

JOURNEY WITHIN

THE FINAL STEPS TO SELF REALIZATION



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THE WORDS OF SHRI MATAJI ARE SUBTLE. There is poetry and instruction. There is warning and assurance. There is both humour and wisdom. Above all, there is love.

These pages are a generous excerpt from a new book: *Journey Within*. The book is composed entirely of the words of Shri Mataji Nirmala Devi – from more than fifty sources, over a span of thirty years.

And there is more. In a departure from the usual style of this magazine, the words are edited. Sentences are sometimes reconstructed. Phrases are moved. Tenses are regularized. We jump at times, without indication, from one talk to another. But the important words have not been changed. The message remains.

Shri Mataji once said that verbal language is different than the written. What is understood clearly in person, can be ambiguous when transcribed.

This book is the result of a project approved by Shri Mataji in 2003. The methods used in its creation received Her approval and blessing.

Each change has been handled with care and scrutiny. The editing has been done with a scalpel, not with a sword. Each word choice has been weighed. This book is a gentle movement of Shri Mataji's words from the stage to the page. It is a careful editing of Her message from across the years.

The intention and, we hope, the result of this distillation is inspiration – and pure love. We have tried to present the best, the clearest, the strongest possible introduction to Sahaja Yoga and, in that, an explanation of the meaning of life as well – entirely using Her words to us.

We hope that you will find here the beginning of a book that offers the essence of Her teachings and is also true to Her voice.

It is an introduction to Sahaja Yoga for those who are looking for truth. It is an introduction to Shri Mataji for those who never met Her.

It is both a welcome and an invitation.

It is an invitation to journey within.



*Everyone has to search for the truth within.
There is no other way.*

I BOW TO ALL THE SEEKERS OF TRUTH.

There are in these modern times, many seekers of truth. They are a special category of people. Perhaps we are not aware that in every country a lot of people are born with this seeking. They are a special category who see beyond, trying to find something beyond what they can perceive through their senses.

The truth is found through our sense organs.

For example, if we see something as white, we call it white. If we feel it as cold, we call it cold. If it is hot, we call it hot. This means whatever we perceive through our sense organs and whatever is communicated to us through our central nervous system, we accept as the truth. We should accept only that which we feel to be the truth and not something that is told to us, not something that we have read in books, not something that we can project from our mind.

There is no denial of any of the scriptures.

There is no denial of anything that we have known so far in this world, but to begin with, let us start from scratch, as they say, from a clean slate.

Let us see in this book what is the truth –
the truth of your experience.

JOURNEY WITHIN



CHAPTER ONE TO FIND THE WAY

MY FATHER FELT THAT I WOULD DO SOMETHING GREAT IN THIS LIFE.

I don't know if he dreamed it or simply understood it, but all the time he used to say, "You have to find out the way of giving *en masse* Realization." By Realization, he was meaning the need for a deep, spiritual awakening in people.

He gave me a good education in different religions and also a good education about human beings: what are their problems, why do they act the way they do, why don't they take to God, why are they hypocritical. All kinds of things he told me.

I knew all about it from my very childhood. I was a very aware person, but I did not know who to talk to because people did not have the same awareness then. You could not talk to anyone just like that.

My mother was a very strict lady. She taught me so many things. Indeed all of my sisters and I are expert cooks and in each of our lives we are doing very well. We do not trouble anyone. All these things have come from our mother, who was a strict lady and she would not tolerate any nonsense. She would never tell a lie. If you told her, "When this gentleman comes, you tell him that I am not in the house," she would say, "Don't tell me to tell lies. I'll tell him that you told me to tell the lie." That is how she was and that is how she treated us. We lived with that, but we did not mind it because what she did was for our good. We knew that she was doing it for our good.

Even President Roosevelt once said that an Indian woman is like a magnolia in a forest. Even one flower in the forest may be hidden. You cannot see it, but you can smell it. The whole forest is fragrant. You cannot see it anywhere. The fragrance is only in one flower, but yet you know this magnolia very well. It has the greatest quality, that of love. Love is the most attractive thing in this world.

My parents were great people, realized souls. My father was a person who knew why I was on this Earth. Even my mother knew about it. When I was small, I used to tell my father that it was my desire that, like the stars in the sky, many people on Earth should also shine and spread the light of God.

So there was a special rapport between us and they could understand why I was busy meditating or finding out about how to give Realization to others.

I was regarded as a very joyful person, at the same time very serious and deep. When I started my studies as a child, I was not very much interested, although I did

them, but also I used to read about the lives of great people. At a very young age, I did not have any particular interest in reading textbooks.

When I was about seven years of age, I happened to go with my father to see Mahatma Gandhi. He was about seventy miles from us. The first time he met me, he liked me very much. He said, “Leave this child here.”

I was a little girl, but he understood that there was something about me. Surprisingly, he consulted me on very serious problems.

One day he wanted to make a prayer book, so he asked me, “How should I put this series of prayers?”

I told him to do it according to the different centres within us. I said, “You do this one, then this one.” He said, “All right, it’s a good idea.” He changed the order. It was so smoothly and silently done that it was not made obvious to anyone that we had our rapport on these things. He never asked me about the spirit, nor did he ever meditate.

Every year after that I would go back and visit Gandhiji. It was a time of emergency in India and in a small way I contributed.

Gandhiji loved me very much. He used to call me Nepali because I have a broad face. Everybody used to call me Nepali at that time.

Gandhi was a man born for an emergency, at a time when India wanted to be politically independent. A political leader need not worry about spirit and religion, but he considered our country to be a land of yoga. He always based his theories, philosophies and activities on the fibre of the people. We are a very religious people and he sought to create an atmosphere of satisfaction.

He used to talk to me as if he was talking to his grandmother. He was a very sweet man, especially with children and he would try to learn from them. It was surprising how he understood that children often have more wisdom than do older people.

Although he was a very kind person to children, he was an extremely strict man, with himself and with others. He was a big disciplinarian. He would make everyone get up at four o’clock in the morning, take their baths, with everything ready for morning prayers at five o’clock. He used to walk very fast and I also learned fast walking with him.

Gandhi was an extremely loving, nice person and he would listen to me because I was a child. Supposing I had forced him to eat more, he would have laughed and accepted it.

I would make some orange juice for him and he would discuss small things with me. I remember once I told him, “Why do you make everyone get up so early? If you want to get up, you can, but why do you make everyone else? It’s all right for me, but why do you have to make everyone else?”

He said, “Everyone should be made to get up early, we are passing through a crisis, we have to fight the British and attain our independence. If people are lethargic, how are we going to succeed? We have to be disciplined.”

