly, it is left to your will, not to My will. I have no will. I have no action. So it is your will which is going to work it out. So you have to dedicate and now you have to weigh yourself: "How much am I willed?"

It is left
to your will,
not to My will.

Sahaja Yoga is the revelation of all the vague terms

Being one with the spirit

The seminars help you to see how much you really will that Sahaja Yoga should be successful. This is the second thing. To make it successful, what should we do? We must understand the basics of Sahaja Yoga and try to see within ourselves, do we understand the basics and do we have those qualities by which we sustain those basics?

The first basic of Sahaja Yogis is that you have to become your spirit, so that your body emits the power of the spirit alone. This is the first basic of Sahaja Yoga.

So far, in all the religions, all the great books, even the *Bible* or *Gita*, it is written that you must have faith. You *must* have faith. The “faith” word was never clarified in any one of these books and mostly people thought blind faith is the only way. To believe is to have blind faith. It should have been clarified, but it was kept a vague term as “faith.” They do use “blind faith” and “faith.”

So the people started working it out. For example, you are walking on the road and you say, “I was thinking of God and suddenly I found a gold ring, so my faith was substantiated. Yes, it is God who has helped me to get the gold ring.” Or say that there was a divorce on or something like that and you prayed to God and the divorce did not take place. “It is God’s help.”

But this kind of faith can have another side. People can say that the people who do not believe in God at all are quite successful. Then how do you explain that? They have no faith. They are actually heathen. They are very successful in life, so how do you explain that side?

Sahaja Yoga has another very great thing. That is it is the revelation of all the vague terms that were used before. Because people were not given Realization, one could not talk of faith or blind faith and the real faith. Because if they do not have their eyes, how can you tell them about the light or the darkness? So at that time the faith was sustenance – how to sustain yourself. The second was to have faith that you will be resurrected, that you will be your spirit.

Now the third stage is today, to know that Realization gives you experiences and then your faith is established – not blind, but open, enlightened faith. For example, you come into this house and see for yourself what it is and then have faith in that, that it is so – believe in that. That you have seen it, now you’ve seen Sakshat. To have Sakshat means to get the whole thing which you have felt through your organs, five organs of perception. It is as clear as sunlight to prove it.

So this way is the real thing, no conjecture, no just talking about it. So all these words that were used in the scriptures are a revelation. It means in actual life you’ve seen these things happening.... But first and foremost is you have to become your spirit. Without knowing the spirit, you cannot know God.

But the spirit itself is a sensitive thing. It is there, no doubt. It stays there, no doubt. But that it should shine in our attention, you have to know that your attention has to be congenial to the spirit. If the attention is not congenial, then the spirit doesn’t shine. The spirit will shine on an attention which is steady. Steady it. By balancing, you bring a steady state. Balance your thoughts. Balance your eyes. Balance your desires. Try to balance it. Ego and super-ego – you balance it. Attention is balanced very much like that.

Now how do you do it? With your will. First of all, you desire and then you act. “Where am I going? What am I doing? I am a seeker. Is this the thing I have to do as a seeker?” Immediately the balance is there.

So this balancing has to come. The foremost thing is to balance yourself. Any extreme behaviour must be balanced. Any extreme attitude toward life must be brought down.

Now here we find that the will acts, opposed in an opposite direction. For example, people become obstinate. They do not want to accept that we have to balance and they say, “Oh, I’m all right,” and they will give all explanations to show that they’re all right. For whom are you giving the explanations? You are fighting with yourself. Why? Because you are not yet integrated fully within yourself.

Integration of attention

The second part is the integration – the integration of your attention. Integration comes in when you do something, you wish something, you enjoy something, you want something. Then you find integration is also wobbly in your attention. But if you want your spirit, you just want your spirit to be happy because if the spirit is happy it means you’re happy. The spirit is always happy. How are you going to make the spirit happy?

The only thing when you say you want the spirit to be happy, what you are saying is this: that you want your attention to be happy. If you keep your attention happy and cheerful, completely integrated with your being, not with your ego, this is where the discretion has to be used.

Discretion

From balancing and integration we go to the third point. It is discretion because you are very senior members of Sahaja Yoga, very senior students and now you know how to be discreet – what to take, what not to take.

It’s very easy to criticize others. It is very easy to say the others are wrong. But it should be the easiest to see what’s wrong with you because you cannot correct others. You can only correct yourself. It is as simple as that.... It is the easiest thing to correct yourself if you could look at your ego which is stopping it. And who is the gainer? Who is the person who receives the benediction and the bliss of Sahaja Yoga?

So the old habits that are within us, which give us obstinacy, must be seen with great discretion and now, with all this training in Sahaja Yoga, you should be able to see even rationally the discretion part of it.

I’ve seen people who go by the same road all the time are extremely discreet. They know how to turn, which turn to miss and which turn to take and how to reach. That’s the sign of your maturity. So you have to be discreet. Another thing is that you have your vibrations there to teach you discretion, but sometimes you may be missing them.

So with rationality, if you discriminate and try to find out, “What is wrong? Where am I going wrong,” you will very easily understand ... because you are driving your own car. You can only control your brakes and not the brakes of another person. It’s such a funny situation that people are driving everybody else’s cars, but not their own.

So with discretion, you will know how to correct yourself, even rationally.

Now your rationality is absolutely logical. Before this, rationality was illogical. But now, with integration, your rationality becomes logical and it tells you, “No, this is wrong, this cannot be.” You know about everything now – practically everything. I do not think there is anything that requires information for you people. When you just try to think about something and you will get the answer. That’s all in your brains. It’s opened up. The only thing that I said: develop your discretion. If you are indiscreet, then you must develop it, you must grow up it, you must mature....

That’s the quality you people are.... All the Gods and all the angels bow to you. They are in attention to you....

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Collectivity

A small thing like collectivity – it's the beginning of Sahaja Yoga. If you do not want to become collective – Sahaja Yoga is not meant for individuals.... You are coming to become a collective being because the spirit is the collective being. The quality of the spirit is that it is a collective being. It is a part of the collective, which is absolutely one with the collective. It is so collective that you cannot imagine on a human level how much it is collective.

For example, yesterday I was criticizing the *Gita* and the Vishuddhi was opening. Krishna is sitting here and talking through Me. There is no difference at all of that. It's just the same. And I am Krishna. I am Mataji. And I am Christ. So much, so one that you can't imagine how much oneness is there. It's such a unison that exists.

So for the spirit to be absolutely enlivened within us, to be absolutely shining within us, we have to know that how do we articulate with others? How do we talk to others? What is our way of judging...?

So in collectivity, those who are Sahaja Yogis, those who have joined Sahaja Yoga, there should be complete unison and articulation – absolutely. And enjoy each other's company. Everyone is a beautiful flower.

You are My children

It's you who are My children. It's you who speak the same language. It's you who know everything. You are the people who are coveted. You are the princes. They still have to become. That's a different point. You sit in your glory. The idea that all the saints should live at the feet of every third person. It's not that. You are kings. Behave like kings. You have to maintain a distance from others who are commoners. Don't allow your ego to develop, of course. But know that you won't enjoy your kingdom unless and until you get more people into it. You have to get more and more and more, but keep your dignity. You are at that level. Keep your poise. And then deal with others in the same manner, that you are all joined together. You are the saints.

One has to be. Assume – assuming one's powers. Assume. There's no pride. There's no pride. You are that. So you are that, what is there to be proud of? I mean you are realized souls – finished. How to be conscious of it? You are that, so you are that. You are knowledgeable. You are knowledge. Once you realize that, then discrimination will work out much better. That you do not put down anyone, you do not discard anyone, but they are not the same as you are. This principle you must know. You are not saying that low or high or anything. But you are different, they are different and they have to come and join you. They have to become. You cannot become like that, but they can become like you.

