

# THE ASCENT

Yogi Mahajan



# **The Ascent**

**YOGI MAHAJAN**

## Author's Note

The Spirit keeps beckoning to write-the words keep flowing from the Mother. She is Her Holiness Shri Mataji Nirmala Devi who has brought to the Aquarian Age a unique method of realizing Truth called Sahaja Yoga.

There comes a moment in the life of every seeker when he stands apart from his ego and questions himself, when he glimpses past his conditioning to embark on the journey in quest of the Spirit. The realization of Truth and the manifestation of the Spirit is the message of Sahaja Yoga. It takes us into the hidden realms of our grass roots and reveals their subtle condition and vital function. Where for the first time we are able to observe the wondrous process of their growth and the subtle constituents of the soil that contributes to the moulding of the individual psyche through various combinations and permutations. We identify the Nutrients that determine the behavior patterns and scan the process by which they reflect in the individual psyche.

The potential of attaining self-realization is our innate quality, but for its manifestation there has to be seeking and guidance. When the desire of the seeker manifests, then the Mother shows the simple way through the all-pervading Divine love of the living process. The deeper meaning of life is too simple to be mentally conceptualized. Through the intellect we can only analyze or create concepts. But we cannot create anything living. The living work is done by nature. Deep in the recess of our being resides a Golden Goddess. She does all the living work, perhaps she is the Source.

That Nature and love can take us there precisely because they are subtler than the intellect. To experience the subtle, the means have to be subtle also. Subtler than mind projections or a subtlety that emerges through balance and harmony with nature. A subtlety which is merely opening the eyes to see what already is, what always has been. It is a subtle melody which we hear in the flow of a river when there is silence within. Its message is an offering of its waters to the thirsty. It asks for nothing in return. Its nature is simply to flow and

spontaneously meets the ocean.

Now that moment has come when all the persevering seekers of many lifetimes are to be fulfilled. This break through has been made through a unique living process of Sahaja Yoga. The process is spontaneous, natural, integrating and encompasses the essence of all enlightened beings.

Today this message of the breakthrough into collective vibratory awareness is gaining momentum across globally. As prophesied, it is the 'Maha Yoga', the force of change that the planet Pluto heralds; to sort out reality from myth.

May the one who has the courage to question himself, and the honesty to stand for the truth, be fulfilled by her grace.

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TO  
H.H.SHRI MATAJI NIRMALA DEVI  
THE SOURCE OF THIS KNOWLEDGE

न मंत्रं नो यंत्रं तदपि च न जाने स्तुतिमहो  
न चाह्वानं ध्यानं तदपि च न जाने स्तुतिकथाः।  
न जाने मुद्रास्ते तदपि च न जाने विलपनं  
परं जाने मातस्त्वदनुसरणं क्लेशहरणम्ः॥

# 1

## *Seeking Ye Shall Find*

A 'Part' seeks its whole. It is impelled by love towards the Perennial source from where it sprang.

Seeking is the essence of human nature. However the depth and the intensity of the seeking varies from its gross state of idle curiosity to its subtle level which surges in a Buddha to know the self. It can easily be perceived in its gross form as the urge that takes a traveller to places or the seeking of a scientist. It manifests in the subtle sensitivity of an artist to seek through aesthetics or a man of learning seeking knowledge. Those who are not aware of their seeking also seek in the gropings of the dark. The drug addict also seeks but does not know what he seeks.

When do we become a seeker ? We become a seeker the moment inspiration comes from within. Till then our questions are like the child asking his parents, what are the stars ? What is the sun, the moon ? The inner inspiration transforms our questioning to an inner search. What are we, Why are we here ? How are we connected to others ?

The human brain offers various concepts. Some we reject, some we accept, others we experiment and few we apply in life. However, sooner or later we come back to the crossroads or a dead end as the experiment does not provide an integrated solution. These are at best mental speculations, conditionings reactions or mind programing, i. e. The ego and the superego. The brain passes all information through the conduits of ego and super-ego. The brain thus arrives at a series of conclusions to suit a particular situation. If the data percolating is unbiased through a balanced focus in a witness state then the conclusions can be productive for ascent. However, this is often not the case. Unfortunately individuals get identified in the process through the yarns of mental jargons.

A similar percolation process takes place at a collective level

where the feedback flows from the past, i.e. the collective subconscious; or the future, i.e. the collective supraconscious. Both these movements are limited and are not productive to human ascent. These are essentially linear movements which are crippled by the inevitable tendency to recoil. Human ascent follows a spiral movement, its loops avert both the collective subconscious and the collective supraconscious and thus pick up data from the collective unconscious.

The data percolated through the ego or the superego is merely a concept. Concept is not reality. But the ego and superego identified with the data does not see it like that. On the contrary it adheres to a particular viewpoint and asserts itself. It severely attempts to force its opinion on others as the gospel truth. Imagine a situation where several such egos try to assert themselves on each other.... In a broader spectrum this is the world situation today. Violence and fundamentalism are merely the resultants.

The cause cannot be treated by its effects. We have to go to the roots. If we want world peace then foremost, there has to be peace within. The solution to world problems cannot emerge from the areas of turmoil like the collective sub-conscious or supra conscious, the ego or the superego. If there is a solution then it is in an area of peace, i.e. the collective unconscious. When the empirical consciousness enters this area all intellectual notions neutralize. One ceases to be an exponent of any particular intellectual notion or doctrine. Instead of analyses one begins to synthesize and understand in totality. The tiny drop becomes the infinite ocean and its *vision* enlarges to encompass the broad spectrum of the infinite ocean. The wisdom of the infinite dawns and enlightens the brain. In the light of this wisdom it is simple to decipher the unity behind plurality, the One Supreme reality behind all realities of mundane experience, the One Supreme law behind all the laws of nature. But this wisdom only percolates a brain that is connected to the Mains of Collective Unconscious. Then, let us try to seek such brains. If we cannot find them, why not connect with the Collective Unconscious our self. A similar urge impels the seeker of truth. His biggest problem is how to connect with the collective



unconscious. Which path to follow? There is so much merchandise, how to choose? It's trial and error to being with. Something that is very promising in the beginning may turn out sour, but there is no harm switching lanes midway. The concept sounds good but the experiment proves false. The religious preach the right thing but practice something else. Once when Mahatma Gandhi was in South Africa he was very enamored of Christianity. He looked upon it as a solution to the caste system. With great expectations he entered the Church but was told to sit apart in the area reserved for the Blacks.

He immediately walked out never to return. How can religious people professing love and compassion jump at other's throats at the smallest pretext. The seeker has to be honest within only then can he recognize the honest path.

Whatever we seek, that we find. However what we find can be pleasurable or painful. In either event it does not satiate the process of seeking; having found one toy the child looks for the other. Seeking at the gross level remains shallow and does not bring fulfillment. Only by drinking deep can one taste the ambrosia. To find true pearls one has to dive deep into the unknown depths of the blue sea. But without inspiration how does one hazard such a leap? Inspiration comes from a source buried deep in the recesses of our being. When it is touched then man becomes God. The potential becomes dynamic; the seed becomes the tree. It is the greatest wonder, the wonder of wonders that has fascinated man from the beginning of time and then sparks his seeking into an enquiry. Those that enquire into the outward form go only skin deep. Only those who go deep in the source discover the Golden Goddess that resides within. Her touch enlightens and entralls the total being.

It is indeed the miracle of miracles. This miracle resides in every being. The wise pursue it, the scriptures speak of it and the saints glory in its praise. Then why should it be so difficult to obtain? The difficulty arises from gross seeking. Instead of seeking the real diamond we contend with broken pieces of glass. People are lost seeking after perishable commodities.

The time has come for us to reflect a little, to evaluate our priorities and crystallise our seeking in a sensible direction. Let us examine what is temporary gain that has no permanent consequence and what is temporary loss but has permanent gain.

How are we to please the Golden Goddess within, even though there is no material gain ? There cannot be any compromises, for the Goddess does not know anything but the Truth. She does not hear the din and the noise of human reasoning and murmurings; she only knows herself and that which is born of her -unconditional love. She enjoys the celestial music of the vibrations of her creation and when that music stops she goes to sleep. She has thus slept for a thousand years but now the hour of reckoning has come for her to awaken.

The onus of awakening her rests upon us, for the Gods ordained it long ago. Let us chisel our seeking and direct it towards the inner Temple of the Golden Goddess, for as we seek so shall we find our own Divine self.....

*The Golden Goddess*



## 2

# *The Golden Goddess*

Under the maze of rationality we have developed such a strong mind layer that we have lost contact with our ecological and organic roots. This has widened the gulf between mental, economic, political, scientific and technological development on one hand and our biological base, love and deeper being on the other side.

The fundamentals of our living organism are self-organization, self-regeneration and connectivity. Self-organization flows from the consciousness which is innate in each cell. This causes growth, sustenance and self-protection. Self-regeneration is the inherent ability of the living cell to renew, heal, balance and recycle its structure while retaining its profile. Connectivity is the power, the love, that bonds all living beings.

The obvious question then is to ask how this happens. How does a seed sprout? How does the egg form the organism? How does a wounded tissue regenerate? Why does the body throw out every foreign body except the foetus? Where does this consciousness lie? Perhaps the secret lies in the dynamics of the Golden Goddess.

However we cannot demand to know the secret. Her laws are beyond all dimensions, beyond time and space, cause and effect, and science. Whereas science is a study of matter, she is the source of matter. When our seeking becomes pure of all aggression then she responds in her sweet and loving ways. Then she gives in abundance of all her treasures and quenches our eternal thirst with the sweetest ambrosia.

She is the individual Mother, the one who nourishes and resides in our being as Kundalini. She manifests compassion that soothes and nurtures us. She rests in the sacrum bone in three and a half coils and waits for the right opportunity to be awakened at the right time by a realized Being. “She is your individual Mother. How can she harm

you ? She knows everything about you and is anxiously waiting to give you your second birth” reveals Shri Mataji Nirmala Devi.

“The Goddess 'Kundalini' is verily like the very Mother of the Universe, as also the grandeur of the Supreme Majesty of soul....”

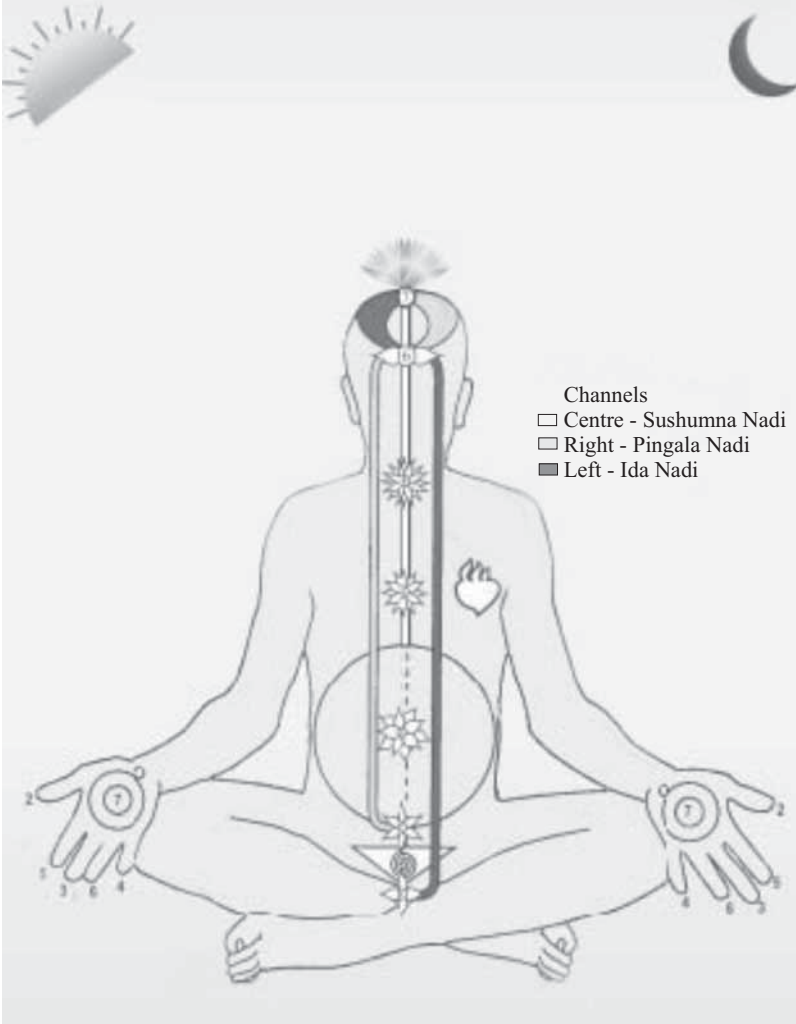
“She looks as if she is cast in the image of the lifebreath clad in a yellow colored cloth of gold, but just discarding it and getting exposed, or as a lamp-flame getting extinguished by a breeze of wind, or as a lightening just flashing in the sky and then disappearing.”

Shri Jnanadeva Chap. 6 vs 14  
Jnaneshwari (A.D.1275-97)



The symbol of Kundalini found in Western mythology

## The Three Channels of Ascent



### 3

## *The Three Channels of Ascent*

We ask the question, what is God ? The atheist says there is no God, but a man of faith has a conviction that there is a God even though he has never seen Him. Who is right? The crux of the matter is that if the atheist denies God's existence, then on what authority and basis does he make that assumption? Has he meditated ? How many years has he spent in the spiritual pursuit or in the quest of the inner self to make such an assumption ? On the other hand, the one who believes in God senses something, not through the mind, not through the intellect, but from his unconscious. There has to be some explanation, some principle behind the absolutely coordinated, organized working of the cosmos.

The seeker may not have experienced God ,but he is moving in that direction. He makes a very deep enquiry. How much does a scientist think and plan before he invents a machine, and how much work was done by the preceding scientists in developing different principles for the present scientist to benefit from their research and thereby create something with its help ? Any new invention is not the work of a singular but a collective contribution of the body of scientists. Einstein gave us the law of relativity and Newton gave us the law of gravity. Successive generations of scientists benefit from the preceding achievements formulating their hypothesis and experiments. Human evolution follows the stepping stones where many things are worked out in the collective for the individual in the sands of time.

