

NIRVICHARA

THOUGHTLESS AWARENESS



VERTICAL GROWTH - NIRVICHARA



SHRI MATAJI'S LETTER - US 1972



My Dear Children,

What are you searching?

Why are you aimlessly and listlessly running about?

The joy that you have searched in material gains, the joy that you are looking for in power, the joy that disappeared in the words of books—the so-called knowledge—is all lost in yourself, and you are still searching and seeking!

You can pay attention to everything outside yourself! You are lost in your thoughts, like babes in the wood! But there is great hope that you can rise into the Heaven of “thoughtless” awareness, which we call Self-Realisation.

I invite you to this feast of Divine Bliss, which is pouring around you, even in this Kali yuga, in these God-forsaken modern times.

I hope you will come and enjoy the spiritual experience of the Life Eternal.

With all My love and blessings.

Your Mother

NIRMALA



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With acknowledgement and gratitude to all the photographers whose work has been used.

Notes:

1 This book is a collection of extracts of Shri Mataji's talks on Nirvichara. As it is primarily Her words, no speech marks “..” have been added.

2 Extracts of talks are from the Nirmala Vidya Amruta website.

3 Please register with www.amruta.org and log in to ensure you have access to all the links.

4 If you click on to the Nirmala Vidya Amruta link, it may sometimes not start at the beginning of the talk, this could be due to your previous viewing history. In this case, go back to the start of the talk.

P R E F A C E

Vertical Growth Initiative

This eBook is a compilation of selected talks by Her Holiness Shri Mataji Nirmala Devi. Excerpts of these talks have been hyperlinked, allowing the reader to click through and have direct access to the video and audio talks on the Nirmala Vidya Amruta website. With the exception of the preface, the rest of the eBook is entirely taken from Shri Mataji's talks.

As an expression of our sincere love for Her Holiness Shri Mataji, we, the Sahaja Yogis of the world, wish to thank Her for Vishwa Nirmala Dharma, the state of yoga that She has bestowed on us.

In Her 100th Birth year we wish to humbly offer Our Holy Mother, Shri Mataji Nirmala Devi our own personal gift of "vertical growth". Vertical growth is about growing deeper in Sahaja Yoga, about deepening our axis and our state of meditation. Developing and sustaining our spiritual values and our vibratory awareness, to enable us to reach the blissful state of Nirananda, in this lifetime.

Vertical growth is to be of that calibre and depth to please our Divine Mother and establish the state of union. To follow Her teachings, which are the foundations of our individual and collective growth and also have an understanding of Her great work. To realise in our hearts the immense work, blessings and protection that She has given to us all. Let us offer our love and dedication at Her Lotus Feet, which is part of our vertical growth.

How do we prepare for Her 100th Birth Year?

Let us prepare spiritually to receive Her in 2023, as the greatest of all Incarnations. Achieving that Turya state, with a child's desire to reach those depths and heights, to really connect with Her, Sat-Chit-Ananda.

Our Collective Vision

To assist each other to grow deeper in our spiritual awareness, gaining inspiration from Shri Mataji's speeches and direct guidance.

Our Collective Duty

In order to truly prepare to celebrate Shri Mataji's 100th Birth Year, we need to continue a journey of introspection, spiritual growth, meditation and cleansing of the subtle system. This will help us toward attaining the state of Nirvikalpa, Ananya Bhakti and to achieve a clean and pure state of meditation. And with our hearts, recognise the great Advent of Shri Mataji's Divine Incarnation.

Our Collective Objective

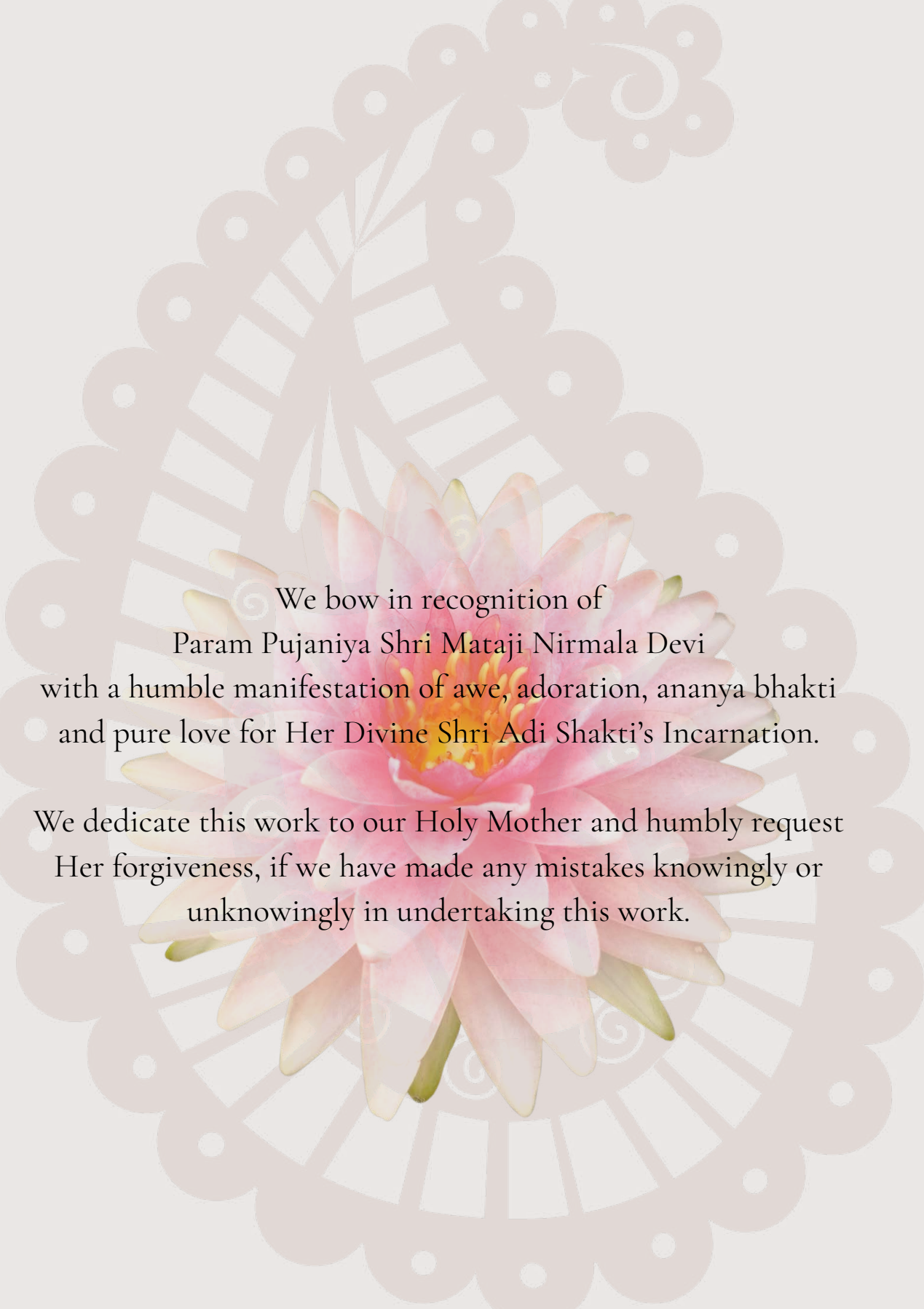
To individually and collectively imbibe the knowledge of the Self (Atma) and the subtle system, experience the vibrations (Chaitanya) and state of Self-Realisation (Sat-Chit-Ananda) and collectively work it out with the help of others. To research Shri Mataji's speeches and direct guidance on different subject matters, relating to the state of Nirvikalpa Samadhi (Doubtless Awareness) and a pure state to establish the attention in Sahasrara. To collectively reach spiritual heights as an en-masse movement (Samasthi) and to share Sahaja Yoga best practices, including (protocols, cleansing treatments, using the five elements, etc).

Collection of Works

In order to share this Divine Knowledge, four eBooks have been prepared. These booklets are just small steps to help us on this journey of vertical growth.

- 1) Nirmal Dhyana – Meditation
- 2) Nirmal Chitta – Attention
- 3) Nirvichara – Thoughtless Awareness
- 4) Nirvikalpa – Doubtless Awareness

www.100yearsHHShriMataji.org



We bow in recognition of
Param Pujaniya Shri Mataji Nirmala Devi
with a humble manifestation of awe, adoration, ananya bhakti
and pure love for Her Divine Shri Adi Shakti's Incarnation.

We dedicate this work to our Holy Mother and humbly request
Her forgiveness, if we have made any mistakes knowingly or
unknowingly in undertaking this work.



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CHAPTER ONE

BLISS AND SILENCE OF THOUGHTLESS AWARENESS

“A complete joy is reflected in a mind which is absolutely still, not reacting, not accepting, just seeing, witnessing. And this witness state comes into you and you become a tranquil and a peaceful personality”



The one enjoyment in the bliss of God - Bucharest, Romania - September 1993

(Please click on link above)

<https://www.amruta.org/1993/09/07/public-program-in-Bucharest-1993/>

So who is the other? The microcosm becomes the macrocosm. Also, when we see ourselves we live either in the past and in the future. We cannot live in the present. Thoughts come from the past and sometimes from the future and we are jumping on them. In between these thoughts there is the present, which is silence, which is peace, which is thoughtless. So you achieve another dimension in your awareness, where you become thoughtlessly aware and you are in the present. Thus peace is established.

Guru Puja: Gravity - Cabella Ligure, Italy - July, 1992

(Please click on link above)

<https://www.amruta.org/1992/07/19/Guru-Puja-1992/>

In the most chaotic conditions this world is today. So at that time a kind of a silence will come within you. When there will be any such crisis, immediately you will become extremely silent. But this is again a state I am telling you [about]. So now, if there is something that makes you upset or makes you unhappy, try to reach that point, that axis, which is just silence. And this silence will make you really powerful because this silence is not only yours. When you are in that silence you are in the silence of the cosmos, silence of the cosmos. And the silence of the cosmos works for you. You are in connection with that Cosmic Power we can call it. But it's more than that, is Divine Power I should say: Divine power which is working all the cosmos. So, if you just become silent within yourself, know that you are sitting in the Kingdom of God

Attention - London, UK - May 1980

(Please click on link above)

<https://www.amruta.org/1980/05/26/Attention-Dollis-Hill-1980/>

Yogi: I have a question. Could you explain the difference between joy and happiness? Shri Shri Mataji: Oh! Very simple you know. Joy

doesn't have a double thing like happiness and unhappiness. Joy is singular, absolute. It's absolute. It is thoughtless. It's fulfilment. Happiness is always shadowed by unhappiness, is the double coined stuff, double faces of a coin. Happiness will be followed by unhappiness, unhappiness by happiness. It's a relative terminology. But joy is absolute, absolute. It's beyond thought. It's bliss.

The Blessing Of Modern Times - San Francisco, US - September, 1983

(Please click on link above)

<https://www.amruta.org/1983/09/28/the-blessing-of-modern-times-San-Francisco-1983/>

Seeker: What happened when you go into a sudden silence where you go into a void which is very sweet, does it mean that all your chakras are in balance?

Shri Mataji: Of course it means, silence should be there and when you feel the silence the Kundalini has gone beyond the Agnya Chakra. But there could be another way of getting silence which is a very dangerous thing like when you get possessed also. You can't think. So there is a very small line one should understand. But if you say you feel very sweet and happy and thoughtless, then that's very good. Seeker: It doesn't stay very long.

Shri Mataji: That will after the Kundalini... The thought rises and falls off, another thought rises and falls off. In between the thoughts there is some space. This space sometimes you reach and the thoughts are tired, they get elongated and that thing is there. This is the present. The central part is the present and when the Kundalini rises, She makes this space expand and you are in complete silence and, like me, I am always in silence...

Address To Doctors, The Art Of Healing - New Delhi, India - April, 1997

(Please click on link above)

<https://www.amruta.org/1997/04/06/address-to-doctors-in-New-Delhi-1997/>

First thing that happens that you become a very peaceful personality, very peaceful. Because we are thinking, now the thoughts are rising and falling, again thoughts are rising and falling, again

thoughts are rising and falling. All the time we are jumping on the cusp of the thoughts. But there is a space in between and that is in Sanskrit called 'vilambha'. But we can call it 'pause' in English language.

Now this is the time where we never see that point. We never are there. So, when we are jumping, we are jumping in the future or in the past. For example, just now, you are sitting before Me, maybe you are thinking if they will get a train or not, a bus or not, this and that, or maybe you are thinking about your past. But you cannot be in the centre. This is the big problem. You cannot be in the present. If I say, "Be in the present", you cannot. And in the present is reality. In the present is totality and in the present is silence. You don't think. So, according to even to Patanjali you have to become Nirvichar. These thoughts which are bombarding your head, you have to become in charge of them, I mean, you have to be in control with them.

So, what happens?

You become Nirvichar, without any thoughts. It's a thoughtless awareness. And this thoughtless awareness is the one that gives you complete peace within yourself.

You All Are Shri Kalki - London, UK - November, 1977

(Please click on link above)

Now here is a rose. You are watching this. Now, what is the best way of watching this? To get completely out of it is to be in thoughtless awareness. So what happens? You are thoughtless. Now all the joy of creating it is inside this. All the truth that is this rose is, is inside it. As soon as you become thoughtless, the whole thing goes

into you as the principle, as the essence of it. And you feel that joy, as the essence of it. No thought about it. Nothing. But just the joy. Just the joy.

The Meaning Of Nirmala - Rahuri, India - January 1980

(Please click on link above)

<https://www.amruta.org/1980/01/18/meaning-of-Nirmala/>

You only look at the picture. Some pictures are such that you become thoughtless just by looking at them. In that thoughtless state you are enjoying

the whole pleasure of it, and this state is the very best. Instead of comparing it with something or describing it with similes you should enjoy the bliss of this state, to your hearts' content. It is called RASASWAD. There are no words or no expression to describe it. You have to experience it from within. All should have this experience.