So discretion is very important. In Sahaja Yoga, one of the very great basics for our growth is to discriminate. Trust Sahaja Yogis. Do not trust non-Sahaja Yogis. Never trust a non-Sahaja Yogi compared to a Sahaja Yogi. A Sahaja Yogi is your brother or sister, is a companion, is everything. And the others are others. They are another party. You are another party.

They are not your enemies. They can come to this side, but they are not the same as you are. This must come into you so the collectivity will grow strong. You should know that by fighting with each other, you are reducing the power of Sahaja Yoga. By getting angry with each other, you are reducing the power of Sahaja Yoga. Imagine if the channels start fighting with each other, how are you going to channelize the energy?

So first of all, make your channel all right. And understand that we, all channels put together, are going to do the work better. We all have to be together. The togetherness is to be felt.

I am a Mahamaya

When the collectivity is disturbed, what is the centre you catch? Can you tell Me? Vishuddhi *and* Sahasrara because I am the collectivity of all the Gods and all the centres are in the brain, in the Sahasrara....

You know the Sahasrara, what it is. People want to judge Me. They have a right to do it. I mean I cannot say no. You can judge Me. You can do whatever you like.... But what is the instrument you have got to judge Me? I am such a camouflage, just a bubble and such a receding personality. How are you going to judge Me? Is there any way of judging Me? You can never catch Me anywhere. It's a camouflage.

Firstly I am prideless, I am egoless, I am actionless. Where are you going to catch Me? On the contrary, by all these attributes, I create a problem for you, that I am a Mahamaya.... How are you going to understand My position? You see there are no outside signs. There are no horns. There is nothing that I could be a cinema star. I am too simple, too sweet. There is no way by which you can really feel that I am great. I am absolutely mundane, ordinary. But extraordinary of the ordinary I am. This is a thing which people do not understand. It's all right for those who are not realized – excused. But you have felt the vibrations and your Realization through Me. I must be something. Put your attention like that to understand. It must be a tremendous thing inside this body. It cannot be possible otherwise. It's so obvious, otherwise, to you people.

This is to be understood, that so far – Krishna, Christ, Rama, all of the them – nobody gave Self Realization to people en masse. They had other powers.... I have also all these powers with Me, but obviously I am a very simple, ordinary, mundane type of an Indian lady – finished. And Christ had a power to get Himself crucified. I too have that, but I am not going to do all that. I have a power to resurrect also. Why are these powers not used? One should understand: because now the main attention is to raise the kundalini and, for that, these powers are not required.

Give Realization to any number of people. What's the use of getting crucified? Who is going to raise the kundalini...? These powers are not required. Today the power of raising the kundalini of thousands and thousands and millions and millions of people is required. And I am going to be just like you all My life in the sense I am going to get old and you're going to. I mean the way I should be old I will be. I'll be just like you. I am not going to do anything outside. It's like a German car, but it is you who has to know the power of the German car. It's the best type. And once you realize that, that it is deliberately made like that – in the beginning, of course, you cannot even understand it. It goes on, "How can it be? How can it be? She does this. She does that." It goes on like that.

You don't judge Me because that's not the way you will understand. Just realize and recognize that there has to be something tremendous. It was necessary to have someone like that to do this tremendous task. And it was necessary for you to be born, to be with Me to help. I know those who are with Me. They'll stand by Me throughout. I may test them a little here and there, but I know they'll come around. They have to stand by Me. Those who want to run away, they'll run away....

So we come to collectivity, to understand that you are cells in My body and I have awakened you. If you degenerate, My body degenerates.... When you take vibrations, I feel very happy. But those who have faith in themselves can only understand this.... You should have faith in yourself that you are the chosen ones. You are really the people specially made for this great work. It's a tremendous thing that you are out for. Once you realize and recognize it, you won't bother about the small, small things of life. It's the quality in you that has to be nurtured and looked after through collectivity – but the collectivity of the Sahaja Yogis.

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Living as one

This is a new race that is coming up. Others are human beings. You are not. You are not human beings any more. You are Sahaja Yogis. It's a different race. All over the world, this race has to come, so we have to build up ourselves in one group, in one understanding – absolute unison.

There should be no secrets. There should be no domination. Everything should articulate. Everyone should talk to each other. Everyone should know what's happening with what. You have to be absolutely frank, open with each other absolutely. Tell them your problems. "I catch on this, what to do? I catch on that, what to do? How to clear it out?" – not to feel shy. We have to enjoy ourselves, also enjoy our weaknesses, so that we clear them out. Laugh it out. Somebody has some habits, laugh it out. That's the best way to do it....

This I think we should decide today, that we all are going to live with one heart and one desire, with one head and with one liver – all of us. Let's see how it works out....

Where is the time to argue? It's joy pouring in. Let's enjoy.

May God bless you.

Catch the transition

You are a realized soul and a realized soul is something so unique that you cannot give a parallel to it. There cannot be a parallel. For example, I can say if there is a wind blowing, then all the trees move in the same way. But human beings, if the wind is blowing, supposing any wind is coming, somebody will go this way, somebody will go that way because they have a will. But Sahaja Yogis, if the wind is blowing, all of them will put their heads against the wind and fight it.

This is a thing which cannot be given any parallel because you are going above human things. So far never such a thing has existed. You are such unique creations that there is. I cannot compare you with anything that was below or, I should say, which was not of this level. The level is different. So when you do everything the same way, you are doing it because you are aware of that collectivity of the Primordial Being within you. That's why you are doing it.

This transition is the point which you should catch. That's something I feel, that when you start giving any analogies and all that, how can you give an analogy for something that never existed before? Never. ॐ

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Great news for all Sahaja Yogis

Great news for all the Sahaja Yogis. The first public lecture is on the 24th of this month at Caxton Hall. We have advertised and have invited many people. Let us see how it fares.

*Shri Mataji Nirmala Devi
16 October 1977*



Between 1977 and 1983 Shri Mataji gave almost one hundred programs in London's Caxton Hall. Beginning with the first public program in Europe, this series of public programs covered topics rich in variety and depth, with titles such as "The Difference Between East and West" and "The Meaning of Reality." Caxton Hall was also the site a Christmas Puja and a celebration of Raksha Bandhan.

CAXTON HALL – This is what you must know to enjoy your virtues: enjoy your love and you will be rewarded by it.

It is not hard. It is the easiest thing. Supposing you love someone – supposing. I mean it is a big supposition for many, but supposing you really, genuinely love someone.... You have to go to meet that person and ... you cannot get a taxi. You cannot get a train. You are worried. Now how to get to that person now? He would be waiting. He would be worried.... "What must be happening to them?" You are all the time thinking and you are worried and you don't know what to do? Should we walk? Then you walk a little distance and you come back. No, might get a train. Let's try this. You try all kinds of things, you see, just to reach that person and then it's raining – don't have an umbrella. You get completely drenched. Absolutely flat out tired, but still the moment you meet the person, see the person, all worries and all the turmoils, all the troubles and all the labour that you have put in vanish into thin air and the joy fills your life completely. How love is rewarding!

So one must learn to love and not to rationalize. There is a big scope in Sahaja Yoga to rationalize because you become even a freer person. You really become free. I mean after Sahaja Yoga, if you want to go to hell, you can go faster than anybody else can because you really become a free bird and if you want to go to heaven you can do the same. So one has to know that we have to learn to compete in loving each other.

We have some very beautiful Sahaja Yogis here, very beautiful and they have said sometimes such beautiful things about others that I sometimes, in My vacant mood, think of them and I feel very happy. It's just like poetry to say something good about others. Sometimes I have to go and then somebody says good words about others. I feel very happy.

Without love we are not going to solve any problems whatsoever. What's the use of having, say even ten thousand people with vibrations flowing, without love among them? I mean I just can't think of such a thing. Once you are realized, you should feel love, but you must fathom it because of your rational habits. Because of these mis-identifications before, you cannot give it up. You see you are afraid. People are even afraid to express their love.