He said, “You are a little girl. You get up in the morning, why can’t they get up?”

I said, “I am little, that’s why I get up. They are big, so they can’t get up.”

Mine was a very free expression of a personality. People accepted it. I was very loving, compassionate and generous. I was a unique person as a child.

Then I told him that we also needed to have inner discipline and so he knew that I was a wise person and he used to love me and respect me in a very fatherly manner. He would discuss things with me and he impressed me. He had a sense of integrity, was absolutely honest with himself – something I appreciated. He never cheated himself. This was the greatest thing about him. In all matters, including money, he was so integrated. What he said, he did.

He criticized himself, but Gandhi did not talk of spiritual Self-Realization. For him, Realization was not the problem at that time. After independence, we should have taken to Realization. We had the problems of the partition of India and Pakistan and everyone’s attention was diverted to this problem and nobody thought of Realization at that time.

Gandhi was a great soul, no doubt. He was an extremely great human being, but true Realization is very different. It is another realm altogether. His meditation was to ponder things and to guide himself, but not the kind of meditation of thoughtless awareness. That is a different dimension of awareness.

Gandhi’s main contribution was to establish balance in people and to make them more Indian, removing the slavish mentality that had trickled down into us.

My family was a part and parcel of the freedom struggle, my parents were a part and parcel of it as well. My father burnt all his suits because they were stitched in England, my mother burnt all her saris. They would spin their own clothes and wear them. My father sacrificed everything – every paise (less than a penny) that he had – for the freedom struggle.

So much was snatched away by the English. We had lived in beautiful houses and then we shifted to huts. The sacrifices were to the maximum and we were very happy about it and very proud. We had only two changes of clothes. We washed our clothes and lived like very poor people, sleeping on thin, rough floor mats. I remember I never had a pillow. I never used shoes for years. I had only one sweater. I had only one coat throughout my college years. When I was in Lahore, which is terribly cold – sometimes it can be like London – that coat was worn out and finished.

We never grudged and never grumbled and we never said that our father should have looked after us or done something different. Even today, when people from that



time see us, they know we are children of such a great man. They have tremendous respect for us because of him. My parents dedicated their lives to the cause of the freedom of India and I also felt it was very important because if we are not free we cannot do anything on a religious basis.

Because of the resistance to the British occupation of India, my father went to jail twice, once for about two and a half years. He was the only supporting member of the family, so we had to leave our house and live in huts and we had all kinds of problems and hardships.

When I was eighteen years old, I remember one day some people came and told us, “Your father is being transferred from one jail to another.”

My mother was worried because I was a young girl. The police used to torture me, they used to give me shocks and make my life very miserable. My mother was crying and she told an old gentleman, “I’m worried about my daughter. I don’t want her to be tortured any more.” This man told me to stop and he said that what I was doing in fighting the English wasn’t proper.

My father took me aside. He said, “Don’t listen to this old johnny. Forget him. I would like all my children to be sacrificed on the altar of freedom. If you are doing it, I am a proud father and I’ll tell your mother to behave herself. I am so proud of you.” The police were after my life.

Such were the times I lived through. I had to give up my college, having absconded for eight months. I know what the Indian people have gone through.

The British were also after me because I helped many people. I had joined the independence movement and, in a very serious way, I became a leader among the young people.

I thought unless and until I take a positive stand, it may not work out for India.

In the end, all these problems work out with divine power, not with human powers. Divine power is there and it works things out in such a smooth manner that there is no need to use human powers.

It is not gracious to say in detail how the British tortured me, what they did to me, but they did really torture me. I was a young girl. It is over now, so it is finished.

My parents neglected us in a way because they gave their lives to the country, but that never deterred us from schoolwork and we came up very well. After studying science for two years at college, I went into medical school. I was studying in Lahore Medical College because I wanted to know about medicine. I knew about the complete nervous system, but I did not know the vocabulary attached to it, so I studied there for two years.

I did not complete my studies because just at that time the 1947 riots broke out and the college was closed, but I felt I had learned what I needed, so I did not need to return and I soon married.

During all that time, my pastime and my full-time work was to find out about human beings. What are the problems they have? How do they avoid reality? How do they shun it? How do they run away from it? How are they seeking? What do they have to offer? What will they accept? How do you handle them? It was quite an intricate set of questions. Every person provided new problems and I had to find it out. In a way, it was a system which I knew because in order to enter into someone subtly, to understand the problems of the *Kundalini*, you go into the journey and find out about the person.

In this way, I found out the permutations and combinations of their problems. It is like the Periodic Table of Elements. One has to divide them into three, then into seven, then into their permutations and combinations. So one can imagine – three into seven, raised to power of eternity – it was like that. But it doesn't matter. I knew it would work out.

That is how my life continued. All the time, my inner being was still seeking for the ways and methods of giving en masse Realization.

My father said, "Before you develop this technique, do not talk about religion. Let no one know that you know anything about it because they will not understand. First of all, you must give them Realization. If they get their Realization, then they will know that there is something about it in this human awareness." My father always used to give an analogy, "Supposing we are born on the tenth storey and everyone else is on the ground. You must at least make them climb two storeys so that they will know that there is something above. Otherwise there is no use talking about it. They have to enter into the medium," my father said. "So that is what you have to be – very careful that first of all you must give Realization to them."

I was seeking a way of doing this, working it out inside myself through my own style of meditation. I was working out all the permutations and combinations. When I met a person, I would see what problems that person had, how they could overcome them. In that way, I would try to study that person internally.

Somehow or other, I knew I must open the seventh chakra.

I knew I wanted to do something, that is how I saw it. I wanted to find a proper time when I could discover a method by which an en masse happening could take place and everyone could achieve it.

In May of 1970, I was sitting near the sea. I decided there and then that it should happen and so it worked out that the last centre was opened.

I saw the Kundalini, which is the primordial force within us, the Holy Ghost within us, rising like a telescope opening out and then I saw the whole thing open and a torrential rain of beams started flowing through my head and everywhere.



I felt that I was lost, I was no more. Only the grace was there. I saw it completely happening to me. In 1970, on the 5th of May, this happened.

If it is a job, you can do it. But God's work is not just a job. The struggle began from the day I started giving Realization. I began with one lady, then twelve people achieved Realization.

Over the first two years, only about fourteen people received their Self-Realization, then gradually many others followed and it became known as Sahaja Yoga.

We have to understand that life should be enjoyable. Life should be a blessing. It should not be a misery. We create our own miseries by our false ideas, by our own conflicts. We have in our mind mental projections. It comes from our mind or from our obstinacy.

