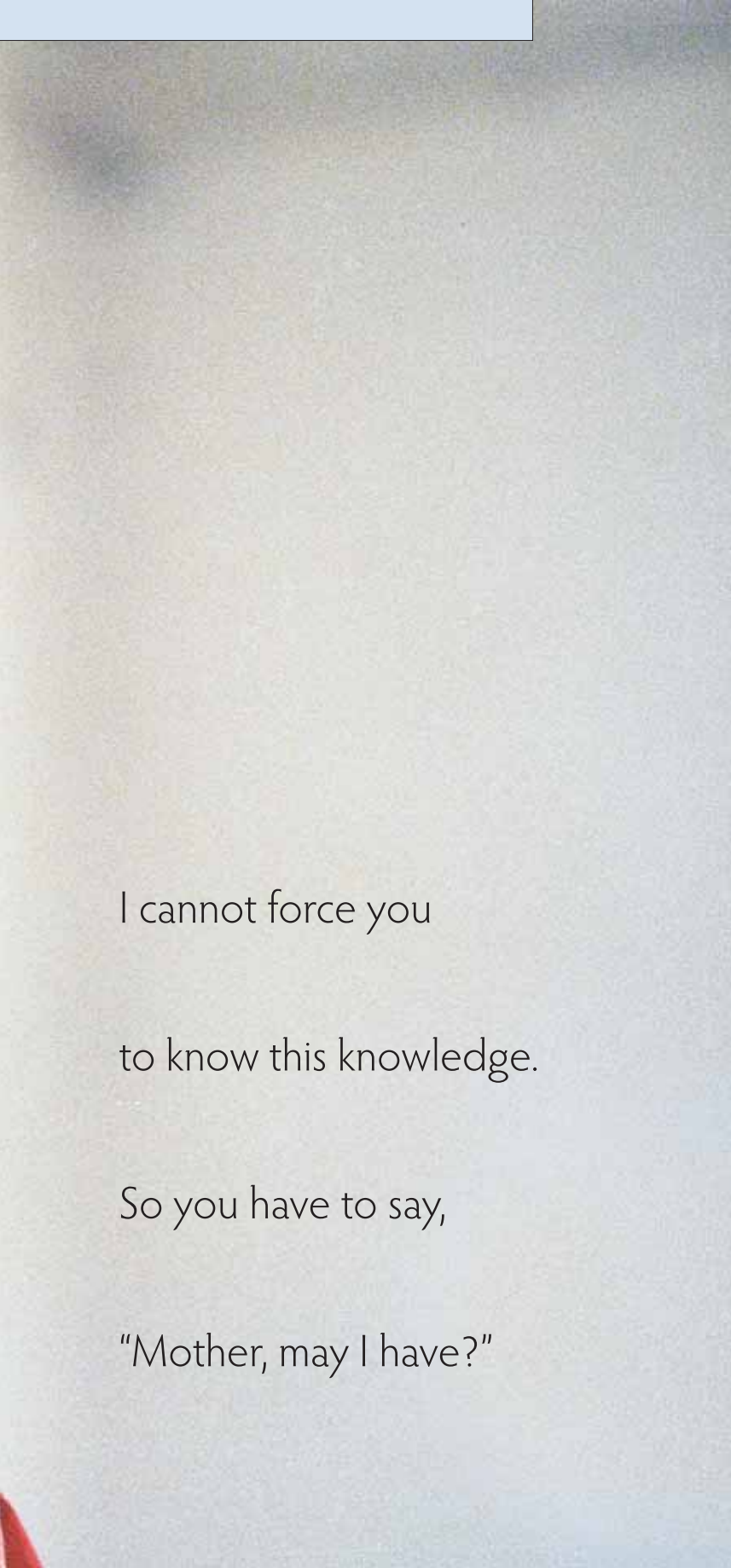





The Divine Cool Breeze

volume 25 number 6





I cannot force you
to know this knowledge.

So you have to say,

"Mother, may I have?"

2 IT IS MUSICAL

14 CHASTITY

23 LEFT SIDE RIGHT SIDE

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32 REMEMBER

You have come here to learn something, to go deep into your experiences of the knowledge of your roots.

It is musical

**You have come here
for a training**

Shri Krishna has said that this is a tree which is upside down. The roots are upwards and the leaves are outwards. In the same way, you know that the Kundalini really, when it rises to the Sahasrara or above the Sahasrara, then you start getting the feeling of Kundalini.

So one has to understand that when we are now getting subtler and subtler and trying to feel the Kundalini, we should try to get out of the materialistic attitude and the materialistic viewpoint and materialistic sticking point.

I had met one guru before – because you know I went to all of them – and I asked one of them, I said, “Why do you take money, so much money from these people who are western people? So much, why do you take and just they become beggars? Absolutely like beggars they become because you charge them so much and so heavily?” And he told me that unless and until you make them beggars they will never take to God. They are too rich to be near God.

I mean this explanation I just could not understand. It was absurd. I could not understand how can this explanation have any proper meaning that you should make people beggars and then will they be nearer to God. I said, “In India we have many beggars. Do you think those beggars are nearer to God?”

So he said, “No, otherwise, you see, they get stuck up with their money and you must just make them absolutely without any money, moneyless.”

So I mean, of course, to such a stupid person what can you say? What can you convince? I couldn't say to him, “Then why are you taking the money?” Then he would have said, “Because I'm detached.” You see, anything one can say like that, if you start like that, you cannot just stop it.

*7 January 1983
Rahuri India*



It is smooth and quick, rhythmic. It is musical.

Neither is it awkward nor lethargic, but it is musical.

It is as a rhythm about it. It is very gracious.

The whole movement of dissolution
can happen to you very easily.

The latest ism could be Sahaja Yoga-ism

But one has to understand that materialism has gone into our roots and, if we have to clear out our roots, we must get out of materialism. That is important, but that does not in any way mean that you torture your body or anything. I do not mean that. But what I am saying is your attention.

When we are dealing with our roots, we have to be in the centre, in the core. In the core means we are taking in, sucking in the feeling or, you can say, the feeling and awareness put together.... You can say the experience, into your awareness and feeling. You have to get the experience into your awareness and feeling.