Two minds - Mumbai, India - February 1975

(Please click on link above)

<https://www.amruta.org/1975/02/19/public-program-36/>

But if you are listening to that music, absolutely in thoughtless awareness, in silence when there is not a ripple of thought in complete freedom. The artist is pouring his heart before you. All the joy that great artist is pouring through that, you feel a wave of enjoyment falling on to you from top. The bliss coming on to you. You don't say anything. The silent, the silent joy of creation becomes one, identified with yourself.

Oh Mother! Take me out of this webs of words - Toronto, Canada - June 1997

(Please click on link above)

<https://www.amruta.org/1997/06/22/public-program-7/>





Puja 1982/83 India Tour

That's the state you get and is already described in so many books but we don't understand because it's said sometimes it is in poetry, sometimes in abstract way but you become religious. So first state comes to us when these thoughts are all hovering on our head, when the Kundalini rises She elongates this these thoughts and in between is the bliss of peace where you don't think. In Sanskrit it is called 'Nirvichara Samadhi' We can call it thoughtless awareness – you're completely aware but you are thoughtless, without any thoughts. If you want to think, you can think but if you don't want to think, you need not think. It is fantastical – you become so peaceful that you do not react – reaction goes away. That's how family life, national life – everything can be improved.

How to reach a higher state of awareness? - Brussels, Belgium - July 1993

(Please click on link above)

<https://www.amruta.org/1993/07/17/public-program-and-music-1993-Brussels-Belgium/>

Then another awareness that comes to you is thoughtless awareness. The thoughts rise, fall, again rise, then fall, again rise and then fall. And these thoughts are coming either from the past or from the future.

Now if I say you be in the present, you cannot. In between these thoughts, there is a small space. When this Kundalini rises, She suppress these thoughts. And you are in complete silence and peace. If you want to think, you can think. But if you don't want to think, you can be in thoughtless awareness, it is called as Nirvichara samadhi in sanskrit language. At this stage, when you are thoughtless, you become the witness, witness of the whole drama going on. You are no more in the problems, you are out of it, so you can solve your problems very easily. And also there is God Almighty, you enter into His Kingdom. And the bliss of Divine Love starts looking after you, protecting you.

Kundalini - London, UK - July, 1978

(Please click on link above)

<https://www.amruta.org/1978/07/10/talk-about-Kundalini-Caxton-Hall-1978/>

On both sides of this hole, here that is the soft bone you have seen amongst children, there you can say, the ego and the super-ego are built up, and that's how our brain is covered like this, and you develop a feeling that, "I am X, I am Y, I am Z." This I-ness develops. But when the Kundalini rises, it sucks from both the sides, the ego and super-ego, into these two channels which are on the sides, which are related to our subconscious and to our supra-conscious. Supra-conscious is the future side of it. But in the centre there is a state; you can feel the state because you become thoughtlessly aware, you become thoughtless. To begin with you become thoughtless. You really become blank, you start feeling the silence.

Then the Kundalini opens this path. When she opens this path, then what happens? The Brahma, the all-pervading subtle power that is Divine love of God which is all over, in every part and parcel, in every anu, renu as they say in Sanskrit language, in every molecule and atom, this pulsates; you become one with it. Once you become one with it then you start feeling it. Actually, you lose all your so-called powers and you become The Power. You become a part of that Power. You become a hollow personality and you start seeing the beautiful flame, the melody of that power within you, and you start enjoying it.

The Diamond In Our Heart - San Diego, US - July 1988

(Please click on link above)

<https://www.amruta.org/1988/07/23/the-diamond-in-our-heart-San-Diego-1988/>

So with all these stresses on us – thinking too much, futuristic personality and you develop the stress. Now what happens when kundalini rises, you are beyond thought. That's called in Sanskrit as Nirvichar Samadhi – thoughtless awareness. You are fully aware – on the contrary, you are more aware but you are in thoughtless awareness. Now when I see this carpet in thoughtless awareness, I don't think. I don't think because if I have to think, "Oh, Baba, this is my carpet. Now I have not insured it. If somebody will run away with it, then what will happen?" I won't be able to give any speech or anything. I'll be worried about the carpet only.

But when I look at this carpet, I don't think. Only the joy of the creation of this carpet is just pouring into Me; a beautiful blissful feeling, that's all. I am not thinking. Like a very still beautiful lake which has no ripples reflects all the beauty that is around it, fully. A complete joy is reflected in a mind which is absolutely still, not reacting, not accepting, just seeing, witnessing. And this witness state comes into you and you become a tranquil and a peaceful personality.

**Motivate Your Attention - Sydney (Australia) -
March 3rd, 1996**

(Please click on link above)

<https://www.amruta.org/1996/03/03/Mahashivaratri-Puja-1996/>

Now the first step is to become thoughtlessly aware, where you cross your mind, you go above your mind. Mind cannot affect you, this is the first stage, as we call, is thoughtless awareness. Second one is where you start seeing the working of this Paramchaitanya, of this All-pervading Power and you start becoming aware that there is lot of truth in what Mataji says [Shri Mataji smiles]. That there is this Power that works out many things. It works miraculously so many things for you. It gives you blessings, It guides you, It helps you in so many ways It helps you. It gives you good health, good wealth, and also a very good society of very beautiful people in the collective. All that you can see clearly is happening here.

Now this happening of achieving thoughtless awareness is very simple and easy, but to maintain at that point is difficult, we still react and we think. Anything you see, you react. To get to that point in thoughtless awareness is first to change your attention...

In Japan, Zen system started on these lines. And he made, Veditama was the person who started it, he made a garden out of moss, different moss, and very small. Then there were little, little flowers also. And hardly about five feet of the garden, which looks like a shape of a question mark you can say. You have to go on a lift, and you reach that platform on top of a hill, or a mountain, where you see this. All little, little mosses are there, and

you see, differently arranged, a beautiful garden. When you start seeing it, your thought stops, because such a marvellous thing, when you put attention to it, to its creation, your thoughts stop.

So you must practice as to find out what stops your thoughts, what makes you the witness. Once you develop this habit, you will station yourself nicely in the thoughtless awareness. Then you start watching how Sahaja Yoga has helped you, how it has been blissful, what you have achieved through Sahaja Yoga. You will be amazed, if you just start watching it, everywhere you'll be amazed how this Paramchaitanya acts.

**Spirits Of The Dead - Mumbai, India - December,
1976**

(Please click on link above)

<https://www.amruta.org/1976/12/22/spirits-of-the-dead-Mumbai-1976/>

I am not telling you all these things of my own, because this has been already discovered by many psychologists, that one has to jump into thoughtless awareness, not into the so-called trance but into awareness, which you are completely aware, but inside there is silence.

Now, this silence has been described by all the scriptures. And while jumping into that... even the psychologists, so many of them said that you jump into an unconscious mind, which — 'unconscious' means 'which is not known to us', 'achetan mana' — which is collectively conscious, which is universal.

**Medical Conference - St. Petersburg (Russia) -
September 1994**

(Please click on link above)

<https://www.amruta.org/1994/09/14/medical-conference-in-St-Petersburg-1994/>

Our thoughts rise and fall, again rise and fall and we are jumping on the cusp of the thoughts. We cannot be in the present, and the reality is in the present. So when this Kundalini rises on this centre on the optic chiasma, She creates present in you, becomes silent, thoughtlessly aware. You are aware but thoughtless, so you jump out of your problems also.

If you are standing in the water you are afraid of the high waves, but if you jump out of it into a boat you can see that, you can enjoy them, but if you learn how to swim you can jump in and save many, so you become into next state, doubtlessly aware.

The Last Judgement Is Here Now - London, UK - June, 1992

(Please click on link above)

<https://www.amruta.org/1992/06/12/public-program-2-at-royal-Albert-Hall-1992/>

Another will say “Mother can you stop my thinking?”. You can. You get that empty mind, thoughtless awareness, which is described by Buddha as empty mind. Everybody has described about it. When the kundalini rises, the thoughts become elongated and there’s a little space between where you stand and here you become thoughtless. See this hall, thinking about it, you’ll go mad. Because it’s so beautiful, there’s nothing to think, just to enjoy without any thought, just to enjoy. In complete silence, the joy that created this hall just starts pouring on you.

That joy, that (unclear), the artist, the architect, the builders who have put into it starts flowing through and absolutely relaxes. All these new diseases of tensions and all that, they disappear because everything is taken over by the Divine power. It is much much more but you won’t believe if I tell you. So it’s better if you experience it and know what greatness lies within you. How great you are, what you have. Achieve it. One has to have sincerity about it, it’s very important.



CHAPTER TWO



Sahasrara Puja 1984

NARROW GATE OF AGNYA CHAKRA

"I Will Send You The Holy Ghost" - San Diego, US - July, 1988

(Please click on link above)

<https://www.amruta.org/1988/07/22/Shri-Mataji-at-the-organ-pavilion-san-diego-1988/>

All His life He tried through His life, through His model to establish what we call a centre within us, a centre which you see as agnya chakra which was a very narrow gate between the combination of our conditioning, which creates the super ego and the idea that we are doing this and doing that, the ego. And this narrow gate was opened by Christ. He said, at the end of his departure from this earth I would say that "it is going to work out later on and there is going to be resurrection" and we have to see that resurrection has to work out within us.

Our Own Intellect Can Destroy Us- Auckland, New Zealand - March, 1985

(Please click on link above)

<https://www.amruta.org/1985/03/06/public-program-day-2-Auckland-New-Zealand-1985/>

For incarnations like Christ He knew He was to be crucified, He knew he had to be dead, because this narrow gate has to be crossed and that has to be crossed only by the energy itself, which we call the energy of Pranava, the energy of Chaitanya, the energy of Logos, as they call it Ruh – is the energy which is just a sound, what we call as Omkara. That energy it was which came on this earth and that's why He could walk on the water, He could walk because He was just that energy and He could walk. He had no problem about walking on the water, because He was just an energy forming a body.

That is the reason also He could resurrect because He was just an energy, He was not matter. Because He was matter He could resurrect. And this is one thing, was said by Shri Krishna before Christ came onto this earth, that this energy does not die, it cannot be killed, it cannot be perished, it is eternal. And this eternal life came on this earth as Christ as described by Shri Krishna.

A Very Small Centre Where Christ Is Existing - Paris, France - September, 1981

(Please click on link above)

<https://www.amruta.org/1981/09/11/public-program-in-Paris-day-3-1981/>

Christ came on this Earth at this point of our awareness, at this point. In the optic chiasma there is a very small center where Christ is existing. This centre is very important. Is the door, is the door to the Kingdom of - in between here, is the Kingdom of God, the limbic area. You have to just enter into that Kingdom of Heaven by entering through the narrow door or gate which was held by Christ. The method, the technique of awakening Christ was living technique. It is spontaneous. It is evolutionary. It is not that you can think about it and rationalize it. It is not that you can say that we can activate it, or manipulate it, or organize it. It is not in your hands. It is not your area; is the area of the Divine. Like a flower becoming a fruit, is not your area.

Talk, Questions And Answers - Leeds, UK - June, 1979

(Please click on link above)

<https://www.amruta.org/1979/06/18/talk-questions-and-answers-leeds-1979/>

So Christ has come at this centre and if He pierces from here then He is in the centre, on the optic chiasma there. He came here because He said, I am the gate. That is the gate, you can see that, He is on the gate. And She came here to show how to cross the gate. So His resurrection is this chakra. That means you all can be resurrected. He had made the gate for us and we are all going to be resurrected through that gate. He didn't say, I am the destination. He said, I am the path and I am the gate, I am the door.

God And Creation - London, UK - November, 1977

(Please click on link above)

<https://www.amruta.org/1977/11/28/God-and-Creation/>

So the Kundalini has to rise above and come up to this, where I have a red mark. In the centre of the brain where the optic chiasma meet, where pituitary and pineal bodies are acting. The central point is a subtle chakra which you call as Agnya chakra, which you call as third eye. I don't know what they understand by. It has a window here through which one can see is the cross on which Christ was crucified, His body was crucified. This is a very, very important centre

because it controls the movement of your ego and superego. Which brings the balance between the two and when the Kundalini rises, and what is to be sought and asked for - that is what you are seeking and not this in material, useless, superficial things. If you are seeking superficially I have nothing to offer. You have got everything. But you are true seekers.

Agnya Chakra - New Delhi, India - March, 1984

(Please click on link above)

<https://www.amruta.org/1984/03/17/Agnya-chakra-Delhi-1984/>

Now this Agnya chakra which is placed between the pituitary and the pineal in the centre of the optic chiasma is the one which is a very narrow gate, which is a very narrow gate, through which somebody had to pass through, to prove that eternal life is to be sought. Like Krishna has said about eternal life. You see the thing is ... The reason is, what He is trying to say is that this cannot be cured, this cannot be destroyed, this cannot be sucked in. What is that? That is the spiritual life, that is the eternal life that is within us. But how do you do it? Where do you get that eternal life which cannot be crushed? So somebody had to show what is that.

We Are All Seeking - London, UK - March, 1978

(Please click on link above)

<https://www.amruta.org/1978/03/20/we-are-all-seeking/>

This mark that I have, just behind that just in the centre of the optic chiasma, where the pituitary antibodies are placed this is very subtle centre which doctors don't know, is known as the Agnya Chakra. This centre is a very great thing for so called Christians I would say, because that is the centre of Christ and that is the point where you have promised your resurrection, your rebirth. His message is not his crucifixion but His resurrection. The way they showing Him lanky panky type and the most miserable how could He be, He knows joy and She gave us through His own resurrection He has open that door which is described "I am the door for you to enter into the Kingdom of God" but only by calling Christ, Christ is not going to work out, the Kundalini has to rise which is says I am appeared before you like tons of flames.

Modern Seeking, In Search Of Joy - Enfield UK - July, 1979

(Please click on link above)

<https://www.amruta.org/1979/07/26/modern-seeking-in-search-of-joy-1979/>

Now, the centre above it is a very, very important centre for us because it is the centre of Christ. It is the centre where Christ has entered – as He said that He is the door. He had to enter through this door. Now, how are we to believe that this is Christ's centre and not somebody else's? When this Kundalini is rising – which you can see with your naked eyes, as I have said it – you'll be amazed that when the Kundalini stops at that centre, unless and until you take the name of Christ, it won't open; you have to take His name. On every centre there is a deity, but specially this centre where you find My red mark is, inside in the brain, where there is a crossing of the optic chiasma, there is a very subtle centre which controls your ego and super-ego in your brain, and which gives you really the path, or you can say the gateway opens out for the entry of your attention to this Kundalini into the Kingdom of God, which is the limbic area in your head. The Kingdom of God is in your head here.