All these things can be cured if you take to Sahaja Yoga because you become a balanced person, a level-headed, mild person and you become a witness. The whole thing becomes like a show, like a drama and you become fearless. This is what a human being has to achieve.

We talk of peace, we talk of the end of war, but all that is not going to work out. The only thing that is going to work out is the transformation of human beings because if human beings are transformed, things will work out perfectly. Not only that, but people will also enjoy the bliss of life. Human beings must ask themselves one thing: "What have I achieved out of all this?"

Just for a minute stop and think about this.

I was born in India and in a Christian family. If you are an enlightened person, you see the essence of everything. No matter into what religion you are born, you should not ignore any other religion. You should try to learn about other religions and you find that the essence is the same in every religion.

What is there to fight about? By fighting, you belong to no religion, while in truth, you belong to every religion.

My life, on the whole, has been very collective. I am by nature extremely collective and I expressed this temperament from my very childhood.

I was very friendly with all the people from the area in which we lived and my mother was known as Nirmala's mother, father was known as Nirmala's father. They said, "We have lost our identity because of our daughter."

I never felt lonely. When I am with myself, I am never lonely at all. I enjoy myself very much.

When I came to London in 1974 because of my husband's work, I had one Sahaja Yoga program. There were seven hippies who remained after that and so I had to



work with them. For four years I was working with them to give them Realization. They were difficult.

At that time, I also used to visit India. In India too the work was done. We began working in the villages first, where we started moving in a very big way.

Gradually people found that this was the way they could transform themselves. Many people were taking drugs or were alcoholics or were in some way mad. They soon felt better and were cured.

Slowly, it was established that this Sahaja Yoga was something very important.

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You enjoy because you seek the comfort of your spirit. That gives you joy. You think you get joy by acquisition, but you do not. Through Kundalini awakening you get that joy and, in that joy, you do not want anything. You do not ask for anything. You just enjoy yourself. You are the property of enjoyment. In Sanskrit they say, "The spirit is satisfied by its own spirit."

JOURNEY WITHIN



CHAPTER TWO TO SEEK

THERE HAS BEEN, FROM AGES PAST, A SEEKING FOR THE TRUTH.

When people discovered that there was no other way to find the truth, but to surrender to the Divine, they did not know how to do it.

There have been seekers all over the world, but darkness existed around those people.

I found, when I was a little girl that there was complete ignorance about how to find the truth. So many were lost in all kinds of so-called religions and rituals. Morning until evening, some sort of a ritual they were doing. Whether they were Hindus, Christians or Muslims, they all believed that by doing all these rituals, they would achieve something, that they would know the truth and get Self-Realization. All such seekers went to wrong people and in wrong directions, but they were really seeking from their heart. As a result, they were misled into such horrible black areas that they did not know what they were seeking and what they were supposed to see and what they had to have.

It has been prophesied that when the *Kali Yuga*, this present age of confusion, will come, people will find themselves. Then all those people seeking the truth in the jungles, in the hills and dales, in the Himalayas will become ordinary householders. They will be householders. They will not be *sanyasis* going about. They will be householders and they will find the truth.

Every religion has said one thing: "You must know yourself." Islam says it. Buddha said the same. Christians say the same. Hindus say the same. But still people go on doing all kinds of acrobatics, realizing, "We haven't found the truth."

So it came to me. In my childhood I knew I had to do it, but when I saw the human beings, how much in darkness they were about themselves, how aggressive and how sinful they were, how their style was so cruel, it was unbelievable. That was the time I saw Hitler coming up and our country of India also was in complete bondage.

The first thing was to make our country free. It was very important and that is why I took a very active role in the movement for the freedom of our nation.

My father and mother did the same. But when we got the freedom, somehow, after some time, we got lost. People started taking to all kinds of modern things, which were wrong, which were so-called entertainment.

With that, I found that all over the world there was a big seeking force and some false people took full advantage of it. They went out, made lots of money and, with their falsehood, they cursed those who were seeking. I do not know what they did to them. So many seekers were lost in that way.

Despite that, I went to America and I was shocked how things were going on there, but I could not help because they were so mentally ill-equipped. They could not understand what they had to have. They did not know that you cannot pay for the truth.

Once I met a lady and she told me that she was seeking God. I said, “What do you think of God? What are you seeking?”

When we say we are seeking, do we know what we are supposed to seek and do we understand how we are going to feel when our seeking is complete and we have reached the destination? Everyone has to search for the truth within. There is no other way. Without searching for the truth that lies within, one goes on treading the path of untruth. When you are established in truth, no rules and regulations are required. Then all your deeds become divine. Therefore, everyone should seek the truth and this is the time when you can get it.

Let us see now how the seeking comes to be *within* us and from *where* it comes.

SEEKING FOOD AND PRESERVATION

Seeking is only possible when something is living. For example, what is the seeking of a chair? It cannot think. It cannot move. You can put it in the kitchen or you can put it on the street. You can smash it and throw it away. You can again use that wood for some other purpose or make a stool out of it. It has no seeking of any kind.

Only when a thing becomes a living being does it start manifesting its seeking. A living thing is supposed to seek. It is not dead. So those who say “we are not seeking” are as good as dead. But those who say “we are seeking” are living beings – and they are living and also kicking.

This desire to seek was created within a little animal, called as the amoeba, by giving him hunger. Just think of it. It has no brain. It has just a small nucleus, but it can feel it is hungry. It has to eat something to grow. It also knows it has to reproduce. Then it starts seeking. It also knows how to take the food in, but it does not know how it digests. That part is not his job. Even for us, it is just the same.

So the seeking starts in the little amoeba and the whole evolution is based on that seeking, gradually improving and improving the ways and means of seeking, while still the desire is only for food.

There is also another desire or emotion in the amoeba. It is the sense of preservation. It knows the dangers that can finish its existence.

When this amoeba becomes a human being in thousands and thousands of years, then the seeking is changed. In the beginning, it starts with the seeking of food. That is the basis. You must have food to begin with. Of course, the methods are improved, changed, evolved for the seeking of food, but there is also a great understanding of how to preserve yourself and your clan. Clubbing starts from a very early age. Even ants understand that.

Ants understand that they all have to club together, unite together, integrate if they are to protect themselves. This seeking of wholesomeness also develops gradually in human beings and the expression of that is all our efforts to preserve ourselves and to be clubbed together. These efforts are expressed in our political and in our economic enterprises.