In Marathi it is a very simple word. *Zaaniiv* comes from the word *ja*. Ja comes from the word “spontaneous.” Also ja has two meanings. Ja means also *dnyana*, awareness, and also it means spontaneous – *zaaniiv*. So you start sucking that within yourself when you are not entangled into other things. If your attention is entangled outside, you cannot enjoy. So to be lost into that which is samadhi is the one where your attention is completely drowned into the experience. That is what we have to achieve.

Sahaja Yoga-isms

It is not only materialism. It is also emotionalism, all kinds of *isms*. We are attacked by all kinds of isms since the history of words started in this world and now the unholy thing is that the latest ism could be *Sahaja Yoga-ism*. It also could be the greatest word because now there has to be an attack on Sahaja Yoga also....

Sahaja Yoga does not mean lethargy or slowness, not at all, but it is a quick and a fast stepping into the dissolution – very quick. And once you very quickly dissolve into it, the whole movement of your body is quick, but not jerky. It is smooth and quick, rhythmic. It is musical. Neither is it awkward nor lethargic, but it is musical. It has a rhythm about it. It is very gracious. The whole movement of dissolution can happen to you very easily if you do not allow your attention to be attacked by all these isms.

There is no end to it. I mean if I have to write all of them, I think we will have to need at least one book to write all the isms of the world. There is no end to it, that which we have created.

Then the worst of all is now, I think, Sahaja Yoga-ism in which, first of all, is the feeling of lethargy. “It will happen *sahaja*. Sit down. Mother will do everything for you.”

Another is a Sahaja Yoga-egoism in which ... people get into tantrums, try to show off that they are great Sahaja Yogis, they have reached the third stage or the seventh stage or whatever....



You have to get the experience
into your awareness and feeling.

Now you are
in the centre.

It is complete materialism.... Those who have been doing vegetarianism are materialists in India. We have seen the cases like you see the Jains and the Marvari and the Gujaratis. They are all vegetarians, supposed to be compassionate people. They build some temples also and sometimes they give to poor people also and sometimes to people like Hare-Rama-Hare-Krishna who are begging in India. They give money to them. They are supposed to be very compassionate. They are more compassionate to chickens than to human beings. We have that kind.

At the same time, I have seen in the West also such materialistic people. I mean they have no shame. So when you just turn and see that, you should abhor that. Abhor – it is shameful. How could you be like that even in Sahaja Yoga?

So as I have told you, there are some people who are materialistic, some people who are emotionalistic and some people who are egoistic. Now leave all these things on the sides, then you come in the centre. Now you are in the centre.

Who is your Mother?

In the centre, people enjoy just the love of their Mother, like Shri Ganesha does. Just think how your Mother loves you – finished. Can you – this very sweet feeling?

And who is your Mother? If you really believe in Her, in Sahaja Yoga, these two things should solve the problem. No more thinking – just think how much your Mother loves you. That means you are jumping onto My Kundalini and when you jump onto My Kundalini, then there is no thought. You cannot think. When you think how much your Mother loves you, you are jumping onto My Kundalini and at that time there is no thought.

It is very simple to meditate in Sahaja Yoga because you have somebody in person. They never had somebody in person, so I can understand their problems. There was nobody in person. They had to do it in the air. But here is a sure shot thing: you can feel your vibrations, you can feel My love and you can feel your own quality. It is very simple. But it is not the love that is selfish. It is not the love where you say, “Oh Mother loves me, so She’ll look after me, She’ll do everything for me, She’s going to do everything.” It is the love that “Mother loves me so much, what can I do for Her? Which is the best flower I can give to my Mother? What does She need? She needs nothing. She doesn’t need money. She doesn’t need anything. What can I give Her? Which is the best flower?”



Who is your Mother?

If you really believe in Her, in Sahaja Yoga,
these two things should solve the problem.

Complete
silence will exist
once you come
on My Kundalini.

Shri Hanuman was given a gold necklace by Shri Sitaji and He saw that and He was sitting on a tree and He was breaking one by one all of those big gold balls of His necklace. So Sitaji said, “What are you doing?”

He said, “I’m trying to see in these balls where is Ram.” He said, “None of them has, so I’m just breaking them to find out, otherwise why should I wear it?”

And then She said, “Really? Where is Ram?” He opened His chest. He said, “See in My chest. He exists there.”

Feel your roots

So it is never a one-sided sort of a thing. It is a thing that exists within you and you feel that and then it has to be reciprocal. In the water, if there is a ripple, it goes to the shores and then it returns back. So with this force only, I tell you, you can conquer your ego and superego. There is no way out. And for these Indians, it is very easy to do because they know their Mother’s love.

When you see something just put yourself to it, to feel your roots. These are your roots – and then you see the enjoyment. The Mother Earth Herself is sucking you now. She is sucking you down. That is how you meditate now. This is how you have to meditate and it is such a security-giving thing. It will change your expressions, faces, everything. And that enamoured expression that you find in these people will be on your face.

And complete silence will exist once you come on My Kundalini, but not through your mental projections, but through your meditative, spontaneous experience. It is very joy-giving. Just feel the joy of that. You are all with Me here and the joy of that feeling will really enlarge your hearts and then you can give it to others. You do not have to be crazy about these things, but just to feel it within yourself.

To become Gurus

Now you are transformed. Now you have become saints, no doubt of it. Now from an egg you have become a bird, but now what should happen to you? Your Kundalini is still in the sacrum. How it has happened that now you have got all the Ganesha Shakti? I have made you like Ganesha. In the same pattern as I had made Ganesha, you are made. Now you have become a Ganesha and from this Ganesha stage, in which you think you are a Ganesha now, if I offer you a throne of Shri Ganesha, if you have to sit on that throne as a king, then what should happen?



You are all with Me here
and the joy of that feeling
will really enlarge your hearts.



Actually, now your Kundalini should not be any more in the sacrum bone, but in your stomach because Ganesha's Kundalini is in the stomach. In the stomach means in the Nabhi chakra. That means all your seeking has been so far in materialism, has been in other things like in money or in power or in love or whatever it was. But now your Kundalini itself is in the Nabhi chakra. That means your seeking is nothing but itself has become the Kundalini.

Your seeking has become the Kundalini means that you are the giver. Now you are the Guru. You have now become the Guru. When the Kundalini starts from the Nabhi, that means now you are the Guru. Now you have to give all the blessings, everything, as a Guru does. Now you all have become Gurus.