When the Spirit manifest within us, what should happen? Los Angeles - 1983

(Please click on link above)

That's why, it is the best. If you go to the Sistine Chapel of the Vatican, what Michelangelo has done is nothing but he has created vibrations there, tremendous vibrations. And you see Christ, how they have shown Christ there? A robust, tall fellow standing there, throwing people here and there. This is what is happening today! This is the time of Judgment and the whole thing is nothing but the Kundalini they shown and at Agnya chakra. Christ is standing there and throwing people this side and that side. This is what it is, he has depicted Him, through his own understanding, because he was a Realised soul. He showed it very clearly. But there, on the altar, you find a lanky, panky Christ, you see, absolutely like a 'TB' [tuberculosis] patient about to die.



Painting of Christ in "*The Last Judgment*" - Sistine Chapel by Michelangelo

**Easter Puja: You Have To Be Strong Like Christ -
Shudy Camps, England - 1988**

(Please click on link above)

<https://www.amruta.org/1988/04/03/Easter-Puja-1988/>

Now we have seen in His life that He was absolutely spotlessly immaculate. He had no defects in Him. He was a perfect personality. "Then why did He want to resurrect?" one can ask. What is in His time, is the resurrection. His resurrection is like making the way through the Agnya chakra for all of you to pass through it. He was like the gate, or we should say He was the One who opened the gate for all of you. Because He was so perfect, He had no problems as we have of our chakras, our Kundalini. He had no problems.

But He was the complete compassion in the nature of vibrations: the vibrations became complete compassion. So much so that even when He was resurrected and even before that when He was crucified He said, "Oh, God, the Father, please forgive those people because they do not know what they are doing." Such forgiveness, such compassion! And the Mother had to watch all that, keeping quiet, because that was the game, that was the thing one had to do. He had to play His game and He played it so well.



Wall painting from the Ajanta Caves



CHAPTER THREE

EGO & SUPEREGO

*“But we can see the dedication that they had to God,
they did not believe in God, but to
Lord Buddha, so that they can get their moksha, their
Self-Realisation. Maybe, so many of them are born again
today to get their Realisation”.*

*Pictures from the Ajanta Caves - ancient Buddhist Art and Architecture
depicting the life of Lord Buddha*



The Normal Human Awareness - New Delhi, India - February, 1977

(Please click on link above)

<https://www.amruta.org/1977/02/23/the-normal-human-awareness-Delhi-1977/>

The problem of future and past is created for human beings by a special method, as I told you yesterday, that this brain assumes a shape of a prism and that when these powers enter into the brain on both the sides they lose part of it. The one that enters from the right-hand side passes to the left-hand, losing something on the left-hand side. This one is the Mahakali power which loses outside, this one is the reaction to the past. You see someone, I see this gentleman, suddenly I remember of My past experiences with him. The whole past of him comes to Me through that part. And as a reaction I develop a superego, a conditioning in My brain, which I have shown on the other side like a balloon.

I'll give you a simple example to understand the superego and the ego, how it develops in a little child. A child is nursed by the mother and he's in complete joy, one with the mother, enjoying fully. Suddenly the mother removes the child from one side to another side, he doesn't like it. The child doesn't like and he puts down his foot there. That is the development of ego. He asserts himself. Ego develops gradually on the left side in the brain but comes forward.

When the child is then corrected by mother, she says, "Don't do, don't do like this", he is conditioned. By that, he accepts it, and the superego as a reaction develops on the right-hand side of the brain from this side and covers it gradually, at the age of about twelve years because language is another way by which they are strengthened. And here, when they meet completely, a man is made into an egg, an articulation takes place, everyone develops a separate personality. He is Mr So-and-So, he is Mr So-and-So, he is Mr So-and-So and the misidentification starts. There are many misidentifications we suffer from; we call them 'mythia'. We know they are myth, our name. I've known people, somebody's name was Dharamdhar and he was the greatest adharmi ever born. There are so many misidentifications. We are attached to our name. If somebody says that,

"You Mr So-and-So, you are a very bad man", one feels very hurt and bad you see, your anger comes up, "What do you say? This was 'my' name." We are attached to so many misidentifications all our lives. The mythia (myth) starts collecting and we become covered with so much of that misidentification. Our ego and superego completely overlap all our wisdom. So the ego is created as a by-product I can say, or you can say by the over activity of the right hand side channel. The fumes of that activity, like in a factory you see, are collecting the ego. And the activity of the left hand side collects the superego. And that's how you have ego and superego developed in your brain. So that is how the human being is.

The Mind And Its Relation To Kundalini - London, UK - November, 1977

(Please click on link above)

<https://www.amruta.org/1977/11/24/the-mind-and-its-relationship-to-kundalini-1977-london/>

Ego is that by which we try to do something, by which we are aggressors, we plan for future, that's the same thing. Is the ego that comes out of the preconscious mind by which we plan for future, "I must do this. 'I' am doing this", and the another is the superego in which I receive it, "Oh, I should not have done it. It's wrong." The conditioning. Or some Guru comes and says, "All right, come and bow to me. All right." Superego.

So, the bowing of that is superego, asserting of that is ego. So, where should man go? You might say, "Either, Mataji, you become egoistical or you become a dormant personality, absolutely a dwarf. Now where do you want us to go and why God has made us like that?"

He has made you like this, that with this mechanism you start using your freedom. And balance them so nicely in between that there is a space left and you come out. Without using all these instruments properly, your human awareness has not reached that state where you can understand His working.

About Different Chakras And Their Deities - New Delhi, India - February, 1977

(Please click on link above)



Easter Puja 1987 Italy

<https://www.amruta.org/1977/02/22/about-different-chakras-and-their-Deities-Delhi-1977/>

And the thinking creates within us on the left-hand side of the brain through the Pingala Nadi, through the right side channel, it creates the ego. Is the ego. All thinking is done through ego. Those which are developed countries have worked out their developing through their ego.

So, the ego developed so much in that country that they got fed up of it. So what has happened? As a reaction the other side of it started growing. The younger people there started taking to drugs, taking to sedatives, which created in them the superego. The ego gave ... *Douglas is laughing. Is a fact. He knows. He's done it and he has crossed it, and he has overcome it and he has won it. So he's laughing.

And the superego has risen now to push back the ego. For a Westerner always they say, "Oh. I'm so bad. I'm no good. I'm good for nothing." Is not humility, is the superego. Is the superego that is acting. While in India the ego is rising. Be careful. You have to be in balance with ego and superego. If it is in the centre then only I can raise the Kundalini. If there is an imbalance, I have to remove the imbalance. And it is removed.

How To Know Where You Are - London UK - September, 1980

(Please click on link above)

<https://www.amruta.org/1980/09/07/how-to-know-where-you-are-1980/>

So do everything in silence, not thinking – in thoughtless awareness. That's the main point. How much you pamper your ego, you just see morning till evening. It's very simple to see in life. We try to be angry and in temper, or sometimes try to be very, very gentle, and sometimes very, very humble to look at, just to please that ego of ours – not to ourselves, the Spirit.

Now just fighting your ego, you are not going to achieve much, as I have told you. Just do not accept its existence. It doesn't exist for you any longer, does not exist. Ego is only existent in God because He does something, you do not do. That's why it's

a myth. Your ego is a myth, you have no ego. It's a myth and you are carrying on with the myth. Now ego in a man is nonsense. Ego in God is all sense.

Devi Puja: Dedication Is So Joy-Giving - Melbourne, Australia - March, 1983

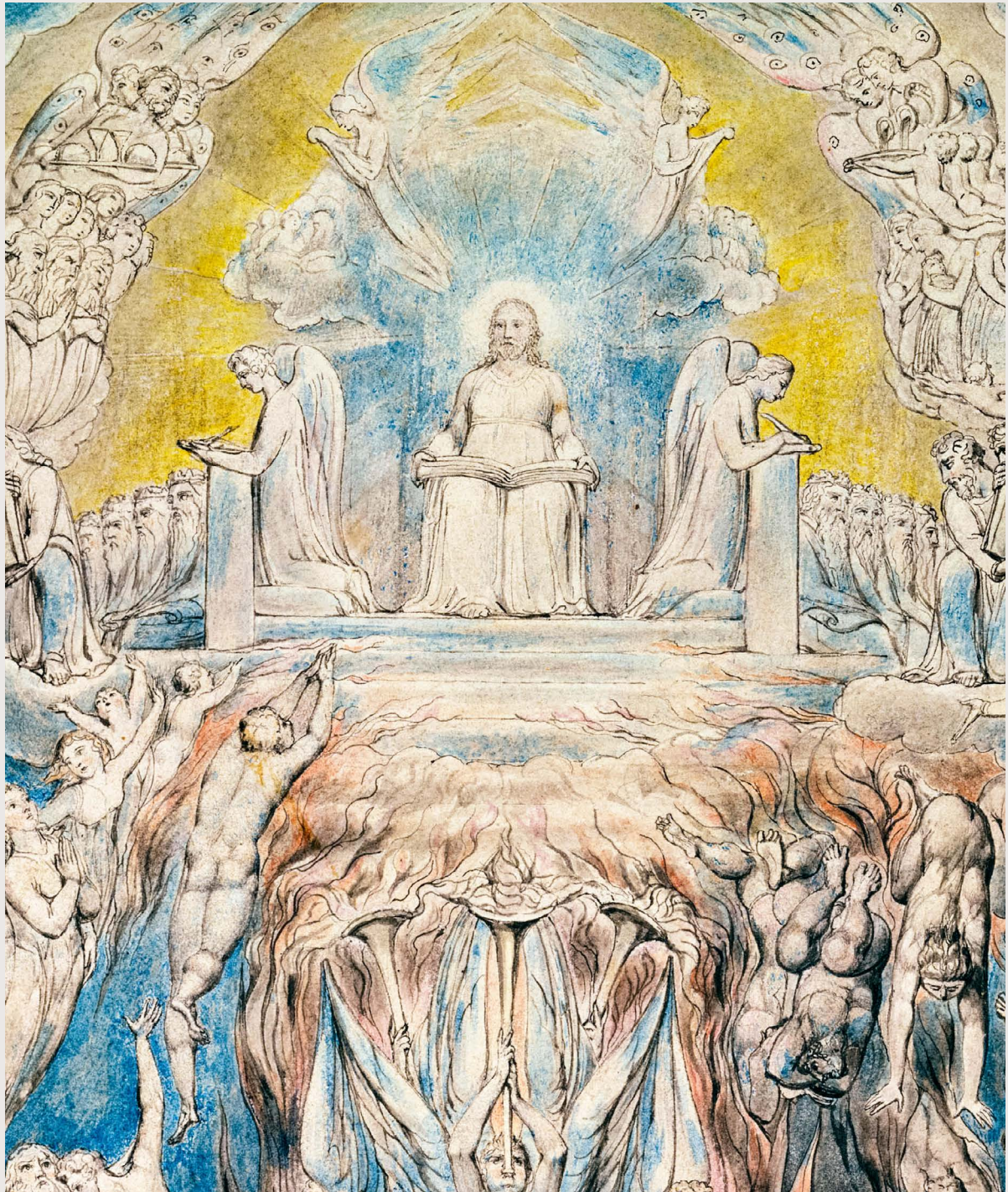
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<https://www.amruta.org/1983/03/09/Puja-at-Melbourne-ashram-1983/>

Example of dedication is Ajanta and Ellora Caves. These were the people who were worshippers of Buddha. Of course they were not realised-souls as you are. They were just worshippers of Buddha and they wanted to have their moksha, nirvana — or what you have got already. But they worked in that cave with such attention and such love that, even when they were not in yoga, when they were not in union with God, they were so much blessed that in those dark caves, where we cannot see with our normal eyes, we can't even see those things with ordinary lights: you have to use very strong lights to see that — in those days it worked out, in those dark caves, such beautiful murals, paintings, reliefs, statues, every sort of thing, that it is surprising how they could do it. When we walk in, we have to use very strong lights and because of these strong lights, that is fading now. But we can see the dedication that they had to God, they did not believe in God, but to Lord Buddha — so that they can get their moksha, their Self-Realisation. Maybe, so many of them are born again today to get their Realisation. And they might be some of the Sahaja yogis that we are meeting in Maharashtra: those who worked for Lord Buddha to express their love and dedication for him.



CHAPTER FOUR



JUDGING & JUDGEMENT

William Blake - *The Day of Judgement*

7th Day Of Navaratri Celebrations, Kundalini And Kalki Shakti - Mumbai, India - September, 1979

(Please click on link above)

<https://www.amruta.org/1979/09/28/navaratri-celebrations-1979/>

In between Jesus Christ and His destroying Incarnation of Mahavishnu, called as Kalki, there is a time given to human beings to rectify themselves, for them to enter into the Kingdom of God. Which in the Bible is called as Last Judgement — that you will be judged, all of you will be judged on this Earth. The population of the world is the maximum, they say, because all those, practically all those who had aspirations to enter into the Kingdom of God are born in the modern times and are going to be born very soon. This is the most important time because Sahaja Yoga is the Last Judgement. It is fantastic to hear this, but that's a fact and is the truth. Though you can understand that Mother's love makes it very easy for you to get to your Realisation and that the whole story of Last Judgement, which looks such a horrifying experience, has been made very beautiful and very tender and delicate and doesn't disturb you. But this is the Last Judgement, I tell you, and you all are going to be judged through Sahaja Yoga, whether you can enter into the Kingdom of God or not.