Once as a child, I read a story about some birds. A net was cast and so many doves were caught in the net. They discovered they had been misled and misguided. They had been lured into the net by some grain. So to get out of the net was impossible for them. It was an impossibility. If one tried to get out, they all got more entangled. So what to do? They all said, "Why don't we all fly out with the net itself and then with our beaks we'll cut this net and we'll be freed? But first we must get out from here. We will put our energy together, all of us and fly out." That's what they did. They spread their wings, all of them working together and they took off. Off they went and they were freed.

Today that same kind of a trick is needed. One person cannot work it out. It is impossible. One has to become a whole group to lift the society up higher, so that we can really get rid of the shackles of our bondage.

SEEKING POWER AND MONEY

It is in the human being that a new seeking starts. It is the seeking to have power over others. Animals do not seek power. They have it. For example, a tiger is much more powerful than a poor rabbit. He is born like that. A rabbit does not want to become a tiger. He does not try like every Dick, Tom and Harry to become a prime minister. A rabbit would not try to be a tiger. He understands, "I am a rabbit and I must develop my means of defences and my means of offences by which I exist."

In the same way, the tiger acts. He is aware of his powers and also he is aware of his limitations. Some animals also have a power of leadership in them. They become leaders. You must have seen some birds. They have a leader and whenever that leader changes the direction, all of them follow, as if they are like the tail of that leader. In the same way the leader goes, all of them follow.

This also is expressed in human beings in a very big way. There are some born leaders who lead a group of people to a destination in which they fulfill the seeking of that group.



Now the seeking of the groups could be for money or status. Money, animals do not understand. This is a creation of human beings only. For them, money becomes very important because it is their own creation. We had barter systems, but then we thought it would be better to have some sort of a medium which would convert one item into another, so we started money.

The focus of man's attention from food goes to power and from power it goes to money. Sometimes if somebody has a lot of money, then he wants to have power as well. It is natural. There is nothing wrong with it, as such. Fundamentally, it is natural for human beings to run after money and then to run after power or vice versa.

Many spiritual seekers have given up everything for the sake of their seeking. They have seen that the value of these material things will not take them anywhere. They have seen beyond. Their value system is different. But even if the value system of such people is different, they still can be exploited.

This is not a world for you to seek money. You have come on this Earth to seek God, to seek your spirit, to be one with your Self, to be in that peaceful place which is the kingdom of God, which is the kingdom of heaven and not to jump into an illusion or maya, which looks very beautiful, but is not. It is agonizing. It is terrifying. People cannot sleep if they have too much money because they do not know what to do with it. The accumulation of all these nonsensical things causes us all tension within.

If you have comfort, it makes you a slave. If you seek comfort, you are in for enslavement.

You are seeking beyond money. You know that money is not going to give you joy. You know that very well. But those who have not yet known that, still they are climbing up the cusp. They have not seen the ditch below. Such people try to come up and try to give you some sort of a jargon and get a lot of money from you. It is a very shameful affair.

SEEKING MEANING AND TRUTH

Beyond the search for money starts another seeking. It is the seeking to know why we are here. What are we doing here? What is the purpose of our life? Why has God created us? To what purpose? To what end? Or is it all just a joke? Are we just foolishly being born, getting married, having children and dying like the amoeba? Have we any other purpose? Many human beings do not go beyond the knowledge of money or health.

Animals do not take any exercise, but human beings want good health. They can go to any extent to preserve their health, but for what? You may be a wrestler, but for what purpose? Just to fight each other? You might be the healthiest person

living on this Earth, but for what? It is just a waste. What is your use? You may be the wealthiest man going in the best cars with all the so-called luxuries of life and material well-being, but for what?

When such a question comes into your mind, a new kind of seeking starts, which asks the question “Why are you here?” Are you here just to run in this rat race, morning to evening earning money and earning power and doing all useless activities, pleasing others, to show off your money or extract some money from others? Is that the aim of your life?

Now this is the beginning of the fourth inquiry or the fourth dimension in your awareness. This inquiry is the flowering of the same rudimentary thing called as hunger – the hunger for spirituality, the hunger for God, the hunger for higher things of life. It starts within us. That is the genuine happening.

CONFUSION FEEDS SEEKING

In this seeking you get confused because, by the time this seeking starts in you, you are already famished and finished because you are already conditioned by all kinds of nonsensical things.

Groping in darkness, the seeker gets more confused and searches intensely. That is what is happening to so many right now.

These times are known to be full of confusion. Only in confusion do we seek the truth. Unless and until there is confusion, there cannot be that seeking. And this confusion has reached such a stage.

This age is very difficult, no doubt, but in difficulties only do we become intense seekers and that is what happened. People are following whatever they are following without discretion. They are not reaching any point of discovery. Like being in a cocoon, they are hitting their heads here and there.

See the world today. It is full of strife. People are fighting for nothing at all. For land, they are killing human beings. Can land create human beings? They are fighting in a very collective manner, thinking they are doing a very great service to humanity.

Today the thinking of human beings is not at all deep. It is very superficial and that is how you find this world full of turmoil. Every day, every minute you can find they are killing so many human beings. They are torturing on a very large scale.

In the past, of course, the saints were also tortured – tortured by all kinds of different, stupid ideas of something being higher and something being lower, something being good, something being bad. Under such ideas, their enemies combined together and worked out all kinds of aggression all over the world, as well as in the families, in the institutions, in the organizations. Thinking that they were very right, that they were very good, they tried to aggress others.



So many people thought, “It’s better to fight back,” and they started fighting it out collectively. That does not work out. This fighting does not work out because fighting begets nothing but murders and killing. In this way, many people were killed. Buddha talked to people of non-resistance and there is a history to it. In one of the great universities in Bihar, India, when the aggressive people came in, they killed all the saints in the name of aggression. They all died. Maybe that might have achieved, on a very subtle level, some sort of *punyas* or spiritual merits, but in this age known as Kali Yuga, it is not going to work out.

What is the resistance you can put up against such people? How can you fight them? It is an impossible situation to convince anybody that they are aggressive and they are nowhere near the truth because nobody wants to accept such a thing. So whatever they are trying, all over the world, to convince others of their follies, is completely failing. And thus, this struggle, this war mongering cannot be cured.

We have to accept that human beings are not at that level to understand what is wrong with them. They do not want to accept it. To them, aggression is the only way they can propound their own goodness.

Why is there such a need for people to become so restless, full of tensions? Anywhere you go, you find confusion. It is terrible. The whole society seems to be boiling with a kind of a fear of destruction.

What is the reason? There are so many religions – organized and disorganized. There are so many *sadhus* and saints. There are so many books written about what you should become. But one who is a seeker of truth should see one point. Why are there so many problems in this world and how can you help to solve them? Where is the problem? The problem is inside the human beings.