But that is only possible when the Kundalini has risen, has lifted Her abode from the sacrum to the stomach and this stage, unless and until it has arrived, you are not a confirmed Guru. Once that has happened, you become a Guru and then you can really impress people and work it out. It has to be done very fast. It has to work out very fast and for that, first of all, please get rid of your entanglements which are stupid.

If you really believe that you have to progress in your seeking, that you have to have your Kundalini coming up from your Nabhi, then please, please hurry up.

Please try to work it out, otherwise you are very few who have been given also the privilege of doing My puja – very few. And those who have been given have a chance to develop to that stage. And once you become that, all of you who have achieved that stage can become the Gurus. And for that, you have to have only wisdom. Wisdom – keep to your wisdom like Shri Ganesha has His wisdom. And in that wisdom, He knew one thing, that His Mother was all powerful and that He does not have to worship anybody else but His Mother. And He has to have all the powers which are granted by Her. His powers, no one – even Brahma, Vishnu, Mahesha – do not have. They cannot reach Ganesha. They cannot reach His stage because They are one-sided. But Shri Ganesha has all the powers. All the chaitanya powers He has. So to become like that, to be like that, He should be your ideal, how He behaved and how He would sacrifice anything for the sake of Mother.

Here there are people who do not even want to pay for something like a puja.... You may just spend away somewhere in nonsensical things because your attention has to be brought around completely. It has to be completely severed from all these nonsensical entanglements and there should be less talking and more experiencing. Then only is it going to work out....

You do not
have to be
crazy about
these things,
but just to
feel it within
yourself.

My
compassion
flows,
it works,
it acts.

The bliss within

Try to feel the peace within yourself, that is within every human being and, after that, you have to know that this peace that you are achieving has to be given to others. In Sahaja Yoga, perhaps you have realized, whatever you have got from the nature, you can release it back. For example, if you give vibrations to a plant, you can make it grow. If you give vibrations to a flower, you can make it sustain its life. For the first time, you are giving something to the nature, but as soon as you grow up to that state of a Guru, then you can give the peace that is in the nature. You can give the feeling of bliss that is in the nature.

But first achieve it within yourself. Make this go inside you and see that bliss settle down within you. You do not see other nonsensical things which are very disturbing sometimes to your western mind. For example, if a telephone is not working or the road is not all right ... these nonsensical things have no meaning, but feel the peace, try to establish that peace within because this peace you have to give to others.

The whole development plan that I have is very fast and I am sure you will keep pace with it. So may God bless you.

The working-out capacity

When you sit down just feel the peace and try to achieve that peace within yourself. Do not pay attention to nonsensical things and with this your little brain trying to criticize. But try to achieve the peace within yourself so that you can give peace to others.

Compassion is not a mental projection I told you – the compassion that works, that flows. It is all mental. You see, for us compassion is mental. Every idea – peace is mental, bliss is mental, God is mental, everything is mental for us. He is not. He is the one that resides in the heart as spirit. He is the one who works through the compassion.

And now you know My compassion is that it flows, it works, it acts. It is not mental. So do not try to be mentally concerned with people and try to be compassionate. I hope you understand that the compassion is not a mental idea that “We are compassionate, we are working for the unity of the world” and all that.

Even unity and all those ideas, even the idea of collective understanding is in the heart. It should work. In Sanskrit it is *kaaryanvit*. In English there is no word. Kaaryanvit is embodied with the working capacity, embodied with the working-out capacity, actually. “Working-out capacity” – you can translate like that. It should work. If it does not work out, then what is the use of looking after somebody who is sick? “All right, come along...” This is nonsense, this is very mental. Just do not waste your energy. You have not come here to look after the sick.



I hope you understand this idea of looking after the sick and being all ego-oriented. “See, we are trying to help the sick, we are trying to help this, that” – all ego-oriented. Another superego-oriented is that we are sacrificing this and that and we are becoming beggars in India like the Hare-Rama-Hare-Krishna. Beggars, parasites – both are just the same.

You are here for training

You have to individually ascend faster and collectively pull out everyone, but not those who are heavily laden with problems and who are creating problems and objecting to your progress. That does not mean that you are not compassionate. You know how much compassion that I have, but My compassion does not make stories, “I’m so compassionate and this and that.” Up to a point it is all right, but do not do so to much bother about people who are dragging you behind.

You have come here for a training, a training into the understanding of awareness which is compassion. You all have to. Even when you go to the school, you are not bothered about a person who is lacking in the class, are you? You want to study fast so that you come up. In the same way, I would request you not to bother your heads too much about people who are trying to pull you down because I do not want you to be pulled down. That is My compassion for them and for you.

Let Me look after them and you just do not worry your heads about them. It will be all right. See – may God bless you.

You have
come here
for training.

chastity

Shri Ganesha Puja
Brighton 4 August 1985

the essence of our existence

Today we have gathered here on the right occasion and very auspicious day to worship Shri Ganesha.

Shri Ganesha is the first Deity who was created so that the whole universe is filled with auspiciousness, with peace, bliss and spirituality. He is the source. He is the source of spirituality. As a result of that, all other things follow – like when it rains and is windy you feel the coolness in the atmosphere. In the same way when Shri Ganesha emits His power, we feel all these three things within and without. But it has been so unfortunate, especially in the West, that the most important, fundamental Deity has been completely not only neglected, but insulted and crucified.

A thorough cleansing

Today, although I did not want to say anything to upset you people, but I must tell you that worshipping Shri Ganesha means there has to be a thorough cleansing within you. When you worship Shri Ganesha, keep your mind clean, keep your heart clean, keep your being clean. No thoughts of lust and greed should come up.

Actually when the Kundalini rises, Ganesha has to be awakened within us. The innocence has to come up, which obliterates all such degrading ideas within us. If ascent is to be achieved, we have to understand that we have to mature. People are sick now. All over the western life one feels they are sick – sick because they have never recognized Shri Ganesha....

So today we are faced with our power of ascent and the power of conditionings we have had. When Freud talked of conditioning he did not know he was putting another type of horrid conditioning on you – terrible.

Sex is not important for human beings at all. It is not at all important. It is only when you want to have children actually, that a human being who is of the highest level will be indulging in sex. The lure, the romance, this nonsense and all that does not exist in a pure mind. It is all a human creation and with this servility one has to do it. It is so much surprising. It comes from a very low grade within us. It comes from the low-graded human beings that one becomes servile to it. You should be the master of that.