Christmas Puja - Ganapatipule, India - December, 1996

(Please click on link above)

<https://www.amruta.org/1996/12/25/christmas-puja-1996/>

This is the Last Judgement. Either you'll go to heaven or you'll go to hell. It's already working out like that. So let's see. Where are you? So I have to again and again tell you as your Mother, I have to correct you and tell you that remember this is the Last Judgment and please, do not take anymore to the activities which are anti-Christ. You can judge within yourself – whatever you are doing is not good, and for that, best thing is to dedicate yourself to Sahaja Yoga. But not to make money out of Sahaja Yoga. Not to make politics out of Sahaja Yoga. But make Sahaja Yoga like a big, huge, big tree and it will work out. I know it will work out. You have the potential. That's why you are here. May God bless you all.

The Knowledge Of Self Within - London UK - June, 1980

(Please click on link above)

<https://www.amruta.org/1980/06/11/the-knowledge-of-self-within-kingston-1980/>

We are not aware still that this is the most important, the most fatal and vital time in the history of human beings. The Last Judgement has started. We are facing the Last Judgement today. We are not aware of it, and all the satanic forces have come out, like the wolves in sheep's clothes. And they're trying to attract you, and you do not judge them. You only sit down and judge the reality. It has started. It's a fact. It has started.

Now let us see, from God's point of view, how He's going to judge you. It is easy to say that we don't believe in God, very easy to say that 'we don't believe in this government'; but if you do anything wrong then you know there is a government acting. In the same way, it is very easy to say that we do not believe in God. He's so compassionate, He's so loving, He's so kind, that He has given us our freedom to know ourselves. And we rely on it; we take Him for granted. He has made us human beings, from amoeba to this stage; He's spread out such beautiful world around us. He's done all that, but there is a judgement which we have to face now. And the judgement that is going to come from God is not going to be the way we understand, that He sits like a magistrate, and calls you one by one, 'Come along', then you have a pleader there sitting. But, in a subtler way, He has already put the judging forces within you. See, in the evolution He has worked it out. In the evolution how beautifully He has worked it out. From amoeba to this stage that we have come, many people, I mean we can say many animals were discarded. He saved some animals, like from the mammoth families He saved elephant. He saved so many animals and so many were discarded, one by one, all these years.

In the same way, human beings who have been very much on the extremes have been discarded. You see the history. Now, I mean, you won't find anyone killing his seven wives these days; I mean, impossible, you cannot do it. Person like Hitler came up, finished. Anybody who came up with any extreme ideas of domination or anything, was finished by you. Those ideas die out; people are ashamed of them, and new ideas come up into human

beings accepting balance, tranquility, peace. We are talking about it: people talk about peace, but are you really wanting peace within ourselves? And, if we are really wanting it, what are we doing about it? Actually, the judgement has started, and to judge you God has already placed whole magistracy within you. All the magistrates are already sitting down there. Christ has said, 'Those who are not against Me are with Me'; these are the magistrates. And these magistrates are settled down within you on different centres in your spinal cord and in your brain.

Kundalini Is Made Of Many Strands Of Energy - Los Angeles, US - September, 1983

(Please click on link above)

<https://www.amruta.org/1983/09/27/how-to-save-attention-Los-Angeles-1983/>

Christ has said, very clearly, "Those who are not against Me are with Me." Who are those people? Try to find out. For that you have to little bit go out of Bible. In the Bible how much do you have Christ there, for three years? Nobody allowed Him to live for three years, and if they could, they would also kill Me. Not easy, He wanted to play the drama, otherwise He would have finished all of them, in no time. So He has said that "You are to be resurrected first, and then that's how you will be judged." And the Day of Judgment is today, this is the Day of Judgment, that's why you are confused, this is the Day of Judgment where you will be judged and how are you going to be judged? Through your Kundalini. Your Kundalini is going to be awakened and you'll be judged where you are. That's what it is, and those who will be calling Me, "Christ, Christ" I will not look at them, that's what it is. By calling Him "Christ, Christ" you do not become Christians, you have to get your Realisation, your baptism in the actual sense.

What Is Happening In Other Lokas? - London, UK - June, 1980

(Please click on link above)

<https://www.amruta.org/1980/06/30/what-is-happening-in-other-lokas-1980/>

So, through awakening, you start seeing yourself which side you lie, what's the problem. You start judging yourself. The first judgement starts by yourself, "Mr. so and so judge yourself. Here you

are the mirror. Now see! This is what it is". So, you judge yourself and you want to get rid of it, you don't want it anymore within you. Then the second trouble starts when you start judging others. First you judge others, you get frightened, "Oh God! Horrible vibrations, run away. We'll get caught up!" Gradually, you get immune, "Ah, we've known this type, we've known that type, we've known that type, we've know that, all these types we know". Then you do not condemn anyone but you love and in that love you judge. Because you want others to get rid of their problems, you help, you share their problems to begin with. And the joy of giving Realisation starts working in you, to others.

It Is Your Own Power Which Cures You - Cairns, Australia - March, 1990

(Please click on link above)

<https://www.amruta.org/1990/03/09/public-program-in-Cairns-1990/>

Seeker: Could You give some advice on how to be non-judgemental – [not to judge others?]

Shri Mataji: Yes, people start judging others because they don't know themselves. Once you know yourself, start judging yourself first of all. This is the Last Judgment, where you judge yourself. Is written in Koran that "your hands will speak, and they will give witness against you." And you get frightened about yourself, "Oh God, I've got this, and ..." Like the other day somebody came, "Mother, please, please solve my problem." I said, "What has happened?" "My Agnya is horrible" – means "I am very egoistical." So the attention goes to yourself and you start correcting yourself, and you look at the good points of others. And if somebody says to you that such a chakra is catching, you thank that person, you're happy, because his interest is benevolence. He is not trying to judge you, but is benevolence if he finds it. But normally you find yourself about yourself, there's no need to talk about it; just find out yourself.

Marriages - New Delhi, India - February, 1982

(Please click on link above)

<https://www.amruta.org/1982/02/21/weddings-1982-Delhi-India/>

Now this sometimes, we start judging others and not judging ourselves. In marriage you don't have to judge. A woman is a woman and a man is a man. A woman cannot become a man a woman should not be woman. So, you don't judge other person or judge yourself. Just love. Just love is the way you can manage because to judgement is to rationality, it can be very absurd. So don't judge each other, just love each other as they are. In rationality, some human beings have try to even conceive God according to their own (perception). Now your marriage is a responsibility ,to appreciate the new personality that has come. You have to know that we have tremendous task. The whole world is to be transformed. It (seems) very ambitious on my part I can say.

Beware Of The Murmuring Souls - North Castle, US - July, 1988

(Please click on link above)

<https://www.amruta.org/1988/07/28/advice-at-Armonk-ashram-New-York-1988/>

Now we discovered that, in the groups when we form a collective and when we start living together, some of the old style things still linger on – a common thing [which lingers] is a gossip. This, Christ has called them, “Beware of the murmuring souls.” He knew that these will be coming back on the stage again, when I will be here to tell you about Sahaja Yoga. So He already told that, “Beware of the murmuring souls.” And these murmuring souls, first of all their attention is not all right. Their attention is here and there and they are trying to find out something. And then they start talking about things; then they start creating problems. And they, somehow, like to destroy your Realisation. They want that you should not achieve what you are achieving, because they cannot achieve it. So then they say that somehow you should be destroyed: so they talk to you in a manner that you start doubting yourself, you start doubting Sahaja Yoga. Or else, they start talking about others and try to create a problem for you ... So anybody starts talking ill of another person, just tell that person, “Shut up! I don't want to hear anything against anyone. If you have to say anything go and tell the leader but not me. I am not interested.” You be interested in your ascent. If you are not interested in your ascent then what

you will do [is] you will watch other people, you'll look at others, you'll see how they are, not yourself.

Now it is for your gain [that] you have come to Sahaja Yoga, not for anybody else's gain; first of all your gain. And once you gain something then you can only help others to do something about it. So it is important to understand the first rule of Sahaja Yoga is that you look at yourself. How are you? Are you really progressing? Or you are worried about other things like your business, this that? Or you are worried about your ascent? What are you worried about? Are you worried about your ascent? If you are worried about your ascent what are you doing about it? That has to be the main object of life. The rest of the things follow it. Once you ascend the whole cosmos can look after your problems. But you must ascend into the kingdom of God, that's the main point is.

So first of all you have to ascertain about yourself. “Am I ascending? Am I transforming? Am I giving up all my bad habits? Am I getting rid of my temper? Am I getting peaceful? Am I now sweet? Or am I now still the same horrible criticiser of others?” Just put your attention to yourself and see for yourself. It's like a mirror. You start seeing yourself in the mirror, what's wrong with you. And then you try to correct it.

Easter Puja: Purity, Morality, Children - Sydney, Australia - 1991

(Please click on link above)

<https://www.amruta.org/1991/03/31/Easter-Puja-1991>

But we have to look at ourselves, about purity part of it. On a very low level of people, you see, I have seen that the impurity comes from what Christ has called as murmuring souls. These are the people who start talking at the back of others and just enjoy this kind talk. This is a very low level of a personality. I think in Sahaja Yoga this should go away completely because it creates problems and the main, basic strength of Sahaja Yoga, which is collectivity, is harmed by that. Specially, in this respect, I would request the women. Specially the wives of the leaders have a great responsibility. If they start talking like that, taking interest in such talks, then they come down to the level of others and their motherhood is challenged.

Any mother who allows the children to talk like that is really spoiling the entire life of children.

Anybody who talks ill of any people in Sahaja Yoga is really extremely dangerous for both of them, but especially for the person who does it. So one should always avoid even thinking ill of others, let alone the talking of it. If anybody talks like, you should put your hands to your ears and say, "Don't tell me. I don't want to hear anything against anyone." Because when we start talking against someone, we get all the bad things that person has.

Apart from that, our mind is spoiled, is impurity in your mind. Then we talk to others, it increases and it becomes worse. So it's the responsibility of the women to be very much careful, because this kind of thing is more with the women because they are little excluded. They have exclusive friends and they have exclusive life. They are different type than men are. Men, if they have to get angry with someone or if they want to say something, they'll just go and have a fight and finish it. But women will keep it in the mind and will say something and it's such a bad thing to start. It's just like a worm, it moves and is very infectious.

So all of you must remember that this is the first thing you must avoid is to listen against anyone, talk against anyone, have small talks. I have said the same thing in Perth because last time when I came I found horrible things were done against people. Now, again I tell you this because we are at a point where we have to understand that morality is not only about what is the sex is, but is much more than that, much wider than that.



CHAPTER FIVE

MODERN PITFALLS -

MESMERISM, HYPNOTISM,
RITUALISM, FANATICISM,
INDULGENCE

*"Ego is only existent in God because
He does something, you do not do.
That's why it's a myth."*



Puja And Havan On The Republic Day - Lonavala, India - January, 1982

(Please click on link above)

<https://www.amruta.org/1982/01/26/1982-0126-puja-on-the-Republic-day-version-1-Lonavala-Maharashtra-India/>

All these six enemies attack you through thought only. There is no other way out. First it comes as a thought, then it can become a physical pain, it can become a mental agony, it can become anything. But if you are in your thoughtless awareness then they cannot attack. So try to develop your thoughtless awareness in your meditation. So this is the first step towards your freedom, liberation. From these six enemies you must get out. These six enemies are still waiting at the door and they'll get hold of you.

Christmas Puja: Conditionings And Ego - Ganapatipule, India - December, 1995

(Please click on link above)

<https://www.amruta.org/1995/12/25/Christmas-Puja-1995/>

With this mind, all kinds of things will come; temper will come, intrigue will come, jealousies will come. All the six enemies that we have will come to us through this mind – means thinking, rationality. Every kind – everything can be rationalised. “Why did you murder your wife?” “Because I hated her. She was this, she was that, she was that.” But you cannot murder her! “Why did you murder your husband?” “Because of this, because of that.” Because of this mind, we start doing things which are absolutely wrong, which are sinful, and then we try to rationalise it.

Go against Agnya, go against reality and then use your conditionings, use your, we can call, the ego to explain it, why you did it. All the time when we are doing like that, we can never go beyond mind. We are so self-satisfied about ourselves. We think no end of ourselves. Now, how are we to get out of it?

Shri Ganesha Puja: Spread Love All Over And Remove The People From The Shackles Of Materialism - Madrid, Spain - November, 1987

(Please click on link above)

<https://www.amruta.org/1987/11/06/Shri-Ganesha-Puja-Madrid-1987/>

Now I'll tell you, gradually how matter sits on

our head. Before Realisation, first we start using the matter for our comfort. Through science, we develop ways and methods by which we develop a life which gives you more comfort. In the beginning, it is all right that we get sufficient food, a proper house to live in; but by that time we have already become the slave of the matter. But matter is a dead thing. We just change the forms of matter – from dead to dead – but we cannot do any living work. Now, this matter starts giving us habits, then we cannot get out of those habits, and gradually we start becoming slave of matter. It does not go that far. Now, if you have too many machineries, you produce things out of proportion. Like you have so many cars. In Paris, everybody is on the road only. As soon as you are on the road, you are on the road all the time. Better to be in the house. And you spend hours together. Then you start producing other things. Like, supposing they are producing clothes: the factories have to run – you cannot stop the factory. So then they start producing things such a lot, they don't know how to sell it. Then they say that, “All right, let us have fashions.” Then these manufacturers float fashion houses. Now the fashion starts. With that, everybody changes their clothes every year. They have to be according to the fashion, such a lot of money is wasted, but we also lose our individuality.

On Paraloka - Mumbai, India - 1973

(Please click on link above)

<https://www.amruta.org/1973/03/25/public-program-day-3-2/>

Now, when you see people being mesmerised, those who are honest say that we are mesmerisers and we have this hypnotists and all that, very honest people are there also in this world, everybody is not a cheat. So, they tell plainly that we are the people who are going to hypnotise. When they hypnotise, you get suddenly submerged into your subconscious mind, the conscious mind gets submerged into it, and you become unconscious to the outside world. And there you start acting according to the demands of the person who is hypnotising you. Now, why do you do that? If he says you start jumping, you will start jumping. If he says you start feeling sick, you start feeling giddy. If he says that you start counting one thousand, from one to one thousand, you will start doing it...