We have come out of the animal stage to the human stage. We have a human awareness, no doubt. In that awareness, we start seeing all kinds of things that are not good, which are destructive, which are disturbing. If it does not disturb you, it means you are not at all a sensitive person. But you *are* sensitive as a human being.

If you just turn on the television set, you will know that there are many pictures around, but there has to be a television set to catch them. That catching has to be done by our awareness, but the human awareness, as it is, is not subtle enough to catch the divine power.

There are many people in this world who are seeking the truth because they cannot bear the nonsense of the modern world and those people are very sensitive.

So what is the solution? The solution is that they should find the truth. They should get their Self-Realization and only then will things improve.

If they are seeking the truth, they will be surprised that this world is one, all human beings are one and that oneness is the destiny of human beings.

You may be calling yourself British or an Indian or an Australian or all sorts of things people call themselves, but, in the eyes of God, you are just a human being. You are only that. You do not have a tail and you do not have your head bent down. You have your head upright. Whether you are in Africa or India or England or America, it is just the same. As long as your head is up like that and you do not have a tail, you are definitely a human being. And if a human being has evolved through various experiences of life and realizes that none of those experiences have really given him fulfillment nor the answer to his question “why are we here?” then the turning point takes place in his life. He becomes a seeker. It does not happen before that.

Those who go to a guru and say, “Will you please give a job to my son?” – it should be said to such a person, “My child, you are not yet fit. You are not yet mature enough to come here and ask.”

If you go to someone to ask for a diamond ring or anyone says, “I give diamond rings in the name of God,” and you are quite satisfied with such a statement, you are no good as a seeker.

If somebody says, “I will cure” – all right, a person may cure you, but you are no good as a seeker.

Why should God cure anyone who is not seeking God? I mean why should I repair a microphone if it is not going to carry my voice?

You have to be genuine. You have to be wise to understand that you are seeking your fulfillment. You are not seeking money and diamond rings and all these tomfooleries that are going on.

Do not deceive yourself. Please try to understand. Self-deception will never be forgiven by God. The amoeba, does it deceive itself if it sees food? It understands what it is seeing. But human beings deceive themselves morning until evening.

Understand this: *You are going to witness the magic of God.*

✱

Is this the destiny of human beings, to be destroyed by each other for land or for anything else?

Think of the whole world as one, think what is happening all over. Every day you read the newspaper. Every day there is some sort of horrible news about horrible things people are doing to each other for no rhyme or reason.

We have to think, “What is the destiny? Where are we going? What is our situation? Can we improve it?”

JOURNEY WITHIN



CHAPTER THREE TO SEEK AND NOT TO SEEK

WE HAVE TWO CATEGORIES OF PEOPLE – the ones who are not seeking at all and the ones who want to find solutions to the problems.

In every generation we have people who advocate revolution because they do not like a particular system or do not like a particular style of life. But now the revolution has to come from within. We have to evolve from within because the destruction is also coming from within. We are destroying ourselves more from within than from without. Because we are so unhappy, so absolutely confused, quite a percentage of people are schizophrenic. We start seeking the solution and, in that seeking, we make mistakes. We make mistakes because we do not know what to seek and how to find. We do not know how to evolve to that state. Logically, we have to reach some conclusions, to conclude that it has to be some evolutionary happening. This is logical. To transform ourselves, there has to be some evolution.

You must have noticed that there are really very few true seekers in this world. Seekers also must realize that they cannot be happy with anything else but their spirit. This is the test of a seeker. And a non-seeker can never understand a seeker. It is very difficult to live with a man or woman who is not a seeker.

If they are not seekers, then they will never be so and you cannot inject seeking into them. They may become materially well off, but they can never become seekers. This kind of person is very difficult to change, but they will realize one thing, that you lead a much better life than they do. You are much more peaceful, blissful, *dharmic* and sane, but still they will not accept your life.

Even if they change mentally, they cannot have that urge because, to a seeker, nothing is as important as seeking.

A DEVOTION TO SEEKING

In seeking, the person should have a great devotion. There are untold miseries you have to go through. Seeking is when, within yourself, you are struggling and outside you find nothing satisfactory. This is how the seeking has a double edge. In that seeking, when you are trying to get to the truth, it seems it is a very difficult thing, but you cannot help it because you are not satisfied with what exists around you.

Nonetheless, you are definitely seeking. Perhaps you do not know what you are seeking, but one thing is definite – you are not satisfied with whatever you are. You think there is something beyond, which you have to seek. There is something be-

yond, no doubt, which has been told to you by all the prophets, by all the scriptures, by all the great incarnations that came on this Earth. It has been promised also that you will be judged one day. That judgment will first be your own, a judgment of yourself, as to whether you are seeking the Divine or some sort of a frivolous thing.

We are born as seekers. We might have made mistakes in seeking, but we are definitely seekers. If you were not a seeker, you would be happy now reading some other book. But, no, there is something beyond, something beautiful beyond, which is being promised, which you feel is there. You are aware of the existence of that beauty. You are aware of it, but so far you have not reached the source. And that is why you are seeking.

There has never before on this Earth been such an urge to seek. I do not know if you understand that it is really a different category of people who are seekers and they will go on seeking until they find the truth, but one has to know what to seek. It is said you have to become. You have to be. No matter what language you understand, God's language is of love and it is for everyone, for every person, for every case. It cannot be for one person or one type of people or for one category, but one category is there and they are the seekers. A seeker is of a special category, but the only trouble is they do not know what they are seeking.

As seekers, what are we expecting? This is a very, very precarious and important time. The last judgment has started. That is how you are all here and you are seeking. A transformation must take place. When that transmutation starts, all these misidentifications drop away. You enjoy the best of health, the best of your heart. The best of your mind and your emotions come out.

The best part of it is that this is what one has to achieve. The whole humanity has to achieve it, but the few who are the seekers have to do it first. They are the foundation. In every evolutionary stage, only a few fish come out, then many others follow.

TRUE SEEKING

Why is it some are seekers and some are not? One may say that if God has created all the human beings, all of them should have seeking. It is because in their own freedom they have lost their way. They are seeking something else and they think they are right. They have that right to think that they are right. Even a stupid fellow, even a mad person thinks he is right. If you tell him that "*You* are mad," he will say, "You are mad." This seeking, though it is put into them, they are not yet capable of expressing it.

Yet so many are achieving it in the proper way because, for that, one has to surrender. It is not a surrender of one's freedom, nor one's intelligence. It is a surrender of the ego that has developed in human beings.