To mature ourselves

When I see around Myself in the West, which is also a part and parcel of the same creation, so much of sickness that has come, I am really aghast – how to turn your attention now to the maturity of sex. When the sex matures, you become a father, a mother and the pure personality.... We have to mature ourselves. That does not mean I am saying austerity at a young age. It does not mean that. Another absurdity is that. But of course, you must mature. You need a tapasya for that.

An unimportant thing then becomes important and such an unimportant thing is that, just like anything that we have, like we have hair. Even if you lose hair it means something. But if you lose sex, what is wrong with that? It is very good. Good riddance to bad rubbish – such a waste of energy. So much interest, so much of a precious attention, so much of auspiciousness is spent in this kind of a nonsensical thing.

So to worship Ganesha, one has to understand we have to mature. Maturity has to come within us. We have to go deeper within ourselves. Our attention has to go deeper within ourselves spontaneously. How do we achieve the depth if we are still like worms? Otherwise it is a great sort of a sacrifice or a pressure on people.

These tugs and these pressures have been very costly for you people – very costly. You have paid through so much. You have gone through so much for what?

Worshipping the innocence

The priorities have to change if Shri Ganesha is to be worshipped. What are we worshipping today is the innocence within us. We are worshipping that which is auspicious, which is innocent. Innocence, which is deep down within us, that is our character, that is our nature, that is what we are born with. It is the basis of this whole creation. It is the essence of this creation.

So when matter becomes active, reproduction starts. The animal stage comes in. Then comes the stage of human beings who are primitive. Then comes the stage where human beings are developed – not the way that we understand of the “developed world.” Horrible – I will never call them developed by any chance at all. What is development? It is not outside. What is within development one has to see. What have we grown inside? What have we got inside ourselves? – anything that is gross, big, is plastic, of that kind, the one which has not got any inner power...

What is our substance within ourselves? This is what Christ preached – a morality point. So important for Him it was because after dharma, which was a balance – where of course morality is very important – it was necessary for Christ to talk of the innate, deeper morality, which is a part and parcel of a being. It is not just thought or told or frightened because there is a fear of God and a wrathful God, but it should be your own innate light. That is why Christ talked about it.

The vehicle
we have is
our chastity.

What is your power?

In the West the priorities are absolutely upside down. What is your power? Just think of it. Think within yourself. Is it mental power that is important? I have told you mental power has nothing to do because it is just linear. It moves in one direction, falls off, comes back to you. It has no substance in it. It is just a mind projection, plastic.

What is your emotional power? Emotions that you have take you where? See what you have emotions for, even good emotions that you have. Say you love your wife very much. Where does it take you...? To frustration, to unhappiness, to our destruction. The mental power gives you a horrible thing called ego, which destroys others. And the emotional power gives you nothing but crying, weeping and always feeling unhappy.... So it is not absolute. It is relative. Mentally you are zero if you cannot destroy others. Emotionally you are zero because you cannot overpower people with your emotions.

So what is your power? Where does your power lie? It lies in the spirit. But even before the spirit is achieved, what is your power? Is it Kundalini? She is sleeping. Then what is your power? It is your chastity. If a man is chaste, chaste temperament he has and he stands up in his chastity. It acts. It works. But first of all chastity pays a dividend in your good health. From the face of a person you can say that this person is a chaste man. Like in our shastras, it used to say a saint or a brahmachari, the one who has never had sex in life, is always shining on his face. And as we say that the greatest brahmachari was Shri Krishna, who has so many wives because no wastes of energy, no wastage of attention is on that. So the whole energy is inside.

I will say today, as I was coming by car, it was raining, it was windy, it was very cold, but we were in the car. Nothing affected us because we were quite warm inside the car ourselves. We passed through everything. Nothing touched us. Nothing bothered us. We came away from everything fine. How? Because we kept to our own vehicle. And the vehicle we have is our chastity.

You are the storehouse of chastity which is your power.

The culture of the Divine

We are so particular that others must respect us, others must give us homage, otherwise we get into tempers. Did you respect yourself? Do you respect yourself?

It sounds sometimes to people in the West that Mother is very much trying to preach about Indian culture. Many people think that way. But I say that one has to learn science from the West. One has to learn other things from the West – aesthetics of course, paintings and art, maybe colour schemes. But culture you better learn from Indians.

There is dirt of culture, no culture at all, I find. What is this culture where a woman is supposed to expose her body? It is a prostitute's culture, as simple as that. Face it up – where a woman is not supposed to respect her private parts is no culture whatsoever in the aesthetics of the Divine....

To an Indian it gives a shock. How can you talk because, once you give up your chastity, you cannot understand that there can be someone who is absolutely chaste. For a thief everybody is a thief. Because you do not have that respect for your chastity, you cannot imagine what Christ could have been. You cannot imagine. You cannot accept. Unbearable things are said about Christ.... I have faced His crucifixion, which was unbearable as it was, but this kind of a thing you say about somebody – to an Indian woman if you pass such a remark, to an Indian ordinary woman, she would commit suicide.

The magnet of chastity

The magnet within you is Shri Ganesha. Many people know that I have a great sense of direction. That comes through this magnet which is perfect. This magnet is the one which keeps you sticking or adjusted or all the time pointed towards the spirit. If you do not have the sense of chastity, you will dangle this way, that way. Suddenly you become a very good Sahaja Yogi. Tomorrow you become a devil because there is nothing that keeps you binding to the great idea of the spirit.

Let us face it up. Now the time has come for all of us, all the Sahaja Yogis, to know that the greatest thing within us is not sex, but is chastity. And that is how we will be matured....

Whatever is wrong is wrong for the Divine. Whatever is right is right for the Divine.

What is the essence of your personality? It is your chastity and in Sahaja Yoga you can re-establish everything – whatever you have lost, you can. That is why the depth is lacking. And this is the reason there is no consistency in the temperament of people, no consistence. Now you will get twelve hundred people for My lecture and next day not even one. All are lost because there is no base, like a loose connection. There is no connection. The connection point is your chastity. So there is no consistence.... If you tell them, "You have to get up in the morning, have a bath, do some puja," it is too much for them. But if you tell, say an Indian lady for Me, if you say that "You wear such and such dress" – "I just can't, I just can't, no, not possible. It is not possible. I can keep the whole night awake, but that thing I cannot do, just cannot do it."