*No particular period of time by itself is the finale of human achievement. It is only a continuum in the chain of events to infinity. If behind a simple machine there has been so much conscious effort, then what about the homo sapiens? How can they have evolved without the working of some conscious force? This establishes the premise that there must exist a higher conscious process behind their creation.*



*Explains Shri Mataji “If we see a tree, we also know there are roots supporting it.”*

In all humility, we must admit that we do not know this higher conscious force because it happened before we became conscious. We can know the advent of something that transpired after us but we cannot know of an event which had occurred aeons ago, even before Adam and Eve. However, a little can be known through research, but that little is not enough to draw any conclusions. In the outcome of the research, various perceptions have emerged which dispute the validity of each other. Thus, it is impossible to frame it or give it a name, except to call it the unconscious Principle, “X”, God, or the Almighty.

Taking a hypothesis that this conscious principle is the source of all things, it is logical to assume that we must be linked to it. We cannot be apart from it. Saints have described our situation like fish in the water; always in the water yet thirsty, always in the source but unaware of its joy. How to attain this awareness, is the subject matter of Sahaja Yoga in the following chapters. Meanwhile let us proceed further with the hypothesis, that the factor of that supreme consciousness is a force. That the force varies in its intensities, moods and functions. And that force had a desire to manifest.

A scientist would not create anything unless he had the desire for it. The catalyst behind anything is desire. According to Buddha desire is the cause of unhappiness. Which desire was he talking about and which desire are we talking about? They are not the same. The desire that Buddha spoke about was the gross desire, the material desire, the blind desire which leads to unhappiness. However, there could also be the desire for enlightenment. Did he not also say that the Bodhisattva, the enlightened being, in compassion desires to help uplift the human kind ? Likewise, there can be the pure desire of God to manifest this love. The moment that Force desired, its love manifested in myriads of colors - the planetary system.

According to the teachings of Shri Mataji Nirmala Devi verified through Sahaja Yoga, in the body's physical and metaphysical fields of energy, there exists this desiring force in the left side of the body,

called the moon channel. This channel runs in the left side of the body and brings to consciousness past memories. As long as this channel remains active, there is the human desire to live. When this desire withdraws from it, one ceases to be. The emotions arising in this channel form the superego on the right side of the brain. It manifests the psyche in the wider sense.

However, there must be means to satiate the desires. To satiate its desire, the force assumes the mood for action in the right side of the body, called the sun channel. To act one has to use the physical body and intellect. This is the channel of physical activity and intellect. It develops as a byproduct of its activity, the ego in the left side of the brain. Both the left and right subtle channels express the sympathetic nervous system in the gross outside the spinal cord.

As the Conscious force goes forth realizing its desire, it must also sustain what it attains. There is no sense in just building a house if it cannot be sustained. Because this force is conscious, it uses its innate power of love for sustenance. This forms the third channel in the centre called the channel of sustenance and evolution. Through its power of love the force ascends to reestablish its link with the all pervading power of Divine love. The flow of its love manifests as the parasympathetic nervous system.

The completion of all this work takes place only after it has found its meaning. The desire to know the meaning is still not yet complete. This power of desire which is still incomplete is the Kundalini force which creates and manifests human beings and then rests as residual force.

When man goes into action, in his ignorance he thinks he is doing everything, though in reality he does only dead work. Nature does all the living work. His false assumption strengthens his ego. It begins to swell like a balloon. Excessive activity on the right side swells this ego balloon and a stage comes where there is no more space in the brain for further inflation. As a result, the tensions start flowing in the other direction causing pressure on the superego and an overload to the left channel.

Such a person loses all sensitivity. He becomes calculative for material gains and control over others. His personality becomes rather dry, aggressive and cunning. Blinded by his own ego he can end up becoming absurd and idiotic.

Extreme emotionalism arises from weakness in the moon channel. This causes a dramatic swing between the feeling of elation and depression. Left sided people are very conditioned. They tend to be lethargic, negative and self-obsessed. Lunacy, epilepsy and senile decay may result when the pressure from this channel overloads the brain. The one who is overemotional goes off-balance and as a result, bloats the right side of the brain, called the superego. When this gets bloated, it presses the ego in the other direction to find relief in the sun channel. Likewise, excessive activity on either side causes the pendulum to swing from one extreme to the other. This constant oscillation creates imbalance in the two channels which constitute the sympathetic nervous systems.

The sun channel incorporates the male Yang qualities like analysis, competition, aggressiveness etc. The moon channel incorporates the female Yin qualities of gentleness, responsiveness, cooperation, intuition etc.

Hatha Yoga comes from words *Ha* and *Tha*, meaning the Sun and Moon. By this Yoga one can control the activity of the sympathetic, i.e. one can either use more energy that is stored or completely stop the activity of the sympathetic for a short time. By using the stored energy one cannot achieve ascent. By controlling the sympathetic the heart rate can be reduced or even briefly stopped and one may achieve all physical gross symptoms of parasympathetic but one cannot activate the parasympathetic which is the channel for real Yoga (union with the Divine). With Hatha Yoga even the mind may be controlled. But the mind thus governed is too heavily conditioned for the spiritual flight to the Divine.

Both the sympathetic and the parasympathetic nervous systems use the central nervous system. According to Sahaja Yoga there are seven basic subtle centres. The impulse stimulus of intelligence passes

from these subtle centres of these two systems to the central nervous system through the brain cells, whereby the tissues of the body cells, receive their intelligence. Otherwise how does a cell know how to go through the process of metabolism and catabolism ? It knows this through the intelligence stimuli received from the sympathetic and parasympathetic nervous system.

Every cell is a living being and everything living has recourse to consciousness through its gene. Because it is conscious, it is called living; otherwise it would be called dead. The moment its link to consciousness snaps, it is pronounced dead. When there is overload in any channel, it irritates the channel and blurs its sensitivity, thus weakening its stimulus. Consequently, the nervous system is unable to decode the message received from the sympathetic and parasympathetic nervous system. As the resource to consciousness becomes distorted, the cells and the tissues start malfunctioning causing psychosomatic diseases. Over-activity of any part of cell creates imbalance. In their chronic state, the exhaustion of its vibrations from the centres leads to diseases like cancer.

Thus, the process of deterioration takes place in the human body through the diminishing *link* with the vibrations of the perennial source. Extreme human tendencies estrange mankind from the protection of natural law. Without its balancing influence, self-destruction is inevitable.

The two hemispheres of the brain perform opposite but complementary functions. The left hemisphere, which monitors the right side of the body specializes in the linear process like thinking, planning, analysis. The right hemisphere monitoring the left side of the body is involved in emotion, memory, desire etc.

The left hemisphere is the human faculty for self-transformation and transcendence beyond mind conditioning. This expresses itself in the process of learning and development. This faculty leads to creativity of new structures, behavior patterns and conceptual thinking. We channel this through abstract thinking, symbolic language, nonverbal painting and other art forms. However, their

development depends crucially on the delicate link with the parasympathetic nervous system. For instance if the artist operates through the sympathetic nervous systems then his expression will be linear, limited to subconscious or supraconscious manifestations. Whereas inspired creativity arises spontaneously when the attention of the artist is in the central channel from where he has recourse to the infinite power of creativity.

## 4

# *The Miniature Universe*

The vital forces which are whirling around millions and millions of vibrations in varying concentrations within the body, are called chakras.

Chakras means wheels. They are called wheels because that is the spin or the movement of the energies for mental and emotional activities. The energy fields are whirling around in horizontal planes, rotating clockwise at their own frequency, in their respective places of the body as the planet earth spins around on its axis. They manifest themselves in the gross outside the spinal cord as plexuses, and control the organs of the human body as well as the neuro-endocrinal system of the corresponding region in the physical body.

These are fonts of consciousness and very wisely regulate the functioning of the organs under their care. At each moment they receive and emit vibrations. The knowledge of what they attract and what disturbs them is important for our well being. Every thought and action influences the sensitivity and performance of these centres.

When the chakras are not under strain or exhausted of their energies, they can easily be pierced directly in their centres by the Kundalini. The merging of human attention into Spirit (Atma) manifests as collective consciousness, as that is the character of the spirit.

The sensitivity of the chakras becomes dull after the first few shocks of irresponsible behavior subjected to them. Then, a human being can live with all the destructive ways and habits very easily. The Kundalini would like to rise as a whole, but relatively, if the higher centres are not open, only a few threads pierce through. The Kundalini does force her way upwards up to a point. One can see her very strongly pulsating at the points of blocked chakras with naked eyes in Sahaja Yoga programs. She caters to the needs of the chakras, cures the disease or constriction and clears the path for her ascent. Sahaja

curative techniques operate through this subtle integrated network. It has a nurturing, regulating and correcting effect on the glands and bodily processes they control and can, therefore, eradicate the very basic cause of disease.

Both, sympathetic and parasympathetic nervous systems act on the plexuses (chakras), but in opposition to each other, i.e. the parasympathetic relaxes the plexuses but the sympathetic squeezes the energy by constricting them. One fills in the vitality and the other consumes it. There is a gap in the parasympathetic nervous system (Sushumna) but no gap in the sympathetic nervous system, at the navel point. This is the hurdle that has rendered all our search and entry into the parasympathetic fruitless so far. It is like three ladders, two of them touching the ground while the central one is hanging in the air. So whenever we try to rise in our consciousness, we move on to the sympathetic system. In death, the Kundalini leaves the body; carrying the contents of the chakras as well as disorders of the consciousness, which is the karma of the past as well as previous lives.

Thus, we do not have to wait for death to usher us into the kingdom of Heaven. If our chakras are open and clean then the earth can be heaven. Therefore, it is of prime importance to understand the functioning of the chakras. If the environment from which the chakras feed is negative they simply absorb the negativity and this eventually results in disease and suffering in the human being. This is the stage of Hell. Hell does not follow death but is the stage of misery we suffer on earth.

Thus three things are clear; firstly, we must identify our roots or chakras; secondly, the chakras should be strong and clear, thirdly, our environment should be conducive and positive for the healthy growth of the chakras.

In Sahaja Yoga it is possible for each one to become sensitive to his own chakras and also the chakras of others. This sensitivity enables one to determine the condition of his chakras and to diagnose the effect of different mental and physical activities upon them. This sensitivity is experienced as vibrations on the hands.

## Muladhara Chakra





## 5

# *The Grounding Force*

At the beginning of time the great Earth Mother gave life to all things. She is the original power from whom both humans and animals increase and grow.

*Mythology of Uluru - Australia*

The wise men of yore regarded earth as a living organism worshipping her as the symbol of fertility and as the nurturing Mother. As long as the earth was held sacred, alive and sensitive, it was unthinkable to exploit her, as one is not aggressive or domineering towards one's mother. Modern man suddenly became aware of this intimate relationship when astronauts were able to look at planet earth from outer space. Their perception of her beauty and vitality was such a traumatic experience that it transformed their relationship to a new dimension. Needless to add that many primitive tribes and traditional groups in both America and the East practise the worship of Mother Earth to this day.

Scientific investigations have led the chemist James Lovelock and the microbiologist Lynn Margulls to regard the planet as a whole single living organism.

Observations of its environmental properties such as the atmospheric composition, the salt content of the sea and the distribution of trace elements among plants and animals show that they are regulated by intricate cooperative networks that manifest the properties of living self-organizing systems.

The properties and activities of Mother Earth cannot be known from the sum of her parts as every one of her tissues is linked to every other tissue and all of them are mutually interdependent. Her many pathways of communications are highly complex and nonlinear; her form has evolved over billions of years and continues to evolve. Recognizing that this was Renaissance of a powerful ancient myth, the

two scientists named it the Gayia hypothesis, after the Greek Goddess of Earth.

Every living process has a mind. Since the Earth is a living organism then she too must be mindful like us. That which is mindful is also conscious; consequently the Earth can be regarded as a conscious being. The first centre is made of this conscious element of Mother Earth within us.

The ascent of the Kundalini is from its abode above the first centre to the seventh. It pierces the fontanelle bone area and crosses the seventh centre where it unites with the all pervading spirit manifesting the Collective Consciousness.

The first chakra is located slightly outside the spine. It guards the Kundalini which rests in the sacrum bone in the spine against wrongful entry of unholy intentions.

In the first step of evolution, the first single cell organism was formed like an amoeba. Thereafter, it became more and more complex, developing into multicellular beings. It is made of the earth element and is the beginning of life. When awakened its magnetic force starts working. A person whose first chakra is awakened has an inner sense of direction. It lies at the foundation of the psyche, where it is grounded and supports all the higher centres. Any disturbance to its sensitivity throws the individual off-balance and causes mental disturbance.

This centre governs two physical functions in the body - retention and excretion. It regulates reproduction in many ways. Pressures on the elimination organs (for example, constipation) causes tensions in this centre. Secondly, the importance of the innocence of the role of sex in terms of evolution should be understood. Freud showed how repressed sex created problems in the human psyche. However, he carried his one-sided theory too far that sex suppression hinders healthy growth but unholy over-indulgence is worse. The spokesmen of sex have gone to the extent of advocating indiscriminate indulgence in sex. They expound the theory that if you

indulge in it as much as you want, then it goes out of your system . On the contrary, one becomes impotent and frustrated. A joyless unnatural personality is developed. Over-indulgence and perversion have destroyed the link with the pure consciousness of the spirit rendering the individual vulnerable to disease.

Sex is an absolutely normal, natural human desire. But sex is to be understood in its proper perspective. The sex act has never played any role in human ascent. So the new ventures in sex are not going to lead us into a higher state of consciousness. If sex at the human level is not understood in relation to man's achievement as a human being, and not as an animal, then we fail at reaching the right conclusion. For example, human beings are evolved and have a sense of dirt, filth and untidiness, but animals are not aware of it. The sense of laws that govern us also come from the evolved state of our sustenance (Dharma). We know that a balanced life is very important and that unlike animals we have freedom to go to any absurd extremes. The other important point is that our behavior always seeks the collective sanction.