So the mesmerism, very genuinely granted by these people, only helps them to accumulate wealth. Now this gentleman was in America when I was there. So one day I went to see a public garden, where they were so many of his disciples were distributing the handbills and all. So, I asked Chandubhai to collect some of them and I would like to see. So Chandubhai, who is an expert now, he said, "Mataji, all their Agnya chakras are turning in the opposite direction". If there is any lunatic person, if you see any lunatic person, if you are realised, you will know how to know the Agnya chakra's movement, you will find, all the lunatics have their Agnya chakras turning in the opposite direction.

Seminar On Shri Dattatreya Jayanti, Day 3 - Mumbai (India) - 1973

(Please click on link above)

<https://www.amruta.org/1973/12/09/seminar-on-Shri-Dattatreya-Jayanti-day-3-1973-Hindi/>

Jesus Christ was crucified by these people. That was easy. But nobody can catch these people who are plundering money from you day and night and are bent on destroying you. And they are ready to send your kids to mental hospitals tomorrow. You should at once try to take notice of it and think what is happening. To distribute gross material in the name of God is what kind of generosity? Do you not ever think about it? In this Kali Yuga, I think the man has such a penetrative intelligence and has such a wisdom. Does he sell all his wisdom that he just could not understand, that we are running like a mad after this kind of mesmerism and enlightenment, and false assumptions and absolute myth within us, which make us believe that we are in complete peace? We are cheating ourselves and others also... On one hand there are these people who are playing with our subconscious, with our gross awareness, with our past. I know these kinds of people. In this seeking I have seen many guru ghantals [false gurus] and I know all their tricks that what kind of condition they create and how they destroy your kundalini for generations. I know many such people who would tell you about your previous lives and you are mesmerized by that.

Kundalini – Germinating Force Within - Zurich, Switzerland - 1981

(Please click on link above)

<https://www.amruta.org/1981/08/21/public-program-Zurich-1981/>

Actually it is a collective happening. It's a mass happening. Of course, it moves slowly in the West, I have seen that. They are easily hypnotised, Western people can be much more easily hypnotised than Indians are. They go into – I don't know why – crazy things like flying. Flying! Imagine! There is a guru who wants them to fly and thousands go to him. Are you going to become birds now? I don't understand why, why ask for flying? And does this guru fly himself? You put him on this leaning tower of Pisa and see if he can fly! They are be-fooling you like this and how can you be be-fooled – you are intelligent people!? You had such a great person like Christ coming down here. Maybe these religions which were organised religions did stupid things, maybe... Maybe these religions which tried to organise Christ, you see, did stupid things. That doesn't mean that Christ was wrong! Did He organise anything like that? Did He charge any money? Did He live like a parasite on others' money?

Agnya Chakra And Lord Jesus Christ - London, England - 1979

(Please click on link above)

<https://www.amruta.org/1979/04/16/Agnya-and-Lord-Jesus-Christ-London-1979/>

So we get two extremes we can say, is one side is fanaticism. You can say awkward and very detrimental for human growth and when you turn away from that, from one thing to another; you go to the other side where you start feeling, 'oh how can you believe it'? So we do not believe. So this is the same, in-between these two where we stand. In many countries all over the world, all the young people are awakened to this fact that fanaticism is something stupid. So they are moving to the other side towards the rationality, the intellectualism. But a simple thing one should understand, does rationality give you joy? It is so dry. You go on building words after words, at the end you are tired, fagged out, jittery. . You have had a discussion with an intellectual say twice or thrice and say, 'better you go to a pub'. You will be in the tension and really you will become jittery.

Whatever Is The Truth Is To Be Known Through The Light Of Your Spirit - Rome, Italy - 1983

(Please click on link above)

<https://www.amruta.org/1983/09/08/public-program-Rome-8-sep-1983/>

So far whatever we have worked out, our solutions, are on mental level and even the religion has become a, just a mental projection of human beings. They believe in something blindly and it is just an artificial sort of ritualism to which we go and we are quite surprised how can it be like that. And the mental projection always makes a man extremist and the only alternative they can cling on to fanaticism of the worst kind. Where people do not want to even listen to something that is sensible, so running away from these religions is also not a problem...not a solution, or alternative. So what is the alternative left for the whole human beings? Perhaps the awakening, the awareness that we have to find the real alternative is very, very much allowed everywhere in the whole world. That shows that so many people who are thinking, who are of a higher evolution, a special category, are seeking solutions beyond what they have so far tried. As I've told you that whatever is the truth has to come on your central nervous system, has to be in your consciousness.

Talk To Sahaja Yogis: Dharma - London, England - 1978

(Please click on link above)

<https://www.amruta.org/1978/10/05/dharma-london-1978/>

So, in essences, respect all the religions, and all the incarnations. Fanaticism is absolutely against the Nabhi and against the Void because the whole balance of your Void is to be kept. In a very subtle and subtler form, you will be sticking onto it. Say, you are born a Christian, so whatever you may try you cannot get out of this feeling that "We are Christians". You'll have much more respect for Mary in heart than for, say, Lakshmi. While you are a Hindu, you will have much more respect for Radha than for Mary. That will be lingering on and lingering on. When you develop that balance alright, then you are dharmic. That balancing has to be done.

You Are To Become Prophets, Guru Nanak's Birthday Puja - Hampstead, England - 1980

(Please click on link above)

<https://www.amruta.org/1980/11/23/guru-nanaks-birthday-1980/>

Then, fanaticism of any kind. That lingers on. This is another very deep misidentification. I am aware of it. I did not talk of Catholicism till the other day I went to Portugal, when I had to talk. So I said [for the] first time. I never talked about Protestants before, till I had to talk that they are another mad race going round! There are 27 churches of this kind. None of them, except for, we are really Christians. All are nonsensical fanatics: Seventh Day Adventists and Pentecostals, and this and that. All are absurd ideas! All are playing into the hands of bhoots, take it from me. They have nothing to do with God, they are anti-God. All those who still stick on to all these churches and to this kind of fanaticism – I am saying here of churches, because here I have to talk about churches – should know that all these churches have now become the place of bhoots.

You'll go to one church and you'll rush to me! From my house I see in the night, hosts of bhoots waiting out of the church. (Laughter) I do not know (laughing) And somehow it's happening that, whatever house I decide to stay in, there's a big church in front of me. (Laughter) It may be a Catholic church, may be a Protestant church. And they have seen to it that they make it really bhootish, by making all those who die stay in that church. They are not Realised people. Realised people only should be buried and all others should be burnt off. It's better. At least the bhoots go out of them. And they are roaming about in the church, and you are taking the children down there into the cemetery.

The Normal Human Awareness - New Delhi, India - 1977

(Please click on link above)

<https://www.amruta.org/1977/02/23/the-normal-human-awareness-delhi-1977/>

But the people who die, as I told you, as the great sufferers with great desires and lust, very depraved and debased people. Who indulge in alcoholism and



Shri Buddha Puja 1988 US

drugs and sex, who make their life miserable, who are violent to themselves and not to others, who are not aggressive but are aggressed, who commit suicide, they do not go to the appointed place, they stick on around and some of them are really busybodies. They try to torture other souls. All the mental cases that you find in this world, suffer from the obsession or the possession by these entities. We call them as bhoot and pishacha. You may not believe it because people don't believe in bhoots. You believe it or not but they exist. These people are not ambitious people but they are sly, they are mysterious but they are afraid. So they try to find out this type of people, they enter into the psyche of such people and they make them even worse. They make their lives miserable and they make such a person absolutely abnormal.

When the psychology starts treating such abnormal people they perhaps do not know what they are up to. The psychologists, when they get in contact with such abnormal people, they themselves are influenced or contaminated. They catch from these depraved and debased, lusty, sexy people, and they themselves become so abnormal. Because they seldom have any relationship with normal people then they start putting up theories absolutely abnormal. An abnormal personality is made as a normal personality and is made to be accepted by everyone. So they start with the theory that you should not suppress your desires, you should become very expressive and absolutely liberated as far as these desires are concerned. All right, go ahead. But they are not aware of the other side of the human beings that those who do like this can get into the other trap and can become egoistical. It starts as a trip of their ego then they become so egoistical that they forget what is saint, what is God, what is holiness. That is what has happened in the Western countries.



CHAPTER SIX



THE PATH TO HEAVEN

FORGIVENESS, COMPASSION AND PURE LOVE

Easter Puja: Purity, Morality, Children - Sydney, Australia - 1991

(Please click on link above)

<https://www.amruta.org/1991/03/31/Easter-Puja-1991>

And Christ, why He impressed people so much? Because of His personal life. In His personal life He showed how powerful He was and then — and His death He showed by His resurrection that He was something beyond human comprehension, where He has just become resurrected after death. Must be that He was absolutely purity personified, which He was.

So, today we have to place ourselves in such a manner that we are ask for purity and purity and purity and that we are going to work out this purity within ourselves with full sincerity. We are not going to get into ego trip and think that we are perfectly all right. No. We are just going to ask for complete purity within ourselves. This is what the Christ has given us, which we should achieve and we should really show that we can achieve that purity within ourselves. Whatever has happened, you forget it. You don't worry on that point. Whatever has happened is a gone case. But whatever has to happen is this: that you all should ask for purity. All criticism, all hatred and all those things will disappear, plus the purity will give you that unique position that when people will even see your life, they will change. Only by seeing your life, they will change. I hope this works out very well here and maybe by the time I come next time we'll have lots, lots of Sahaja Yogis, beautifully connected to each other, beautifully having relations with each other and with children growing up very fast as well. I hope to come back here again to the land of Shri Ganesha, where purity has taken over.

Christmas Eve Talk: Purity And Holiness And Evening Program - Ganapatipule, India - 1988

(Please click on link above)

<https://www.amruta.org/1988/12/24/purity-and-holiness/>

Christ's life is a — symbolically can be called, as the symbol of purity and holiness, He was purity and holiness. When we talk of purity we may think about outside purity, or maybe the purity of our writings or talking, or maybe we are very sophisticated, or we

talk very sweetly, or we are very kind. But Christ was pure, in the sense that He was nothing but purity. And He went to this extent of purity, that He said that, "Thou shalt not have adulterous eyes", that your eyes have to be pure. Even up to the eyes. He said: "Thou shalt not have adulterous eyes". So, the lust and greed has to disappear from our personality if we have to follow Christ, if we have to understand what an incarnation of holiness He was.

Holiness is very important today, when in this ghor Kali Yuga you find all kinds of horrible things happening. If you believe in holiness, in your chastity and in your purity, then your morality is within yourself, is not outside. Whatever people may say about Christ today, but you know as Sahaja Yogis that He was purest of pure. In the same way, we should try to keep our purity above everything else. The most important thing for us is to be pure people: pure from heart, pure in our morality, pure in our thinking and pure in our rapport that we have with others. Not just a show, not just artificiality, but from within we should feel that oneness, that understanding that we are all Sahaja Yogis, born of a Mother, and we all have to love each other.

That is the greatest blessings you could give to Me and also the greatest joy for Christ, to see that all of you are absolutely in unison and in complete accord with each other. This is something one has to understand, that He also said to His disciples that, "The greatest pleasure for me is to see you all together in one unison." But now the collective consciousness is within your consciousness, you can feel the collectivity within yourself; so it should be very easy for you to become one with each other, to understand each other, just like a part and parcel of one being.

So I wish you all a Very Happy Christmas and let us start this New year with the full idea that we have to have that dedication of Christ, that understanding of Christ, how He dedicated His life, which was very short, for the establishment of purity in this world.

Easter Puja: Purity Is The Basis Of Your Existence - Istanbul, Turkey - 2000

(Please click on link above)

<https://www.amruta.org/2000/04/23/Easter-Puja-2000-it/>

The basis of Christ's life, the whole being of Christ, is morality, to establish purity. Now, it was Shri Ganesha who was created first by the Adishakti because She wanted purity around. She wanted human beings to enjoy their purity and their personality which was emitting light to others. If there is impurity, say for example, on a glass and if you use that glass on top of the light, how can the light pass? The impure life cannot give light to others and cannot show your inner light also. Both things are absolutely true about impurity. But people say that we have to accept, because if you have to have more people for your religion you should accept many things. One of them is impurity. Just think of it!

Now, at the Agnya where Christ resides, if your eyes are impure, full of lust and greed, then you are against Christ, you are an antichrist. If your eyes are clean and pure, then only you can enjoy love of God, otherwise you cannot. And also the love of another Sahaja Yogi or Yogini you can only enjoy in completeness if your eyes are clean. Just imagine!

1st Day Of Navaratri: Innocence And Virginity - Hampstead, England - 1982

(Please click on link above)

<https://www.amruta.org/1982/10/17/innocence-and-virginity-Hampstead-1982/>

So what is our decoration? It is humility. It is simplicity. Not cleverness, arrogance, putting others down, showing-off, but a complete surrender, surrendering all your egoistical qualities. Let the virginity be reborn within you. From today you all have to take a vow, it's the New Year's day for us - that we all will surrender our horrible tempers, dominating natures, asserting behaviours, ego-oriented harshness, domination.

I don't know what use it has. Unless and until you surrender that, the Lord of virginity, Shri Ganesha, will not be able to crown your Agnya Chakra. Whatever we have done so far should just give us this: if our past could give us the idea as to how humble we have to be with each other, with all the Sahaja Yogis, how kind we have to be, how loving, how universal. Virgin cannot accept ideas which are not universal, she cannot! That's a sign of a Virgin because she is

universal by nature. All fanaticism, all racialism, caste system, all these things which artificially separates man from man, woman from woman, nation from nation, will all finish off, as soon as you become innocent. But you can't become by brain-washing, you cannot. By Kundalini awakening, of course, you can. But to maintain it, your progress should be inward and not outward to seek your roots. She is the "moola". She is the roots of your being. She manifests all your roots. So your attention should be towards your roots and not towards your shoots, you have been that. Face yourself, and develop your roots now. All the Western society is without the roots, you can see that. We have lost our roots; let's face it as Western people, as I am also with you today. We have to find our roots.