So the priorities are changed because where is your attention. You have everything within you. You are the storehouse of chastity, which is your power. Everything is within you. Nothing has gone out. It is all there. All that fragrance is within you. It is all preserved. Do not condemn yourself.

Once we get the inkling
of that joy which is eternal,
we start moving towards that.



Changing the chart

You are so fortunate I am here to tell you all about it. You are so fortunate I am with you. Do you understand that point? You do not have to go to the Himalayas. You do not have to stand on your heads. You do not have to do anything like that. You see, formerly these saints used to sit – you won't believe – in the cold frozen water or on the Himalayas in the open they used to sit for hours together to freeze their nonsensical ideas. Now that is not necessary. It is all made very easy. But change your priorities now. The whole attention, once it goes to your own spirit, you will be surprised, the whole chart will change.

What is the most important thing? To meditate every day. I have seen people who want to do some course.... Every day they will go for that course and join that class and they will work it out and they will pass that course and do it up and finish it. But meditation they cannot do regularly.

But now there is a little gap you should understand, that once we get the inkling of that joy which is eternal, we start moving towards that more and more, more and more and establishing ourselves in the ocean of that joy.... When somebody wants you to swim, you are frightened. You do not want to do it. You are very happy on the gross shore. You do not want to swim. Somebody pushes you. Again you are back. "No, baba, I cannot do it." But once you learn to swim, you enjoy that swimming. And when you like it, then you want to do it every day, regularly, religiously. So there is a little gap, which has to be achieved.

The second point is that, as I have been always saying, you are lotuses, but under a maya. And you know what maya is. While India is the ocean, so it is very easy for the lotuses to come out of the water. But to come out of the maya is very difficult. Say somebody falls in the maya, if you kick it, you go deeper [into the maya]. If you try to do anything you go deeper. The best thing is to keep watching it and be still. And that is the best way. It is to witness yourself. But your attention is not all right. How will you witness? Attention is somebody going that side and that person you will see.... You must see every person, but you do not see the flowers. You do not see the trees. You do not see the Mother Earth. You do not see anything. What you see is something hopelessly bad, worse than you.



Seeing the Mother Earth

Today is the day they say one should not see the moon. If you see the moon it becomes of no auspiciousness and you get a bad name.... The reason why it is said is that today we have to see Shri Ganesh, who is the Mother Earth, who acts through the Mother Earth. Most of the things that we have are from the Mother Earth, so at this time you must see the Mother Earth, the Kundalini and Shri Ganesha today.

The Mother Earth has created Shri Ganesha, so you do not see anything outside, you do not even see the moon. Just see the Mother Earth because it is the Mother Earth in Her love and compassion who has done so much for us. Your Kundalini has done so much for us. And Her son, who is the innocence within us, is to be worshipped today because He has done the maximum. Despite all the insults we have put on Him, all the ridicule, all the filth, all kinds of nonsense, still He stands up like a little child to amuse us.

If Shri Ganesha is within, you become like a child with childlike innocence. You do not get angry ... but you become like a child who is very sweet, who always tries to amuse, who always tries to say nice things, always tries to make you feel happy, the source of such joy. And that is how you become a source of joy, a source of happiness, a source of fulfillment, all the time bubbling with laughter and happiness, bubbling with beautiful things. How the children amuse you – just see and watch how they come around with little, little hands, how they work it out, how they know what is the right thing. A child who is a realized soul is much more sensible than a grown-up person. I have seen that....

That sensitivity comes from the depth of your chastity. You listen to the children and you will be amazed how they talk and what they say, how they behave, how they try to amuse you....

If the father and mother do not have chastity, the children do not feel all right. They do not feel peaceful. They will become restless and then they develop the same restlessness within themselves.... You might be very intelligent, you might be anything, you might be a great writer, but you can get possessed. But a chaste man, an ordinary chaste person can never get possessed. Bhoots are afraid of chaste people. If one chaste person is going on the road, all the bhoots run away....

You are
nowhere if
you have no
chastity.

The snake in our life

The negative within us disappears with the light of Shri Ganesha. We can see it so clearly in another person. If you do not have chastity, you can never see who is unchaste or chaste. You cannot. Everybody is just the same. There is no light. Even if you get your Realization, even if your spirit is working out your collective consciousness, even if you are giving Self Realization to others, you are nowhere if you have no chastity. That is like a broken glass, which is trying to reflect something. It can never give the right picture. It is so important. And I have to tell you this now. The time has come for Me to tell you. This is the snake in our life.

The first thing people will ask is “Whom am I going to marry?” What is such a hurry? Of course, marriage, I call it an auspicious thing. Marriage should be there. There should be a collective sanction, everything, but for what? To adore the chastity within us. Then they have married, then they have children. Then they want to have a house. Then they want to have this. There is all such an insular business that goes on and on and on and the light of your life does not spread. But I have known people who were just in the hell and have come out and have spread light. Beautiful meteoric heights they have achieved. I have seen people like that.

Worshipping Shri Ganesha in the West

You have come to worship Shri Ganesha within yourself. What is in Me to worship as Ganesha I do not understand because I am that. When you are worshipping Me, you want to have that Shri Ganesha within you awakened. Let that be awakened within you. Let what I say become the mantra to awaken that within you so that, as My children, you enjoy the bliss of chastity as I have enjoyed all My human life and all My Divine lives. You enjoy the same quantity, that is what I want. At least you should have the taste of it.

I am telling you about something which you may not have heard before, but you never heard about Kundalini also. You never heard about Self Realization like this. But today I think, by chance, absolutely in a Sahaj way, this puja was arranged. I was to have this puja in Bombay. It was all organized. People were all willing to come there to do this puja. I mean a Ganesha Puja in England or in the West is so important that I thought better have one without the right time in Rome, which is the one of the basic things, which has ruined the chastity of human beings. Romans started it and others carried on. But it was to be here in Brighton at the Lotus Feet of Sadashiva.

The English must know that they have got such a golden land and they do not deserve it. They have to deserve it. Imagine, you are living in the land of Sadashiva where even water is also the snow. It means like distilled water, clean, clear white, where Shri Ganesha is the one who washes the Feet of His Father, where the chastity itself resides as your Mother and you have to deserve that coveted position....

All unchaste people are arrogant, otherwise how can they forgive themselves...? Arrogance is a sign of an unchaste personality. And such a person also becomes insular because he is ashamed, ashamed to face others. But a chaste personality is open. Why should he be afraid of anyone? He talks to everyone nicely, is kind to everyone in all innocence and simplicity without falling in love with every third person he comes across. And that one has to realize, that this country is given to you with a purpose and if you do not come up to that level, you will be thrown away.