If the seeking is ardent and the people are really seeking the truth, they will find it. They will find it, no doubt, because the whole creation is for them. The whole universe is for them. All the deities are for them. All the angels are for them. They are all looking out for those seekers.

We have to seek God. We have to seek our fulfillment. We have to relate to that wholesomeness that is God, the Primordial Being, the whole of it. This is what we have to seek. You are created for that.

You wanted to seek God. You have not come down this path for money. You are not reading this book for anything else but God. Your seeking is for God. You want to know the truth about God and you want to have God. You do not want to put your ideas onto this, but you want to see how to receive the blessings of God.

You should allow this to work out. Allow the light to come in and do not get confused. Do not get upset. You are here to seek God and not to just sit on what you have found so far.

A NATURAL PROCESS

In our searching, we are asking for the actual experience. In all the scriptures, it has been said that we will be born again. We are looking for a second birth, which is within us. All the religions talk about it. We have to stabilize ourselves to get the experience and it will work out.

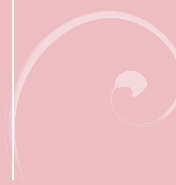
No effort is required. We breathe, our heart works without our doing anything, therefore everything has to come spontaneously, like the sprouting of a seed. Yet we have not got our fulfillment. People are seeking and it is the awareness that is responsible for the seeking. For this, we have to keep our rationality clear.

If you are seeking reality, if you are seeking the truth, you have to be very honest about it, extremely honest. You have to know that unless and until you find it, you should not believe anyone. You should not accept anything superficial. People may say anything. I may tell you that you have to have your Realization. That does not mean that you have to believe me. It does not mean that at all.

But you should also not deny what I say.

It is a living process. It is a growing process, which works it out, but with human beings there is a very big problem. They always identify with imperfections, with wrong ideas. Only in human beings do these things happen. That is why one has to be careful.

But there is a way. God has already placed that within you. For your growth, he is testing your genuineness, but if you are so obstinate as to stick onto some misidentified or nonsensical thing, you cannot work it out. Be free from all these things. Open



yourself. You all have to be aware of the whole. You all have to get Self-Realization. By that, God will feel the fulfillment of his creation. And he has to do it. He will do it. But he will have to work very hard.

THE TRUE INTEGRATION: THE WHOLESOMENESS

If you do not accept the truth, then the truth will still be expressed, no doubt. But for that to happen, the untruth has to be destroyed. So take heed to your wisdom and know what you have to seek.

You have to seek your wholesomeness, which we have only partially expressed in our political and our economical and social clubs. All this has to be integrated.

All the great religions have substantially helped in our growth. They also have to be integrated in this happening.

Just come in the kingdom of God and you will see that all the founders of the great religions are all seated there on the dais. They are all together and you, like fools, are fighting. This is one of the greatest hurdles to be faced by seekers.

In your seeking, first of all your misidentifications must drop out.

Those who are genuine seekers must open their minds.

Know that your God loves you with all his heart, with all his soul, whether you love him or not. He has placed this seeking within you. He has placed this instrument within you. He has placed all the things so beautifully that spontaneously Self-Realization works in no time.

There are certain things which are very important for Self-Realization. The whole attitude should be one of understanding that it is a gift for you. And there should be no obstinacy about taking that gift.

SEEKING THE LIGHT, NOT THE CHAIR

If there is a light, you do not falter. You walk straight. Because there was no light, there was a problem. As soon as there is a light, everything becomes all right and you start understanding the whole. You know how the whole thing is and you start walking straight and you know where to sit and what is the chair and what is the person.

If total vision is what you are seeking, then you are a seeker and you are a true seeker and you are blessed. You get your own powers and you understand yourself. You get your Self-knowledge. You understand the whole.

Why should God not have a sense of giving, as you have? He loves you, no doubt. He wants to give to you because he loves you. If you are wayward and if you are prodigal by nature, why should he continue to give to you? It is a simple question you should ask yourself.

Ask for Realization. You will get it.

I would request you to try to tell your mind that you have done all kinds of things. You have been to all sorts of gurus. You have received all sorts of nonsensical books and you have had all kinds of doubts. Now settle down for a while. Settle down. Tell your mind not to mislead you. You will get it.

This is your own. It is your own property. This is your own right to be here. So get it.

If any doubts are coming, tell them to wait.

A THIRST FOR THE WHOLE AND THE WHOLESOMENESS

The creation has reached its maximum growth now. The growth is expressed in human beings. Those human beings are the actors on the stage. The whole nature is working out this new happening. Now only one thing has to happen to you. It is that you have to get connected with the Divine, you have to get connected with the whole, you have to know your own meaning and you have to know your purpose.

If this can happen to you, then you are in the new world. You are made for this. You are a human being with a purpose. We must think. All the scientists must ask, once at least, this question, “Why? Why are we made as human beings? From the animal stage, why have we come to this stage? What is the reason?”

This question is working in the unconscious of every seeker today. That is why we have so many seekers all over the world, but those seekers are just trying to find out why they are here.

I do not blame anyone and I do not feel bad because, after all, you are seekers. You know you are seekers. You must have something to quench your thirst and, with that thirst, until it is quenched, you are not going to be happy.

What is that thirst? It is this: you have still not known yourself. It is a very unconscious thirst. It comes. You do not know what you are seeking. You do not know why you are unhappy. You do not know what you want, but the unconscious is working it out.

The time has come that you should know what you are and what is your glory, what is your greatness, what are your powers. They are all built within you. Through all these days, when you grew up in your evolutionary process, all these things were built within you.

At this time now when we are here, we do not realize how precarious it is, how vital. The most important time for which we have been waiting, the most important moment in the life of creation is today – when people are seeking.

SEEKERS OF OLD

You are to love yourself and you have to adore your seeking and you have to get your fulfillment. This is a very serious matter. There is no guru-shopping going on here. You have to get your Realization. It is so fortunate that the time has come when you are living and that you can have it. Because of that, you took your birth during this time.

You are seekers since very ancient times.

Only in Kali Yuga, the sun of *Sat Yuga*, the World of Truth, is the age of enlightenment going to come. Those saints, who were seeking the reality in the forests, are born today in this world. You can see them. They are saintly. They can see the joke of artificial life so clearly. They know it is absurd, but then they do not know what is real. The time has come and it has to be worked out and it will be worked out.

You are seekers. You are saints. What has happened to your saintliness? Why are you so flippant? Why so superficial? Why do you not touch it deeply? Why do you not understand your Self? Why do you not respect your Self?

It is such a great thing you are asking for, which is the flowering of your seeking from the amoeba stage to the human stage. For thousands of years you have been seeking and today you are on the threshold.