Whatever we do we basically look for collective approval. For example, we do not build statues of drunkards and prostitutes or garland them. The same is true about sex, if it comes from a collective sanction, the joy is complete. Hence sex without marriage and fidelity is not conducive to ascent, as it creates a complicated personality. All other types of sex indulgence have no collective sanction as it is against human sustenance. Otherwise it only feeds lust, thereby reducing it to a very gross act which is adverse to evolution. Ultimately both overindulgence and suppression are impediments to this centre. Marriage has the collective sanction of the society and has the security essences built in for the proper growth of the partners and the progenies. Where sex is entered in marriage the love relationship grows deeper, and sex ceases to be of significance.

Sex obsession is a mind block. What lives in the mind is an illusion and cannot get satisfaction. One can do something about reality, what actually exists, but that which is a figment of imagination, mentation or a mind obsession, cannot be satisfied. For

instance, the more one indulges in alcohol, the more one hankers after it. By drinking in excess one dies and not grows out of it. Likewise, over-indulgence in sex, does not give fulfillment, on the contrary it becomes a teasing obsession. When the famous Urdu poet Ghalib was sixty-five he composed a couplet expressing the frustration of carnal desire :

“Though I cannot lift my hands,  
but the power of passion still surges in my eyes.  
Let there be women and wine before me.”

As one tries diverse ways to find sex satiation the more it torments. Eventually out of frustration one yields to all sorts of perversion. Such shocks defile the sanctity of the first chakra.

The other extreme of sex abstinence is ascetic lifestyle. It also enervates the functioning of this centre.

“There is nothing to renounce  
There is no need to become an ascetic  
Chastity depends on the existence of lust  
When there is no lust there is nothing to suppress.  
O Peacock do not tear out thy feather,  
But wear thy pride from them.”

However, with a sensible married life and responsible parental care, the human personality achieves proper maturity and the balance necessary for ascent.

Occult practices which are in complete blindness of knowledge damage this chakra. Certain cults use very strange means which they mistake for spiritually like tantric practices, where even sex is used as an instrument. Sex cannot be used as an instrument because evolution is spontaneous. Focusing on sex may give a certain heightened or an illusory kick, but it is not a lasting state. The test of any spiritual practice is in knowing whether it is sustaining or is it only an instant quicky . The practices of calling the spirits of the dead and working with dead souls is most dangerous. Mesmerism, hypnotism, parapsychology, E.S.P., trance, automatic happenings like jumping are all manifestations of the dead spirits. These dead spirits are

described by some doctors as Protein 56 and Protein 58. They trigger diseases like cancer. All these practices injure the sensitivity of the first centre as it has nothing to do with the dead.

Finally, hard drugs damage the centre. For instance what happens when one takes 'acid'? Acid over-stimulates the attention represented through the central nervous system. The abnormal activation creates a state of emergency which brings forth the manifestation of the sympathetic nervous systems. As a result, the centres have to liberate more energy. The additional flow of the energy into the human system gives an illusory feeling of relaxation, like a floating feeling called 'high' or psychedelic experiences and hallucinations. When the effect of the drug ceases, as the total energy is limited, the drained-out addict suffers from hangover of total depression. The oscillation from overflow of energy to dissipation shocks the central nervous system. Such repeated experiences create enslavement of the attention and destroy the brain cells.

The first chakra is the embodiment of innocence and is called the Mooladhara Chakra. But the Mooladhara itself is seated in the sacrum bone higher than the Mooladhara Chakra, Mooladhara, meaning the support of the root, is the abode of the Golden Goddess. Her position itself suggests that sex centre is not to be pierced by her for her ascent. So sex plays no part in the final ascent. If this centre is weak, the kundalini does not rise from her abode and if sick with unholiness, she is sucked back into her seat.

The awakened Mooladhara brings forth wisdom, strength of dedication, innocence and purity. Such a personality is very auspicious and brings good luck of Divine bliss to the collective.

“Deeply grounded in the Earth  
Anchored like a tree  
Unruffled by the storms and changing seasons  
Entrenched in the Wisdom of his Mother  
Lord Ganesh is the law unto himself  
What he speaks is the truth.  
Is the Wisdom and love of His Mother.”

## Swadhishthan Chakra



## 6

# *The Development of the Essence of Aesthetic*

In the desire to manifest itself, the conscious force took various beautiful forms. Likewise, the human desire for shelter led its intelligence to create the structure of a house. As its sense of aesthetics developed, mankind added grace and beauty to the shelter until it finally progressed into the science of architecture. This form is still growing; as it becomes more connected with its source, mankind will create even more beautiful things. The growth continues because it is the inherent nature of the creative force. The development of aesthetics was the third step in human evolution when humanity transcended the audio-visual senses. For the first time man entered the abstract; he could imagine, forecast and conceive of an image or an idea beyond the faculty of his senses. Through this capacity he was able to further evolve his sense of aesthetics.

An artist has to be a visionary first. He has to have the capacity to project forth something beyond his limited mind. In a sense he has to connect with the unconscious to create something original. Animals do not have this capacity; it is a special gift to human beings. The one who has it, connects with the unconscious and creates a thing of joy. It becomes a source of vibrations. We call it a masterpiece, a classic, be it in the field of painting, music, sculpture literature or architecture. It becomes a source of inspiration to the society. However, human beings have a tendency towards over activity. The tendency drains the energy of the second centre also called the Swadhistan chakra. This centre breaks down fat particles in the abdomen to replace the grey and white cells in the brain, thus regenerating the capacity of thinking.

However, ceaseless thinking exhausts the sun channel and swells the ego. This pushes the super-ego down and thus severs the connection with the central channel which is nurtured by the all pervading power of Divine love, the source of creative energy. Instead

of a sponge, the brain becomes like a rock, losing its capacity of absorption. Thus, artists, planners and people who think too much or are obsessed with progress usually become weak at the second centre.

The quality of the left side of this chakra is knowledge of the truth. The knowledge of the dead is gross and unauthorized. The dead should be left alone to follow the cycle of natural order. We die to replenish ourselves but, instead, interest in these realms diverts our attention to the collective subconscious area by which we become prone to outside interference of the collective dead. All the nightmares of the Pandora's box are unleashed when we allow these influences to dominate us. Any attempt to communicate with the dead no matter how helpful or informative, is an invasion of our own being. Our inspiration comes from our own direct connection with the all pervading power of Divine love, when our kundalini is sustained in the central channel. There is no need of any other medium.

More recently, Dr. Z. V. Harvalik, an engineer working for a U. S. Army agency and Vice-President of the American Society of Dowsers, claims to have identified the receptors in the body by which dowsers receive and process their sense impressions. After a series of laboratory tests using various forms of metal shielding to block off parts of the body in turn, he located the suprarenal glands (over each kidney) as a major receptor area.

When the body receptors do not run according to the frequency of the chakras then they get entangled in alien channels. These unfriendly channels are the dead entities or UPI (Unit of Psychic Interference) that hover in the collective subconscious or the collective supraconscious areas because they are stagnant or unable to evolve. Their behavior pattern is similar to parasites who desperately latch on to another entity for survival. In the normal course they cannot penetrate a spiritually strong individual. However, sometimes when an individual's attention is lost, his mind wavers into the frequency of a UPI and at that moment it can penetrate. If the individual is weak then it is easy for the UPI to secure its hold. Gradually the UPI superimposes upon the individual and enslaves it.



In the physical body, the second centre governs the functions of the kidneys, the lower part of the liver, the pancreas, the spleen and the intestines.

The liver is the seat of our Attention. When we act, the experience of the act is transmitted to the left side of the brain, which comes back with a demand for some form of recognition for the act. In a balanced human society, this need is kept under control, but when there are emotional imbalances, a person feels a greater need for the recognition of his acts. Thus an ego develops. The Attention is that which is able to project the spirit into which ever realm as necessary, at the appropriate time, in order to function as a normal individual.

The heat created by alcohol damages the liver. Every centre has its optimum temperature and if the heat exceeds that then it blows a fuse. Excessive heat burn the cells of the organs. No wonder all prophets prohibited alcohol. It is an irony of fate that the Prophet of Islam totally banned the consumption of alcohol but now we find that these oil-rich countries are its big consumers. It blocks the second centre because this practice is unfaithful to the spirit. Liver disorders drains the energy of the second centre. The problems of liver are transmitted to the right side. In advanced cases, the eyesight can be affected. There may be nausea and lethargy similar to those found in cases of hepatitis, even if hepatitis has not actually manifested. People who have a weak or hot liver cannot meditate because their scattered attention does not allow thoughtless awareness to settle. Without a stable attention one cannot meditate. The scattered attention pulls the mind in different directions. However, good care of the liver according to Sahaja yoga methods can obliterate the problems at an early stage. An irate liver reflects in a restlessness, speedy and angry temperament.

Artificial behavior dulls the sensitivity of the second centre. People who go by the book about how they should speak and behave encounter problems at this centre. In one diplomat's home, the ambassador's wife seated next to chief guest kept saying "how lovely" to everything. The chief guest said that his father died last month and she responded, "How lovely". False mannerism is an opposition to the sense of natural beauty and aesthetics. By reducing the abstract to crude artificial behavior the sense of reality is lost.

Those who try to cast impressions end up in depression. Depression results from the impressions we try to project of ourselves. Sweet fragrance does not come from plastic flowers. If one interacts with people through a projection then one can never enjoy the sweetness of their depth. At the most one can become a social butterfly or a PRO and will likewise only attract superficial entities who are dry and joyless.

Shakespeare aptly said, “To thine ownself be true.” When one is true to oneself then the innate sterling quality of the Spirit shines. The sterling is pure and its purity is the greatest power. It is this force of gravity which attracts the Grace of the Holy Spirit.

There is a white flower which grows below the Himalayan snow line. The flower has both the qualities of beauty and fragrance but the bee does not visit it. The seeker questions the flower, “why does the bee not frequent you, despite your sweet fragrance?”

The flower replies, “Sweetness is only shared with those who become one's own. Why waste it on passersby. The bee hovers from flower to flower stealing all the nectar but embracing none.”

The ambition to be superior to others or be widely acclaimed for one's intellectual superiority emerges from the ego which is connected to the right side of this centre through the right channel. Spontaneity is absent from all ambitious competitive efforts and this explains why most modern creation in any aspect of art lacks vitality.

Both the individual and the collective conditioning reflect through the work of an unbalanced artist. A poetic expression is a vacant thought unless it becomes a channel of the living process. A poet wastes his talent if he only moons over memories of broken love affairs. When creativity flows from the central channel, it inspires the collective. Then the artist becomes an instrument of the all pervading power of Divine love. He becomes a forerunner for collective ascent. A messiah, a prophet like Khalil Gibran. As William Blake said, 'Men of God shall become prophets'. They will have the power to lead others out of the ferment into the kingdom of God. In this process the collective also evolves.

On the other hand a culture that loses its connection with its central channel loses balance and goes off the evolutionary process. For instance the culture of sixties recoiled from its dead end into an anti-culture. Instead of the traditional culture being a positive factor for ascent, it turned into a negative factor for decay. Our predicament is the same today. We have lost our moorings. Without the connection with the mains we have gone into a tangent. The collective unconscious vitalizes a culture, it is like the sap of the tree; unless it is rooted in Mother Earth at the first centre, it cannot flow. The river is not able to meet the ocean, it simply overflows. We need openings, we need the doors to open and all creation to flower. There is tremendous potential in people today but it is not channelled by inspired creativity. Without an anchor, without Divine connection, without any direction, therefore, it is scattered and wasted. Creativity that does not reflect the love of the Spirit is dead. Like a sick tree which has life but does not bear fruit. Creativity without the life flow of vibrations is a dry fad. Art is just not looking at the colors on the canvas, it is something more than that; it nurtures life, it is a common ground of sharing, interaction, inspiration and integration.

If the artist is a realized soul then his work reflects the love of the all pervading power. When the artist, the easel and the canvas merge, the Divine inspiration enralls us. In that spontaneity the Spirit is evoked. The vibrations of Grace cascade upon the artist. His creation becomes a monument, a classic, an object of joy and beauty forever. It remains an eternal source of inspiration and vibrations, like the painting of Michaelangelo in the Sistine Chapel or the music of Mozart. Such works become stepping stones of evolution. They give an aesthetic direction to the culture and vitalizes it with the living force of the spirit. Such a civilization thrives, enriches and evolves.

On the other hand, if the artists use their talents for mind projection or self-indulgence then it lacks the vitalizing force of the Spirit. Only one fad artist can interpret the work of another fad artist. For instance in the sphere of music the phenomenon of punk music sends horrible vibrations that even shock plants to perish. Such a medium can only produce a society of freaks and fads.

## Nabhi Chakra



## *The Sterling Quality-Dharma and Welfare*

With the growth of population, society expanded and nations developed. It became necessary to organize society and lay down proper guidelines for its harmonious functioning. The gap, caused by the sense of separate identity, prevented humanity from realizing its source and living in harmony with its eternal laws. Through rationality it could not be discovered, as rationality is not mature enough and is not yet enlightened. The Divine is unlimited and cannot be known through the limited channel of the rationale. Yet, it can be experienced through the Spirit. Thus, attention has to be focused on the spirit. To draw consciousness into a subtle focus, one has to become subtle. The code of conduct which is Dharma assists man in this subtle realm. Shri Mataji Nirmala Devi explains Dharma:

“Carbon has four valencies, gold has the property that it is untarnishable. Similarly, Dharma is the sterling quality which is the sustenance of making. Man has evolved from an amoeba to this stage, through his Dharma, which is the code of law of evolution. This code of life protects and nourishes our spiritual growth.” Thus, at the third step of evolution human beings were given Dharma, the Ten Commandments.

The conscious adherence to these laws is fundamental to human survival and ascent. Their disregard sows the seeds of cancer. If the cancer spreads, then it can destroy both humanity and nature.