The consolidation of faith

Respecting your chastity is really respecting Me because I reside within you as chastity. If Shri Ganesha is the auspiciousness, I reside within you as chastity. Chastity is never aggressive. It is never harsh because there is no need.... You are so powerful that there is no need to aggress anyone. Why should you aggress? You are not frightened of anyone.

It is so generous. It is so kind. It is so beautiful, always fresh and young, yet so sublime and so dignified....

Chastity is the consolidation of your faith.

When you have faith in God, you are chaste.

When you have faith in yourself, you are chaste.

With your faith in your wife, you are chaste. Why should you have faith in your wife? Because you are a chaste person, how can she be unchaste?

Your faith in your child is chastity. Because you are chaste, how can your child be anything else..?

The crystalline form of faith is chastity and that you can have even before Realization. Many have it. Actually like the camphor, which you see is volatile and evaporates into the fragrance. In the same way, we can say chastity acts into faith. If you do not have chastity, you cannot have faith in anything because either you are dealing with your emotions, that you are emotionally attached to Me or maybe you are mentally attached to Me. But if you have a sense of chastity, a faith will be apparent.

Within yourself, you do not have to have faith. "Now Mother I will have faith within myself." You cannot. Faith is something which is volatile and the volatile fragrance comes from chastity.

I reside
within you
as chastity.

The essence of our existence

From today we are not going to look at the stars or the moon, but are going to look at the Mother Earth. In the universe She represents the Kundalini. She is nothing but chastity. She is just chastity. Can you believe it?

What a power, Motherhood. Everything is chastity.

Fatherhood, any relationship is chastity.

Purity is again the fragrance of chastity.

Goodness, compassion, everything comes from chastity, a sense of chastity which is not mental. If you are mentally chaste, you can be horrid like some of the nuns are or some of those people who are austere – not that.

The chastity is an innate built-in Kundalini within you, which acts because it understands Me.

She understands Me.

She knows Me.

She is part and parcel of Me.

She is My reflection.

So make your Kundalini strong by being chaste.

People try to do things to look very attractive and this and that. Do not waste your energy like this. You are saints. Live like saints. Traditionally as we live, we have to live that way. And evolve out of the tradition. Do not do something new, something absurd, nonsensical. We do not have to attract anyone.

Chastity is the fragrance in the flower which attracts the bees. It is the honey of the flower.

It is the essence of our existence.

LEFT SIDE

20 May 1982
Brighton

The left side is the tamasic side. It is the side where darkness is affecting people. Those people who live in too much darkness or in the past or in a slyly hidden way, who are introverts ... who spend their life mostly in a very closed quarters or live with people who are extremely cautious and afraid of others or people who do not talk much or who avoid meeting people, who shun people – all such people are left-sided, are tamas. Such people, in their spiritual awareness or spiritual ascent, try to take to bhakti. They take to bhakti more. They worship God from their heart, from their emotions. They work through emotions. There are twenty-four types of relations they establish with God. That is called as a bhakti relationship and they dwell upon it and all the time weep and cry and say, “Oh God, when will I meet You?” Such people are the ones who take domination from others, suffer, sacrifice and lead a life of great suffering. But in their expression, in their achieving God, they start doing bhakti and they think through bhakti they will come to God. But with bhakti, God comes to them. Because of their bhakti, God comes to them and He incarnates for the bhaktas, the ones who cry for God. 9 February 1983

We have two powers – left and right powers. The left power is the power that gives us conditioning. Left-sided, the subconscious, the collective subconscious – that gives us the conditioning. Now if you try to deny all that, then the right side is even worse. It gives us action, but with action we can become very ego-oriented. So both ways it can be troublesome.

Supposing you say that “All right, I have no conditioning of any type, what’s wrong in doing this, what’s wrong in doing that?” And if you just move with that idea, with that freedom, it will be abandonment. It may not be freedom because freedom must have wisdom behind it....

Left-sided activities are emotional traumas, emotional problems, emotional upheavals, emotional insecurities. Any kind of insecurity can take you to the left side.... It is very painful to have left-sided problems. It is very, very painful. The pain cannot be explained. No one can understand. Nobody can cure it. You cannot tell anyone and people think that you are fussing. They give you psychological treatments. You just do not understand why this pain is within you. And this pain comes to you from the left side, the subconscious.

Beyond the subconscious is the collective subconscious. This collective subconscious is the one where whatever is created from the beginning up to today in the creation is within you. And once you go to the subconscious you just get lost there. You are so over-powered by this power of the subconscious that it is beyond you to understand it, beyond you to get out of it and beyond you to not to succumb to it. And it goes on increasing.... *continued page 24*

RIGHT SIDE

The second side, on the right-hand side, is the power by which we act. First we desire and then we act. Now this right side power is expressed within us as the right sympathetic nervous system. Science has come from the same. Science is in the gross. These are all subtle things that are within us.

14 May 1982
Brighton

Now this right side power which exists within us gives us the power for our mental and physical capacity to act. Now this action takes place when we desire something. We want to implement that desire. Then we go into action. One has to understand what sort of a power this is. This power is called as *prana shakti* in Sanskrit. The other one, the left one known as *mana shakti*, is the power of the emotions or we can say of the mind, but you see the English language is not so clear-cut about it. So I would say the *mana shakti* and the *prana shakti*, these are the two powers that exist within us and we start using them as left and right, we can say like a brake and an accelerator. And then we become the master of driving. But while becoming that, we make mistakes....

Now this action within us acts for our mental and physical capacities on the right-hand side – like we think of the future, now the planning will start, this planning, “Now we must do this tomorrow or day after tomorrow we have to do it.” And we start setting, “Now, I’ll go there and I’ll find this and then I’ll take a ticket and then I’ll go there.” I mean our mind is working for the future so much so we become absolutely futuristic....