Adi Kundalini Puja: The Power Of Pure Desire - Weilburg, Germany - 1991

(Please click on link above)

<https://www.amruta.org/1991/08/11/Shri-Adi-Kundalini-Puja-Weilburg-1991/>

So, you can easily see in a person how far is the Kundalini. If it has pierced the Agnya, then the eyes will be completely dilated and will be shining. And then She enters into the Sahasrara. Now, it is absolutely pure light of knowledge, love, compassion and attention. All these three things are in that energy. We know of many energies - like electrical energy, we know of light energy, we know of other energies. But these energies cannot think, they cannot adjust, they cannot work on their own. They are to be handled by us. But this energy, itself, is the living energy and knows how to handle itself. It thinks. If you see a seed being sprouted, you'll find at the tip of the seed there's a small little cell which knows how to go around the soft places and then how to encircle the stones and then how to find its way to the source. That cell has got, I would say, a little Kundalini in it, the way it moves. But within you is - a tremendous force of Kundalini exists. So, you have a storehouse of compassion, which can be enlightened by the Spirit. You have a storehouse of love, compassion and knowledge, an ocean of forgiveness. When people get Realisation, they do not understand that they have to now grow. And why they don't grow? Because they do not ask for

these energies. A person who is a Realised soul, if he says that, "I have to have more compassion. My compassion is not all right. My concern about others is not all right. My generosity is not all right. I'm exploiting others. I'm exploiting their love." Then this energy starts moving, giving you that greater dimension of love and compassion. But, if you do not want to be growing in your awareness, then She says, "All right, he is a half-baked Sahaja yogi, let it be." She doesn't supply that energy which is stored within you. I told you, three into seven, that is twenty-one, raised to power 108. So what a storage you have within yourself.

Guru Puja: Watch Your Mind And Attention - Cabella Ligure, Italy - 1995

(Please click on link above)

<https://www.amruta.org/1995/07/16/Guru-Puja-1995/>

But, you see, all these things show that how the love masters everything so easily. Small, small things, if you are expert in expressing your love, how it works out. There are so many incidents I can give you like this. But the main thing we have to see within ourselves, "Do we really love each other? Do we really have affection and compassion for others who are not even Sahaja Yogis?" Those who are not Sahaja Yogis are also the blind people. You should have compassion for them.

You should feel that these people are so unhappy and they cannot come to Sahaja Yoga and they cannot become Sahaja Yogis, and only in their ego they are satisfied. So you must have real compassion for them.

If you have this compassion you might be told by people that "Why are you wasting your energy, you are doing this, you are doing that?" The compassion is, actually unites all these things within ourselves. That's the uniting factor. First is your attention, first, which is very, very important, I think. And the second one is your intellect, or you can say your mind, and the third one is your heart. They all get somehow or other united together once you have this capacity to have compassion. You don't quarrel with Me or anyone, you don't have to think about it. You just,

"But, you see, all these things show that how the love masters everything so easily. Small, small things, if you are expert in expressing your love, how it works out.."

you just feel absolutely at home when you are compassionate and with this compassion, you are having relations with others. Now, this compassion is not studied out or worked out or manoeuvred. It is just there. It is there. In that compassion it forgives, it forgets all nonsensical things. The forgiveness is only possible if you have this compassion within you. Now, even there are Sahaja Yogis who asked me, "Mother, how can we have love and compassion?" I mean, this is a question which many have asked me. Now, the simple thing is that if you develop your thoughtless awareness in your meditation, in thoughtless awareness, you watch anything in thoughtless awareness, any relationship you see it in thoughtless awareness, then you'll be amazed how the gates of this compassion will open. Thoughtless awareness opens your heart, but it doesn't go to one person or to another person, but it is throwing

lights on all the sides of your being. Everybody is benefited, everybody has a divine feeling for you. Because this compassion is not linear, nor is it aggressive, but it just flows and smooths and soothes everything that is chaotic, that is troublesome and that is painful.

Maha Sahasrara Puja: The Start Of A New Era - Rouen, France - 1984

(Please click on link above)

<https://www.amruta.org/1984/05/05/Mahasahasrara-Puja-the-start-of-a-new-era/>

So the essence of all the religions, of all the prophets, of all the incarnations is compassion, and is placed in this chakra of heart. Thus we understand that in the second era now, we have to have compassion. Is the manifestation now of the compassion. If God Almighty had no compassion, He would not have created this great Universe. Actually, His Power or the Adi Shakti, is the embodiment of his compassion and this compassion has brought forth all the evolution to human level, and even your emancipation as sahaja yogis, and compassion is always completely covered with forgiveness. So you can see, the Trinity meets at this point. The Son of God is forgiveness, is the embodiment of forgiveness. So, the God Almighty who is the witness, the Mother who is the compassion and the



Picnic at Lane Cove - Sydney 1983 ~ a cross is visible in Shri Mataji's bindi

Child who is the forgiveness – all of them meet at Heart Chakra, in the Sahasrara.

When You Become Thoughtlessly Aware, You Become Present In The Present - Vienna, Austria - 1983

<https://www.amruta.org/1983/09/06/public-program-3-vienna-1983/>

You have your humility and compassion. Like Christ, when He saw a prostitute being stoned, He stood up. He had nothing to do with the prostitute and with courage He said, “Those who have not sinned, can stone Me.” And everyone receded. That’s what happens, when you become realised and you become the Spirit. So, all the truth of the Divine starts dawning upon you, you start seeing it. The more you use your vibrations, the better it happens. The more you use this instrument, the more you will know about it. That’s the nature of Spirit, which is truth, dawns upon you.

8th Day Of Navaratri: What We Have To Do Within Ourselves, Talk After The Puja - Meudon, France - 1984

(Please click on link above)

<https://www.amruta.org/1984/09/30/Ahstami-Puja-eighth-day-of-Navaratri-1984/>

So we come to the subtler side. And the subtler side of Sahaja Yoga is extremely simple. Is Compassion. Is Forgiveness. Is Love. But the greatest of all is the Service to God. We are doing the work of God. How can we be tired? The dynamic is flowing through us, that Compassion is so fulfilling, that love is so beautifying that how can we not do it? We should run to do it. But have to know that this love has a “tremendous” urge within itself. For example, if you love someone, if you have a child, how worried you are about that child, how much you work for that child. If the compassion is manifested, you will see the whole world is created out of that. God has created this universe, this world and you people out of this Compassion only, just His compassion. Somebody asked me one day, “why did you take this headache upon yourself?” This headache is so nice, is such a beautiful burden, because there are so many possibilities. So one has to be optimistic.

But you will realise when you are optimistic, you give lectures to others but not to yourself that, “ ‘I’ have to optimistic of improving myself. Optimistic in my own love. It’s so rewarding, it’s so joy giving”. Such people come up very fast, their Kundalini rises very fast. They become beautiful people. They do constructive work in Sahaja Yoga. They do not create rifts and groups. They don’t use Sahaja Yoga for fulfilling their ego.

So today on this day of Ashtami, which is a very powerful day, you assume that power within yourself that I can fight all these horrible diseases within myself. And for others I will have Compassion and Love - I will have not other. This is the point we miss always. They think “Mother is giving lectures to others not to me.” And that Compassion will bring forth the beauty of Sahaja Yoga.

Easter Puja: You Can Spread Sahaja Yoga Only Through Love And Compassion - Istanbul, Turkey - 1998

(Please click on link above)

<https://www.amruta.org/1998/04/19/Easter-Puja-1998/>

It’s the love which all the time, all the time, is flowing and that love envelops the Mother as well as you. That is how you people understand Sahaja Yoga. What does a human being need is nothing but love and compassion. Love and compassion of a very, very pure type. Look at Christ. He pitied the people who crucified Him. He told His father, The God Almighty that, “Please forgive them, because they do not know what they are doing.” He could see that the blindness of these people, are doing wrong things and God the Father would be very annoyed, who is wrathful, and may destroy them. So, this is what was done with a very compassionate feeling without thinking about it, just automatically He felt that, “These people are doing all this to me and I don’t know what will happen to them.” So, He prayed to God, to Father, “Please forgive, please forgive them, for they do not know what they are doing, they are blind, so please do not punish them.”

What compassion, what love! I mean, think of it: do we do that in our life if somebody harms us, troubles us? Do we ask Father to forgive those who do not know what they are doing? That should be the level

of Sahaj Yoga. And it will work out very well if you ask for forgiveness, God will look after them, He'll transform them, He'll bring them to their senses.

Adi Shakti Puja: The Compassion Has To Become Active - Cabella Ligure, Italy - 1996

<https://www.amruta.org/1996/06/09/Shri-Adi-Shakti-Puja-1996/>

So, first of all He did, was to create the power of Adi Shakti. When it was created, then there was a sound, the sound that we call as AUM – logos or anything you call it – by the primordial sound and these three Powers came out of that sound, is A, U and M – AUM. The Adi Shakti is the one who embodies the desire of God Almighty. The desire of God Almighty comes out of His compassion and for His own expression, for His own manifestation, for His own reflection. I would say that He must be tired of loneliness so He must have thought of creating a partner who will manifest His desires. Thus, the power of God Almighty separated from Him and formed an embodiment of His compassion, His desire to create. They say in Sanskrit – they use a word Chitvilas – is the enjoyment of the Adi Shakti. 'Chit' is, as you know, is 'Chitta', is attention. The attention has its own joy and to manifest that joy of her attention, She created all the universes, She created this Mother Earth, She created all this nature, She created all the animals, She created all the human beings and She created all the Sahaja Yogis. This is how the whole creation has worked out...

Now here you should understand the relationship of the God Almighty and Adi Shakti. It's complete unison, complete understanding. God Almighty is the spectator, he's watching the work of the Adi Shakti. She is compassion, of course, she doesn't say that something should be destroyed or something should be killed, alright, she's compassion. But he's the one who takes charge if somebody tries to do something against the Adi Shakti, it is he who takes charge and changes the whole scene, in such a manner that you don't understand how it has happened, how it has worked out.

What you have to do is to enjoy the play. In the same manner, the Sahaja Yogis should have a

unison, should have understanding, enjoyment among yourselves. If a Sahaja Yogi cannot enjoy, who is going to enjoy life? I can't understand, the one who has his Kundalini awakened only, who has felt the all-pervading power of love, who knows what is the truth, who is standing on the complete oneness with the Divine. How can such a person, anyway, have any kind of problem? It is to realise that you are sitting in the realm of God Almighty. You have entered into His Kingdom and you are under the attention – compassion of Adi Shakti.

Shri Krishna Puja: Primordial Taboos And Sahaj Dharma - Cabella Ligure, Italy - 1997

(Please click on link above)

<https://www.amruta.org/1997/08/23/Shri-Krishna-Puja-cabella-1997/>

In the Sahaj Dharma, first thing that is very important is forgiveness. If somebody cannot forgive, then he cannot be a Sahaja Yogi – forgiveness. How this forgiveness comes in is by forgetting the past. Otherwise you'll go on saying, "This person tortured me, that person tortured me, he was very mean to me, he was that to me, he did this to me." Shows that you are not of that calibre to understand Sahaja Yoga – because you cannot forgive. What is there to remember? The present is the best. Now if you are sitting here with me, enjoying the Alladha dayini Shakti, that time if you are thinking about the past, shows what? That you are not of the calibre. To be the calibre of Sahaja Yoga, you should be free of your past. Finished. There is no need to confess. I know after Sahaja Yoga many people wrote letters to me of confessions and I just said, "Baba, just burn these letters. I don't remember. I don't want to read anything about anyone." So, there should be forgiveness. If there is forgiveness, you'll be surprised, you'll feel very relieved and your married life will be very happy.

The Mystery Of God - London, England - 1981

(Please click on link above)

<https://www.amruta.org/1981/06/08/mystery-of-God-Caxton-Hall-1981/>

What is the truth? In very simple words, what is truth – that God loves us. This is the truth. That He created us because He loved us. It is His love that

has created us. He looks after us. He protects us. He guides us. He gives us our evolution as a human being and then He gives us a higher status, higher consciousness by which we know His powers and the powers flow through you – [this] is the truth. This does not change. At monkey stage the truth was there, at human stage the truth is there. Whether you are a drunkard or a sinner or a saint, the truth remains that God loves you. He may punish you in His love – that's a different point. He may be angry with you in His love, but He loves you. Loves what? What does He love in you is your Spirit. The Spirit in you that sparkles. He sees that spirit. He tries to bring it out.

For example, you see a diamond, and you see that it is lying in the mud – you lift it from the mud. You clean it, wipe it, chisel it, and make a beautiful diamond out of it. Anything that is created has had to go through some processes. In the same way, you have gone through your evolutionary process. But with what delicacy, with what understanding, with what love...That's the thing is that He loves us and you can't understand His love, that His love is His own satisfaction. He loves you because

He enjoys His love His nature is to love. That gives Him completeness. That gives Him His own meaning. That is His play. That is His joy. And that's the only Truth. Everything may change in this world but that Truth remains. If you have this faith within you – that He loves you – despite the fact that you have had bad problems. It's all human beings who create problems for you, God doesn't create any problem for you. You do not know how much He looks after you. How many problems you have created for Him so that there is a barrier between His grace and you. People have created mountains and mountains between Him and themselves! They don't want to have Him. He's there to pour down all that He has and here such a big balloon of an ego carrying you through without receiving a single drop of that grace.



Our Understanding Of Sahaja Yoga, Seminar - London, UK - 1978

(Please click on link above)

<https://www.amruta.org/1978/12/09/our-understanding-of-Sahaja-Yoga-uk-1978/>

But try to love and you will enjoy, because loving is the greatest thing. To love someone is adoration, absolute adoration, is reverence. If you love someone then you know that it is so great, it makes you so great to love someone. It's a very great feeling that, "I love someone"; it's like a Lord one feels, "Oh I love this one and I love so many and so many are there!" And that person need not love me, I mean I don't think all the Sahaja Yogis love me so much as I love them, maybe. But I'm very proud of my Sahaja Yogis and I love them. This is the most joy-giving thing is to love, yourself. To be able to love, that's the greatest ability a person should have – is to love others. And in love, forgiveness is the most; that's why Christ said forgiveness is the greatest weapon.

Guru Puja: Follow My Message Of Love - Cabella Ligure, Italy - 2004

(Please click on link above)

<https://www.amruta.org/2004/07/04/Guru-Puja-2004/>

It is being expected that you all will follow my message of love. I do not have to say anything for love. Love is [an] absolute gift, gift of just feeling others. There is no talking about it, discussing about it – nothing. Just you feel that love. To feel the love I would say one has to have a heart. But how can you have a heart? It is not your own doing, it's all there. So it is something is already gifted to you, you have it, that you can feel that love. It's so much joy-giving, peace-giving.

Love has its own qualities and one of the qualities is that love understands. Its understanding is not in words, not in thought, but [it] understands within. It can feel within, which is very important. This is the most important part one has to realise, that love, you can only feel it. You cannot talk about it, you cannot

show about it, but it is within and you can feel it.

And that is why today is your celebration of the Guru. It's the celebration where you can feel that love for your Guru. That feeling is within, and only within you can feel that. So we have to understand [that] it's not the show. It's nothing else but just the feeling within that you know that you have love of the Divine. This you can have because it is just there. No one can give you. No one can sell it. No one can share it. It's just there. And that love has to be felt and shared. It has nothing to do with others. Whether others love you or not makes no difference. It's within your Self only, [that] this feeling, this depth is there, which you enjoy. It is the capacity. Everyone has this, lots of it.

Sometimes you feel you have lost it, sometimes you feel you have gained it, but it is there as much as an expanse of a sea. Sea, you cannot say, today is full, and tomorrow is not. It is eternal. In the same way the source of your love is eternal. You cannot measure it. It's difficult. But it's beyond all your human expressions and it shows your understanding, your understanding of love, which has no words, which cannot explain. But by itself you will know that, "I have this quality to love within myself and I can enjoy this love within myself."

This is a very unique gift which only very few human beings have.



CHAPTER SEVEN



PRACTICAL ADVICE
FOR CLEARING THE AGNYA CHAKRA

LORD'S PRAYER AND "HAM KSHAM" BIJA MANTRA

Seeking And Rationality - London, UK - May, 1979

(Please click on link above)

<https://www.amruta.org/1979/05/24/seeking-and-rationality-1979/>

And the greatest mantra this is Lord's prayer because Christ is the one who removes all our negativities so Lord's prayer is best for keeping agnya chakra open after Realisation. Before Realisation it has no meaning it's just words, words and words. After Realisation Lord's prayer is very good and of course you must have detailed idea about the whole thing and that's the way it should be.

I Am The Holy Ghost - New York City, US - September, 1981

(Please click on link above)

<https://www.amruta.org/1981/09/30/i-am-the-holy-ghost-new-york-1981/>

Now, the mantra of Agnya chakra is the Lord's Prayer. It has got two sides, Ham and Ksham. Ham means "I am" and Ksham means "I forgive". So, if supposing this is catching, you have to say, "I forgive" (Ksham). If there is ego within us you should say, "I forgive". If there is superego within us you should say, "I am! I am!" (Ham). So, it is Ham and Ksham, is the Bija, is the seed. Is a seed of the prayer – Lord's Prayer.

"AUM HAM KSHAM" BIJA MANTRA

"SHRI HAM-KSHAM BIJA" - one of 108 names of Shri Jesus.

Shri Mataji saying bija mantras

(Please click on link above)

Shri Mahaganesha Puja - Ganapatipule, India - January, 1986

(Please click on link above)

<https://www.amruta.org/1986/01/01/Shri-Mahaganesha-Puja-Ganapatipule-1986/>

Ganapatipule has a special significance because He is Mahaganesha. The Ganesha at Mooladhara becomes Mahaganesha in the Virata, that is the brain. That means it is the seat of Shri Ganesha. That means Shri Ganesha governs, from that seat, the principle of

innocence. As you know very well, it is placed at the back, in the region of optic thalamus, optic lobe, as they call it; and it is the giver of innocence to the eyes. When He incarnated as Christ – which is in here, in the front, at Agnya – He said very clearly that "Thou shalt not have adulterous eyes." It's a very subtle saying, which people don't understand what is the meaning of the word 'adulterous'. 'Adultery' means impurity in a general word. Any impurity in the eye "thou shalt not have". It's very difficult. Instead of saying that you get your Realisation and clear your Back Agnya, He has said it in a very short form, "Thou shalt not have adulterous eyes". And people thought "It's an impossible situation!" Because He was not allowed to live long – actually His public life is limited to three-and-a-half years only – so whatever He has said has a very great significance, that your eyes should not be adulterous. When there is innocence there is no adultery. It means there's no impurity... I have a request to you all, to remove all the adultery in your eyes. For this we have the mantra of Nirvichara in Sahaja Yoga. Do not allow the thoughts to dominate you, if thoughts come, then say "Yen Neti Neti Vachane" (Keep saying, it is not there, not there...) or say "Kshama Keli, Kshama Keli" (I forgive, I forgive), so that this thought is destroyed and once thoughtlessness is attained, then the perversion of the mind is stopped. Everybody should make an attempt, that your eyes are not adulterous. Like Saint Tukaram has said, "If there is perversion in the mind because of my eyes, then I do not want to have such eyes, better to be blind". In one way, it is better being blind, than have perversion in the mind. Rather have inner eyes to see Divinity. When these two principles come together properly, then one can say that the Sahaja Yogi has attained the Guru Principle.

I bless you all, that here at Ganapatipule, the place of Maha Ganesha, with his special grace, you all can attain your Guru Principle as soon as possible.

Guru Puja: The Statutes Of The Lord - Hampstead, UK - July, 1980

(Please click on link above)

<https://www.amruta.org/1980/07/27/guru-puja-1980/>

But Christ has said – perhaps He knew the modern people as they would be using their brains for

THE LORD'S PRAYER

Our Father, who art in Heaven,
Hallowed be Thy name.
Thy kingdom come,
Thy will be done On Earth as it is in Heaven.
Give us this day our daily bread;
And forgive us our trespasses,
As we forgive those who trespass against us;
And lead us not into temptation,
But deliver us from evil;
For Thine is the kingdom,
The power and the glory,
For ever and ever,
Amen.

this – He said, “Thou shalt not have adulterous eyes.” What a vision, in those days to think; Even I could not understand it when I was in India. After only coming here I could see what did it mean. It’s a possession on the eyes, possession. It’s a joyless, useless behaviour. It’s tiring. Attention is frittered away completely. There’s no dignity. Eyes should be steady. When you look at somebody steadily you should know that you have got Sahaja Yoga in you; with love, with respect, with dignity. Not staring at people and just playing into the hands of these possessions.

The whole society is possessed. All the satanic forces have been let loose, I think. And the way people are possessed, they cannot see through these things. And they are supposed to be Christians! Attention is to be looked after. That’s the most important thing because [the] attention is the one which is going to be enlightened.

Mahashivaratri Puja: Four Nadis Of The Heart - Chianciano Terme, Italy - February, 1991

(Please click on link above)

<https://www.amruta.org/1991/02/16/Mahashivaratri-Puja-1991/>

So we have to put our carnal desires, dissolve them, dissolve them into the innocence, the ocean of innocence. You have to dissolve it in the ocean of innocence. Innocence is something to be appreciated, to be understood, to be enjoyed. Like you see animals, they’re innocent; you see children, they’re innocent; flowers, they’re innocent. Divert your attention to all these things. You see, on walking on the street, what is there to see best is all at three feet height. You see at three feet height all the flowers, all the beautiful grass, all the children who are about three feet are the best. You need not see people who are above that. Just see on three feet level. You can see the legs of somebody, that’s all right. But you don’t see the eyes of a person who are not innocent.

Sahaja Yoga Is A Big Blessing - Kalwe, India - March, 1977

(Please click on link above)

<https://www.amruta.org/1977/03/25/Sahaja-Yoga-is-a-big-blessing-Kalwe-1977-Marathi/>

So you have to follow some rules of Sahaja yoga, one small thing is that Sahaja Yogi should not let anyone put kumkum on their forehead. You should only allow another realised person to put kumkum on you, should not allow to touch your forehead. Normally you will ask,” Mataji, why is it so ?” Vibrations flow through everyone. As we say, this person has a good hand, this person’s hand is not good. His hand is good for farming. His hand is good for medicine. The reason for this is that we have vibrations flowing through our hands. If someone has very bad vibrations flowing through his hands and if he touches your forehead then you will also get bad thoughts. So it is a rule in Sahaja Yoga that you should guard your forehead. God has created the forehead of a human being with great thought. And you must think a lot if you wish to bow it before someone. If you move around bowing your head before everyone and if he happens to be a demon (rakshasa) then the bad qualities of that demon will easily get transferred into you. There are a few such rules if you follow them then you will attain Sahaja Yoga and Sahaja Yoga is a big blessing.

Spirits Of The Dead - Mumbai, India - December, 1976

(Please click on link above)

<https://www.amruta.org/1976/12/22/spirits-of-the-dead-Mumbai-1976/>

In the centre, we have got the evolutionary power. By this power only, we have evolved, which is the conscious mind, this moment, now, at this moment. We can say that the past and future cross like that, and in the centre is that point. Or we can say like this: that the past...the future and the past, they pass like this in the centre, and they pass out. So, the thoughts from the past come to the future, and the future to the past, but they cannot stay at conscious. For example, I say, “Now, at this moment, stop it.” You cannot. Why? Because of thoughts, the thought rises, goes up and falls down, and disappears like that. Again, another thought rises, rises and again falls, and disappears. Now, you can see the rising of the thought, but you cannot see the falling of the thought. In between these two thoughts, there is a little gap known as vilamba [delay] in the Sanskrit language. That is the point of conscious mind. The thoughts can come from the supraconscious side, or can

PRACTICAL ADVICE



HOW TO CLEAR THE AGNYA

Look at Shri Mataji's bindi through a candle's flame
Look at the video of Shri Mataji working on the back agnya of the seekers and yogis

(Please click on link above)

Mantras for the agnya:

Read 108 names of Lord Jesus

Aum Ham Ksham Bija mantra

Mantras for front agnya:

Shri Jesus Mary

Shri MahatAhamkara

Shri Nirvichara

Shri Nirvichara Samadhi

Shri Nirvichara Sthiti Pradaini

Mantras for back agnya and left agnya:

Shri MahaGanesha

Shri Mahavira

Shri Mahaganesha Bija mantra

PRACTICAL ADVICE



EYE TREATMENT

Apply Netranjan to the eyes.

Mix vibrated water or rose water with a small portion of vibrated sugar

Put two drops of this mixture into your eyes and keep eyes closed for a few minutes.

Alternatively vibrated honey can be applied to the eyes - keep eyes closed till water comes out of your eyes, then wash eyes with vibrated water.

Soak cotton wool balls in cold, unboiled milk and then place them on closed eyes when you lie down (very good for those who work a lot on the computer).

Aarti to back agnya with candle.

Sit in front of Shri Mataji's altar, hold one candle in front of agnya, another person will move a candle on back agnya in an Aarti movement - left to right.

PRACTICAL ADVICE



HOW TO PROTECT YOUR FOREHEAD

Put kum-kum (thilaka)/ vibrated sandalwood oil on the front agnya

Touch the Mother earth with front agnya (forehead)
and pray to Her to absorb all the heaviness and thoughts.
Do not let non-Realised people touch your forehead



BAD EYE TREATMENT

To remove the influence of bad eyes, especially on the children, use a vibrated mixture of:

7 red chillis,
7 black peppercorns,
a teaspoon of black mustard seeds
and rock salt.

Wrap the above in a paper napkin and taking it in the hand
bandan the person/child seven times
(make seven bandhans around the person/child)
Then burn the napkin with the contents in it.

come from the collective subconscious, can even come from the preconscious, or can even come from the subconscious. That's how the thoughts waves are. But if you have to jump into the conscious mind itself — now, at this moment — you cannot do it, because at that point there is no thought.

The Subtlety Within - London (UK) - June, 1980

(Please click on link above)

<https://www.amruta.org/1980/06/09/-the-subtlety-within-1980/>

“Between the two thoughts — for example, a thought rises and falls off, and another thought rises and falls off — between these two thoughts there is a little gap, that gap has expanded. For example, the thought that was, is the past and that is going to come is the future. In between is the space called as vilamba. And when you start thinking about it you jump onto the cusp of these thoughts. You are beyond thought. An Indian will understand it faster, because it's called as Nirvichar Samadhi: is the state where you become thoughtlessly aware. They know that that's what it is. You cannot think about it, because rationality is a limited thing. So you have to jump into the space. When you are in the space then you are not in the capsule. But if you are in the capsule you are not in the space.”

Sat Chit Anand - New Delhi, India - February, 1977

(Please click on link above)

<https://www.amruta.org/1977/02/15/sat-chit-ananda-Delhi-1977/>

A thought rises like this and falls. You can see the rising of the thought but not the falling of the thought. In between the thoughts, there is a space which, in Sanskrit, we call it as vilamba. Of course, in English there isn't, because they haven't found it out. So, there is a vilamba and in that vilamba if you can stop, then you get to the conscious mind, and there exists the Sat Chit Ananda. Sat Chit Ananda is the condition of mind, you can say, or is the state of mind where there is no thought, but you are aware. First there is no thought 'Nirvichar' but you are aware. That is the first state, where you jump into, into the super-consciousness. So, some people may think that, by Realisation, you must achieve something as Adi Shankaracharya had. It's not possible. With some

it may be [but] with very few, but not with everyone. First state is Nirvichar. You become thoughtlessly aware. That's just the first state. That happens when the Kundalini rises above the Agnya Chakra — means enters into the limbic area. At that time your attention just touches the Sat point, the Sat. The reality separates from mithya (myth). You are separated. You become two personalities. At that state you start separating. Like in the milk, when you put lime it starts separating into water and the curd. In the same way the beginning starts, the beginning starts — the beginning. This is the state where you can say the Kundalini has been awakened only.

Spirit, Attention, Mind- London (UK) - February, 1978

(Please click on link above)

<https://www.amruta.org/1978/02/20/spirit-attention-mind-finchley-ashram-1978/>

So, now we are coming to the conscious mind. Conscious mind is the one, in that area which is a very shortened time, very short time. Between the future and the past it's just a little time, very little time. It's called as vilamba in the Sanskrit language. Is a very, very, very small, little time, and we cannot stop there. So in that area suddenly you touch the aura, you can say the light, and there you see it. So then you know what it is. Then again you are thinking about the past, or you think about the future. That time, you know what you are thinking, but then you come to the conscious area and you know, “Oh I have been thinking like that I should not have done it!” Because you are moving all the time on waves. In between these two waves is the conscious mind: a little bit, very little area is there, in the beginning. All right?

Now below that is the unconscious mind, you can say. Actually it is above but we can say, below, just now, to explain it. Like, the waves rising this way, that way, in between there's a little gap. And there where, in the conscious mind, you are touching that light of the unconscious mind. So that unconscious mind, what we call the unconscious mind, is that aura, or the light, of the Self. So every moment you are conscious, you are conscious of your unconscious mind. Conscious in the sense that you know that the unconscious mind knows, that's why. It's really remarkable how it's made!

Easter Puja: Forgiveness - Hampstead (UK) - April, 1984

(Please click on link above)

<https://www.amruta.org/1984/04/22/Easter-Puja-1984/>

“So the thought that starts moving in our mind all the time, which creates tensions is not the thought of the Spirit. So, what you should say [is], “Not this thought. Not this thought.” “Ya neti, neti wachane nigamor awachus.” “Not this thought, not this thought, not this thought”, and see how you relax. Now you are relaxed. “Not this thought, not this thought” Just go on refusing accepting any thought. So you go into Nirvichara. In that state you feel the Spirit.” Introspect and witness

Devi Puja: You Should Have No Fear At All - Shrirampur (India) - December, 1990

(Please click on link above)

<https://www.amruta.org/1990/12/12/Puja-at-Shrirampur-India-1990/>

Like Gyaneshwar has said ‘Niranjan Pahane” means to look at things in a witness state. Just as a witness. Is it so? Have you done this? Have you done that? Then we will realise what kind of nonsense and confusion we have been carrying in our heads. You should try doing this, desire so and it will work out. Once a gentleman by the name Shukla came to meet me in Madras, just for a year not much. Then he came to Mumbai and he is holding a high post. He once got a telegram that his mother is very serious and she is going to die of cancer. He immediately left to meet his mother at Rohtak. The doctor told him that she will die within three days and she is suffering from galloping cancer. He was wondering what to do now as it was no use to keep her in the hospital. So he said Mother I just came home, sat in front of Your photograph and prayed, please cure my mother. But what depth that man had, instead of dying within three days his mother was immediately cured. He got her to Mumbai. And in Mumbai after showing her at the cancer hospital, the doctor said she doesn't have any cancer. Then I met him. So unless you don't have that depth, unless you don't go that deep this will not work out.

Shri Mahalakshmi Puja: Always Introspect - Wamuran

Ashram, Brisbane (Australia) - February, 1992

(Please click on link above)

<https://www.amruta.org/1992/02/20/Shri-Mahalakshmi-Puja-in-Brisbane-1992/>

Now for a Sahaja Yogi, to keep his Mahalakshmi Principle all right, has to always introspect. Not to look at others but to introspect: “What am I doing? Am I in the Left Side or on the Right Side? Which side I am going [to]? What side I am following? Am I in the centre?” Now how will you judge? The best is to feel your vibrations: feel your vibrations. But sometimes you go so far to the Left or to the Right, that you just do not feel vibrations, [and] your Mahalakshmi Principle is not working. Then you go on. It's like a complete derailment, I should say. A kind of a slope on which you just go on falling on to that.

Seminar Day 1, Introspection And Meditation - Shudy Camps Park, Shudy Camps (England) - June, 1988

(Please click on link above)

<https://www.amruta.org/1988/06/18/introspection-and-meditation-Shudy-Camps-1988/>

The first thing to consolidate yourself, you must do introspection. You must do introspection, is to reflect the light within and see for yourself: what have you done so far in Sahaja Yoga? Where were you? How far you have gone and how far you have to go. What is the thing that is lacking in you? You'll be surprised when you start seeing yourself – in a very unbiased manner, not justifying yourself – not blaming any bhoots, or need not blame any badhas within you, or somebody else. If you start yourself [seeing] what has gone wrong with you that you could not consolidate yourself properly, you'll be amazed that there has been problems still lingering on which must be corrected. Now these problems you can see very clearly. In the light of the Spirit you can see them very clearly that, “This has gone wrong with me.” One of the most interesting things I've noticed is that Sahaja Yoga is all the time covered with some sort of a maya. And this maya is ignorance, complete ignorance sometimes, sometimes partially. Now when you get into Sahaja Yoga you get blessed. You get blessed maybe, your family gets blessed, your children get blessed. You get some sort of a blessing for your physical being. Also for financial [side], you get jobs,

you get money, you get something exceptional, which is really miraculous. Now people get very much lost in those achievements and start drifting, thinking that, “Oh, this is the blessing we have got now. We don’t have to do anything anymore,” that you are being rewarded sufficiently for whatever you have done so far. That’s not so! Is just a sort of a support to you, comes so that your faith should be fully established in Sahaja Yoga. And specially, you should know Me, what I am.

Guru Puja: Criteria To Introspect Yourself - Campus, Cabella Ligure (Italy) - July, 1996

(Please click on link above)

<https://www.amruta.org/1996/07/28/Guru-Puja-1996/>

The way you are sometimes growing, shows that you don’t understand your calibre. You don’t know what you are, how much the whole atmosphere has worked out for you, the science has been worked out for you. Science is a gift of the nature. All this has been worked out for you to achieve the highest state in the shortest time. But for that, one has to be extremely introspecting. Instead of thinking of what you have to achieve: be introspective! This introspection will help you and you will really become real gurus. When you go to other villages, other places, other cities, people should know from your being itself that some great person has come. You don’t have to tell, you don’t have to certify, it’s the simplicity of your temperament itself.

Shri Ekadasha Rudra Puja: Rudra Is The Destructive Power Of Shiva - Como, Italy - September, 1984

(Please click on link above)

<https://www.amruta.org/1984/09/16/shri-ekadasha-rudra-puja-como-1984/>

But when He (Shri Shiva) forgives and, as a result of that forgiveness you feel the gratitude, then His blessings start flowing towards you. He gives you tremendous capacity to forgive others. He pacifies your anger, He pacifies your lust, He pacifies your greed. Like beautiful dew drop His blessings come on our being and we become really beautiful flowers, and we start shining in the sunshine of His blessings.

Now He uses His wrath or His destructive power to destroy all that tries to trouble us. He protects

Realised souls at every point, in every way. Negative forces try to attack a Sahaja Yogi but they are all neutralized by His tremendous power of protection. Through his vibratory awareness we are guided into right path. All the beautiful blessings of His are described in the Psalm 23 isn’t it? That’s the 23 Psalm, “The Lord is my Shepherd”. It’s all described how he looks after you as a shepherd. But He does not look after the evil people. He destroys them. Those who enter into Sahaja Yoga [and] are still carrying on with their evil nature are destroyed. Those who come to Sahaja Yoga and do not meditate and do not rise He destroys, or they are thrown out of Sahaja Yoga. Those who murmur against God and live in a way that is not befitting a Sahaja yogi, He removes them from [it]. So by one force, He protects, by another force, He throws away. But His destructive forces when they are built up too much, then we call it – now the Ekadasha Rudra is active.

Now, this Ekadasha Rudra will be expressed when the Kalki itself will start acting, means the destructive power which will destroy all that is negative on this earth and save all that is positive. So it is very necessary for Sahaja yogis to expedite their ascent, not to be satisfied with the social life or married life or with all the blessings that God has bestowed upon you. We always see, what God has done for us, how He has been miraculous to us, but we have to see what we have done to ourselves, what are we doing about our own ascent and growth.

Gudi Padwa, Meditation In Thoughtless Awareness - New Delhi (India) - March, 1976

(Please click on link above)

<https://www.amruta.org/1997/05/04/Sahasrara-Puja-1997/>

So whenever a thought comes like that, you must know that you have not attained the thoughtless awareness in its full extent and that’s how you have problems, which are three-dimensional. Sometimes, a Sahaja Yogi will find, an emotion will come into his mind. It will be an emotion of dejection or frustration and he will be disgusted with himself or with others. Both things are just the same. I have seen some Sahaja Yogis get very disgusted with others. There should be no disgust that is lasting. Of course, for a short time, you might feel a disgust. It’s alright. It’s a passing phase. Or you might feel



Easter Puja 1987, Italy



disgusted with yourself – may be a passing phase. But if you go on hankering on to it, or if you go on clinging to it, that means you are conditioning yourself, that means you are not in thoughtless awareness, that means that you are in your past, you are making your past a solid mass on your head.

In the present everything is fleeting. Everything is fleeting that is not eternal. In the present the eternal stays, the rest all drops out. It's like a moving river which doesn't stop anywhere. But the moving river is eternal. The rest of the things are all changing. If you are on the Eternal Principle, all that is not eternal changes and drops out, dissolves and becomes non-existent.

We have to understand our own dignity, our own essence. The first and foremost is that all the Sahaja Yogis are the chosen ones. They are the people whom God has chosen. In this city of Delhi there are thousands and thousands of people. All over the world there are so many people that we are suffering from overpopulation, but in Sahaja Yoga there are very, very few people. And when you are chosen the first, you must also realise that you are the foundations. You are the stones that are to be laid down and have to be strong, have to be forbearing and that's why it is necessary that all of you who are now few, who are the first lamps that are going to enlighten other lamps in the world, you have to enjoy the strength of eternity, the strength of Divine Love, the strength of this Universal Being that you are.

This is what meditation is. So when Sahaja Yogis ask me: "What should we do for meditation?" You be in thoughtless awareness that's all. Don't do anything. At that time, not [only] that you are moving towards the goal, or that the Unconscious is taking charge of you, not only that, but also that you are emitting, for the first time, the Divine into the nature, into your surroundings, into other people who are universally connected to you. Only thing is that we are used to one thing, that is we must do something about it, and so that's why we start doing something. Meditation is the most Sahaja method. Then we have prayers and we have also Puja. Prayers are also, if said in your heart, with the feeling of complete surrendering and asking for the Eternal, it will be granted. Just ask

for that and the rest will take [you] step-by-step.

Sahasrara Puja: At Sahasrara You Stand On Truth - Cabella Ligure, Italy - May, 1997

(Please click on link above)

<https://www.amruta.org/1997/05/04/Sahasrara-Puja-1997/>

"You have to work it out. For that of course meditation is very important, but the thing that stops it, is your mind. Is your mind that goes on telling you. All the time you watch your mind and how it tries to guide you, how it tries to tell you, "Now what about me? What about my house? What about my children? What about my country?" Like that you go on "My, my, my, my, my," ultimately you end up into nothing. But when you say, "You, You, You"...Kabira has said a beautiful thing about it, he says that – when the goat is living, it is saying (in Hindi) "Mai, mai, mai" means "I, I, I". But it dies, then they take out the intestines and put it on a dhunki, which they put it for the cleaning of the cotton, and [at] that time, what does this dhunki says? "Tuhi, tuhi, tuhi", "You are the one, you are, you are, you are." And that echoes all over. In the same way you have to think from other's point of view. First of all, Tuhi, when you say, you say it to your Guru or to God that "You are the one, I'm no more, I'm dissolved, I'm finished, I am become one with this ocean of love." And then you say to others, "You are, you are" – that is Sahaj Culture."

Gudi Padwa, Meditation In Thoughtless Awareness - New Delhi (India) - March, 1976

(Please click on link above)

<https://www.amruta.org/1976/03/30/Gudi-padwa-Delhi-1976/>

"This 'I-ness' has to go away. That is what meditation is. Where you are no more 'I' but it is 'You'. Kabirdasji has written a beautiful poem about it that, when the goat is living and [kicking?], she says: "Mai, mai", that is "I, I". But then she dies and her intestines are drawn out into wires and some saint fixes them on the "tutari", that instrument that they have, ektari [one string] as they call it. And he goes on pulling it with his fingers, then it says: "Tuhi, Tuhi, Tuhi," that is: "You are, You are, You are". That is how we have to die and we have to be resurrected."

**11th Day Of Navaratri: Put Me In Your Heart -
London (UK) - October, 1984**

(Please click on link above)

<https://www.amruta.org/1984/10/05/put-me-in-your-heart-london-1984/>

But to make the Spirit shine, you see, to work on your nerves, that sheen [of superficiality] has to go away, otherwise it will never work. Whatever you do, it should please Me, it's one of the ways. It should please me. That's one of the signs. So how do we do it? Put me in your heart! Just try to put Me in your heart, it's very simple. I am before you now. I am in person. I was trying to give Realisation to one of my relations just today. And I said that, "You don't close your eyes." He said, "No, I'm not looking at your face because when I see you, I feel you are my aunt. But I am just looking at your feet so that I shouldn't feel anymore that you are my aunt. You are very great. And your face is the one that puts me into illusions." He could see it's a Mahamaya. He said, "Only at your feet I look. And through your feet only I can get over this barrier, this feeling." In the same way when I am a Mahamaya, I know I am, I had to be. But you have to put My feet into your heart. Just My feet into your heart.

Because photo, face, everything might be an illusion. Might be by seeing My face, you do not get over your barriers. To say, "I must see Mother." "I must do this." "Mother must come to my house." "She must have food at my place." "She must visit my home." All this is so stupid, I cannot understand what's the matter with these people!

Mother, please come in my heart.
Let me clean my heart so that you are there.
Put your feet into my heart.
Let your feet be worshipped in my heart.
Let me not be in delusion.
Take me away from illusions.
Keep me in reality.
Take away the sheen of superficiality.
Let me enjoy your feet in my heart.
Let me see your feet in my heart.

Only such people. Even Brahma, Vishnu, Mahesha have done that. So don't you think you have to do it? So humble down yourself! Humble down yourself in

your heart. Humble down in your heart. Enjoy your humility. Enjoy your virtues. The greatest virtue of a Sahaja Yogi is humility.



"Mother please come in my heart" - 11th Day of Navaratri, Chelsham Road, UK 1984

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