You can now get your Self-Realization. No money is to be given or taken. As a by-product, you get your health. Your material side is also improved. But the real thing that happens to you is that you get Self-knowledge. You get Self-Realization. There is light and that light is within you. You start seeing yourself and your centres and the centres of others because you get connected with the whole.

This is what Sahaja Yoga has to offer to you.

I respect you and I love you very much because I know you.

I know you from ages.

You are the lost children.



You are born, not only to be human beings, but you have to be superhuman. You have to enjoy yourself. Your life should be enjoyable. It should be blissful. It should not be a curse, morning until evening worried about this, worried about that.

God had no intention of creating people who would be all the time worried, quarrelling, fighting. He created people who will live in complete harmony, peace and joy.

That is why we are created.

That is our destiny.

It is not just that I am telling you, but it is a fact.

JOURNEY WITHIN



CHAPTER FOUR TO SEE THE TRUTH

IN EVERY RELIGION TRUTH HAS BEEN DESCRIBED, but people do not see it for themselves.

There is blindness. That is why there are these blind alleys where you end up arguing about things. So there must be something that is missing within us because we have not been able to relate truth to our central nervous system. That which is missing within us we should find.

In all humility, we should know that there must be something within us. We have been arguing about so many things, we have been talking about so many things, reading so many books, going into all kinds of unusual experiences, from alcohol to drugs, gurus and so on, but still we have not felt anything on our central nervous system. We have not found the truth.

Additionally, we have no control over that truth. What is the reason for that? Is it that there is something missing in human awareness? All the true scriptures have said one thing: to know the truth, you are to be born again. It is not only in the Bible, but in all true scriptures.

The very ancient book known as *Patanjali's Yoga Sutra* does not ask you only to stand on your head. That is only a small part of it. What is written in the *Patanjali Sutra* is that you have to achieve the truth through your central nervous system through your *atmasakshatkar*. *Atmasakshatkar* means the experience of your spirit.

This search for the *atma* or the spirit has also been described by Mohammed. He said you are to become the *pir*. It has been described by Zoroaster, Lao-Tse and in Zen. Buddha has said it. Mahavira has said it. Every one of them has said it. So many religions have said that you have to be born again.

It is not a mental status that is important. It is the desire within you, the pure desire to be one with God, to be one with the beyond. This pure desire exists. The desire that you are used to is not everything. You get fed up. It is a drama and you get bored. You try everything, but you are not happy about it. You see, it is the pure desire to be one with your spirit that you want.

You may not be educated. You may be a street urchin. You could be living in a remote place, but still the pure desire may be in you and that works it out. You are not aware of the pure desire, but it is there and it works out.

REALIZATION IS A LIVING PROCESS

Now being born again does not simply mean that you certify yourself, “I am born again.” Self-certification does not mean you become that which you say.

What is so special about being born again?

Why is the human awareness today so ready to be born again?

In Sanskrit, the word for a bird is *dwijaha*. It means “born again.” It also means “a brahmin who is born again.” But those who today call themselves brahmins are not brahmins. They just call themselves brahmins. They are self-certified. Have they come to know the *Brahma*, the all-pervading power of God?

Those who say they are born again should feel the all-pervading power of God around them. If they cannot feel it, they are not born again. So all these self-certificates are a deception, a self-deception and a deception of others. It is just a money-making process.

So the truth has to be achieved through your evolutionary process, which is a living process. We must understand it is a living process. It is not achieved just by talking, by mental projections or by taking some courses or giving some money. You cannot get it in that way. It is a living thing. This means the state of our awareness has to become higher than what it is presently. It has to grow.

When you find God within yourself, then your priorities change. You do not want to know what is beyond life because you come into the present. You are not worried about the past and the future, but that also you come to know because gradually your vision improves. The main thing that happens to you is that feeling, that universality. You just start feeling in the sense that it becomes a part and parcel of your awareness – just a part and parcel of your awareness. As a human being, you have a special awareness for flowers, a special awareness for cleanliness. Animals do not have that. In the same way, you go to the point where you just become aware of that. You start feeling what is right and what is wrong.

In the way the seed becomes the roots, then the bark, the leaves, the flowers and then the fruit, there are different states of growth. In the same way, a living religion must give you a new state and that nucleus of religion is within each of us. Every one of us has it. When we go against that living religion within, we go into imbalances.

But even today, people ask, “Why have religion? Why should we have a balance? What is the need?” Is that a logical question? Is it good to desire imbalance?

THE TENTH VALENCE: THE DESIRE TO ASCEND

So what is religion? We come to that point.

All religions are just like flowers on one living tree. However, they have been plucked by people who say, “This is mine.” “This is mine.” “This is mine.” They have made these flowers very ugly. Such flowers are decayed. The whole attention

should be on becoming the spirit. If it is not so, the rest of it is not God's work. God's work is just to awaken your Kundalini, that living and real life-force within each of us. It is a living work because he is a living God. His work is to transform a little flower into a fruit, which you cannot do alone.

Just as carbon has four valences, human beings have ten valences. Animals have nine valences and human beings have ten. We have ten because we have to ascend. In the evolutionary process, you have to ascend and you can never be satisfied with yourself unless and until you have achieved that ascent. That is especially true for seekers of truth.

Real seekers are unhappy because they are of a different category. They will not be satisfied with anything. They will try everything. They will try to get money to get power. They will try this and that, but they will not be happy because they are a different category. Then they will seek God. They will again seek God. They will go to wrong people and spend money here and there, do this and that. Everything they will try and then they will find out. But still, they have not found out what they are.

That is why I say they are of a special category. These seekers will become prophets and they will make others prophets.

BEYOND THE BARRIERS TO SEEING: LOOKING TO THE ROOTS

When is this rebirth going to happen? It has to happen now and the only thing that stops it from happening is the barriers within us. These barriers are there because we have misled ourselves. We have been going on various roads of seeking, whatever suited us. As a result, we have built up certain barriers to the truth.

But the true goal is to become a prophet, to become your own master, to become a free person. You have to be a free person. So far, you are not. In their present state, most people cannot overcome their own weaknesses, temptations, infatuations, emotional problems and mental worries. This is because they are still standing in the waves of this turmoil. This is a troubled area where you just see the waves all the time and you are frightened of breaking down. But if you somehow or other get out of it and get into the boat of your own being, then you will enjoy. You will become a witness, a *sakshi*. This is the goal.

To understand the scriptures, you have to become a free person. You have to be your own master. For that, you cannot pay.

To get your freedom of spirit, you cannot pay because money has no value in the divine field. Nothing can bring it forth but your own ascent. But how do we ascend? Is there anything built within us?

What we need to know is the knowledge of the roots. Unfortunately, what we see is the knowledge of the tree. We see it from outside, in the same way we see a leaf from outside, but if we have to treat the leaf, we have to go to the roots. From out-



side, when we see the tree, we are still also outside. If you cut off the leaf, it is dead. Then you put it under the microscope. You may see cells. You can see the nucleus of these cells. You can go on analyzing it and analyzing it as a dead thing. But to treat it, you have to go to the roots. It is this knowledge of roots you must have.

These are not new ideas. These are very ancient ideas. In the Bible this knowledge of the roots is described as the Holy Ghost. In many languages it is also described.

Now the roots within us, if you can see this, are placed in a certain manner.

The psychoanalyst Carl Jung saw human beings from outside and he described them in layers. First he said there is the unconscious that cannot be expressed or manifested. Then there is the unconscious that can be manifested. Above the subconscious is the conscious mind. Above that is the ego. He saw the human being in layers, one after another.

Although you are in layers, the path of ascent is also laid down. In the same way, within us, God, being the greatest organizer, has not simply made us into layers, as Jung described.

We are made in a parallel way. We have a left side and a right side and a central path. There are three paths for our evolutionary process. The central path works out our evolution.

The left side gives us the desire and the right side gives us the power of action.

These are the basic principles of how we are made.

The central path of evolution has brought you today to this level of human awareness. Beyond that is a very short ascent which you have to achieve to become the spirit, but there has to be some living process for this to happen. What is that living process built within us? It is the reflection of the Holy Ghost, which is the power of God, which is the Primordial Mother, which is your individual Mother also called the *Ruh* or *Paramchaitanya*. It is within us. It is in the triangular bone called the *sacrum*. In Sanskrit this force is called as the Kundalini.

This actually exists within us. You can see it with your own eyes in some people when there is an obstruction at the higher centres. At those obstructions the Kundalini pulsates. You can also feel that pulsation caused by the obstruction. Through a stethoscope you can also feel the percussion at the top of the head, where it pulsates and then it breaks through. When this happens, the pulsation stops and you start feeling the cool breeze coming out of your fontanel bone area.

This is a happening that takes place and by this happening, you not only see the truth, you get connected with the truth.

The connection takes place and then you start feeling it on your fingertips. You feel the cool breeze which surrounds you. You actually start feeling it.

THE NEW AWARENESS OF COLLECTIVE CONSCIOUSNESS

At this point the rational mind starts saying, “So what? Though we feel the cool breeze, so what?” One should know that when we have eyes we start seeing, when we have ears we start hearing. In the same way, you have got a new awareness. This is the awareness of collective consciousness, by which you become. You actually become. You are not just certified, but you actually become. It is very much a question of becoming. You become collectively conscious. On your central nervous system you can feel another person, you can feel yourself, you can feel all the centres within. You can feel all these things on your fingertips.

Mohammed made it clear. He said that at the time of resurrection your hands will speak. But who talks about the resurrection? Nobody talks about it today. They talk about the doomsday because they can frighten people with that. They can take advantage of it and make money out of it.

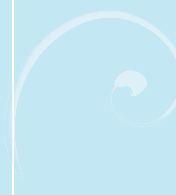
God, who has made this universe, feels love. Do you think he will destroy this great creation without giving us the fruit, without letting us know the fruit of his creation. He is the wisest of the wise, the greatest compassionate source of love. How could he allow this universe to be destroyed, especially this Earth, which is his special present?

So do not believe in all these ideas of destruction and the last complete devastation. There are still a lot of plans. You are supposed to enjoy the blessings of the Divine for which he has created you.

Understand this: the experience of truth has to be felt on the central nervous system. If you do not immediately feel it, it is not because you do not belong. The experience is often very slow in the western countries. You are not in any way less of a seeker. You are a very great seeker, 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 the fruitful gain of Self-Realization.

Another problem may be that you may get your Self-Realization, but again the Kundalini goes down. But it can be brought back up by you, by understanding how to work it out. You can do it by cooperating with your true Self, by understanding your Self, that you have to work it out with respect to your Self and that you have to give some time to it.

Already thousands upon thousands of people around the world have it. If you know how to handle your roots, how to nourish them, how to look after them, then you flower out, you bear fruits. And by your fruits, people know what it is. Then you become trees, giant trees. You will be like moving trees and when people come under such trees, they also will get Realization.



BEYOND MEDIOCRITY

We cannot be mediocre. There is no compromise with your Self. You become so powerful that you do not compromise. You can just, in no time, get out of everything that is no good, but you must, first of all, accept yourself and have faith in yourself.

Truth is knowledge. The rest of it is all mythical.

What we think we know about things is all mythical because whatever we see from outside is only outside.

We appreciate the *Mona Lisa*. We appreciate this painting and other miracles that human beings have created. Sometimes we think that we have observed a very miraculous task. They are miraculous because they have *vibrations*. 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 awe when you see these great miracles human beings have created.

Unless and until you become a realized soul, how will you really know?

To become a realized soul, you have to have the ascent of the Kundalini and the proper state of that Kundalini so that it remains there. It is on that point where we lack in effort, lack in courage and in patience. You must not be superficial.

You must decide that if you get your Realization, you will establish yourself. And for that, you do not have to pay. There is no membership. There is no organization. I have nothing to take from you. You cannot give anything to me.

We are like a light. When you are enlightened, what happens to you? You see the light. In that light, you see yourself. All confusion is finished. You know the truth and you feel so blissful and happy because you know everything. There is no chaos. You are so relaxed and the power starts flowing through you all the time. It is never lost and you see in that light whatever is good and whatever is bad. You understand everything so well.

When you become the light, what do you do? You give the light to others so that they can also be enlightened.

*

This world is one.

All human beings are one.

That is the destiny of human beings.

Your destiny will work it out.

You have a promise that you will be looked after.

JOURNEY WITHIN

THE FINAL STEPS TO SELF REALIZATION



SHRI MATAJI NIRMALA DEVI

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PAGE ONE PHOTOGRAPH: Shri Mataji in an Indian village, January 1981

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Please awaken yourself to this great occasion of understanding.

You have to read within yourself.

Your own book is within yourself.

This dynamic force is dying to bubble out of you.

We have to change this world

and transform it into a beautiful creation.

The Creator will not allow his creation to be destroyed.

The greatest of greatest, highest of highest achievement

is the awareness of God and, with love, that is what it is.

JOURNEY WITHIN