This third chakra is also called the Nabhi Chakra and is the centre of welfare. As the creative force further developed human beings successfully harnessed nature's resources. This brought prosperity and in the wake of materialism the greed for money increased. Prosperity is a necessary step in evolution. To establish a normal human existence, money is important as a medium of exchange for essential desires and needs. If one does not have the means for satiating the essential desires they tend to become a priority over

seeking. However, when the attention moves to the central channel it brings forth a balanced state where one rises above the primitive greed instinct and pursues one's seeking without renouncing the worldly obligations.

But sometimes we get lost; when we have one thing, we want the next and eventually get consumed in materialism. There is nothing wrong in being wealthy, the problem lies in being obsessed with money, like miserliness and hoarding. These are the expressions of selfish, primitive mind which does not know the truth about the basics of life.

\*In the Gita, Lord Krishna advises Prince Arjuna to earn so much that he can give more and more. After all, if a poor man needs money and nobody has it to give him, how will he be helped? Rich and poor are part of the Great one. Hence if the rich give to the poor, it balances out; but if the rich do not share, then there is a disparity and imbalance. The poor become poorer and the rich keep becoming richer. The Solution does not lie in either communism or capitalism. The answer lies in the change of attitude. The positivity of a mature and balanced person can reconstruct the collective outlook. For instance the act of sharing itself is so beautiful and elevating whereas an avaricious person is malignant and dangerous for the whole society.

In the Indian tradition the secret of wealth is revealed by *Shri Laxmi*, the Goddess of Wealth. She receives with one hand and gives with the other. The quality of Right Nabhi which governs the liver is our action in the material realm, for instance financial arrangements, business, planning for the future, clear thinking and logic. It is affected by bad diet (greasy foods, alcohol or narcotics) and too much thinking. The result is fuzzy thinking, the inability to face up to the future, a disorganized lifestyle, bad finance and lack of lucidity.

The stability of domestic life affects the left side of the Nabhi Chakra. If the wife is not respected or there are household problems, then this side is disturbed. The left side of this chakra essentially brings forth the quality of calmness and satisfaction within. It is the inner state of contentment and harmony that allows the onward ascent

and balanced growth of the personality. An agitated or speedy Left Nabhi throws the personality into panic. In such a situation the balance is lost and one is prone to commit blunders. Inner poise and self control are swept inside by chronic anxiety. In most cases the cause of worry is a galloping imagination of problems. People who are unable to relax do not allow others to relax. They are joy killers. Despite all their agitations their achievements is usually negative. Patience is the balm for the Left Nabhi. Patience not only with others but also with ourselves. Often we are frustrated when we don't find ourselves rising to our expectations. Let us remember that the human being is not a machine that can deliver according to the dictates of the clock. Our temperaments and qualities are nature's gifts that have evolved over many generations. Human effort can no doubt weed out the faults, chisel the uncut diamond or even imbibe some new virtues but this process does not happen in any time zone. Nature takes its own course to an extent and one has to accept that maturing process. This should not be mistaken for fatalism because there is no passive resignation to fate. On the contrary there is conscious attempt to work out things. As Lord Krishna advises in the Gita that you should do the allotted duty well and seek not the reward. If at all we are to judge ourselves then atleast there ought to be an immense satisfaction in knowing that we have made the right effort. It is possible to live happily with this knowledge along with a resolve to keep up that effort and remain patient with oneself.

A calm Left Nabhi brings forth not only inner peace but also the power to stabilize others. Peace is the essential prerequisite to prosperity at all levels. It is so closely entwined that eight blessings unfold of this Chakra (*Ashtlaxmi*) bringing prosperity, auspiciousness, dignity, spiritual ascent, pure knowledge, domestic and collective joy, wealth and success.

At the physical level, if the functioning of the stomach is disturbed, the process of digestion and assimilation is affected because the third centre controls the functions of the stomach and upper part of liver. Care of the stomach is very important. Attitude towards food and eating habits affect the digestive juices and the

glands. If one is speedy, angry or worried, then the food is not properly digested because the stomach muscles becomes tense and do not act freely on the food. Likewise too much thinking about food also over-excites the stomach and hinders the energy flow. One need not worry about food too much as long as it is wholesome and nourishing. It is important to enjoy balanced meals so that the food goes happily down into the stomach and mixes well with the secretions. Eating peacefully is an art, a meditation.

The stomach is a very sensitive organ. Imagine how much electricity is needed for a liquidizer ? The stomach performs much greater functions despite all the ill-treatment it is subjected to, whereas a liquidizer would not work if a small pin is disturbed.

Indiscriminate fasting often disrupts the harmony of the Nabhi. God is not reached through fasting. The stomach needs a regular routine and a proper diet: it is not something to play with. Fasting may be resorted to under special circumstances of health, under proper guidance, but it has no spiritual significance. What use is fasting, if the mind keeps thinking of food, when the body does not need food, it will send forth its signals. Sahaja Yoga is the way of spontaneity and is opposed to any practice of selfdenial or aggression of natural law. God has laid a feast before us how can we turn down his invitation. He is most hurt when people fast in His name. Do we fast when we celebrate a birthday, marriage or festival? Let us hark the wise saying of the Upanishad,

The whole world is the garment of God  
Renounce it then  
And receive it back.



## 8

# *Collectivity*

Ancient seers regarded the whole universe to be constituted of energy condensed into materials form. All forms are, therefore, considered as merely the various manifestations of One Supreme Power or Energy. All things are nothing but centres of power of energy oscillating at different velocity, permutations and combinations.

New physics no longer views the universe as isolated building blocks but rather as a network of interdependent relationship between the various parts of a unified whole. As Henry Stapp of the University of California states, “An elementary particle is not an independently existing unanalyzable entity. It is in essence, a sect of relationship that reach outward to other things.”

Living organisms are open systems. Their survival depends on interaction with the environment which itself is a living process comprising of organic and inorganic forms. Thus our ecosystem is an interdependent network constantly interacting at all its levels.

Viewed from this angle it becomes evident how this dynamics functions at all levels of the universe structure... From subatomic particles to galaxies, from bacteria to human beings. Thus throws a new light on our close relationship to each other through cosmic transaction and interdependence.

The relationship integrates both the individual human mind and the earth mind into the whole planetary mind. This in turn must integrate into a universal or the cosmic mind.

It can be assumed that both the individuals mind and the ecosystem interact and are affected by the cosmic mind. That each individual mind interacts with the other individual human mind and is affected by it. The negative effect manifests as physical, emotional or mental disorder.

Thus the biological mental, emotional and cultural ties between human beings cannot be separated from the collective process. This is verified by Sahaja Yoga collective meditations. Often the individual catch (a problem) is dissolved by the vibrational power of the collective. While a seeker may meditate alone yet he benefits greatly from collective meditation. Thus collectivity is necessary for the individual ascent.

An organism that thinks only in terms of its own survival will invariably destroy its environment and eventually itself. The unit of survival, then is not just an entity but rather a pattern of organization adopted by an organism in its interactions with its environment. What survives is the organism-in-its-environment and collectivity.

Groups of people, societies and cultures have a collective mind and, therefore, also possess a collective consciousness. Jung assumed that the collective mind or collective psyche also included the collective unconscious. As individuals we are involved in these collective patterns, are influenced by them and to some extent also shape them.

Let us examine in the next chapter, how.

Void



## 9

# *The Ocean of Illusion*

Surrounding the second and the third centre is a void which incorporates all the aspects of existence such as personality, the effects of the planets and gravitational forces on our being, behavior patterns-Dharma and physical sustenance. This is an area of outside influence. It represents that vacuum which separates our level of awareness from the truth while we are still in the new enlightened state. When the Kundalini fills this vacuum then our attention is led out of the sea of illusion into the awareness of reality.

As human beings prospered and their basic needs were satiated, the mind was awed with the creation and wondered. "How did all this come to be?" As this enquiry deepened the seeker prayed for guidance for by himself he could not learn about creation that had preceded him. When we want to go to another city, we ask someone who has been there before for the directions. Likewise, in this state of spiritual quest, the guidance of an enlightened master is necessary. When we pray, what do we say? We mostly ask for things, God, show me the way, give me this, that or the other. When we are ready for guidance, then it comes. At the appointed moment, the right thing happens. The time was now ripe for the guru principle to awaken. From time immemorial, the Primordial Master became active and incarnated the great masters; Lao Tse, Dattatreya, Raja Janak, Sai Nath of Shirdi (Later 19th Century) Socrates, Moses, Confucious, Zoroaster, Mohammed, Nanak etc. These were the teachers who lay the stepping stones of human evolution.

Unfortunately, today there are many charlatans and false gurus masquerading as masters. For a complicated seeker it is difficult to recognize a true master. We seek a man who appeals to our ego conception. Of course when he speaks in the name of God then we take it for granted that he is our spiritual master and readily become his slave. The guru business has become a major industry. These false

gurus encourage and capitalize on human weaknesses. They block the void with their egos. We get caught with this cosmetic personality, charisma and mind talks. We cannot evolve with heavy falsehood hanging in because, through our own free will, we cage the self to them. Christ has also talked of possessions. The evil spirits possess if one accepts to get lost in these mysterious areas. Particularly if the seeker is weak and vulnerable, lacking inner strength, then he can get stuck with the wrong kind of person who uses evil spirits. The spirit possesses because spirits, like parasites, need a human mind to feed on. They penetrate the human mind to satiate their desires. For instance an alcoholic spirit desires alcohol, but as he cannot get it, he possesses a human being who is alcoholic. He then captivates the victim's mind urging him to drink more. Through the mind experience of the victims he satiates his own urge. In this way dead UPI, spirits, use weak human beings as mediums. At the same time, they create mental disorders in the individual. In the Bible, Christ often talks of cleansing people by throwing out the evil spirit that possesses them. He cast forth demons from madmen besides the Sea of Galilee. In simple terms, he was actually reestablishing the control of the conscious over the possession by a dead spirit.

The research of one of the leading American Neuropsychiatrists, Dr. Elmer Green of the Menninger Foundation, Kans, who has worked over fifteen years as a physicist on rocket and guided missile research is profound:

According to various warnings, the persistent explorer in these realms....brings himself to the attention of indigenous beings who, under normal circumstances, pay little attention to humans.... Systems for inner exploration describe these indigenous beings as entities whose bodies are composed entirely of emotional, mental and etheric substance, and say that at this level of development they are psychologically no better than average man himself. They are of many natures and some are malicious, cruel and cunning, and use the emergence of the explorer out of his previously protective cocoon with its built-in barriers of mental and emotional substance as an opportunity to move, in reverse so to speak, into the personal

subjective realms of the investigator. If he is not relatively free from personality dress, it is said, they can obsess him with various compulsions for their own amusement and in extreme cases can even disrupt the normally automatic functioning of the nervous system, by controlling the brain through the chakras. Many mental patients have made the claim of being controlled by the subjective entities, but the doctors in general regard these statements as part of the behavioral aberration, pure subconscious projections, and do not investigate further.

Interesting too is his suggestion that they may influence the brain through the chakras. The notion that indigenous entities act on them, parallels the traditional Christian teaching that the evil spirit takes its stand at the gateway between sense and spirit, making its impact not at the deepest point of the spirit but upon the imagination.

This is how people go into trance or seance. Many people claim to be psychic, clairvoyant, possessing supernatural powers but they are not aware of the process by which they have this faculty nor are they able to pass it on to others. This is because it is not their own faculty but the power of the UPI (Unit of Psychic Interference) possessing them. The normal human faculties of an individual are not shrouded in any mystery. Everyone is aware of them and they can be easily explained. Such a possession by a unit of psychic interference or UPI is extremely dangerous as it disrupts the harmonious functioning of the sympathetic and parasympathetic nervous system. By drawing on the energy of the body it exhausts the body energy supply. Further by superimposing its will it interferes with the harmonious functioning of the body resulting in fatal diseases. By superimposing upon the mind it takes control of the brain and disrupts its normal functioning. This may lead to epilepsy or other psychosomatic problems.

This left side sympathetic nervous system (libido) has the power to store all that is dead in us. It connects one with storehouses of the subconscious mind and also with the collective subconscious (Bhootlok or Paralok). At the back of the brain at the apex of this channel the superego exists like a balloon. It becomes heavy by

storing, the conditioning of the mind through libido. If the tension is heavy it breaks the superego into many fragments. If one still overexerts by conditioning, a partial vacuum is created and this sucks another dead personality from the collective subconscious (Paralok) in one's superego. Hence in the pursuit of truth, if one takes to further efforts and indulges in the deliberations of the mind as forced abstinence, forced meditation or complete slavery to emotional attachment of the mind, the libido with the aid of the affected superego may connect on to the collective subconscious (Paralok) where all dead souls, bad, good or saintly, exist. These souls start manifesting through one's personality and one gets siddhis or extrasensory perceptions. Actually these are the different subtle (dead) personalities dominating the personality through superego.

There is another method which may be effortlessly employed by many so-called teachers by which they turn the 'Chakra' in the direction of the libido and this can put one into the subconscious. This method either makes the aspirant go into a trance or accept the complete domination of the dead spirits introduced by the teacher through the plexuses.

In the first case, the seeker feels relaxed, his mind is switched off. After a few years of practice, he realizes his weakness that he cannot face reality and he takes to heavy drugging. In the second case, the aspirant becomes a complete slave of the teacher and starts giving away all the material possessions to the teacher without any logic. These teachers never explain the technique they have employed nor do they give their powers to others. All efforts made in the name of so called religion or mishandling of Kundalini can only activate the sympathetic nervous system but it cannot make any progress on the parasympathetic (Sushumna).

All mesmeric powers such as materialization power (enslaving masses for money, power or fame), visionary powers (Drishti Siddha), speech powers (Vani Siddha), curing powers, transcendental feeling (Power of switching off the mind), separation of body astral travel and many other powers are very ordinarily found among those who practise the control of spirits (Pretsiddhi of Samashan Vidya). All such

powers can be proved as powers of the dead in any one of the Sahaja Experimental Centres.

These are not Divine powers because the Divine has no interest in such gross subjects. He is only interested in the miracle of the inner being and its manifestation for human evolution. Those who indulge and use their attention (i.e. chitta) or such powers (siddhi) and those who run after such gross miracles become vulnerable to possession. Psychic powers do not imply authentic transpersonal mastery. The one who displays them has obviously not yet transcended egoic identifications. In reality his followers seek the secret of this power rather than the Truth. Such seekers may be misguided or opportunists, their intent could be self-indulgence, curiosity, selfishness, ambition or simply greed.

Charlatans have taken advantage of the vacuum created by the decline of traditional and spiritual structure in the West. A guru who exercises control over a group through fear or a guilt syndrome is obviously to be suspected. On the other hand a guru who pampers their egos is more dangerous. Pride is as much an obstacle to seeking as guilt. A group that wears the color of its leader also reflects his psyche. A clever guru can also deceive the intellect either by giving more to think about or by neutralizing all other influences. An authentic teacher constantly reminds the seeker to look within for the true guru. He tries to free the disciple from himself and aspires to make him self-reliant.

The seeker can examine some aspects of the teacher before taking the leap in the dark. At the outset there should be an inquiry whether the teacher practises what he teaches. He should not suffer from duplicity. If he preaches austerities then he should not have a Swiss bank account. One should question, "What attracts me to him?... Is it his charisma, sex appeal, eloquence or success? Does he represent a parent figure or a spouse substitute? Is my desire to belong to a group, a cover for my own insecurity? Is it escapism or a fad? What is my intent? If the intent is tainted then in the absence of pure desire, one can easily fall into the trap of self-deception.



To find the truth the seeking has to be pure and without any compromise. Then the power of innocence acts and safeguards the choice. However, good intentions do not preclude gullibility unless common sense and intelligence are also used. Sahaja Yogis have discovered that many seekers are possessed today by false gurus and under such states they cannot give up the gurus, who just make them abnormally slavish and blind. In such an event is it pertinent to question what one has really achieved ? What powers of the disciples are manifesting?

It is observed that when possessed people confront Sahaja Yoga they start trembling and shaking like lunatics. If with great difficulty such a person reaches the state of selfrealization, then he completely loses all interest in such powers or their exhibition. Actually then he is freed of all extra dead personalities who dominated him. There is no need to pass through the subconscious strata to reach the unconscious. The subconscious is an end by itself and the one who enters into its realms gets lost. The only direct way is through the parasympathetic (Sushumna) which is the central path of Ascent.

It is dangerous to dabble in parapsychology or use the powers of the subconscious because they can become uncontrolled and torture the practitioner. Those who are temporarily benefitted may later suffer irreparable loss to body, mind or grace.

Hallucination and fantasies are due to disturbances in the void. The block at the void forms a curtain of illusion veiling the reality. Unless the void is cleared through the grace of an enlightened master, the seeker will remain in the sea of illusion. The void is the embodiment of our guru principle. When it is awakened, we become the guru, i.e. we get the authority from the Divine which manifests and we can awaken the Kundalini of others. The seekers who have not been to any false guru get their realization very quickly and they retain it very easily. The void is kept clean by people who follow a life of human sustenance (Dharma). After one's realization is sustained, the Dharma is awakened, and then there is no need to know about do's and don'ts. Gradually, all bad habits drop off spontaneously.

## Anahat Chakra



## *The Unstruck Sound (The Heart Centre)*

And let there be no purpose in friendship save the deepening of the Spirit. - Gibran

When a child is born, the first thing that he responds to is the spirit of his mother. At his birth he is not aware of his identity or that of his mother's but he is aware of her spirit. The moment he comes out of the mother's womb he suffers a shock. His first reaction is to go back into the womb. However, his spirit finds comfort in the spirit of his mother and through that reassurance the child feels secure in the alien environment. At this stage his mind, the conditioning and the ego aspect is not developed. He is pure spirit. The pure spirit only responds to the spirit of his mother. This response is true unconditional love. It is not a response from any conditioning but is the sheer joy of the fusion of two spirits.

Basically true love is the quality that emanates from the spirit and not the senses or the mind. Hence, when one talks of loving a person it is pertinent to enquire if the reference is to the body or the spirit. Body attraction is physical. It may come from sex appeal, a dream image of a prince charming, talent or intellect admiration, expectations from an artist's projection or simply a rack appeal. Physical attraction is not true love because it emanates from the mind. The mind does not love, it merely desires. Often, because of conditioning, the feeling of love is confused with those of possession, sex and selfishness, and the object of love becomes the object of desire whereas pure love is detached.

When the desire of the mind is satiated then its novelty wears out. For instance, a child is excited and attached to a new toy, but after a few days when the novelty wears off, the excitement dies. The same phenomenon occurs with relationships which are based on physical attraction. The attraction can arise from conditioning, a superimposition of an impression or even a willful deception. For instance there are people who exercise seductive arts to ensnare a good

catch. Those who get caught on with trendy fashions particularly tread on dangerous grounds. They do not see with the eyes of the spirit but ride at the cusp of mental projections. Mental projections are only illusions which cannot love or be loved. It is a fancy of the eyes which Shakespeare aptly describes.

Tell me where is fancy bred,  
or in the heart, or in the head,  
How begot, how nourished ?  
Reply, reply,  
It is enlightened in the eyes,  
With gazing fed, and fancy dies  
In the cradle where it lies.

What one sees in others is only a self-projection, but when one becomes the spirit one relates to the human spirit. Such a dialogue is very deep brings forth fulfillment and everlasting joy of true love. The recognition of the spirit within the human body lies buried in the custom of many ancient cultures. Their customs are evolved to honor the spirit and respect its protocol. For instance in India when the groom enters the house of the bride, she honors his spirit with worship at the threshold. Thus marriage is considered a spiritual union. For without the recognition of the spirit, marriage would have remained a mere social institution or a contract. But in the West where such traditions are absent, marriage results in transitory relationships of making or breaking. This casual relationship adversely affects the heart centre causing insecurity. Under such circumstances, instead of confidence between the husband and wife, an undercurrent of fear surfaces. The insecurity problem in such societies does not come from lack of money but from emotional vacuum.

And what of marriage Master ?  
And he answered saying;  
we were born together,  
and together you shall be for ever more.  
You shall be together when,  
the white wings of death scatter your days.  
Aye, you shall be together

even in the silent memory of God.  
But let there be space in your togetherness  
for winds of heaven dance between you.

It is only through the heart centre that the experiences of bliss and the ecstasy of pure love is experienced. Where one partner dominates the other or is possessive, it stifles the relationship. Vibrations of the spirit's love must have the freedom to flow. Each one must respect the other and not block the other's growth by the force of a domineering personality. Modern education and human rights confer an equal status on male and female. The woman asserts herself as an equal partner and resents domination. The man, because of his physical superiority, usually fends for the house and becomes the wage earner. Money gives him power which makes him feel superior. In situations where the female is unable to assert her right, she is frustrated and develops a suppressed anger. This anger is often released on children, oftentimes in viciousness, and in chronic cases as neurosis. Breast cancer and other female related problems can be directly traced to the suppression or unjust treatment subjected to women.

At the fourth step of evolution, Lord Rama appeared to exhibit the ideals of behavior for the husband and wife relationship. He further brought forth the model of how to rule and necessary social values for establishing an ideal society. He clarified the principles of benevolence for governing and formulated the social and political norms in accordance with the laws of Dharma, which would also align to the laws of evolution. By his ideal example of sacrifice and gracious boundaries by which humanity should live and be governed. These definitions guide us in seeking to recognize our spirit and also protected the protocol of the heart. Human beings were given intelligence to protect this great source of joy and sensitivity within. Unfortunately, in our so called advanced society the head is mostly used in opposition to the heart.

Lord Rama emphasized the concept of duty; child to the Shree parents, parents to the children, husband to the wife and vice versa. In his reign, wisdom and age were synonymous and the elders were

looked up to for guidance. This is necessary for the integration and preservation of the society. If the family breaks, the society disintegrates. The whole social order has to be preserved, from the home to the level of the nation. A society may offer social security but if its aging people know that they have to wind up in an old people's home, they will always be insecure. Money cannot buy emotional security. Old age is a kind of childhood where love and care are of paramount importance. Moreover, the blessings of the elders are very fulfilling and joy giving. Too much accent on individualism as being restricted to male female relationship. Love is the flow of the sap to all the branches, between children, parents, brothers, sisters, friends, old people, work etc.; where people work from the heart joy exuberates. Where many people share and care the heart chakra of the whole society opens to usher a new world. The power of love indeed acts. Creation itself is the best testimony of how the all pervading Power of Divine love acts.

Love generates self-confidence. With self-confidence one naturally has a strong defence mechanism which protects against outside negative influence. Whereas, fear weakens our natural immunities and renders us vulnerable to allergies and disease. The personality grows and shines when the heart centre is strong. Such a person can match life like a warrior and win. On the other hand the personality becomes crippled and cramped in the abyss of fear. Many physical ailments like palpitation and breast problems arise from insecurity. Modern psychology attributes many complexes to insecurity but it should be understood that insecurity basically comes from the ego.

It is said, we attract to ourself what we give out. If we are blocked in the heart centre then we attract the corresponding mate and thus perpetuate the problem. Hence it is important to be strong and grounded before seeking a relationship. Where a mother's love has been denied in childhood, a fulfilling relationship can bridge that gap. When we respond from the heart then we overlook the shortcomings of others. We can share and overlook the shortcomings of others. We can share easily. For a mother to spontaneously give everything to her

children is not burdensome, but a love call. Love is the life-giving force of the family. It binds, nourishes and sustains it.

A strong heart centre is the basis of healthy personality. Nourished with love, it emanates warmth and happiness. Love is nature's way. Through love, the seed sucks nourishment from the soil and sprouts. The warmth and love of a doctor contributes to the healing power of his treatment. Just being with a warm and loving person, can heal. The vibrations of such a personality attract others like the bee to honey. It is love which becomes compassion compelling us, without thinking, to reach out to help mankind. It is not a moral compulsion, a mental decision but a spontaneous act. The heart responds to other's suffering because it is the reflection of the other. Shri Mataji often asks "Who is the other?" "Where the limited capacity of the brain becomes unlimited in its capacity to realize God. If you are the sun and sunlight, if you are the moon and the moonlight then where is the duality. Only when there is separation there is duality and because of that separation you feel attachment.. A distance between you and yours; that is why you get attached to it.. Everything is we, who is other? When the brain has lost its identity, the so-called limited brain becomes the unlimited Spirit." In the life of Shri Mataji there are daily occurrences where the pain of others manifests in her body. Her body is so compassionate that it absorbs the sufferings of others. Many times it is observed that as patients are brought to her presence they start feeling better while her body contorts with pain. She modestly smiles, "Oh its nothing, just my body", and the patient is healed.

She feels a world without love is a Stone Age because people are becoming insensitive and have hearts like stones. Planning becomes lopsided when it ignores the heart. Its results are dry and devoid of any joy. No wonder, despite many generations of progress and achievements people are joyless and bored. Production lines and marketing techniques are programmed to make a kill. The pressure shifts to all socio-economic areas. Success and aggression sway over human values. Schools are reduced to mass production factories to program children for the new production Ethos. They are to be

tomorrow's whiz kids, executives, entrepreneurs, salesmen etc. The bug is on them to outsmart, run, race and win. It is the winner's world. But ironically in the end there are no winners. In the rat race every one destroys each other. The so called successful Japanese businessmen are increasingly dying of heart attacks at a young age. Over-activity and hectic lifestyles have resulted in all kinds of mental, emotional and physical imbalances and disabilities. However a great man may be in the eyes of the world but without love he will lack the lustre of gold one the sweet fragrance of a flower. Excessive right side activity shifts the focus of attention on the mental level. After some time the attention becomes too habituated to function on the mental plane and loses its flexibility to catch the joy waves of the heart. Often a prop is required to mobilize the focus of attention in that direction. But when the attention is mobilized it swings to the extreme left side excepting the moderating influence of the balancing point on the central channel. This pendulum movement gives rise to a split personality. In modern times many personalities suffer from such movement of extreme and opposite behavior patterns.

The movement towards the central channel can release all ferment and bridge such extreme behavior patterns. At the mental level it is difficult to conceive the existence of the Supreme Spirit or yield to it because the idea of the Supreme Spirit or God is far beyond the brain. In the linear movement of the mind it gets lost in the labyrinth of mentation and emerges with selfcreated problems. These problems do not have a solution because they do not exist on the realistic plane. Psychiatrists try their skills to man oeuvre the mind out of the malady but no sooner the mind spins another yarn. But if just one shaft of love penetrates the heart, it can dissolve all problems. Mentally obsessed people may have shut all the doors of the heart but the Kundalini knows how to open them. One has to trust Her. She sucks the attention from the right side then ascends to the limbic area of the brain and establishes thoughtless awareness. Through successive cycles of this experience the hold of the right side loosens and the attention learns to become steady in the centre. At this stage the love of the all pervading Supreme Spirit permeates the heart chakra and enlightens it bringing joy and fulfillment.



To maintain this balance it is important that human values be given precedence in all organizations, management control, production lines and systems. The movement will then gain a heart which will not only keep the individual in balance but also generate creativity, ascent and harmony in the society. Indeed, it will stir the course of the total socioeconomic system in a balanced way towards collective fulfillment. The work of transformation does not start from the outside but from the nuclear family which is the heart of the matter. For instance a benevolent, fatherly attitude of an entrepreneur not only promotes conducive industrial relations and production but also nurtures the right side of the heart chakra thus bringing peace and satisfaction to himself, his family and the industrial society.

This is also true at the macro-level of national leadership and government policies. When the policy makers are mindful of human values, their decisions reflect in peace and prosperity. Abundance is an attribute of large heartedness. Under such an umbrella the economic index takes a positive curve and overcomes the hurdles spontaneously. The heart has a certain inbuilt resilience and wisdom which averts and withstands adversity. This is the power of love. Armed with this power, all thought of aggression and war can be erased. The collective positivity of one nation can undoubtedly create sympathetic ripples worldwide. But the heart does not work in a time capsule, its other facet is patience and forbearance. These cannot be measured by time, But let us not forget the most important factor - the all pervading Energy of Divine love that works out everything.

Despite their hectic lifestyle the 'Haves' are too busy to enjoy what they have. It may be pertinent to enquire what a man does when he amasses wealth apart from drinking and usually making a fool of himself. But it may be possible to have wealth and enjoy it too if one learns to attain the state of inner balance. This is the subject of Sahaja Yoga. How the spirit can penetrate matter and every aspect of normal life, like economy, art, culture and even politics. The universe was not created to aggress nor escape but to celebrate, adorn and enjoy. All the beautiful objects of art are a reflection of its pristine beauty. The human body itself is the most beautiful work of the greatest artist. It

isonly natural that what flows from him must compliment the artist by spreading his glory and love.

Love is the principle behind all Creations and all vibrations. God is love and love is God. In true love, there is no 'I' or 'You', there is just merging and in that feeling we experience deep human unity. Physically one may appear a different color, shape, form, mind or intellect. In love all the drops become one ocean, the vibrations dance in different rhythms, taking different patterns, breaking and remaking again, in a cosmic dance. Hate and jealousy develop an anti-current which flows against the cosmic rhythm. Where there is love there is growth, celebration, joy and evolution.

Transcendence of ego does not require violence. Suffering is often mis-identified with purification. The belief that penance is necessary, while pleasure is evil, numbs the left heart centre which is the seat of the Spirit. Both self-denial or self-torture are against the Dignity of the Spirit.

Says Kabir, “What will you gain by turning the beads of the rosary if you have not turned within.

At the physical level, the heart is the pump of the body, hence, any mental or physical excess strains it. The heat created by over-activity shifts from the right side to the left heart causing heart attack. Use of the body as an instrument of athletic display fatigues the heart centre. What is there to prove in running a marathon ? One may get first prize, so what ? Likewise, modern Hatha Yoga affects the heart organ which is the abode of the spirit. The sages of yore developed certain exercises for correcting the spinal problems caused by wrong living, to realign the body to its natural form. This led to the development of Hatha Yoga Schools for those suffering with such problems. A healthy person does not need it. As Shri Mataji points out, it is like medicine. Take the medicine for that problem but there is no need to take all the medicines at once. But today, especially in the West, Hatha Yoga is mistaken for spirituality. People spend hours doing all kinds of asanas (positions). By standing on the head, are we going to find God?

Many attractive terms have been coined as yoga. For example, there is furniture yoga where one sits on a chair and leans one way or the other. People need a toy to play with and feel elated when they are able to bend more below the chair. Another guru teaches yoga for couples. Couples need someone to assure them that they are in love. So different physical postures are devised to make them feel closer to each other by couple yoga. People think that by wearing white or saffron clothes, being vegetarian and doing yoga they reach God. These are misconceptions and misidentifications. The color of clothes, the choice of food and the quantity of asanas accomplished have nothing to do with God. Godhood is realized when the Kundalini ascends through right living, deed, thought and action.

Says Kabir, “If God could be found by going naked then the beasts of the forest would have found him long ago.”

By treating our body like a gadget we become like a gadget. Excessive sun channel activity as Hatha Yoga can dry a person and make his personality cold and devoid of any love. Moreover, such a person may suffer from heart attacks as the spirit may try to leave the body causing death.

## Vishuddhi Chakra



## *The Instrument of Truth*

At the fifth step of evolution the fifth centre was formed to express the joy of the Spirit. Music and poetry were composed at this Chakra in Divine glory. Gradually as the ego began to develop it absorbed all human attention and blocked the flow of Divine Consciousness. Instead of playing the Divine flute the Chakra became an instrument of the ego. Because of this block the innate sensitivity to feel vibrations of our own spirit which discern between falsehood and truth was lost. However, the recognition of the Absolute Truth through selfrealization can once again restore the chakra.

The indiscriminate chanting of mantras given by false gurus injure the vibrations of the voice box. Mantras have an effect on the mind. A lullaby can put a child to sleep by lulling his senses. Likewise, monotonous dull the senses, and thus divert the attention from the stress and strain of the mind and the person feels relaxed. That is why mantra selling has become such a successful business in a stressed society. Mantras can also cause self-hypnosis, which is anti-consciousness. The acute awareness of the problem and not opium doses of mantras can provide the solution. A child finds a jigsaw puzzle very intriguing. But the moment he is able to put it together, it becomes simple.

The creative force ushers humanity into new heights of achievement. As man identified with his achievement, he assumed the role of the doer, and thus became arrogant. The resultant feeling of superiority led to the development of all kinds of complexes. But when we realize our true identity as the spirit, all complexes dissolve. However, we must respect ourself as the spirit. Foremost, there must be self-respect for the Kundalini, our Mother. For without respect of its protocol the Golden Goddess does not respond.

This chakra is the first filter of the body, it is a very sensitive centre and guards against outside viruses and bacteria. Inhalation of any pollution, industrial or smoking can choke it.

Diffidence and guilt are impediments to its normal functioning. Someone who is over-concerned about others tends to assume responsibility for their behavior. If their behavior does not rise to the occasion then he feels ashamed and develops a complex. In a case of an ambitious wife each time the husband faltered in public, she felt guilt as though it was her fault. Only if we are a witness can we see things in their right perspective. Whereas, when we get involved, our anxiety distracts our attention and we enhance the crisis instead of contributing a sane solution. When the pent up guilt accumulates it forms suppressed anger and overloads the chakra. Eventually this accumulated anger vents in negativity. The heavy load of this chakra causes pressure on the other chakra below. Shri Mataji explains that this chakra gets blocked on the left side because of guilt. “Because of your guilty nature you say things that are harsh. To overcome this block you should use sweet words. Your language should be sweet to everyone, especially men must speak sweetly to their wives. Now, that sweetness will cure that block. Always speak very sweetly, try to find out all the sweet words. The sweet method of addressing is the best way to cure your guilt because if you say anything harsh to anyone you may say so as a matter of habit or may be because you feel happy by saying that, but as soon as you say it, you say, “Oh, God, what did I say”. That is the biggest guilt. One has always to try to find sweet words. See how the birds are chirping; in the same way you have to learn all the sounds of everything by which you make people happy by your sweetness. It is very important. Otherwise, if your left block grows too much you will develop a way of talking by which your lips will be distorted towards the left side.”

Cynics and critics get easily caught up at this chakra. Cynicism sparks from frustration. When a pseudo intellectual finds himself helpless in an impossible situation his ego hits back with the sharp tongue of cynicism. Often well meaning journalists frustrated by galloping national crisis ventilate their anger in cynicism. The frustrated public also cools its anger by sipping in the cup of yellow journalism. A vicious circle follows and the resultant ego pollutes the deep blue sea with jaundice. However, anger does not resolve anything. If we are to seek solutions then let us resort to patience and

forbearance. As Shri Mataji often says let us now try the power of love. The suggestions of critics, cynics or pseudointellectuals have not led us anywhere. They only see one side of things and thus tend to be shortsighted. A lopsided or partisan view only complicates the issue. A large heart is needed to think in totality like a mother's love which safeguards everyone's interest. A mother forgives easily. She does not look at the faults of the children but tries to solve the problems. Her methods are so subtle and gentle that they work without provoking the ego. Provoking the ego only sparks a reaction but is not productive to correction. In the realm of the fifth chakra this subtle play of the ego goes on. The one who has learnt to play his role on the stage on which everyone has to play his part, transcends it. This art can be learnt from our mothers and grandmothers, how they brought us up in childhood so lovingly that we abided their askance spontaneously. In that sweet learning process there was nothing to feel hurt. The childhood may be over but the play continues, let us take to the sweet loving melodies of Lord Krishna's magic flute and witness the play. There is an ancient Indian saying -

There is no plant without medicinal quality  
There is no human being without some virtue,  
It is only our weakness that we can't find it.

The fifth chakra is the centre of Divine diplomacy where human beings learned to overcome adversity through artfulness. At this step of evolution, Lord Krishna descended to proclaim the greatness of God. He authorized the use of force as a least resort to uphold Dharma, but let this the forces of righteousness. Not be mistaken for violence in the wake of fundamentalism and racialism. The great battle of Mahabharata fought at this time, symbolized that truth is eventually victorious.

The fifth chakra is the flute which expresses the sweetness of the heart. The sweet music delights others and the self. This force is described as 'Murlidhar' the player of the flute. Lord Krishna as the archetype of the cosmic force is pictured playing the flute. As the flower bears the virtue of fragrance, similarly the human quality is to give sweetness. Language is to express the sweet music of the heart.

Many nerves passing through the fifth chakra end up in a sub-plexus called the 'hamsa'. This is just before the sixth chakra. All the conditionings can be built into this chakra which arise from the training of the mind, the conscious experience of our society, education and programming. Through these conditionings one reacts to things which are dead and meaningless. However, after self-realization the opening of this chakra allows us to witness our own conditioning and also correct it. This is how the sense of discretion develops. Constant vigilance and self-correction matures the discretion. The Great Primordial being gives us the collective consciousness. We are the part and parcel of Allah Hu Akbar (the great). We have to become one with the whole. The microcosm has to be awakened into the macrocosm. After self-realization, collective consciousness is actualized. One feels one's chakras as well as the chakras of others on one's fingertips. This is the experience, the enlightenment on our central nervous system. It is not a myth or a conception but an actualization. Like an egg becomes the bird one also gets a new birth into a new dimension of awareness which is collective consciousness.



# Agnya Chakra



## *The Threshold*

“Must I tear them out,”  
 the peacock protested;  
 “These gorgeous plumes which  
 only tempt my pride.”  
 Of all his talents  
 let the seeker beware.  
 Aiming for the bait.  
 He does not see the snare.  
 Beware of the ego that  
 pampers thy wills and skills.  
 Else there is no bane  
 so deadly as free will.

Human endeavour, unless plugged into the mains of collective consciousness becomes subservient to the Ego. While it is essential to use and develop all human faculties, it is advisable not to claim credit for their success. Let us be mindful of ourselves as only channels of collectivity for the collective good.

Three great messengers came at the sixth step of evolution. Lord Buddha, Lord Mahavira and Jesus Christ. The Buddha spread the message of compassion and nonviolence. He preached the eightfold path. He showed how human beings could be centered and the ego sublimated for the evolution of the Kundalini through the middle path.

Lord Mahavira preached nonviolence to the self. His message was very subtle-that one should be nonviolent even in thoughts, that through the gentleness of mind the superego is sublimated. He showed how to rise above the gross mind conditioning.

Jesus Christ came to help man realize his own ego by allowing himself to be crucified; great repentance was aroused in man, thus enabling him to see the monstrosity of his own ego and this brought

about humility in him. The Christ forgave man. He said that if one sincerely asks for forgiveness, then he is forgiven. He forgave even those who crucified him. We, too, must forgive; the malice in our heart weighs us down. Forgive and leave the past to the dead. The advent of the Christ was a major breakthrough in the spiritual growth of humanity because he dissolved humanity of its guilt, sublimed its ego, taught forgiveness and proclaimed the immortality of the spirit.

In the process of collective evolution, what one discovers works out for the others. For instance, the invention of one scientist benefits the collective. Each one needs not individually do experiment to verify. In the same way, when an idea crystallizes through the mind of a great thinker, it becomes a sharing ground for the whole society. One individual can open the door for others. Similarly, what the great masters and incarnations have opened for us, we need not go through again because they already worked it out for us. Thus if Christ opened a door, if he had suffered for us, then we need not suffer again.

Unfortunately the sixth chakra gets blocked by the myth that we have to atone for the sins for our previous lives. Christ came to absolve our sins; he forgave us, thus he was able to make a major breakthrough in our evolutionary process. This was his contribution, that is why we remember him; otherwise there was no purpose, for his advent. Since he has forgiven us, now there is no need to take oneself to task for the past and feel guilty.

Those who are unable to forgive get caught up at this chakra. What have we to forgive or not forgive. What can we do or not do to the other - it is all a myth. Whatever we harbor against the other is only the dirt in our own mind which harms our own evolution. Besides, the person who is not forgiven remains unaffected. Non-forgiveness is only a game to fan the ego. To rise above the ego we have to take the lesson of forgiveness from Christ. Those who do not heed his message cannot enter the kingdom he promised.

The teachings of Sahaja Yoga are now being confirmed by psychologists. In the words of William Johnston, Director Institute of Oriental Religions, Sophia University, Tokyo: One of the most

damaging traumas that can exist in the memory is suppressed anger and refusal to forgive. Because of early wounds, people refuse to accept others (you are not OK) and to accept themselves (I am not OK) and end up in emotional upheaval. Often the root problem is an unconscious refusal to love and to forgive their parents. And this makes it difficult to love and forgive anyone, because we are forever projecting parental images onto the people we meet. One may succeed in forgiving the conscious mind (and this is enough for salvation) but the unconscious lags behind, leaving our love so much less human.

The subtler side of compassion is forgiveness, is *Love*. When we forget the past, we become new blossoming lotuses, spreading our beautiful fragrances all over the world.

The sense of vengeance is really childish. Because we refuse to grow up we keep playing the childish game of punishing the culprit. If the murderer has escaped then let his son be hanged. In the end the whim of vengeance destroys oneself.

We know no thoughts of vengeance  
within this temple's walls  
Where love calls back to duty,  
who e'er from duty falls,  
By friendship's kindly hand held fast,  
He finds the land of light at last.  
Here each to every other,  
by mutual love is bound,  
And where every sin is pardoned,  
no traitor can be found.  
Those that this bond cannot unite,  
are unworthy of the light.

- Mozart, *Last Opera*

Christ introduced humanity to the reality of the Holy Spirit and revealed its laws by warning of sins against the spirit. The reflection of the Primordial Holy Spirit is the Kundalini within the power of love of our Mother. By Baptism, he meant to awaken this latent force which has been sleeping in the human body for generations and to give self-

realization. The fontanelle bone area is the aperture to enter into the all pervading power of Divine Love (the Brahma Shakti). The real Baptism is its piercing (Brahmarandhra). Negative thinking, bad habits and roving adulterous eyes disturb this centre. Since the optic nerve is related to this centre, too much visual entertainment dissipates its energy.

When both the mind and intellect are transcended, the Agnya Chakra, the doorway to the Kingdom of God, opens for the Kundalini to pass through. Christ has already said that only those who are innocent as children will be allowed to pass through the gates.

Wrong notions about God also block this centre. Where religious people become dogmatic, they get stuck to the letter of the scripture and miss out the essence of the prophets. One has to follow the spirit of the Buddha, not Buddhism; the Christ, not Christianity. By having a picture of Rolls Royce around the neck and believe we are riding in a Rolls Royce, will we be able to move even an inch? In the wake of fundamentalism more blood has been shed than any of the World Wars.

Meditation on the point between the eyebrows is dangerous as it overloads the chakra and damages it. People who are clairvoyant get side tracked into seeing the supernatural which is of no interest to the Kundalini or evolution. Instead of ascending such people go into tangents in opposition to the evolutionary process. This is most dangerous for their physical and mental well being.

The Kundalini is our potential force through which we have the ability to be in the present and to sustain ourselves there; thus not to be pulled by the past or the future. The past is like a magnetic current which sucks our attention and makes us its medium. However, when the Kundalini rises, it becomes a greater magnetic force and sucks all our attention in the centre, which is the present. As long as our attention is stuck in the past a therapist might be useful, but when we function in the present through our own natural reservoir, then we transcend psychology.

Assuming that mind is over matter, we are neither emotions nor intellect. The spirit is beyond even the mind. Our endeavour is to become the spirit, to be in the present where we are joyful, where each moment we respond to the great Universal Reservoir, the collective Conscious or God and operate constantly at that level. But one way or the other we operate from a program in the mundane state of existence. We are either programmed by the past or project into a future program. The choice is ours, whether we care to live by a program of the past or the future. In the present there is no program, only spontaneity. The meaning of life only unfolds itself when we are centered in the present.

An animal cannot project his mind whereas human beings have the ability to project something which does not exist in reality. For instance, an artist is able to project something in the abstract and then transmit it on a canvas. An architect conceives an idea and then develops it into a design. Through this power we have learned to play with our mind, to build castles in the air or break them. This play is the great power of the mind. It enables us to cross many frontiers and move in many dimensions. However, too often we get caught in our own play. Then we seek to liberate ourselves. This drama or play is called maya.

Maya teases the ego and plays hide and seek with its shadows of logic and intellect. Maya is like a dream, an illusion. For instance in the dream state, we believe that the events are happening but on waking the illusion drops. In the same way the mind deceives itself. Sometimes we say “Oh, I believed it was so, I was under a misconception.” Our conclusion had been a logical mental deduction. However, as the hypothesis of the logical deduction was itself an illusion, thus the intellect too suffers from illusions. Only when we transcend the ego does the error become apparent. When we experience the absolute truth, i.e. the spirit, then the veil of maya drops. The attachment to one's intellect goes and the outlook becomes of a third person. On reaching the heart of an onion it cannot be peeled further. This is the absolute point. The mind is like an onion, when all the notions and concepts are shed then only the pure spirit shines.

There is a pseudo viewpoint that truth is relative; that something

is true for one and may not be true for the other; “this is my path and that is yours”. This is all mind talk, what the computer pours out depends on the feedback. In the days of Socrates the greatness of a man's learning was judged by his intellectual and argumentative ability. Scholars could logically prove a man to be a cow. The success of a lawyer does not depend on truth but rather on his argumentative skill. Fundamentalists and politicians are past masters at the game.

Sahaja Yoga does not depend on any such skills or the intellect. It works through a subtler force which is both within and without. Within, the Kundalini responds to every action. As the awareness of our spirit enlightens the central nervous system we can actually feel our spirit manifesting itself to us as vibrations. When our attention moves to our inner consciousness we can move on to everybody's Kundalini. We start feeling the Kundalini, its nature, its position in others. Collective consciousness is thus established and we become a universal being. After a while we cannot say who is the other person. The power of love is so great that with the movement of our fingers we can move the Kundalini of others. This is how the en-masse evolution of human beings is taking place. This is how in this dark age truth is being known from untruth.

Each chakra within and without represents a fundamental law of nature. Any negation of natural law immediately reflects on the chakra and registers it on the finger as heat. In this way it is possible to experience the force behind all creation, from seeds to stars, from atoms to galaxies, from microcosm to macrocosm. As one's recognition is established the power of discrimination is attained. This is not the petty discrimination between black and white but the key which unveils the sterling quality of life itself. This is how we can plunge out of our mental shell and see life from a universal spectrum. Now with the culmination of the grand evolutionary process the time has come for all of us to realize this. Shri Mataji describes it as the blossom time where the collective materialisation of the eternal human quest is at hand.

# Sahasrar Chakra





## *The Perennial Connection*

When the kundalini pierces all the chakras it ascends at the seventh chakra and opens the fifth dimension. It enlightens the brain and the true self is experienced. Every act of the true self is holy and spiritual because it is born of the spirit. The mind and the intellect are transcended and they become the instrument of the spirit instead of the ego.

It is a state when the conscious experiences its own consciousness. The collective unconscious permeates the conscious. The collective unconscious does not imply that it lacks consciousness. In fact, it is the subtle level of consciousness, which mundane level of consciousness does not reflect. When the Kundalini opens the seventh chakra this collective unconscious is experienced on the central nervous system. It is not a hypothesis or a supposition, but an actualization. One actually feels the Kundalini rise to the apex centre and experience the heat as inner tensions are released followed by a cool gentle breeze like vibrations on top of the head. Peace, quiet, joyfulness settles down and one begins to feel a state of total harmony. It is a spontaneous process. If one tries to visualize or project it then it causes a different reaction. For instance, emotional people would become over emotional and succumb to self-pity and indulgence. Whereas it is a living process, when the seed matures it naturally sprouts. William Blake aptly describes it :

Thou perceivest the flowers put forth their precious odours! And none can tell how from so small a centre come such seeds. Forgetting that within that centre Eternity expands.

The only human effort involved is to put the seed to the Mother Earth. Similarly, a realized soul has to awaken our Kundalini to connect her with the source. In her ascent she sucks our wavering attention into the present state of thoughtless awareness from the alleys of the past and future. There after she keeps working on her own

through her own consciousness. If there are any blocks she clears them, she is like the river which steadily circumvents the hurdles and makes her way to the ocean.

When the seeker leaves everything to her she overcomes anxiety. Then he can enjoy the fresh experience of this living force within, without having any preconceived ideas or notions. As she establishes her ascent. She drops the pearls of true knowledge. However a doubting mind cannot ascend.

'But the man who is ignorant, who has no faith, who is of a doubting nature, perishes. For the doubting soul there is neither this world nor the world beyond nor any happiness.'

*The Bhagavad Gita IV : 40*

This centre contains, in subtle seats (peethas), all the other six centres. The spirit resides in the heart but has its seat at the top of the head in the middle. This is the place which is pierced by the Kundalini, the point of union or yoga at which the attention is united to the spirit. Before the Kundalini awakening, the energy in the Chakras is limited. However, after the union it becomes unlimited; as the golden shafts of the Kundalini threads all the chakras like a rosary by passing through the central channel to the Perennial source. For instance, water which is in a tank can stagnate or be finished, whereas, spring water which is connected with an infinite source remains ever fresh and never finishes. This connection established the transcendental experience of identification of the Supreme Spirit as source, at one with all that is. This is the synthesis, the integrated wholeness. It is not a state of trance or passive unconscious perception but a dynamic state of joy. It is a state in which spontaneity flows in contrast to reactivity and impulsiveness. This is the absolute Truth realized in the highest spiritual experience. It is beyond any notion of existence or its negation, speculations or imaginations. This collective consciousness has no form, no ego. It is without causality or activity.

One enters into the integrated collective consciousness and becomes a mirror of that consciousness. The golden shaft of the Kundalini awakens the human brain to unknown dimensions. The

human brain becomes the computer of the collective conscious directing universal law. There is no more space for individual nations, sects or ego; one becomes a part of the whole. Unity and integrity follow spontaneously. We effortlessly tune into the subtlest level of communication through vibrations. As the ego is transcended we enjoy the reality of beauty, devoid of mind projections. From its standpoint everything else becomes a play. Maya no longer holds her sway. Through the unchanging awareness of reality the illusory nature of ego identifications becomes clear. Established in this state one maintains the awakened level of awareness in the hub of active life. When human consciousness tunes into the infinite, it becomes infinite. The sages have poetically described it as the union of the lover with his beloved. The Buddha named it the Void, Mahavira termed it Nirvana, the Vedas called it Moksha and Christ referred to it as the Kingdom of Heaven. Saint Jnanadeva described.

The kundalini retains its power until it is absorbed in the Supreme Brahman. Making itself steady in 'Brahmarandhra' (fontanelle bone area), it spreads out its arms in the form of the notion 'I am the Supreme Brahman' (Absolute), and embraces the very Supreme Brahman. The screen of the five gross elements then gets dropped down and they both - the life-wind and the Supreme meet together bodily, and it along with the sky absorbs itself into the Supreme Brahman getting one with it. Just as the sea-water becomes pure through the clouds, pours itself down into rivers and streams and then ultimately rejoins the sea, in the same way the individual soul, with the help of the human form, enters into the Supreme and secures union with it.

There then remains nothing like any 'object of knowledge' and whatever further might be said, would be in vain. That stage from where words turn back, where all fancies and ideas get destroyed, where even the remotest touch or reach of thought cannot have any access is the very beauty of this stage... It is the beginningless, limitless Supreme Spirit, and is verily the primary seed of the Universe, the ultimate goal of the Yoga-Study, and the very sentience full of bliss; all forms, the state of emancipation, all beginning and end

are all uprooted there... Those that strive unflinch ing till the end reach the form of the Self and secure the ultimate goal.

The sound, the brilliance, and the splendor in her, all ceasing to be perceptible. There then remains nothing like conquering the mind, or shutting up the wind, or any reliance on meditation. There also remains nothing like fancies or ideas. This state should in reality be regarded as a mould for melting of all the gross elements. \*

It is a self-conscious state in which one perceives the selfactive power of the Supreme Spirit; the all pervading power of Divine love whose essential nature is self-unfolding, selfdelighting, Existence-Consciousness-Bliss.

\*Shri Jnanadeva's Jnaneshwari, vs. 15 (A.D. 1275-97)

## *Divine Vibrations*

The collective cosmic patterns are like a rhythmic dance formed by various combinations permutations and configurations of vibrations. Nothing is static everything has vibrations. Every cell in the human body is vibrant, emitting and absorbing vibrations. All the incarnations described them. Christ described them as the 'cool wind of the Holy Ghost'. Adi Shankaracharya was in ecstasy over the 'saleelam chaitanya', i.e. the cool breeze. Saint Jnanadeva goes in details:

The life-wind emerges out of the kundalini and creates a cooling sensation in the body internally as also externally. This experience is verified in Sahaja Yoga meditations. When the kundalini pierces the fontanelle bone at the top of the head the same cool breeze is felt at the top of the head and on the finger tips.

Through Sahaja Yoga techniques it is possible to feel the vibrations of the inner state of one's chakras and those of others. It is also possible to direct vibrations to a damaged chakra and cure it. It is observed that in many complicated people, after the first flood of vibrations the kundalini recedes to repair the chakras. In Sahaja Yoga all the knowledge of vibrations is freely given. When properly established a Sahaja Yogi can give realization to others without any difficulty by raising the Kundalini, as the chakras can be felt on each corresponding finger.

Even when we get caught up in the network of other people, it is possible to maintain our own equilibrium by vibratory awareness. Once we start becoming sensitive to our vibrations, then we can observe the change taking place, if anything from outside disturbs our vibrations. For example, if we are in the company of an individual or groups of people who emit hot vibrations, we will immediately notice the disturbance rattling our equanimity. Hot vibrations imply that negativity is trying to penetrate us. Our defence mechanism

immediately swings into action impelling us to protect ourselves from those negative impulses. As we protect the body from adverse weather, similarly we protect our vibration from negative influence. It is important, therefore, to understand vibrations, to develop the sensitivity to tune in and learn the method to decode them. This is the meta science of Sahaja Yoga.

In Sahaja Yoga, which is Shri Mataji's precious gift to mankind there are many ways to correct our meditative conditions and strengthen our chakras with the help of vibrations.

Dr. B. Bhattacharya in his work, 'The Science of Cosmic Ray Therapy' States : “The photograph of a person has the same set of vibrations as the person himself and therefore, the cosmic ray generated and focused at the photograph of the patient, instantaneously travels with its natural speed of light, and recognizes and envelopes the person concerned. This cosmic ray immediately starts its work in the appropriate place within the person.” After realization one gets vibrations like the cool breeze from Her Holiness Shri Mataji Nirmala Devi and even her photograph. This corroborates with Dr. Bhattacharya's discovery that the photograph of a person has his vibrations. In this new vibratory awareness of Sahaja Yoga it is easy to decode the problem from the photograph of the person.



Vibrations flowing from Shri Mataji's mouth



Vibrations falling on Shri Mataji's head



Vibrations flowing from Shri Mataji's hand





Vibrations over Sahaja Yogis during collective meditation



Vibrations over Sahaja Yogis during collective meditation



## *Meditation*

Meditation has become rather a loose term like an ambiguous grey zone. Meditation cannot be defined but let us examine the intent of the seeker. The intent varies, from attaining of therapeutic benefits to the realization of some spiritual concept. Generally it is aimed at becoming one with the whole. The conception of that whole is purely subjective but it can be termed as God, our father or collective consciousness. The seeker has no doubt read books about God, heard songs in His praise but How to experience him ? Meditation is the obvious answer. But how to meditate ? Sahaja Yoga meditation endeavors towards this experience through learning to tune into the frequency of one's own spirit. In the beginning one may not immediately establish this connection but one may experience spells of thoughtless awareness. This state gradually becomes steady through raising of the Kundalini. When all the chakras assume their sound condition the kundalini also settles at the seventh chakra and enlightens the central nervous system whereby we become fully conscious of our spiritual being. We become the spirit. This is the fulfillment of meditation. However, let us examine what transpires before that.

Often during periods of introspection we discover that different moods affect us. What determines these moods. If the day has gone beautifully, when we close our eyes to meditate, we feel contented and our meditation will be very good. If we are very agitated, our mind is restless and this will reflect in the meditation. These moods are from ego or superego because the spirit has no moods.

When we shut our eyes to meditate we are suddenly besieged by a volley of thoughts. The first step is to assume the position of a witness. Let thoughts come and go. Like one is standing by the roadside watching cars pass by, gradually a space will appear between two thoughts. Then this space will become wider and wider. The next

step is to stay in this space of thoughtless awareness. As the focus of attention shifts from the parade of thoughts to the widening between space, one starts witnessing the subconscious mind. When this is witnessed consciously, it ceases to attract attention.

Initially we may suffer from the hangover of the past, but gradually through the practice of witnessing, it is overcome, for instance, a shock or a tragedy may have left a deep bruise. The more we dwell upon it, the more it enacts. By living in the tragedy and its sorrow we may assume a melancholy nature. Our inherent nature is the same as the cosmic force, whereas our second nature is acquired. Likewise, some childhood suppressions or sufferings may have left an imprint of a characteristic in our second nature. Most of the fears, traumas and old age eccentricities emanate from the deep recesses of the mind. During meditation one becomes conscious of these patterns and also gains the strength to correct it. It is not a correction that someone else can do. Each has to do it for himself. As we settle in meditation, the attention becomes very sharp and the mind subtle, one can instantly witness the recording on the canvas of the mind and the bubbles of reaction it stirs. At that instant, by the power of discretionary witnessing, the impression can be neutralized and it does not recede in the subconsciousness. But the dents made by past conditionings are treated by the kundalini. To balance the angularities the kundalini spreads her vibrations in various rhythmic mandala like movements. Her vibrations purify chakras. In meditation the content of thoughts is not so important. One's attention is the most important factor. Although cognitions and images may arise they are not the end goal of meditation. We should not equate meditation with techniques of guided visualization, daydreaming, covert self instructional training, self-hypnosis or any psychiatrist-psycho-physiological-relaxation-curative therapy. Meditation is a way of learning to experience without either categorizing or experience in any predetermined way likely to result from habit, selective inattention or selective perception.

It is most restful to sleep with the attention on the sahasrara (limbic) area of the brain. In such a state the attention does not shift to

thoughts coming from the area of the subconscious. The sleep is very deep and the person wakes up completely refreshed. The duration of the sleep may be short but the batteries recharge swiftly through a smooth uninterrupted connection with the Mains, i.e. the All Pervading Power of Divine Love. If this connection is maintained throughout the day then there is no tiredness. In such a state there is no consciousness that one is doing anything. It is just a happening as though an unseen conductor is directing a beautiful orchestra and we are silently enjoying it. It is the consciousness that “I am doing it”, that weighs one down. The “I” consciousness creates ripples of mental anxiety that gains alarming proportions resulting in mental and physical exhaustion. In a state of anxiety the vital link with the mains snap and the recovery of the individual is dependent on the united energy supply of the sympathetic nervous system. Often in extreme cases the sympathetic nervous systems are depleted and the individual fails to recover. Sahaja Yoga techniques facilitate recovery by first reestablishing the vital link with the Mains by bringing the individual in balance or the centre through giving him selfrealization with the awakening of the kundalini. The individual thus has recourse to the unlimited power supply of the mains to aid his recovery. One realizes after self realization that meditation is a state of being. There is no doer. We do not meditate but we are in meditation. It does not require escaping from ordinary life.

#### *CLINICAL FINDINGS ON SAHAJA YOGA MEDITATION*

Most experiments on varied group of meditators have revealed that the practice of meditation is accompanied by a decrease in neuroticism, depression, anxiety, irritability and hypertension. It increases self-control, self-actualization and happiness. According to Prof. U. C. Rai.

The control of stress factors by drugs like tranquilizers has been in use in spite of their side effects and habit forming nature. However, it is not a satisfactory long-term answer to tackle the problem of severe stress. Hence, various relaxation techniques, meditation etc. have been tried to reduce the effect of stress on the body. Recently, H. H. Shri Mataji Nirmala Devi has

demonstrated that Sahaja Yoga is easy to learn and practise and is in fact spontaneous and effortless. It is based on internal technology. The perception of cool breeze from palm to top of head confirms the awakening of the kundalini. After the awakening of kundalini one goes into a stage of selfrealization and thoughtless awareness - a blissful stage with profound relaxation of body and mind. In this communication some effects of Sahaja Yoga on heart rate, blood pressure, galvanic skin resistance, blood lactic acid and urinary vanillyl mandelic acid have been studied so as to define the role of Sahaja Yoga in stress.

It is concluded that Sahaja Yoga practice produces significant physiological changes in both the trainees and advanced Sahaja Yogis by bringing about an equilibrium between sympathetic and parasympathetic responses. It knocks down the sympathetic dominance which is usually seen in situations of stress. Thus Sahaja Yoga helps an individual in providing relief against stress and thereby prevent stress disorders.

Recent studies reveal the following change during meditation.

1. On beginning meditation, alpha amplitude increases.

1. Publication on scientific studies on the effect of Sahaja Yoga on the human body and mind and its role in preventing stress disorders published in the journal of "The International Medical Science Academy' Vol 2 MAR 88 by Prof. U. C.. Rai former head of the Department of Physiology, Sucheta Kriplani Hospital, New Delhi.

2. "Effects of Sahaja Yoga Practice on Patients of Psychosomatic diseases" and "Physiological Effects of Kundalini Awakening by Sahaja Yoga", by Dr. Deepak Chugh and Dr.Sandeep Sethi (the second paper has already earned a doctorate).

3. Later in meditation, trains of theta activity occur, often intermixed with alpha.

4. During deep meditation of 'Samadhi' bursts of high frequency beta occur.

5. Significant and dramatic decrease in heart rate, respiration rate, oxygen consumption, skin countenance, and increase in cool breeze on the top of the head.





*'Behold the Mother'*

The Tao that can be told of  
 Is not the Absolute Tao  
 The names that can be given  
 are not the absolute names.  
 The nameless is the origin of Heaven and Earth  
 The names is the Mother of all things.

- Lao Tze

Cosmos after cosmos is ceaselessly giving birth. Each cause is a Mother, its effect is the child. When the effect is born, it becomes pregnant with a cause and gives birth to wondrous effect of Mother and Child. As science deciphers the DNA, perhaps one day it may decode the DNA nexus between the Primordial Mother and Her Children. But the body of the primordial mother is made of vibrations. Hence to discover her .....scientists would have to understand the DNA of vibrations. That it will not be difficult to find the corrective .....for cancers, Aids and other health problems. Fortunately Shri Mataji has already blessed us with the meta-science of Sahaja Yoga. Through its practice human senses can be modified to rustare conseiousness back .....cells .....they can .....to normally in corrupted. To the one who asked the way Ramana Maharshi answered, "Go back the way you came." It is the eternal chain of cause and effect. Its root is described as the Matrix (womb), the Primordial Mother, what Christ termed the Holy Ghost. Even before Christ, before the Vedas, before man knew how to write, his innate intelligence recognized it as the Mother Force, the 'Adi Shakti'. Recent discoveries in the Son Valley excavations show evidence of Her worship in prehistoric Stone Age 30,000 years ago. (Excavation in 1980 by Prof. J. Desmond Clark of Berkeley and Prof. G. R. Sharma of Allahabad University. Son Valley, District Madhya Pradesh, India.)

First there was the sea All was dark

There was no sun, no moon  
no people, no animals, no plants.  
The sea was everywhere  
The sea was the Mother.  
The Mother was not people  
not anything, nothing at all.  
She was the Spirit  
of what was to come and  
She was thought  
and memory.

- *Kogui Mythology-Columbia*

In the beginning we come from our mothers. In the end, we return to the Mother Earth. One's spirituality cannot be complete unless it embraces the full meaning of these truths. It is not surprising that scientists claim to have found our common ancestor-The Mother who lived 200,000 years ago and left resilient genes that are carried by all of mankind.

Undoubtedly God is one. However, it assumes a dual attribute of active and passive. Its activating form is the Womb of Creation. This recognition lies deeply buried in the human unconscious. In brief moments of history this realization permeated human consciousness. While the Hindus always worshipped her as the Mother Goddess, the Greeks revered the Goddess Athena. Mother Mary is the continuum of the same recognition.

Until the end of the 15th century, the Madonna appeared everywhere. The popular movement portrayed the Virgin Mary as the ultimate healer and the quintessence of love, charity and compassion as one historian described it. Her followers placed the Virgin on a higher emotional plane than the purely masculine Trinity. This new gospel of Mary carved in every Gothic cathedral consecrated to 'Our Lady' swept Western Christendom, compelling the church to sanctify it. Great festivals came into being celebrating the virgin's life. Since it posed a threat to the Church the Church fathers repeatedly attempted to discredit it.

### *MARY SYMBOLIZES ULTIMATE GOODNESS*

As the human consciousness moved into more abstract realms of thought, it became attached to the Taoist concept of Yin and Yang which led to the concept of the 'Female Principle' in recent times.

Sometimes the formless can also assume a form to facilitate cognition of Truth or to accomplish certain tasks. It is not, therefore, surprising that millions of Hindus worship the female principle in the person of Sita, Radha or in the West as Mother Mary.

It is also possible that the same principle may have again manifested amongst us if history repeats in all its aspects. What did Christ imply, "I will send you a counsellor, a comforter and a redeemer... The Holy Spirit will teach you all things." Let us explore this possibility in the light of certain indications and predictions in the next chapter.

## *Epilogue*

In the period of distress about the year 500 B.C. Lord Krishna came to uphold Dharma and he stated in the Bhagwad Gita.

“Whenever there is a decline of righteousness and rise of unrighteousness, then I send forth myself” and indeed in the age of darkness 2000 years ago Christ came forth to save mankind. He too said :

I will pray to the Father and He will give you another Comforter, that He may abide with you forever.

That the Father does abide within the self-realized as eternal spirit, every self-realized soul can bear witness. Thus the individual becomes a part and parcel of the collective being which is the spiritual reality. This is the connection which is the true baptism, the *dwijaha* or second birth of Hindu philosophy, which Christ also promised and which is described in the Koran as the Day of Resurrection.

“He created you as one soul, and as one soul He will bring you back to life” (31:28) what else is this but the collective consciousness in the Life Eternal?

“On that day we shall seal their mouths; their hands will speak, and their very feet will testify to their misdeeds” (36:63) thus is described the nonverbal language of vibratory awareness which is transmitted through subtle eloquence of sensation in the body extremities.

“The fate of each man we have bound about this neck. On the day of Resurrection we shall confront him with a spread wide open, saying:

“Here is your book; read it”.

“Enough for you this day that your own soul should call you to

account” (17:12) - this describes how Kundalini herself records her own history and carries the scars of our selfinflicted injuries.

The manifestation of this spiritual reality in the modern world has been foreseen by realized seers and sages since ancient times. An America, Jeanne Dixon predicted the birth of the coming Avatar (divine incarnation) in about 1924 (Shri Mataji Nirmala Devi was born 21 March 1923). In England, William Blake prophesied very clearly in his poetry the coming age, “when Men of God would become prophets, empowered to make other prophets” (Sahaja Yogis giving realization to the guru Tatwa in others). Many of the places specifically mentioned by Blake have proved to be closely connected with the development of Sahaja Yoga in England, especially the Vale of Lambeth, where the first ashram has been established and other localities connected with the various residences of Shri Mataji.

Among all the ancient writers of astrological prediction, the greatest master is Brigu Rishi who lived more than 2000 years ago. His two great treatises *Brigu Samhita* and *Nadi Granth* written on leaves of lotus palm, describe respectively the horoscope of man according to the combination and permutations of stars at his birth, and the future world events of spiritual significance. At the present time when so many are seeking the New Age and so many self-certified teachers and masters are floating enterprises of all kinds to attract the seekers; it would help if we tallied the description given in ancient prophecies against the modern reality. Thus we should be able to recognize the incarnation described by our Lord as the Redeemer, the Counsellor and Comforter who will instruct in all things concerning sin and judgement. Many have predicted that this incarnation will be an expression of the feminine principle, the Holy Spirit of Adi Shakti of Indian Tradition.

These ancient writing are replete with proofs of the advent of Shri Mataji as the saviour of modern times. Her person her teachings and the Nirmala Vidya which she teaches are the fulfillment of these prophecies. The clearest of these indications are contained in Brigu's *Nadi Granth*, Which was edited with Marathi commentary by another

sage, Bujander, about 300 years ago.

According to the *Nadi Granth*, it is stated that in 1970 a new transformation in human consciousness will commence (the Sanskrit word is Manvantar). The Vaivastav (period preceding Kali Yuga) and Kali Yuga itself will end. Then man will rule with his Supreme Power (It means, with his Spirit). After the death of a Yogi in 1922 (Venkataswami) a great Maha Yogi will take birth. This Maha Yogi will be an incarnation of the Holy Ghost and will embody all the divine powers of God (Parabrahma) that is She will be the one that controls the divine power. That Yogi will have the shakti of doing or not doing (kartrum akartrum shakti). In previous ages, seekers of truth had to take to devotion (bhakti), knowledge (gyana), Patanjali Yoga and all such different methods and disciplines in order to achieve the joy of moksha. