





You might find Me walking with you

In the first era of Sahaja Yoga, you needed to see Me in person.

As we say in Sanskrit, a *dhyeya* is the target. You wanted the target in front of you, whatever is to be achieved....

You felt happy, secure, joyous when you had that in person before you.

In the second era, now you will not desire so much that Mother should be there. You will take it over from Me.

This is the divine desire I am telling you about and you have to work on that from today onwards.

I am with you.

You know that, but I need not be in this body because I don't know if I exist in this body or not.

But once this desire starts working, you will see tremendous miracles happening....

You may find Me anywhere.

You are walking on the street, suddenly you might find Mataji walking with you.

So this is the second era we have started and you should not be shocked

if you see Me sitting on your bed and putting My hand on your head.

Or you may see Me in the form of Christ walking into your room. Or as Shri Rama.

That has to happen, so you should be prepared.

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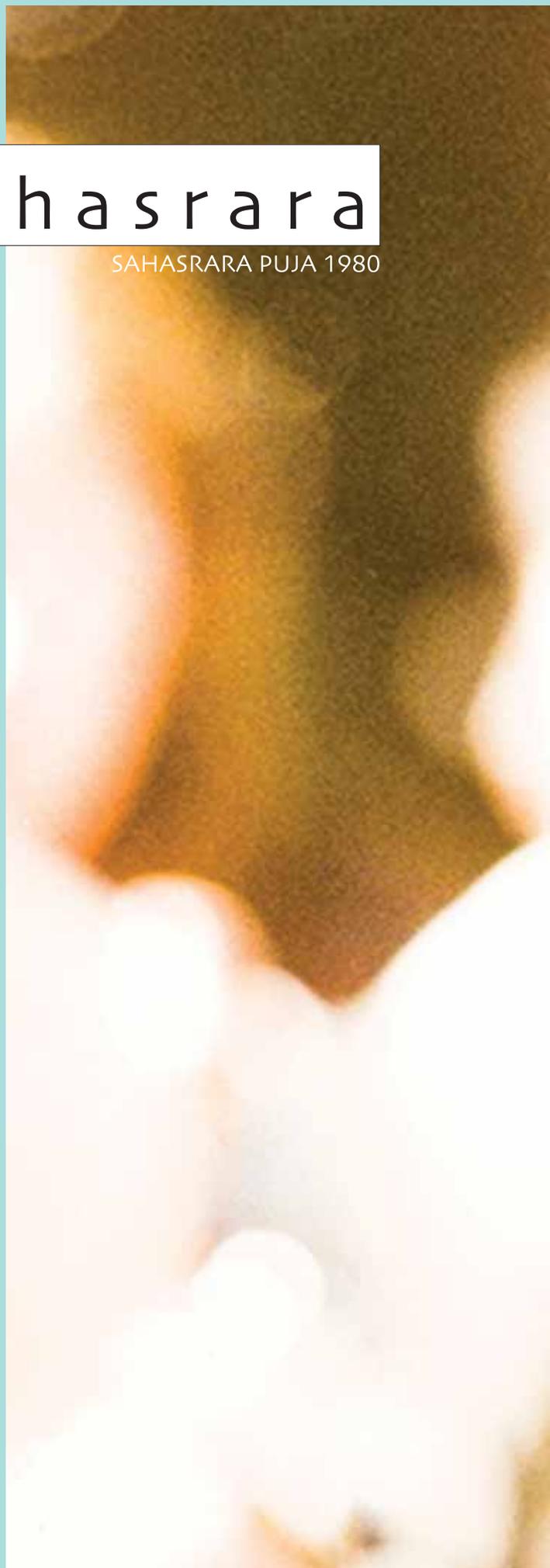
at the sahasrara

SAHASRARA PUJA 1980

In 1970, the fifth of May, was first time the collective spirit of God opened out.

So far the blessings of God had come to human beings individually as grace and they received their Self Realization individually, one by one. And the method for individual Realization was just the opposite of the collective. First they had to establish their dharma, cleanse themselves fully, desiring all the time for their salvation, putting their attention to their salvation, as you call *itishwara pranidhan*, thinking of God, asking for His grace and acting in a scrupulous, dharmic way to keep themselves pure. They had to control their mind, control their desires, control their action in such a manner that they absolutely kept to the centre path. And when they could get through all that testing and immunity, and when they deserved, then only the grace of Mother gave them Realization.

This pattern was on for some time. These few people who got Realization did lots of wonderful things to prepare for Sahaj Yoga. They were in every field of life, but were very few and unique....





THE SCAFFOLDING OF SAHAJA YOGA

They have really done a great job of first building the scaffoldings of the huge, great building of Sahaja Yoga which is going to come now. They are just like nuts and bolts in our whole working. Their desire to establish dharma was so great that the complete divine force of Mahakali was working through them. Then they put it to action with such understanding and such wisdom. Great scriptures were written by them. And for many years, thousands of years, they were the guiding lights for people.

Only in the modern times ... people started doubting them. Before that people used to doubt themselves. They used to doubt that “We are not yet capable, we are not good enough, we cannot do it better. But *they* are perfect. Whatever they have said is all right.” There was no doubting about the incarnations or about these saints, what they said, but the doubting was about themselves, that “how is it that this is the good path we know, this is the real path we know, still we are going in the wrong direction.”

If you read the poems of those days, it is all the time “Why – despite the desire to be good, to be upright, to be righteous – why am I roaming into wrong paths and wilderness?” The writers in those days always showed that a good righteous man was rewarded by God’s blessings. But all this started toppling down with the ego developing and the super-ego challenging. Confusion started coming into the minds of people and they started doubting those great realized souls instead of doubting themselves. Because they could not reach anywhere near these great saints, some of them were influenced by many satanic forces around and played into their hands and started doubting those realized people and all these great scriptures.

So on the one side we have the doubting people, the other side the fanatics. Those who tried to adhere more and more to the teachings had to become fanatics. So they became fanatics. And those who started doubting also could not show any benefits of doubting, could not convince the fanatics that they were wrong.

So on one side we had fanatics and another side the doubting people. It is like standing between their tombstones. The real religion in man collapsed.

There cannot be a new religion. Religion is a continuous living process within us which is our sustenance. It is like a ladder on which we climb ... step by step – but not leaving the ladder. All others are required.

So the ultimate had to be established because of these two types of emergence – one doubting, another fanatics. Both had not known God. Both had not achieved reality and they criticized each other because both of them did not know what truth was.

There cannot be a new religion. Religion is a continuous living process within us which is our sustenance. It is like a ladder on which we climb.



AT A TIME OF CONFUSION, I TOOK MY BIRTH

I took My birth at a point where these confusions had started showing their results even on the physical plane. All imbalances of life react physically, mentally, emotionally, also spiritually.

When I started looking around I was amazed how ignorance had made people naive like a cloud of ignorance which came on them. Formerly people had this much understanding, this much sensitivity to know what is right and what is wrong. Even if they were wrong, they knew that wrong was wrong and right was right. But into this confused state, I was born and I knew I was to open the Sahasrara.

So I started My work after My first shocks. I decided not to talk about it to anyone and lead a very, very normal life of a very ordinary person. Not to be very striking because, like Christ when He was born, a star came up. That is how King Herod came to know about Him and his forces worked and you know the story of what happened. If you are born with any striking signs, the negativity immediately finds you out. As it is, it found Me out and just after the fifteenth day of My birth, there was a very big accident, as you know.

I had to really work very, very, very hard to enter into your being to find out the different permutations and combination. First of all, I had to find out your basic problems.... After finding the basic problems, I started finding out your permutations and combinations and I was amazed how human beings were placed to their outside world and how they reacted to their outside world. I identified that these permutations and combinations, which formed within themselves, were also capped by their other identifications – like the society in which they were born, like the nation in which they were born, like the ideas that were there. All these things became much more important than the original being which is universal within you. And every individual had taken a very odd, funny, awkward type of a shape, which I didn't know how to reduce and how to bring it to a proper growth level by which they could start their growth.

It was a very, very hard work and night after night I used to work, while leading a very, very ordinary life of a very normal person. I used to deliberately behave like a very simple, ordinary student and show all My ignorance about things, but sometimes, you know, truth has an awkward habit of slipping out and it used to show itself.

Then this working started and one of the biggest major problems of human beings I found was the family life and that is why I married. I wanted to study what are the problems of family life. And then I started facing these problems as if they were My own and started understanding why people behave in this manner and that manner because these connections are to be done, of course, by you, but much more by the Divine Force. And if I could know what are your problems, I would be able to act.







UNTYING THE KNOTS

Other problems – like political, economic and all these problems – also I tried to study because they became so important for human beings, but they are of absolutely artificial value....

So I had to see to that, what makes them do this and what makes them do that – sort of a human behavior science I had to study for years. And then, as you start unfolding or you can say unentangling or disentangling or taking out the knots of a bundle, you reach a point where all the knots are opened out and one knot is still left for you, which is to be opened out. And that was done on the fifth of May 1970. And once that was done, the collective phenomena started working.

And the greatest collective phenomena was that the Shri Chakra, being on this Earth, could be felt through your fingers. This was never before so. Nobody felt the fingers enlightened. Nobody felt the vibrations on the fingers as such, but they felt it within themselves because of the rising of the Kundalini and everything. And the way they developed themselves inside, they were more concerned about one individual. They developed their inner being much more than their collective being. But now, because the Sahasrara of the universe was opened out, everybody started feeling the vibrations around them with their own hands. That means the chakras themselves were feeling before, but now the fingers, which are manifested from the power of a particular chakra or chakras, could feel the vibrations. That means the sensitivity of the Divine, which was in the chakras, spread out to peripheries to such an extent that the human being could feel it on the fingers. This was fantastic.

So My job was to move from the centre to the periphery. While moving there, whatever are the obstacles I met, I had to clear them out one after another and then, once all the obstacles were cleared out and all the network was properly done, then it was to generate the energy through this happening of Sahasrara Day. So you can imagine how important is this day.



THE TOOLS OF SAHAJA YOGA

Now this much is for Myself. I don't know how many of you really know how much the Divine had to work and how many of you are really thankful to the Divine for this tremendous work, which was done through ages and now specially for these forty-seven years of My life. Relentlessly it worked – keeping up the facade of a very normal, ordinary person – because it had to reach to the ordinary – not to the extraordinary, but to the ordinary. And one had to take out the extraordinary qualities in the ordinary by making them deeper. This was the tremendous task.

But then I must say that the Sahaja Yoga, when it started working out, I also was given very great workers, the tools of Sahaja Yoga, who took it up upon themselves as their own responsibility. And you all should be thankful to them because they really worked very hard with Me, taking it up upon themselves as their own responsibility. There were very few, but they did it....

So today we have to understand one thing, that we really need those brave people and those people who feel responsible, which is a very important virtue of Sahaj Yogis, while personal things – your own chakras and your own problems and all that – is not important because if the whole improves, you are going to improve too. If the whole of the body improves, you are going to improve. But if one finger improves, the rest of the body is suffering. You are not going to be happy either.

So the main thing is what are you doing for Sahaja Yoga. What can you do? How far can you go? How are you going to work it out? In every walk of life and field of life, those who really work it out, as a great responsibility upon themselves, are the ones who will be given more and more powers and chances. Then in Sahaja Yoga, you will find it is so simple and clean.... I know everything about you, which I have taken into My ocean of love and have tried to help you in every way – outside, inside, solving your problems.

It is so transparent to see how Sahaj Yoga is so much a mother to you. But whilst taking all the advantage with it, still you are more identified with your own enjoyments and your own idea of enjoyment. You people still do not enjoy that collective spirit which was opened on the fifth of May 1970. You still lack in companionship, in company with each other. You enjoy it more like people who are not Sahaj Yogis.

at the sahasrara



EVERYTHING FOR THE COLLECTIVITY

Now today is the day to make a big determination that you will start enjoying your collective spirit. Everything for the collectivity, then the enjoyment will be maximum. You will never feel that you have sacrificed anything. But unless and until we have more of such people, the other dishwashers are of no use. Just dishwashers or very low grade Sahaja Yogis are absolutely useless, who just want to take advantage and have a nice time. All that type of people, they are not going to make much mark for us.

We do not need much intelligence for that. You do not need much money for that. You do not need anything but a complete desire and one should know that here we are going to gain our own flowering – the flowering of the whole of which we are the part and parcel.

So you must make a determination not to bring Sahaja Yoga to your personal level or to your limited problems or to your own relationships. It is the relationship of the creation with God. Is not your relationship or anybody else's relationship.

As in any machine, all the wires must be connected to the mains through one main wire. In the same way, you all must be connected to God individually so that you all are connected among yourselves. I have been saying this again and again and again because at the Sahasrara you are being blessed with this collective spirit.



The second very important point is of complete integration within and without. Within, unless and until there is integration, we cannot bring forth the outside integration. The complete integration within comes by dedicating yourself to your own improvement. First and foremost is that time must be given for your development – not to show Me or not to show anyone. It is between you and yourself. You have to work hard to cleanse yourself. It is easy to live comfortably with all the horrible chakras within us, but it is easier also and the best, most enjoyable, to have very clean chakras. And it comes first of all in sincerity.

First of all is complete sincerity. Are we sincere to ourselves? Sometimes it is misunderstood. People think if you have to be sincere to yourself we should deny Sahaja Yoga. Sahaja Yoga is the union between you and God. And the sincerity must be full. It must be complete. Any kind of insincerity which comes into you is extremely detrimental.

So you must know that, as your Mother has sincerity about you, you must also have sincerity about yourself. Then you will start enjoying Sahaja Yoga. That is very important to create integration within you because, if it is sincerity, it comes from your heart. If it is coming from your heart, then your body, your mind, your intelligence, everything will work hard to fulfill it. But if it is not coming from your heart, it is going to be a superficial thing, so you try to feel it from your heart. That is what it means – sincerity. Do not depend on anyone.... It is your own.

So you have to work in such a way that you get complete integration and the driving force towards integration is a very simple one. It is sincerity. Thus you will know that automatically you are getting integrated.

The other factor that is important is patience. You must have patience with others because, if you do not have patience, your sincerity will start doubting itself. So you must have patience and to get patience you must know what you have been so far and where are you. When you will know what you were, you will have patience with others, tremendous patience. And by having patience with others, your sincerity will be all the time complete. By your sincerity, you will be completely integrated.

DEEPER INTO SINCERITY

So we come to the point of sincerity. Now let us go deeper into it, to how the sincerity is to be maintained. First of all, we have to make some determinations, *sankalpas*, of being sincere. Then we have to act by finding out how do we get insincere, on what points. You are good at analyzing. You can find it out.... What are the connecting points? Keep a control on your mind to see how does it become insincere? You will be amazed that it is simpler to be sincere than to be insincere. Is the easiest thing is to be sincere than to be deceiving because you don't have to think. To be sincere you don't have to think. If you have to be insincere, you have to think, plan out and to find out methods, all the loopholes and escapes by which you have to run away. If you have to be captive of your sincerity, you don't have to worry about anything and then sincerity itself is rewarding.

This principle must be written down in your hearts, that sincerity itself is rewarding. You don't have to go to anybody else to ask for the reward of sincerity. Sincerity itself rewards you and that is why you start enjoying your own sincerity. If you start seeing all these things as a witness, how your sincerity has made you so beautiful, so dignified and how you have started rising in your self-esteem, you will be amazed how sincerity itself is a big force which will manifest its living dynamism in you and you will be a transformed person.

This transformation within you is going to change the whole world. People are going to see that you are no more a confused person, you are not a person who is doubting and neither are you a person who is a fanatic. You are not a blind person and you are a person who is alert and aware and who can see things better than others.

So the Divine is only interested in such people. As I have told you before, the Divine is more interested in a little worm which is alert and aware than in a palace of a king which is dead. The more alert you become, the more the Divine takes interest. But this alertness is nothing but the enlightenment of your sincerity. You will be amazed how sincerity is the thing. That means you are loyal to yourself. You have to be loyal and not disloyal. The loyalty to yourself is sincerity and that is how I have managed Sahaja Yoga. But sincerity is My nature. I don't have to strive for it. I cannot get out of it.

If I am your ideal, you should try to imbibe My nature within yourself and then you will be amazed how you are connected with Me. Then we all move like one wave, one being, one personality.

That is the achievement of the Sahasrara Day – sincerity of purpose wrought in action, not theory and philosophy, but in action. Active sincerity in every way – and patience. All these things will bring forth the complete integration within.

Once your transformation starts working out, if human beings start getting transformed, tomorrow you will be placed at the helm of affairs everywhere in the society.

Try to contact other people at your own level. Whatever may be the category of life you are leading, please try to contact them. By doing so, you create an atmosphere which starts another circle of evolution which is the outside integration, where the societies get integrated.

All the people who profess different religions come to this Sahaja Yoga, which is today the fruit of all the religions. The integration between political and economic situations, complete ideologies will integrate because the source of all these is the same. It has gone into disintegration because of its artificial identifications. That is how we will integrate the whole world into a beautiful integrated creation, with the purpose of blissful existence for all of us to enjoy.

at the sahasrara





at the sahasrara

I AM GIVING YOU THE KEY

Good times are ahead now... Try to become sincere and sincere and sincere and enjoy your sincerity.

I bless you all with your sincerity...

You are expressing yourself as Sahaj Yogis who have recognized Me and are requesting to bless the rest of the people so that they also recognize Me as you have recognized. By this puja, I hope recognition will be much more clear. By My recognition, only you will recognize yourself and the whole thing will work out in a very, very beautiful manner...

It is just your privilege to be here and you must understand that privileges are given to people who are deserving. I am telling you these things because you are deserving and, in that condition, you must understand that this is a great privilege that I am telling you all these things and that you should feel enamoured that I am telling you that sincerity is the key to your success. It is a privilege.

Sincerity is
the key to
your success.

I am giving you the key.... Take it as a privilege. It is a V.I.P. treatment for you. You are all V.I.P.s.

I cannot talk like this to the multitudes, but I can tell you this because I want to give you the complete keys. If you can look at yourself as how privileged you are and, understanding it, understanding what all Sahaj Yoga is, then you will understand that what a privilege it is for you to be here – what fortune, what reward for what you have done. How many lives have been completely rewarded by being here? This will help you to do puja in a more sincere manner.

May God bless you.

***Like your ether, through which they are seeing the television now,
in the same way, God's Power is everywhere. You can feel it.***

This capacity in [Shri Krishna] to witness has to be seen in every yogi. The element He controls is the ether. We call it as *akasha* in Sanskrit.

This ether we are using now for our television, for our radio, for every sort of a collective work, so we have to be in charge of the ether element, as yogis. And that is the subtlety of all, in the sense that you permeate into everything with that.... Plastic also permeates into everything – into matter, into everything up to the air, but it cannot enter into ether. The negativity cannot enter into ether, so when you enter into your ethereal zone, you actually enter into the area which is thoughtless awareness.

So to achieve your ethereal state, you have to expand your thoughtless awareness. And the sustenance of that is done by Christ, by the spirit. So you can realize now, as a yogi, your state of mind should be ethereal.

Shri Krishna Puja 1983

To achieve
your ethereal
state, you have
to expand your
thoughtless
awareness.

[Shri Hanuman] can fly in the air and, by flying in the air, He can carry the messages from one to another through the ether. Now the subtlety of the ether that we have is under the command of Shri Hanumana. He is the one who controls or He is the lord of this ether, the subtlety of the ether or the causal of the ether and, through it, it communicates. All the communications that you find ... are through Hanumana's movement because He can go into a *nirakar*. He can go into a formless state.

Also the communications – we use it for this communication that we have.... We have television, we have got radios and all those things. Where we catch on to the ether, anything, it is all the blessings of Hanumana....

So without any connection through the ether, He can manage. So all the ethereal connections have been done by this great engineer, Shri Hanumana. And it is so perfect. It is so perfect that you cannot challenge it and you cannot find faults with it. Maybe your instruments may not be all right, but as far as His ethereal work is concerned, He is perfectly there.

Now the scientists discover it and think that it is in the nature, but they never think, "How can it be? We say something in the ether and how is it received on the other end?" They just take it for granted that it is so, that we say something here or we relay something on the television and it is seen the other side. But they never even think or search out how it is done, what is the way. And this is what is the work of Shri Hanumana, who has done such a beautiful network and, through that network, all these things work out.

Shri Hanuman Puja 1990

The Vishuddhi chakra has a specialty. When the human beings raised their head upward from the Mother Earth towards the sky – the sky is the ether, it is Shri Krishna's nature – when it raised the head towards the ether, towards the sky, then this Vishuddhi chakra developed into a different dimension.

Shri Krishna Puja 1986

If we put anything into the etheric, you can receive it anywhere. So the raga is the energy which goes into the ether and touches your spirit. That is the raga and these ragas are something like a housewife. Supposing if you stand with a military band, you will be fed up – left, right, left, right, left, right. But a beautiful melody, that is a melodious thing, melody, and this melody itself is suggestive of a beauty.

Shri Fatima Puja 1988

ETHER

it is everywhere

you can feel it



tanmatra – a Sanskrit word meaning the causal essence of an element.

The subtler side

Ether is the energy which is managed by another *tanmatra*, we call it *akash*.... It is Christ who has sacrificed His life to open our Agnya chakra, that we have reached that state of akash. Without Him, it would not have been possible. We can have general communication – like we can talk to people, we can say things, we can also use our fingers to express ourselves, our hands to communicate – but to communicate vibrations, you have to have vibrations, otherwise you cannot feel another person.... It has to rise from your own Self, then from others to the higher level of humanity, where you are in communication with the sky, which we can call as the *tanmatra* or the essential or the essence of ether....

With this *tanmatra*, sitting down here you can do the job. It works – just the attention works. I know that. You also know very well. You don't have to ask Me to put the attention. You just put the attention and it will work out. It is a very important thing that you have got.

Christmas Puja 1998

We have to be deep people.

There are some people who told Me that they saw Me in dreams and then they came to a program. Now how can it happen? It can if it is something like the ether. We have it from the ether. You can see on a television. Something in the same way you can see in your deeper sleep something that exists in the ether. It is the subtle of the ether. It is the subtle of all the elements. It is called the causal of everything. If you become subtle, you touch that circle. As soon as you become a subtler being, more than a human being, you start seeing colours, hues, aesthetics, everything. In the same way, once you become the spirit, you see the aesthetics of righteous living. You enjoy the aesthetics of virtuous living. Because you become a subtler personality, you see things in a subtler way – in a very subtler way.

15 March 1985

What I am trying to tell you is that, with these vibrations, you enter into the divine ether. This ether exists in everything ... but it is nothing that you have to do because you are one with the divine ether. And when you start just paying attention to someone, that ether just goes and acts. So your attention becomes collectively conscious and collectively active. Thus you become great friends. There is no quarrel. There is no jealousy because you know you are part and parcel of one personality. The second thing that happens to you is that you know the truth. The fundamental truth is that you are the spirit. You are neither this body, nor this mind, nor intellect, nor ego. It is like a diamond lost in the mud. And as the diamond is cleared out and brought to the light, you are no more the mud, so you reach the absolute.

9 July 1986

To work out many things of that kind we have to be deep people. We have to go much deeper within ourselves to touch our essences. That is, you know very well that all our chakras are made out of these essences and, when we go deep into ourselves, what we find is that we can touch the elements very well. But while doing so, actually we move horizontally. When we start moving horizontally, at the core of it we find that there are these essences placed and these essences then start exciting the essences across. Like in the radio, you have seen there is ether.

Now when you speak on one side of the radio, it gets completely manifested in the essence of the ether and then everybody can hear it. When you people just give a bandhan sometimes, you find that you have communicated with another person. But that is only the essence of the ether – we can say, the subtler of the subtlest. People have only gone onto the subtler side, we can say, by science, but you go to the subtler side. And that subtler side gives you all these effects.

6 May 1987



With ether, it transcends

A photograph has got so many elements in it. For example, it has got the light element, it has got the water element, it has got the earth element, it has got also the air element. If the air is not all right, you cannot get a photograph. And also it has got the ether element. With all these five elements, you cannot produce a statue. The ether element it has got because, if you have a photograph here, you can transcend it to any other place....

A photograph can be transmitted, but you cannot transmit the statue, as it is, anywhere. Only the photo of a statue you can. It has also got the ether element. So a photograph is much more powerful than any other statue. Moreover, it is a reproduction, no doubt, but a reproduction of reality with five elements. So I shouldn't call it just a representative. It is quite Me because My attention is there.

18 May 1980

If you can receive on the television something from the ether, you can always receive at that level also and you can manifest it. But in the television, what we receive doesn't manifest. Supposing we see some photograph of someone, it doesn't get up and cure us, does it? It does not. But here attention, when you put to it, the attention manifests. See how fantastic it is. It is very hard to believe, but it happens. It happens that the attention itself manifests. So this attention that becomes enlightened becomes one with the Divine. It manifests and it acts and it helps.

10 July 1984

Ether we use for broadcasting. We think it is only electromagnetic. It is a wrong idea. Now when I speak and in broadcasting it goes in the ether, it is the Adi Shakti. So it governs it. Then it manages things. It can work on your Sahasrara. It can work on so many Kundalinis. It can work on the nature.

20 April 1985

A photograph
is quite Me
because My
attention is
there.

*What is a firmament in English?
The firmament is ether...
This is the akash. It is the sky.
24 April 1980*

Your attention can go to any limit. You can find out about anyone dead or alive, in any country. When we see television, we know about the ether. But I am talking about the subtle of the ether, which is so efficient, which is so fast, which is so active and which is so loving. *18 July 1994*

*In the centre is the ether,
the firmament.
2 June 1982*

God is everywhere. Now see, it is very simple. I will tell you. It is like this: there is ether everywhere, but how is it that only the radio receives the programs? Why do you have a radio? You can receive it yourself. After all, ether is everywhere. It is very simple. *3 August 1984*

Ether is spread out everywhere and, if I am releasing a lecture here, you may hear it even in London. This ether itself has a principle which can be enlightened. Every element has a principle or the causal which can be enlightened. And when that is enlightened, the collectivity within us, if it is enlightened also, it reacts and it helps and condones, nourishes whatever a collective personality wants to do. Through Sahaja Yoga what happens to you is that you become a collective personality. *9 October 1986*

What is Me is you.

You can help a person because you enter that ether of God, which is within everyone. So once you are there, just like a radio receives messages through the ether, the messages you can receive about others, what is happening to other people when you are sitting down here. It is much more than this, but in a short thing, I would just say that you become collectively conscious. *23 March 1983*

It is the subtle of that ether which communicates us to other worlds. That is one power of Virata, that He is the subtle of that. *10 October 1993*

Love

This all-pervading power is the power of divine love. It thinks. It organizes. It plans. It loves. It is the one which is the subtle of the ether, you can call it. It is the subtle of the matter. It is the subtle of your emotions. It is the subtle of your mental power. It is the subtle of your evolutionary power, but all integrated and coordinated in complete synchronization. *11 June 1985*

What you can do is the communication of the Sahaja system through this all-pervading ether that is there, so that you can work out so many things that it cannot be explained on the ordinary human level. *28 January 1983*

If there is love, you know the whole communication works through love, this subtle love. The whole ether has got this subtler love. Every matter has got this subtler love – everything has – and the whole thing goes into waves and you just get the message. But if you are not on that reception point or if you are not there, nothing works – neither you nor Me. It's a mutual thing. I help you, but you help Me too. What is Me is you. *5 October 1984*

The whole subtle of the ether is at your feet. If you want to do something, you can just do it, just with the vibrations. *Guru Puja 1995*

Sahaja Yoga is a very different style of spiritual fulfillment.

So far, human beings have evolved either by a physical process or by an emotional process or by a mental process. Now these are the work of the elements which are like the physical process. When it takes place, it uses the oxygen or the air element. And in the emotional process, also you use more of the water element for that. And for your mental process you use the ether.

So the human beings have grown on these three, four elements. And the light also, we have used quite a lot to see through our eyes and all that. Light we have used, like from the sun. All these elements we have used and actually even when we have not used they have manifested their blessings on us....

Now we must understand that before this Kundalini yoga that started, all the concept of God was created mentally on the ethereal level by all the great prophets to do the job of preparing an image first of all. And now the Kundalini itself, by its manifestation, introduces you to the reality of them. She actualizes them, all of them, all these principles of God and the spirit.

So actually now you are introduced. First like you will tell your friends, "Now Mataji is going to come. She is such and such. She is like this, that." Still it is a mental conception now, but when I come here it is a different thing altogether. Now it is an actual thing. I am before you.

So the Kundalini introduces you to actuality, to reality. All those mental pictures that we had, get completely actualized by Kundalini awakening. So all these projections were created for us to be prepared for this last bit of jump by which we would be able to tell you. If they had not told you, "Mataji is such and such," you would not recognize Me and My work.

3 September 1983

Your attention becomes active. That means when you put your attention to something, then it acts there because it touches the universal cosmic power like the ether. And you are amazed about the miracles that you can create.

You are amazed at your own glory. And you cannot believe it. You cannot believe it that you are performing all these beautiful acts. The best of all is that you jump into the Ocean of Joy. Joy has no duality like unhappiness and happiness.

It is absolute.

26 July 1992

to experience the truth

The experience of truth

has to be felt

on the central nervous system.

You become
trees, giant
trees, like
moving trees.

The experience is very slow in the western countries. I am sorry. It is not that you are in any way less seekers. You are very great seekers. I would say you are greater seekers than the Indians – much greater seekers. Indians have still to cross a lot of steps to come up to your level, no doubt. But while coming up to this level, you have developed a lot of problems and that is why the seeking sometimes takes time to express itself as a fruitful gain of Self Realization.

So you will get your Realization, but again the Kundalini goes down. I must tell you very frankly because I cannot be dishonest. It can be brought up by you by understanding how to work it out, by co-operating with your Self, by understanding yourself, that you are the temple of God and that you have to work it out with respect to your Self and you have to give some time....

What I find is people get their Realization and then they are lost ... but if you know how to handle your roots, how to nourish it, how to look after it, then you flower out, you bear fruits and, by your fruits, people know what you are. Then you become trees, giant trees, like moving trees. And many who come under such trees get realized....

Once you are settled, you will be circulating the divine interpretation and the divine experience of truth all over the world. You are the hard core and this is what you have to do.

We cannot be mediocres.... There is no compromise with yourself. You become so powerful that you also do not compromise. You can just get out of everything in no time. But you must accept yourself first of all. Have faith in yourself....

You become the knowledge

I have to make a humble request. I know the experience of Sahaja Yoga is slow, but very steady, and I am sure that today I have got people who are of a rare quality of courage....

All this knowledge is available to you now because this time is for you to know all these secrets. Some newspaper people asked me, "Mother, have you got ... very big scholars?"

I said, "No, they are very ordinary people. Some may be who are more difficult, but mostly they are very normal, ordinary people – simple people. But what makes you think that?"

They said, "They are so scholarly. They know so much."

It is because you *become* the knowledge.

So truth is the knowledge. The rest of it is all mythical. It is mythical. What we know about things is all mythical because whatever we see from outside is outside. Like I would say we appreciate the Mona Lisa. We appreciate the miracles, as we say, the great miracles that human beings have created. Why do we call them miracles? Sometimes we think that we have observed a very miraculous task. They are. Mentally we think that. But actually it is not so.

Because they have divine vibrations, they emit vibrations and they appeal to you because in your heart lies that spirit, which is the universal being and which gives that feeling of bewilderment when you see these great miracles human beings have created.... But unless and until you become a realized soul, how will you know?

Now this is the only condition and to become the realized soul you have to have the ascent of the Kundalini and the proper state of that Kundalini to remain there. And that's the point where I found we lack in efforts, lack in courage and in patience.

So again and again, I request you, do not be superficial.... Be solid people, serious. Take it up seriously.... You must decide that if we get our Realization, we will establish ourselves into Sahaja Yoga, for which you do not have to pay. There is no membership. There is no organization, nothing. I have nothing to take from you. You cannot give to me.

By God's grace, you all should get your Realization.... You need not be aggressive. I have come here to give you what you have and you need not be also docile about it or slavish. I have come here to give you or tell you what is free.

May God bless you. ॐ

This time
is for you
to know all
these secrets.

it melts

What you will feel once the Kundalini is awakened?

*In Sahaja Yoga, if the instrument is perfect,
it happens just like that – like a very smooth landing.
So the Kundalini lands up very smoothly.*

*For people who are simple, they just do not feel anything
except that they feel absolutely relaxed and from their hands they feel
this chaitanya flowing. These vibrations start flowing.*

*Simple things happen.
First you get thoughtless awareness,
which is called as “nirvichar samadhi.”
You are listening to Me, but you become absolutely thoughtless.
There is no thought. You become blank.*

*When the Kundalini crosses the Agnya, you start getting this
in the hands and the whole thing becomes absolutely relaxed.*

*Now, after Realization, you have to steady yourself.
That is the most important thing where we fail
because, though you are brought to the boat, still you are just
going like that because you have come from the wobbling system.*

*So after that, you have to settle down.
And that settling takes some time.
And if you could devote your time to that settling,
then you can be a very good Sahaja Yogi.
You can give Realization to people just like that,
moving your hands just like this.*

*These are very soothing vibrations, absolutely soothing.
They soothe you completely.
And if you put your hand on somebody after Realization,
that person also feels that soothingness
and the whole thing starts melting away.*

You find the whole thing melts.





Questions & Answers

There must have been a state in our lives where we were connected with this power. How did we lose it?

We lost it a long time back. That's it – you were connected. That's true, but this Adam and Eve, that is the point when we lost God. We had to take to this course of evolution. They wouldn't accept, so we had to go through this long process.

Tell me a little bit more about the left side of the body, the feminine side.

You want to know everything today only, is it? You will know everything all right. But there is, for God, there is nothing like feminine and masculine. That is our quarrel. The power of God is the feminine. Without the feminine, God is just a witness. So it is like the moon and the moonlight. Do we differentiate between the two? It is only because of human error that we differentiate like that. Between God and His power there is no differentiation. So this problem of feminine and masculine is our mental problem. It comes from both sides. But after Sahaja Yoga, you know what it is. It's nothing. It's just a myth.

How do you make the Kundalini stronger?

That is a good question. First you will get your Realization, then you go to the collective and the Kundalini will rise by itself and there are people [there who will help you become] a master of Sahaja Yoga.

What is the difference between Sahaja Yoga and the other meditations such as Buddhism?

The Buddhist meditation is the meditation that was followed at the time of Buddha. At that time, you had to renounce everything and go to His stupas, into places to meditate. Now the time has come that you have to get your Realization. That is how He prepared the Buddhists to get their Self Realization. So that was the beginning. Every religion said you must pray, you must balance yourself. Every religion wanted to do that. That is at that stage, all right? But now, you have to get your Self Realization for which you have worked. Because He has talked of the future, Buddha was known as Maitreya and also Bodhisattva. So this state is there. That meditation is just the ladder to reach the state where you can get your Self Realization. So nothing wrong with that, but you have to go further with it.

What is bhakti yoga?

Bhakti also has no meaning without connection. Supposing you have no connection on the telephone and you are telephoning. What's the use? Bhakti is only possible when you are connected.

How do you communicate with people who are bound by their dogma and belief?

Love can melt anything, isn't it? And there is a way. First you have to logically talk to them. Divine logic is very convincing, but if somebody is a stone, there is no need to break your head with the stone. But logically you can explain and, if they have dogmas, they will melt because you can ask them a simple question: "What did you get out of it? What powers did you get out of it?" A simple question should be asked and that is how the dogmas will fall. But mostly it happens like this. I've seen, if there are many friends or family, everybody gets to Sahaja Yoga and they see the way they are, then automatically they come. Mostly dogmas are fashions. So it is a fashion and these people who have dogmas are people who do not seek truth. But once they see, also sometimes they come. But we cannot guarantee that everybody will be there. According to John, he just said a hundred and forty-four thousand. We have already crossed that limit, so I don't know how many will be there. It's a question of one's own seeking and also they have to deserve it. They should be worthy of it.

How do you control the flow of thoughts as they keep flowing?

That is what you don't have to do. Your Kundalini will do it. Your Kundalini will create that situation for you. You don't have to do it.

What do you mean by "the spirit" and how is that related to our consciousness and how are the two things linked by Self Realization?

It's a good question. The spirit is the reflection of God Almighty within us. It is said that He has made human beings in His own image. Now we should not get confused with the word "image." Image means the reflection. So we reflect God Almighty. We are not God, but we reflect. Image is different from the actual thing. So now, when you are as a human being, then the spirit is just a witness in the heart watching you. And the seat of the God Almighty is there and He is reflecting in human heart. He is just watching. He is a witness. He doesn't come into your attention. He is watching you.

But when Realization takes place, when the Kundalini pierces through this, then it starts flowing into our attention, the light of the spirit. Attention that we have is the consciousness. We have general consciousness – a human consciousness, you can say – which is expressed through our central nervous system. The conscious mind is enlightened. It becomes a dynamic force. And gradually your beauty, your glory starts opening and recording what you are on your conscious mind, which is an enlightened one.

The spirit is
just a witness
in the heart
watching you.

Sydney 1992



While I live, I'll work very hard to convince
you about your own personality, your own Self.

•

That's what I am living for – until you are completely convinced.

You will be amazed that people who come to Sahaja Yoga

also do all kinds of nonsensical things. I know they do.

But they are not Sahaja Yogis in a way.

Because unless and until you go deep into yourself,

unless and until you find out what is your personality in the real sense of the word,

whatever you may try, whatever you may do, it is not Sahaja.

Sahaj means spontaneous.





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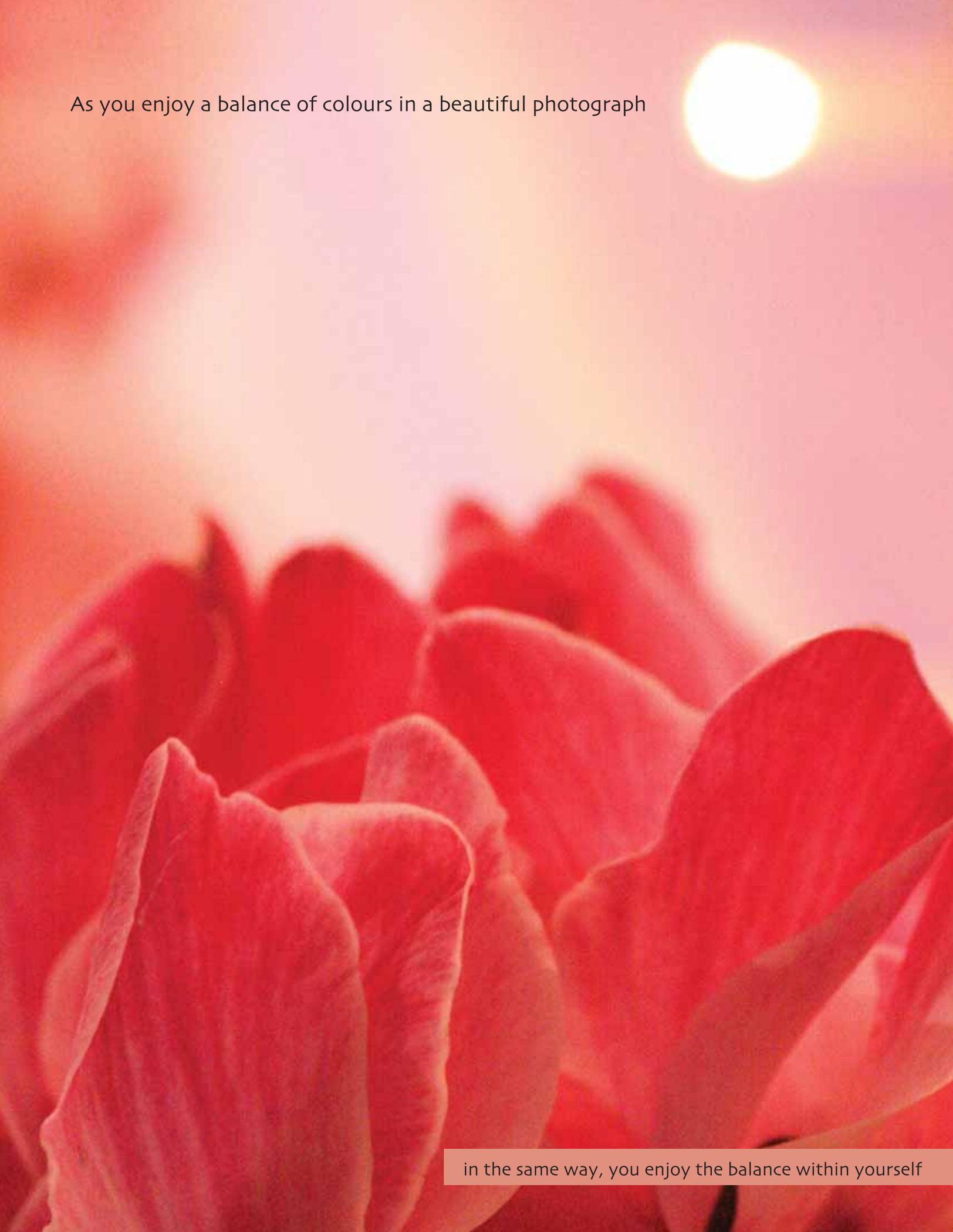
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Front cover: Her Holiness Shri Mataji Nirmala Devi (*Gregoire de Kalbermatten, photographer*) **Contents pages photograph:** Shri Mataji Nirmala Devi, Prater Park, Vienna, August 1983 (*Gregoire de Kalbermatten*) **Contents pages words:** Shri Mataji Nirmala Devi, Sahasrara Puja 1984 **Page 2, 3 and 5 photographs:** Shri Mataji Nirmala Devi **Page 6 and 7 photographs:** Shri Mataji Nirmala Devi, Prague 1994 **Page 8 and 9 photographs:** Shri Mataji Nirmala Devi **Pages 10 to 18 photographs:** Shri Mataji Nirmala Devi (*Gregoire de Kalbermatten*) **Page 21 photograph:** Shri Mataji Nirmala Devi, Matterhorn Switzerland (*Gregoire de Kalbermatten*) **Page 23 photograph:** Shri Mataji Nirmala Devi **Page 26 and 27 photographs:** clouds (*Axinia Samoiloa*) **Page 28 text:** Shri Mataji Nirmala Devi, 8 March 1979, Delhi **Page 28 and 29 photographs:** Shri Mataji Nirmala Devi (*Gregoire de Kalbermatten*) **Photograph above:** Incense sticks, Christmas Puja 2009 (*Axinia Samoiloa*) **Back cover photograph:** flowers, Christmas Puja 2009 (*Axinia Samoiloa*), **Back cover text:** Shri Mataji Nirmala Devi “As you enjoy a balance of colours in a beautiful photograph, in the same way, you enjoy the balance within yourself. You enjoy your personality, you enjoy your being and you enjoy to be the Self. And those who are on the same level, you just enjoy each other. This is the first time you enjoy other human beings as if you are enjoying a flower. The fragrance of that personality is a spiritual fragrance. It is so beautiful and attractive. Without any lust and greed in it, but just enjoying the company is real perfect bliss.” (8 July 1984)



As you enjoy a balance of colours in a beautiful photograph

in the same way, you enjoy the balance within yourself