Somebody brought some sweets one day. I said, "For whom?" He said, "For Sahaja Yogis." I said, "Why are you giving to Me?" He said, "Mother, if you give it would be better, otherwise they may little bit doubt me."

Sometimes we want to love, we want to express, but we are afraid that people will misunderstand – imagine, where are we? What sort of human beings we have become that we are afraid to express our love. Then the recipients also, they do not want to have any love. How can that be? It's impossible.

Every human being wants to be loved. They will be afraid today, tomorrow. Day after they will be all right. 13 March 1980

Can you understand total love?

“The temple had to come down to London to Caxton Hall to talk to people.”



CAXTON HALL – God has His own powers. He has His own machinery. He has His own government. He has everything. It's dynamic.

You can't imagine in how many dimensions He can work it out. Just you have to put it in the mouth of that machinery. If you can do it, you get the results easily. Only one thing God cannot do. That is to make you sensible, to make you wise. That's one thing that's your look out. That's in your own choice because you are guided by your ego. You are identified with your ego and anything I say may upset you or may appeal to you. God knows how you are going to react. But the only way you can grow is to be in the centre to see, not to go to extremes of anything – to be in the centre. Even listening to Me, try to be in the centre.

But human beings are funny. They must go to extremes. You give them any job they must go to the extremes. Anything you give them, they cannot keep to the centre. They can never keep the balance....

It has to be in balance, everything. But in our behaviour towards God, we are very much imbalanced. *13 March 1980*

CAXTON HALL – We have within us a being which I call the spirit – the spirit, which is also the part and parcel of the totality that is love, totality that is God, totality that is joy, totality that is knowledge. And that spirit within us is watching us. It is not watching like a guard or a police inspector. That also, we human beings cannot understand. If I say the spirit is watching, people get a fright, “Oh God!”

The spirit is the one that is love. Can you understand total love? Can you understand something that just gives and enjoys giving and not asking for anything? Can you understand someone like that? Can you? Loving for love's sake, that's what is your spirit. It is watching you with that love, that total love.

That totality of love is watching you to give you that what it is. Now here, I would say you are the spirit and you are this Self. Another one, which is this awareness, is this human awareness which you have got. This human awareness has to be enlightened by that totality, that spirit. When it enlightens that, then only, you know that you are a part and parcel of the totality and that you are beautiful, you are really beautiful.

There's some times one feels a little bashful to know how beautiful one is and so fragrant and so grand and so dignified. That new dimension one has to achieve....

To understand the totality of love, total love, you have to know that these are all just specks. The ocean, the oceans of oceans of love will wash off these specks in no time, but have faith in yourself, that's all. Have faith in yourself. After all, you are human beings. *3 November 1980*

God ... can demolish all the wealth of the world and He can recreate. For Him, nothing is more impressive than your spirit. The spirit that is within, that's the most important thing, not what country you come from, what race you come from. All these nonsensical differences do not exist in the realm of God. You are a seeker and your spirit has to be enlightened. So maybe today we've got Caxton Hall. Tomorrow maybe we could be sitting near a sea or maybe somewhere on a hill. *5 November 1981*

This search is on and there are many shops people have opened. This is not a shop. This is a temple and a temple in the marketplace has very little value. If you have to climb up seven mountains to go to a temple, it has much more value. But only a few can reach there alive. So the temple had to come down to London to Caxton Hall to talk to people. *21 July 1980*

SHRI MATAJI NIRMALA DEVI at CAXTON HALL

Caxton Street, City of Westminster SW1

Thy Will Be Done

Sahaja Yoga is not for Me at all. I don't have to do it. It is for you to do it, to gain that knowledge which is yourself. Only thing I can do is the shaktipath. But actually I don't do it either, I can tell you. I don't do anything. I'm just sitting quiet. It's just managed. What can I do? That's My nature. It just flows. It works out that way.... There should be no problem for you to understand that it is a special grace. Because you are special, maybe I am also special and special people needed somebody special. So I had to come down here.
26 November 1979

CAXTON HALL – The attention can be concentrated now, after Realization only. But even realized souls have to work it out. This is the biggest problem that I think I see, that our attention is so distributed we cannot do anything in a concentrated manner. That's why there is guru shopping also going on. We also cannot do our Sahaja Yoga in a concentrated manner.... It becomes mobile, spread all over. It doesn't reach any depth or height either. If you put them together, then it will work out....

So to clear the attention, clear this garbage into that clear cut, beautiful lake, you have to go within. You have to allow it to sediment. You have to take pride. By it's own nature it will come, the beauty. And then you will see a ripple in that lake within you, a peaceful space in which you will see the bliss of God flowing into you, through you, you observing it and seeing it manifesting into the other. That is what needs to be asked for. No mental activity can do that. It is only the desire to be that works it. Only the desire to be one with God works it. Mental activity, rationality saps it. Through rationality, you cannot reach God....

It is said, "Those who will be blessed have to humble down in their heart." It is very true. It is very, very true that we have to humble down in our hearts, so that it will work. And keep your attention steady.

Is it too much that I'm asking? You started with a very humble heart as a child. Only in this life all this has been accumulated a bit too much. In past life you were not like that – much better off. Only in this lifetime you have crossed the limit a little bit. It's not difficult to recede.

So just try to humble down in your heart and it will work out. Every time you get your touching of the kundalini or, you can say, the breakthrough, every time you get that experience, keep it in your memory and desire for it and it will work out. Do not keep in memory the faults that you have had, where you have been.

When you climb up on top of a hill or a mountain, you don't remember all the ditches you have fallen into in your childhood. You enjoy the atmosphere on the hill-top. Make it a strong memory within you and try to keep it there. I know for some people it's difficult. They come down, again go up. Because of the problems they've had before, the kundalini comes down. But in Sahaja Yoga, there is all arrangement. But if the desire is strong – not the mental activity, but the desire – it will work out. And that's why I told you why it is to be, "Thy will be done."

Accept it from the very beginning. This is the basis of how you are going to rise.

26 June 1978

The Biggest Myth

CAXTON HALL – How is it a particular flower becomes a fruit? That is not discussed in elite society. It is not to be discussed. At the most, you can talk about the weather because there cannot be any quarrelling....

We are so careful as to what to discuss. But if people sit down and discuss it, they will know that there is a tremendous working of the Divine Power.

Can you count the amount of work It is doing? It's an impossibility – like a flower becoming a fruit. Now take only one type of a flower. How many are there in the whole world? I mean, if you think of it, you just feel that it's too much how this Mother Earth is moving with a tremendous speed and we are just settled down nicely. How many such suns and stars and constellations are moving? There is no end to it....

If man doesn't want to realize that there must be a power that is doing all these organized things and there must be one organized personality or may be a controlling thing that is working it out, then it means that they are trying to live with a myth because they cannot solve it.

The myth is that there is no God. This is the biggest myth I have ever heard. And to believe into such a thing, that there is no God, is just to accept that as you are the highest of all, the lord of all the world. How can there be anybody higher?

This is one of the biggest hurdles of human beings in the modern times. In the ancient times, olden times, it was so, but it was not so much to this extent, that now man thinks that he is on top of the world and that he is the one who can guide the whole world and who can manage this and manage that....

Not to accept anything comes from a fright that, if you accept something, if you accept that there is a Divine Power, then perhaps you may have no position, no significance.

So to be compassionate to people who get Realization, you have to tell them that it is not that "you are overpowered by the ocean," but "you *become* the ocean." The drop becomes the ocean, not that the ocean overpowers. Then it may be that you can go further with the second step where ego is a little bit, given the assurance that you won't be finished. The infrastructure has this one problem that ego has separated all your inner being into different parts and anything that ego says or is pampered is good. Good and ego's happiness are regarded as equal to each other.

Now, if you can overcome that first hurdle with people, that you become the ocean, that you become the guru, that you become empowered with your own powers, you have crossed some areas in a personality. And it's a fact. To begin with, it's a fact. But this area actually you get much later. But better to promise the highest.... You will get the kingdom of heaven. "All right, then what will you get?" Then you will get the kingdom of Europe. "Then?" Then you will get the kingdom of England. And like that, it moves. But if you tell them that you will get the kingdom of your own Self, they will say, "What's there? The kingdom of yourself – such insipid stuff!"

So you have to start from the big stuff, saying that you become your own guru ... which is a fact. You do become your own guru, but that happens much later. But still, if you tell them directly that you become your own guru first, it will appeal to them....

They will feel happy. And that's the point.



There's no end to My speeches. I don't know how many speeches I've given now. I lost count. This is only just to make your attention little steady, then the kundalini rises. Without that happening, your attention cannot go inside.

10 November 1980

19 April 1982



CAXTON HALL – Every time I face the new people I have to give an introductory talk and the Sahaja Yogis get sometimes impatient about it. But we have to understand that this is the knowledge of the Divine and those who have not known about it are to be told. And those who have known should know that there are many things they have not known, which they have to know. Still, there is a lot to be known.

Supposing I tell you all about it and you do not get your Realization, you do not get your yoga, you do not get your connection with the Divine, then it is useless. Talk – well, you may talk.

You may verify it. You may find it the same written in many scriptures. Many saints have told you the same thing. It has no use.

The knowledge, *gyana*, is useless without yoga, without the union with the Divine. 8 October 1979

You are transmitters

CAXTON HALL – Everywhere you are sitting in meditation you are transmitting vibrations. Do you know that? At that time if you are thinking of your jobs and your other things which you have been thinking before, the transmission is poorer.

Think of love.

Think of the whole country.

Think of the whole world at that time.

You are transmitters of these waves of love and love will flow from you.

I told you once that you are made in the form of Ganesha. And that's what you have to do. You know there are vibrations from you coming out. You are sending vibrations out. You know that. That means you are like any deity who is thrown out of the Earth's womb and a big temple is raised and thousands of people go to worship that. And they say it is a temple, of a Jagrut Devta... "Jagrut" means enlightened, awakened. And that's just a stone – a stone that comes out and people build a temple on top of that and go there and worship that, while there are so many already sitting here, so many jagrut, realized souls.

These are living. These are moving, these are understanding. They manoeuvre. The stones only emit vibrations to clear the atmosphere. But you – you can raise the kundalini. They cannot raise the kundalini. You can. And what are you doing about it? Such a precious thing you have got. What are you doing about it? Is it because there is no business with it, that we are taking it so slowly? Supposing it's an enterprise, then everybody would be up and doing. Is it? We have to change our ways and methods of understanding.

The reward of God is a thousand-fold than any enterprise can bestow upon you. When He blesses you, you wouldn't even have words to thank Him. To that extent He goes.

Are we depending on Him or on our own old ways? We have to change very much. We have to transform ourselves into a new style of thinking. It is very, very important.

I hope you'll think about it, what I have talked to you today. Don't take to a life which has not brought any happiness to you. 15 October 1979

Sahaja Yoga is everywhere

CAXTON HALL – Try to be humble in your heart. You enjoy your humility. You really enjoy your humility. Actually, humility gives you innocence. Humility is the only way to achieve our lost innocence.

Even if you have all the powers of the world and you are humble, how beautiful you look. Any person who is in a big position and if he is humble, people write legends after such a personality.

Try to develop a humble attitude towards life, extremely humble. But with humility we confuse inertia. That's a wrong thing. Humility never means inertia. Humility means dynamism. And that dynamism is extremely quiet, silent and beautiful.

Sahaja Yoga is a tremendous thing. It is Mahayoga. At this stage it is Mahayoga because it has reached its highest peak now. Never in any incarnation were so many Realizations given....

Today it's so fortunate that I am facing so many saints. It's My great faith and great fortune that you all have got Realization. You don't know. My joy has no words to express it.

But let not this garden be ruined by abandonment and by foolishness. It is a tender, newly blossoming, beautiful garden. Look after it with that care and gentleness, otherwise it can all fritter away. 18 August 1980

Why are we here? What are we doing here? What is the purpose of our life? Why God has created us? To what purpose, to what end or it is just a joke going around? Are we just foolishly being born, getting married, having children and dying like ameba? Or have we any other purpose? 24 July 1979

CAXTON HALL – Sahaja Yoga exists everywhere. Within you it is working. Without you it is working. Everywhere it is working. So you see for yourself. To see it, you have to go and see people and meet them and talk to them and find it out how it works and develop that faith that gives you the sense of security.

There are so many ways of cleansing yourself, which you know, you can find out. Meet each other. As many times as you can, call each other for tea. Meet each other....

They judge you by your faith. And when you have found out the reality, the faith should be much greater than any of these fanatics have, any of these nonsensical people have. But for faith, you must have the quality. Only people of quality can have that kind of faith, not ordinary people. They will fall off.

All the flowers do not get transformed into the fruit state. You are transformed into fruit state, but all the fruits do not come up to their maturity because they lack faith, the strength.

Gather up your strength.

It's all behind you.

It's within you.

It's around you.

Everywhere there is light, within and without.

Try to work it out properly.

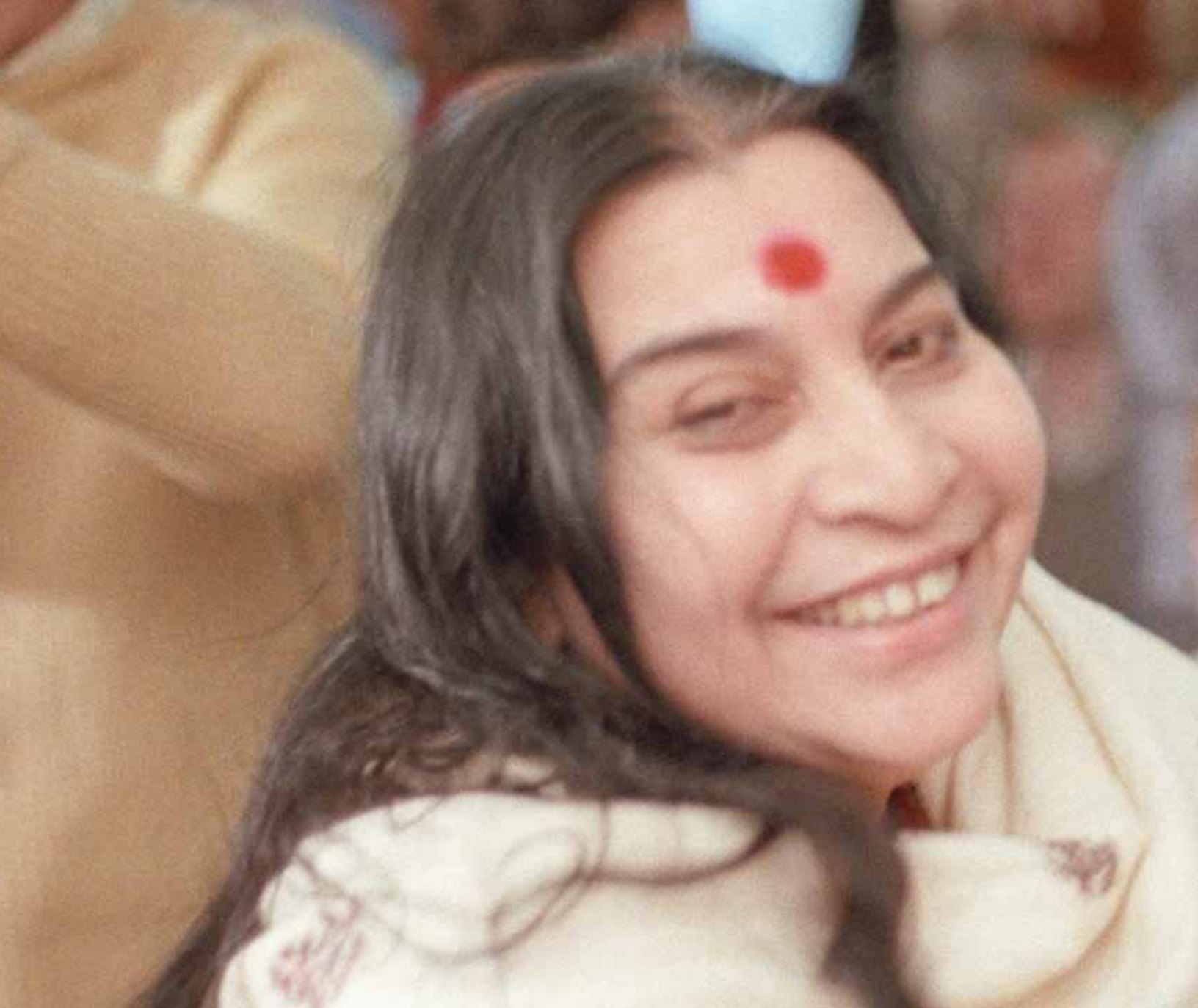
Do not condemn yourself or condemn others, but know that you are something, that you are standing on the truth and you are in for the Kingdom of God, which is promised to you, which you are in, already walking in that.

You are settled in there.

Just enjoy that beauty.

8 September 1980

Thank you for being here and we'll have some meditation. I hope you'll catch some deeper stratas within yourself. May God bless you. 9 June 1980



It's not very easy to explain Sahaja Yoga to anyone rationally, as you must have also faced the same difficulty. Not only that we are facing this difficulty, but it has been faced by all the saints and all the incarnations, including Christ, Blake – all of them.

I've been reading Blake these days. He has written in his poems of such friends, who are the friends of sinners. But they could not communicate to human beings in that way, as we can communicate, because we can give Realization. We can make them feel the vibrations first of all – like you can sprout the seed and we can show how the seed then gets developing. This is an advantage we have and today the time has come definitely to us, that what Blake has desired and asked for or pictured or visualized we can prove it.



Reality

It cannot be changed. It cannot compromise.

is what it is

Caxton Hall 22 March 1982

The futuristic people

When we explain Sahaja Yoga to someone, we have to talk relatively in the beginning because they haven't found their absolute. It can be quite difficult and frustrating in the beginning to talk about something that is such a living process of our evolution. We cannot explain how we evolved into a human being. And to explain how we are going to a newer dimension is also a difficult thing. How it is going to happen, how we are going to sprout, what is going to happen is unbelievably fantastic – absolutely fantastic – and we can't believe that we could achieve that. People just don't want to believe that you can achieve it in this lifetime.

They live in the future....We are futuristic people. We always think of the future.... I told you what happens to people by living in the future, physically, mentally and emotionally. But spiritually it happens in such a way that you think that in this lifetime you cannot get your Realization. You are quite convinced about it, that "we'll get it in the future" because you live in the future. So you can't accept the present in which you can get your Realization.

That future has come now.

This is one of the biggest problems of Sahaja Yoga, that today we are facing the futuristic society which always lives in the future. So explain to them that at this time, at this special moment, “you can get your Realization.” This time is meant for that. In the past, this was the future and this future has been predicted by so many. So that future has come now and one has to face it as a present. Every future has to be present some time, not imaginary, but the real future that has to face you, which was seen by seers and predicted, has to be materialized.

Once you understand this point, then one can explain Sahaja Yoga, that this is the time one has to expect Realization.

Now, a man who thinks too much and who lives in the future would first shun it, saying that “how can we get our Realization in this lifetime?” One may say like that. Then the same person may accept it all right, if you convince him that “you can get your Realization....”

The second point he may raise, as you must have also faced, is that even if you get Realization, because it’s futuristic, it is imaginary. Everything he thinks is imaginary, isn’t it? It is not reality.

Reality is what it is. Supposing you want to think about this hall and you imagine this hall will be built like this, like that and this will happen. It doesn’t happen. It is not like that. What you see, what you feel is the way that you have to understand is the reality. But the people who live in futuristic ways are never realistic because they are imagining things.

So the second point that they tumble upon is their own conception about God and Realization. That’s not reality. Reality is what it is. It cannot be changed. It cannot compromise. It is what it is....

Whether they are futuristic or they are “pastistic” – the people who live in the past – all of them must resolve one thing very clearly: are you a seeker? Are you truly a seeker? Are you seeking the truth?

Then truth has to be not rational, not imaginary, but free. If so, we should be prepared to face the truth as it is. If you prepare the seeker like that – that as it is, whatever is the truth, you will face it – then the task is better. You prepare the person for Realization in a better way.

Materialistic people

The second type of people are those who have lived in the materialistic world, in the gross life. We live in the gross life every day. For example, coming to Caxton Hall means money. Taking this hall on rent is money. We think of money. If not of futuristic things, we think of money. How we can do this hall? How can we take it on hire? How can we work it out? All these are problems of money....

You cannot get God by paying money for it. God doesn’t understand money, not at all. You have made money. God doesn’t understand. Whether you pay Him or not, He will make the place rain or He can give you fertile land, He’ll give you fruits. He will give you all the bounties and all the beauties of life. Whether you do anything for Him or not, He is a giver. He will go on giving. He doesn’t know money. He will do it for the rich. He will do it for the poor. He’ll do it for everyone.

But we think of money, naturally. It goes easier into your mind if there is somebody who says you can pay two pounds for coming in. That sounds better because it must be worth something at least because we live in a relative world of money. Actually, money has nothing to do with God’s kingdom. There is no money in His kingdom and you can understand rationally that how can there be. How much did Christ charge for

His service? We have so many great people in this country who did not charge anything for what they said or what they gave, who were real people. And the reality is always proved in the human beings when it is done free. That is the reality. All other things that are sold out are the things which are not real...

You are not to pay for this. You are not to pay for what I say to you or for My lectures or anything or for your Realization – not at all, not a single paisa for that. You cannot pay for it. It's so invaluable. That's the only thing that's so invaluable. That one thing. You cannot bring it to the level of this gross existence that we have. It is absolutely overflowing. It is absolutely freely coming to you, so you cannot pay for it. It's love and love you cannot purchase.

People caught in the past

The second type of people who come in, who are not futuristic, are the people who believe in the past. Now they have faced another type of problem. They come here. They will think, "Oh Mother, we are such sinners, we have done this sin." I mean all the past that they have, but love never sees any faults of a person. That's the sign of love. If you love someone, then you just love that person for love's sake....

For example, you see a rich man comes in and there are ten people running around him. They are running around him for money. Of course, he doesn't give you anything, but you want to be seen with him so that people also think that you are rich or whatever it is. Human beings have all kinds of funny ideas of living in an imaginary world. But such an imaginary world exists. So when such people, who live in the past, they come in, they think, "Oh God, I have done this and how will I face Mother?" or "How will I face reality? I am such a sinner."

Now when you say you are the friends of sinners ... I don't want to agree that you are sinners. I mean once you come to this place, you are no more a sinner, I think. To My eyes, nobody is a sinner. I mean if there is so-called sin, it is because of your ignorance.... Mostly it is a mistake which is committed out of ignorance. You did not know that it was wrong.





If you understand
the value of
freedom, you are
the right people
for Sahaja Yoga.

Learning from history

I was reading some chapters of Bible and I found the punishment for doing wrong.... "A man who takes another man's wife should be killed. That should be done." That was the time. We were like that. Where we had to establish our sustenance, we had to be like that, otherwise we would never have listened to that. We could not listen to anything without fear. That's the sign of people who are still much more ignorant and absolutely under bondage....

But for people who are evolved and independent, fear is not going to help. We have reached a stage where we have evolved. It was the time of Moses that these things happened. It's long, long, long, long time back when human beings were not evolved to that extent to understand that righteousness and goodness are good.

We may do bad. We may do wrong things. We may try to harm ourselves. People do it, but, in the heart of hearts, they know it is not good. They should not have done it.

It is wrong even to hurt someone. And now human beings have evolved so much. Imagine the Romans, the way they behaved and the way they treated people.... They would go to any extent of killing people. But all that cruelty, that violence and that ruthlessness and, you can call it, even the licentiousness and the permissiveness were that with which they destroyed themselves and there was a fall of the Roman Empire. We can see clearly, because they have committed mistakes, we have improved. Because Hitler came, we know what violence is. And that's how we are correcting ourselves, through our own people who are doing wrong things like one cell in the body becomes malignant and teaches the whole body to behave itself.

In the same way, any person who becomes overactive in any wrongdoing, he comes forward later on in the history as a person who should be abhorred, the person who should never be copied. He's the person whose name is never taken. That's how we went on learning and today we are at a stage where we are free to choose hell or heaven.

The end of sin

When you reach that stage, then one should not think of sinning. That's over now. Because I have told you many a time that Christ, when He came on this Earth, He created that special spot for us which is called as the Agnya chakra, which is at the crossing of ego and superego, that if you awaken Him, He can suck our sins. So before His coming, there was no such arrangement....

Because of this conversion business and this nonsensical idea of spreading and conversion, because they think religion is also some sort of a political stunt, so they went into India and tried to convert people. They thought if all of them became Christians, then they will have a democracy of Christians there and that will be under the rule of the English maybe. But ... many Muslims now are going to India and converting them, thinking that it will become a Muslim majority.... They'll think on those levels.

But one should know that everywhere human beings are evolving and they will always ask for the religion that is real and the God that is real. Whatever you may try – like the Muslims, Hindus, Christians, all of them have tried all these tricks of this gross level. That's not the point at all.

What you have to achieve is the understanding that you are a free person first of all, absolutely free. There should be no fear and there should be no compulsion. You are absolutely free because, unless and until you are free, you cannot go to that realm which is complete freedom, though you are absolutely free to begin with. If you are not a free person, we'll have to make you free....

For a Mother to call Her children sinner is a bit too much and I just can't think of such a situation where I could ever condemn any one of My children as sinners. So I would not say that they are sinners, but I would say they are ignorant, they are stupid, they have been naughty and they have been dangerously playing with their lives. They have been unkind to themselves.

You see, I cannot feel that way, that somebody is a sinner who has committed sins and that such sins are there that cannot be rectified. It would have been all right before Christ's coming, that we would have talked of a karma theory, that we have done bad karmas and our karmas are there so we are sinners and we are born as sinners. But Christ's coming has a very big meaning, which I don't know how many of these preachers have understood. It means that He came on this Earth to rectify our sins, so we are no more sinners now.

I mean it's there. He is someone who can rectify it. Why should we call ourselves sinners? And why should we worry about it?

Knowing freedom

The basic problem with human beings is this: they are ignorant. On one side, they are proud of it. On the other side, they are frightened of it. Both the sides, to My eye, is the same. Either you are frightened or you are proud of it. They are both one. The pride leads to stupidity and the frightening might lead to a sort of a destroying capacity in you, the way you go on destroying yourself by all the time cursing yourself and saying that "I am bad and I have done this bad and that bad."

One has to get out of both of these things and must know that you are a human being made out of so many genes, through which you have passed and come to this stage where you are a human being.... A human being is a special thing, created for a special thing.

But you are not the human being at the time of Moses. You are not the human being at the time when people were not evolved enough. You are people who are free to understand the value of freedom. If you understand the value of freedom, you are the right people for Sahaja Yoga. When you have freedom, then you must have discretion also, how to use the freedom and respect that freedom and not to indulge into abandonment which is stupidity.

So going to extremes either on one side or the other is perhaps a sin. And the sin, so-called, gives you a fear. And aggression, which is also a sin, gives you a pride or I would say vanity, which spoils your vision completely.

So to talk to anyone who is a newcomer, one has to be careful that either they are coming from this side or that side and, dealing with them, we have to be extremely patient and loving, for I have told you that love does not know faults. And when we start finding faults with others, we should know our love is not matured so much.

Mine is a big problem.

It is that My machinery is so different that I don't know how to explain to you people how I work it out. But your machinery also, I have understood very well how it works. So once I have understood your machinery, I can tell you. But you can go quite ahead of Me in handling human beings than I can handle. I could be a little less expressive about it than these people can be. They can be much more expressive, you see. When they handle people, they can handle them better. I have some other ways of handling, which are not seen, which need not be seen, which is just done. But they can do it very well by talking, by making you understand because they have passed through that way. They have crossed that land and they know how to make others cross also because I have not crossed anything. I'm not so good at all these things, I must confess. But I think I understand problems.

The power of love

I've tested your love also, whether you really love each other or not, because love is something that's a release. Actually, it is a release. Love is within you and, for example for Me, when I love you, it's a release of My boundless love within My heart. It gives Me such a release and such a relief and such a joy that I'm loving, it's flowing to you. If it doesn't flow, then I don't know how to work it out. If somebody is unkind, is not willing to receive it, then I don't know how to work it out, how to go around the person. And I'm not so good at conniving things and being artificial. Then I try some other tricks of working it out. But if they can receive your love, I'm sure they will realize that you are the people who are out here for love....

I know it's very hard in these modern times to create a group of people who can love. You can create a group of people who can hate. Supposing tomorrow you start one big procession, "We hate God, we hate love, we hate this." You'll get thousands of them standing with you, "Yes, oh, we hate." You see, for hatred you'll get thousands of them with banners. They'll pay for it and come down to show that they hate because hatred is a very cementing force among human beings. Surprisingly, hatred is a cementing force. It looks like something, such a contrast, but it is so. I mean when you try to collect people in the name of hatred, people jump. They have never exploited the powers of love – never. I wish they had. All our wars, all our things have come out because we hate each other. Imagine, only human beings can hate that much. Animals can't hate so much as they can.

So this love, which is divine love, which thinks, which coordinates, which understands, which is dynamic is so fantastic, is so all-pervading. It lives in every particle of the matter, of the emotion, of the mind, of the heart. Everywhere it exists. That power you can have within yourself. It's too much to believe, too much a tall story for anyone, but it's true. It's a fact. The time has come. It could not be done earlier, agreed, but the time has come. You have evolved to that state and that's why it has to happen. Now, if people do not accept, I must say this: futuristic problem.

In case human beings do not accept it in a big number and become that, we cannot avoid the third world war. By that war, a new consciousness may rise, where people will understand this hatred is the worst thing. Perhaps we need a third shock. We have had two. Perhaps we need the third shock to give us that elevation, to get that position of higher consciousness, where we start realizing that these things based on the materialistic and on hatred, gross living are most dangerous to humanity. Then such people who really believe in love will rise and come up and they might be the ones who will be saved.

So we should, at this stage, try to save as many as possible from this horrible sinking mire of hatred.

Identification as a realized soul

Talking about it has been done. Establishment of your sustenance has been done in the sense that, if you can awaken that sustenance within you on the Void, you can achieve it. But the main thing is, even after Realization, to identify yourself as a realized soul absolutely, that you have been given something very special, that you have your spirit, which is manifesting and that you have to make good out of it, that you have to give it to others.... Expand yourself to that great world – which is Yehovah's world, which is Krishna's world, which is Virata's world – where you become one with that Primordial Being, where you become an active cell of that Primordial Being. That is the thing one has to do. And that breakthrough has to take place.

Meditation is a state of mind.

You don't meditate,

but you become meditative.

We do not prescribe any timing.

I'm in meditation all the time

and you could be also, but,

because of the new birth,

you're not yet identified fully with

the spirit.... You have to cleanse

yourself of all the things that

are still hanging around,

all the misidentifications.

For that, whatever we do,

also we call it meditation.



Now one may say that all the scriptures are wrong, everything is wrong, that all these manifestations are wrong, Christ was no good, that He was not practical. Anything one may say. You have freedom to say what you like, but you must have wisdom to see that if there is a way, what must be the way. If there is a way for the emancipation of human beings, there's only one way. There's no other way. I mean whatever you may be, an intellectual or an emotional person or anything, whatever it is, but you will reach one conclusion: there's only one way and the one way is the transformation of human beings.

To that level, where they really say what they mean, they become. They talk of world brotherhood. They talk of everything. We have all kinds of organizations doing all this nonsensical work. You see we have a UN system and we have world government ideas, we talk of love, helping Vietnamese, this, that. All sorts of things are there, but actually we are not. Face to face, we are not. Face to face, we become ourselves and that is why to become that, the becoming of it, is important. The transformation is important. Once you are transformed, to identify yourself with that transformed state is also important and that is only possible when you start allowing that transformation to take place within you in thoughtless awareness, where you do not think and impose things....

People get their Realization all right ... and then they do not think that there is anything further needed because, once you get Realization, you can be very much in a joyous state, blissful state. You might feel the vibrations very well, you'll be very happy – and then you will get lost. That's not the point. You have not achieved your complete growth unless and until you have manifested yourself. But such people may be very few. I do not know. It may be very few who will really take to that maturity.

Once you have matured, it is joy, it is happiness. You become what you have to become. You find your absolute meaning. And that has to happen. For that ... there's a kundalini and there are chakras and all this is already in you, placed. The machinery is there. It is ... the machinery that understands and that loves you. That's the part of this loving machinery of God and that is what it manifests. It is the divine love of God through you, which you can manoeuvre. By this, you may be able to manifest a voice. But with that machinery, when it works, when it is put to the mains, it works out that divine power.

There's only
one way
and the one
way is the
transformation
of human
beings.

Central type of people are best suited for Sahaja Yoga.

Three types of people

To explain things to people of different, various types that they have come, we normally divide them into three, as you know: the people who are ignorant, fearful; the people who are aggressive and in vanity, who are vain about themselves, they think no end of themselves; and, thirdly, the people who are neither vain nor afraid. Those are friendly, pleasant people, good people, who lead a life of moderation, who ... like to share.

That type of central type of people are best suited for Sahaja Yoga. And such people should be really tackled first. Then the people who are sort of humble people, they are humbled down and those who think they have done some mistakes, they are better off. But aggressive people, you be careful dealing with them because you might get a punch on your nose as soon as you talk of love, so be careful.... There are some people whom you cannot tackle because they are so aggressive. It's better not to argue with them or deal with them. The best thing is to leave them alone as they are and let them grow. Let them find out because all these people will develop bumps. All aggressive people will develop problems for themselves.

First of all, they cannot sleep in the night. That's one thing that happens to them when they are aggressive, right-sided people. They'll have high blood pressure, they'll have hot tempers, they may have divorces, they may fight with everyone. Ultimately, they will find they're lost, not wanted by anyone. They would be meticulous. They will develop kidney troubles and they will develop a funny trouble where they won't remember their past. Even their names they may not remember. Then they will come around.

So allow them to have their nice time, but don't butt with that.... They punish themselves by their stupidity that they are doing. You see, all their stupidity will be shown in different ways and they'll have to face it and then they will come around.

The predictions of Sahaja Yoga

I don't know how far to believe in the predictions of modern times, but the olden times predictions are so wonderful that I just can't imagine how people could see so many things about Sahaja Yoga. Two thousand years back, a great seer called Brughu has written something so great about Sahaja Yoga, that a new method will be devised by a Mahayogi – they called Me “Mahayogi” – who will be Parabrahma incarnate and will give Realization without any difficulties, raising the kundalini. People will get it....

All the details of Sahaja Yoga he has given two thousand years back. He's one of the greatest astrologers we have in India ... two thousand years back, maybe more. According to the English standard, it may be two thousand, but I think it's much more when he has written – about five, six thousand years back. He has written about this just after Krishna....

So under these circumstances, one has to see ... all those who are aggressive by temperament should know that there must be some way of getting out of it. Even aggression is in the present state of human mind. It is very repulsive. You don't like it. You don't like your aggressive self. When you aggress anybody, you repent after that. You don't like it, that “Why was I so rude? I could have been better. Why should I be disturbing someone? Why should I be like that...?” As others don't like them, they also don't like themselves. When they are aggressive with others and very malignant by temperament, they don't like themselves. They want to change, so even this may happen.

I would suggest that we must very gently go, but firmly and with the speed we have to work it out. And I'm sure it will work out and many people will get Realization and will understand Sahaja Yoga.



Living for the whole

After getting Realization, you must give some time to yourself. Be kind to yourself. Go with it. Learn everything. Master it. It's very simple.

There is nothing much to be learned. It's very simple. It's a child's play. Even children are good at Realization. Even a little baby can do that, so one should learn and try to give Realization to others and one should not waste energy in running away from it....

It's a thing which is most enjoyable. You must give one day in your lifetime to God who has created you and the one little time to your Mother also, who wants that everybody must get Realization.

If every one of you wants to escape it, then who is going to work it out?

I know you are, seem to be, very busy people. Some of you are extremely busy, but busy for what, business for what? What is the name you are going to leave in this world? As a man who earned a little money more than the others, that's all. I mean you cannot earn as much money as Mr. Ford can earn, so why is there a competition about it? The only thing is that you'll have no satisfaction of earning money. You will be always running mad with it.

You must take out some time for your growth and your meditation, by which you understand yourself and you understand others and help others. Life is not worth living for yourself. It is a useless life which lives for oneself. You must live for the whole. You must understand that the whole, if you accept, you become the whole. If the drop accepts the ocean, you become the ocean. Why not we become the oceans, instead of little drops, which are just evaporated by the heat of the sun or by anything?

You can be lost, so why not become the ocean – the ocean of love, the ocean of forgiveness and the ocean of compassion?

May God bless you.

If every one of
you wants to
escape it, then
who is going to
work it out?

I AM SO ENAMOURED that the speed of everything has come down to zero for Me now. Nothing is moving. There is no *gati* in Me now left – so enamoured and overwhelmed by your celebration, by your kindness, that I just don't know how to express Myself.

All this is suggestive of such a tremendous depth and gratitude in your hearts for something. I have done nothing whatsoever. I have done nothing because I have not achieved anything in life Myself.

I was what I am. I will be the same. I have not done any *tapasya* or anything. I have not walked even an inch to achieve My goal.

It's you who have prepared yourself, who have come closer and closer, just like a ready lamp, a *deepak*, and got yourself ignited, enlightened yourself because of your preparation. It's only your own doing which has given this light everywhere.

You know very well that light cannot spread in a vacuum. It cannot spread. If there is a vacuum, light cannot spread. That's why without the Sahaj Yogis I have no existence at all, I don't exist.

My whole existence is here because of you. I have no meaning. I have no work. I don't do any work at all. I am the one who is the laziest and who doesn't do any work whatsoever.

It's only you who have achieved it. It is you who have raised yourself.

Actually, your birthdays must be celebrated instead of Mine because neither am I getting old nor young. I am just the same. There is no difference in any way. And I think it should be the birthday of Sahaja Yoga which should be celebrated....

At this stage, we have to understand that puja is an abstract achievement which can only be experienced. And all of you should sit with that feeling that we are going to achieve nothingness within us, egoless, egolessness, emptiness, cleansing, so that the light of love should flood all the areas within us. And that is only possible when, of course, the chakras are to be awakened. That's going to work out and also that you should open out your hearts completely – not to doubt anything, not to think about anything, but just open your hearts. Just receive it with complete faith and understanding....

I feel that already we have touched every corner of the world. On this day, the only thing we have to declare is that let Sahaja Yoga become a Mahayoga in its full way, that everybody in the whole world should recognize that Sahaja Yoga is the only way people can rise in their evolution and a new world can be created. And this kind of a development, which is a collective development, which is not of the outer world, but of the inner world, generates the roots of this creation into a new dimension, into a new personality because, by that time, the roots would have reached the source, the source of this divine love, of this all-pervading power of this Brahmashakti.

Birthday celebrations 1983

I was what I am



I will be the same

Neither am I getting old nor young



One should try to understand that

if I am God, then why should you worry?

I have one problem with the western mind. It is that if they cannot conceive it, they start criticizing. Instead of making yourself subtler and subtler to conceive the beauty of the Divine, if you don't get it, you will start criticizing on any point....

It is a much deeper significance. Much deeper work has to be done. So many things have to be worked out. It's a very subtle thing and the more you discuss it, the more you talk about it, you lose. You should keep quiet and absorb.

So today is not a day of such a mundane type. It is very important in this small place where we are sitting. We are doing a tremendous job and you people, who have suffered the most on account of these rakshasas, should be absolutely intensive. Be careful that these sinners must go out. Something has to be done, instead of thinking about yourself and your inconveniences, your troubles and whatever you call them, which are not so important at all.

You are saints and you must support all divine work with complete understanding. On the contrary, if you are so much worried about your own things, you are a fool....

We have to be one with the subtleties. Sahaja Yoga is not possible if you want to see it from a gross level. You cannot understand. I have already told you that without Realization, you cannot have Sahaja Yoga. But even after Realization, if you stick on to those old things which belong to the egg ... you will have no advantage. So try to become subtler and subtler. And don't think about it. You will relax. You will feel better....

You are going to a level where nobody has reached. With this understanding, if you surrender, it means not to give Me anything, but to get rid of your ego and your stuck-up ideas which there have been.

Shri Mataji speaks in Marathi:

If I am pleased, I will sit for the puja, otherwise not. It depends on Me.... The Devi is not in need of the puja. You are in need of the puja. She has to be pleased....

Adi Shankaracharya was asked which is the greatest quality. He said, "Devi bhakti, Mother's bhakti. She is the Devi." Your Mother is the Devi. Understanding that. Do Her bhakti. In that bhakti there should not be any false thing.

The first quality, the highest quality – if it is seen in a human being from his heart – all his bad qualities will be destroyed. He will get light and attain moksha. That is why he has always praised the Devi.

In the beginning, he has described a lot, written lots of books like *Vivek Chudamani*. Lastly, he said that by only pleasing the Devi one can get everything.

Then why do these things? Why to do debates? Why to do discourses and break one's head? Just praise the Devi and one will get whatever one wants. His wisdom very few people have. When that intelligence comes into us, then you will get the authority in the same way, without doing anything.

Also I am *prasanna chitta* now and any number of mistakes you make, I will forgive them all. Without doing that, it will not be possible because I have come with a very big heart and will forgive all your mistakes, but cheating on Me you should not do. And all the time crying and repeatedly saying that I have committed mistakes will also not do. Then it becomes a problem for the Devi. You should ask for forgiveness from the Devi and take a vow today that hereafter we will not repeat the mistakes....

You have to take a vow.... Because of this vow, all the world will benefit from its fruits. You should not think how will it happen.... Whatever vow you take now, with complete devotion and utmost faith, the fruits will be for the whole world. That is how you should think.

Shri Mataji speaks in English:

We should try to take a vow and, with that vow, you should be able to achieve something which has not been yet achieved.

This achievement is not only for these people. It's not only for Maharashtra. It is not only for India. It is not only for the whole world, but for the whole universe. So you are playing a very important, vital role and one should try to improve one's quality of life.... Unless and until you have that substantial quality, nothing is going to work out....

You are the seeds who are going to create that great atmosphere that will bring forth the great change that we are expecting of Mahayoga. ॐ





Shri Mataji came to Genoa

on the 11th of September

and it was unbelievable.

She was so happy and smiling.

We all offered flowers to Her one by one.

We were only about fifteen people

and She asked us all our names

and their meanings.

It was beautiful.





Padmini and the palanquin

a story about chastity

WE HAD A QUEEN CALLED PADMINI and she was a very beautiful woman and one Muslim aggressor who became sultan heard about her beauty, so he wanted to see her. She refused. “I don’t want to see him....”

He said, “If you do not allow me to see her, I’ll invade your country.”

So she agreed that “All right, he can see me in a mirror, so at least his bad eyes don’t fall on me directly.” She agreed to that and he saw her in a mirror and he saw that she was even more beautiful than he had thought her to be. So now he wanted to have her – so physical, so superficial. And he said, “If you now do not come to me, I will again attack.”

They made a plan, “Let us now decide whether we are going to surrender our queen or not.” So everybody said, “Nothing doing. We are not going to surrender.” Because the chastity of a woman is very important and that of a queen – and a queen who is representative of all the womanhood – should not be sacrificed like this. They could not bear the idea.

So they said that “All right, we’ll organize something and cheat these people.” So they sent word, “All right, we are all coming and the queen is coming too.” And they sent a hundred palanquins. We use palanquins for ladies in India, covered. And inside every palanquin there was one warrior sitting with all the weapons. And there were four carrying the palanquin and all these four were also warriors. So thus, they had about five hundred warriors. It was a small kingdom, so when they went down, these people were very happy. “The queen is coming.” And they were all getting drunk and celebrating it. “The queen is coming...”

They had told these women that “In case we win, then we light a fire and you will know that we have won. But if you do not see anything like that, then be sure that we have lost the war.”

So the king sat in the front palanquin and with the rest of them, they went and attacked them in the sense that they first entered inside. And then, instead of the queen, the king came out and they all fought those people. But they were only five hundred, so they could not be saved and those people had better weapons, so they were killed. They did not light the fire.

Now the women knew that all of them would be coming. Now they were very rich sultans, very rich Muslims and things like that. But they thought that now their chastity is in danger, so there was a big platform and they made a big pyre on that. And they all entered into it and killed themselves, before they could enter and touch their bodies.

So for women especially, it is very important to have a great sense of chastity. And if they do not have the great sense of chastity, then they develop all kinds of funny ideas and mentally they become very imbalanced.

So we have to now understand how we have to build ourselves as Sahaja Yogis. Men and women, all of them, have to go hand in hand because the first quality I told is wisdom, but the essence of the Muladhara is innocence. They are made of innocence. The power of Ganesha is innocence.



MORE ABOUT CAXTON HALL

That was a complete sea change. Sahaja Yoga just changed gear. Up to that time it had just been a small group of people going around to different houses with Shri Mataji. Then She announced that She would like to have a public program and we were all mystified. We were quite frightened and didn't know what would happen. We put a big advert in *Time Out* magazine and hired a room in Caxton Hall, in central London close to Shri Mataji's new home in Victoria. We didn't know if anyone would come, and to our amazement about two hundred people came. We were rather embarrassed, because Shri Mataji asked us all to sit on chairs on stage with Her. As Shri Mataji gave Her talk I remember gritting my teeth at all of the aches and pains I could feel working out in the chakras and trying my best to look evolved! The next thing we knew we were all moving down into the audience with Shri Mataji and working on people, and in the space of one evening Sahaja Yoga completely changed. At the end of that meeting everyone in the hall felt part of one big family, it was as if the Sahaja Yoga we had known had changed gear and moved to a new level. *Patrick Anslow*

The sixth volume of the book series "Eternally Inspiring Recollections of Our Holy Mother" is now available from Nirmal Transformation Pvt. Ltd. (www.nitl.co.in). This new book is a collection of stories about Shri Mataji in the United Kingdom and includes more about Caxton Hall.

Credits and Notes

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THE DIVINE COOL BREEZE

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through your spirit: the beauty, the glory, the fragrance of a flower



every flower is poetry