The future-seeing is imaginary stuff. It is absolutely imaginary because what you think of the future does not exist. What exists is the present. You have to be in the present....

continued page 25



I am talking of the left side, then the right side and then the centre and then also, of course, about the spirit – definitely a hundred times. That is what I have to do. Gradually I have to build you up. I will definitely. You won't believe ... and it doesn't end. Every time they say – last time I spoke, they said, "Mother, it was absolutely a new dimension You talked about." *13 May 1982*

LEFT SIDE CONTINUED: Feeling guilty is the biggest blockade. It is the biggest blockade because once you start feeling guilty, this centre on the left gets blocked and it is very difficult. And you do not know why you are feeling guilty. All the time you are feeling guilty, but you do not know why you are feeling guilty, why these ideas of guilt are coming to you. This feeling of guilt keeps you away from joy, from enjoying anything, from being spontaneous. This explains why we sometimes are miserable for nothing at all. Actually, God has not created us to be miserable. He has made us so beautifully, so carefully. He has created us with such love and compassion, not to make us feel miserable for anything. He does not give us any diseases or problems, but we have done these things to ourselves by going to extremes.

As I am today talking about only about the left, I would say that to feel miserable for nothing at all is also wrong. It is being unjust to yourself. The people who are left-sided must know that they are the spirit, that they are that beauty which has to come, which has to express itself, that they are not the people who have to suffer all the time and to live like miserable people. They are not. But because they take so much upon themselves, bear so much upon themselves, they become like that. And to avoid that bearing up, they may take to some other habits. Many people take to alcohol also for a reason because they cannot bear the pangs of life. They cannot bear it. That is why they take to it. But once the spirit is awakened within you, you become so strong, you become so joyous, so spontaneous that all these things drop out. All those things, so-called diseases, so-called habits, just drop out and you become a new blooming personality.

Now the basics of having this centre within you, you can blame God for that. "Why did He give us these centres on the left-hand side? What was the need? He should not have given us these left-sided ones so we would have been just in the centre to go." But the trouble is the human beings have to know in their own freedom how to deal with themselves. They have to learn a little the hard way the wisdom. They have to know that, by going to extremes, we have suffered. They have to realize it because if they have to become truly, absolutely free, they have to rise in their wisdom. If they are not wise people, then they cannot enter into the Kingdom of God because they will be abandoned people.

RIGHT SIDE CONTINUED: People will say you have to be in the present, but how? We cannot. Either we are in the past or in the future because when the thought wave rises, it comes up and goes down. Another thought wave rises, goes up and comes down. Now, this thought wave which comes up, we go with it but we do not see it is going down. Another thought wave that rises, we see that but do not see where it goes out. And so we are jumping on the cusp of these thoughts and we do not know, perhaps we are with the past or perhaps with the future. But in the centre of these two thoughts there is the present and we do not know how to take our attention there, which is a very difficult thing. And just to say that you should be in the centre is not possible. All these things, “You should do this, you should do that,” are not going to work out unless and until there is light. For example, there is no light in this room and you say, “Walk straight.” You cannot walk because you cannot see where is the passage, how to walk. Even if you order, do whatever you please, you cannot just walk straight without touching any of these chairs because there is no light, you cannot see....

The right side movement is for the people who are very meticulous, who you can call the people who are very particular about the time and who are very firm about things, who are very dry people and who are very straight and they will not tolerate any nonsense.... That sort of people become a headache and they are very boring. You just cannot bear their company. They can be very boring people and they give you big lectures about how to be straightforward and how to walk straight absolutely. In nature nothing is straight. It all moves so beautifully because the nature is created out of varieties and variety brings the beauty. They do not think of beauty. They do not think of love, of compassion, nothing. For them, it is a very meticulous world and that is how they live. Such people are developing a big ego within themselves....

By the action of the left side, the emotional side, we develop a superego, but by the action of the right side we develop an ego. Now this ego is not easy to see because, if you have a superego, you have pains in the body, you are a miserable person, you have wrinkles on the face and you look absolutely worn out, but if you have ego then you look so dynamic.... The end of ego is stupidity. Such people indulge into all kinds of stupid things and they say, “What’s wrong...?” The people who have superego are troublesome to themselves, but those are egoistical are troublesome to others. They are all the time correcting others, torturing others, putting their ideas on to other people....

See how cleverly nature is trying to guide us to the centre: do not go to the extremes, keep to the centre, keep to the centre and then, when you are absolutely in the centre, then you get your evolution very quickly. So this is the right side that we have, the futuristic side – and, as you know, we are all very futuristic by temperament.... All these plans fail because these plans are not related to the plans of the Divine....

One has to know that there is a divine power. You may like it or not. All this living work that is done – millions and millions of flowers which are becoming fruits, a seed becoming a tree, a particular seed becomes a particular tree, all the choices that are made, the whole organized way the chemical acts, the way the chemistry is made of periodic laws – everything you see in this world is all so well organized, there has to be somebody doing it....

Unless and until human beings are evolved, none of the problems of the world are going to be solved, none of the problems – take it from Me. Whatever they have done by their thinking – say they have created democracy, they have created communism, this, that – all this nonsense has no meaning at all in reality.... The detachment takes place because you become one with the spirit, which is not attached, which gives you that light, that detachment from where you can see the whole thing just as a drama going on. And you work it out very well. You become so dynamic that you are amazed at your own dynamism. Apart from that, one has to realize if there is a power which is an all-pervading power, that power itself thinks, organizes and looks after you.

Nature
is trying
to guide
us to the
centre.



Some say that I am the author of Sahaja Yoga.

Now how am I to tell you what is My aim?

I have lived for thousands of years doing Sahaja Yoga.

In all My lives I have been doing Sahaja Yoga with all these great people.

Sahaja Yoga, we have tried in all lives, in all nations and countries and people.

Today is the day.

Now is the time to achieve results of all the work and the effort and the prayers of all the speakers.

Today is the day to receive the blessings of the Divine,

which is represented by these great incarnations, these great gurus on this Earth.

It is.

This is going to happen to many of you.

But there are very few who come to this.

Please understand I am not a purposeless personality.

Gradually you will learn how I fulfill the purpose – yours, Mine and that of Sahaja Yoga together.

How I work it out beautifully, you will understand.

And I hope one day you also develop all those beautiful ways and methods of discretion

by which you just do the right thing and never the wrong thing.

If you have
knowledge,
it has to pass
the test of love.

*Birthday Celebration
21 March 1977
Mumbai*

Love is

I am filled with great joy and happiness and My vibrations are flowing from My eyes as tears to see that, in this Kali Yuga also, there are people who are grateful to a Mother who just gives an abstract thing known as vibration.

Actually, I do not give to you.... I cannot give or take. You will be surprised. It is just emitted through Me. It is My *swabhava* [innate nature]. It has to be that way. I cannot help it. It is a being that is being. You cannot make it something else. It acts on its own. It goes on working. It is beyond Me to control Myself from loving all of you.

I do not know how people learn to hate. I have not got sufficient time even to love people. I find twenty-four hours much less. I do not know how people sit down and manipulate and think in an ice-cold manner how to be hateful. Hatred has no power but of destruction – of yourself and others.

On this day, I would request you to think of love all the time. Love is all knowledge. Knowledge is all love. There is nothing beyond. If you have knowledge, it has to pass the test of love. If you know a person, it makes no record on you because you know him from outside. But if you love a person, then you know the person out and out. You know him so well. You know him ... everything the way it is.

It is this knowledge that is what we call as the para-knowledge. That is the knowledge we have to seek.

Knowledge

All these books are only signalling towards that. They are the milestones which are telling us, “Go ahead, go ahead.” They do not solve the problem of entering into the kingdom of God. I request you that you all should come to the stage of understanding the Divine within you, the love of God that is within you, which is trying to overflow from you and enjoy the sense of emitting and giving. Giving has the greatest joy and pleasure. There is no pleasure in taking. And when you receive it, you start giving....

When I was going to Rahuri University, the people in the nearby village knew that our car would be going there. They were ordinary villagers. They had never read any yoga. They did not understand anything more about vibrations than these feelings that you get. It is a subjective knowledge. It has no work. It is a subjective experience, which you feel on your fingers, in your being – the bliss of God. And as I was going, I just felt a jerk in the car because so many people were just lying on the road and some were standing on the road stopping the car and they started shouting My “jai.” I was wonderstruck. I said, “How did you know that I was in this car?” They said, “Mataji, you have given us vibrations. We knew this was the car, which was bringing us vibrations. So now you have to get down here.”

I just got down. I embraced all of them and our Sahaja Yogis were waiting at the other end. I said, “It doesn’t matter.” This is what is Sahaja: such loving people.

And at that time, I just thought of how once with Rama, how you felt those things with people, with very simple people, of very simple heart and shraddha, how they had those feelings of receiving your love and feeling it.

This is what is
Sahaja: such
loving people.

Oh, Man, please awaken yourself
to this great occasion of understanding.

The need for love

Everyone needs love in this world. You cannot exist without love. Your whole being is based on love. And I wish all of you in this country to understand that unless and until there is love in your heart, do not try to do anything outside because, if you do it, you will be found out in no time. Every human being understands what is love.

There are lots of things that are happening within you. There are cosmic changes that are taking place today within you. I know that it is happening.

The Shri Chakra itself has descended on this Earth and already the Satya Yuga has started. This is the reason why you are feeling these vibrations on your fingers and none of these gurus and rishis and all those people have mentioned these things. This is only possible when the Shri Chakra is brought down. It is here.

You have to feel it and understand. It is for all of you to accept, each with an open heart. I do not want anything from you. What can you give Me? I do not want anything. But I want My children to be happy. I pray for their happiness. I live for them and all the time, whether I am asleep or awakened or in the middle state ... I am just with you. Every moment you are in My thoughts.

Do not be driven away

Please try to humble down yourself. First of all, get this eternal truth within yourself. Let your being be that subjective instrument to understand what is what. Do not be driven away by a few readings here and a few readings there. Do not be driven away by the small-hearted ideas and the egoistical tomfoolery that is going on. It is to make fun of everyone.

Oh, Man, please awaken yourself to this great occasion of understanding. This dynamic force is dying to bubble out of you. We have to change this world and transform it into a beautiful creation because the Creator will not allow His creation to be destroyed. If you do not accept the truth, you will be destroyed.

So please, please – again as a Mother, I ask you to accept the divine truth, the divine love and to be one. I wish all of you, all the Sahaja Yogis and all the people who are seeking the greatest of greatest, highest of highest achievement in the awareness of God and with love.

That is what it is, otherwise the rest of it is all useless. Those who have sought other kind of *satwik* [pertaining to the central channel] or *tamasik* [pertaining to left channel] things in life have gone to waste. They have gone to hell and they are completely destroyed. You do not want to do that. You are simple people, ordinary people and that is why you are the best people – because you do not suffer from any extremes. You have a very simple heart. You are leading a very religious life and a sanctified married life. This place is for the people who are in the middle path of Lord Buddha. Sahaja Yoga is the integration of all the truths of life....

I request you not to be so small-minded. You have not known the truth so far, so try to understand it, to be subjective, to feel it, to understand it. All the books are saying the same thing as I am saying. The only thing is I can do it. I am not doing it. It is just happening. I have come on this Earth just for this ignition. This is the last point of ignition. This has to happen. And this will happen. Let us see, in this country, in this beautiful *Yogabhumis*, how many people accept it.

I came on this
Earth just for
this ignition.

The ocean of My love

It is not the understanding through your hearing, but it is the understanding through your heart and through your feeling of vibrations only that you can judge the Kundalini.... You do not need too much of brains. What you need is a heart, is a *shraddhavan* heart. And if you have that, it will work out.

The time has come for many flowers to be fruits. The time is there.

I thank you again and again for showing this great love to Me. It is like when I feel the ocean of My love, when it flows to the shores of all your hearts, the shore gives it back as a reaction. It is a parabolic movement. When My love passes through you and comes back to Me as love, I enjoy it. It is such a beautiful experience. I mean it is a different experience perhaps that cannot be coined or put into these mortal words....

May God bless you with all His prosperity, with all His goodness, kindness and the eternal. The Paramchaitanya should descend on you and on your awareness.

r e m e m b e r

a message from your

MOTHER

Remember how many years you have spent doing Sahaja Yoga.

You must understand all the nice times you had ...

also in understanding how you have grown into it,

how you changed it and how you enjoyed and

how you have imbibed all the qualities of Sahaja Yoga.

r e m e m

Forget all the bad things

because there is no use remembering bad things,

no use thinking of them.

Because of forgiveness, you can always forget the bad things.

And if you remember the good things,

your joy becomes multiplied.

If you try to remember something bad,

then your joy goes down.

Every time you see a person,

try to remember what good that person has done to you,

what good that person has.

If you have a memory for good things,

you will have a very nice time.

WORDS

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b e r



The lamp is not aware that there is a light within itself.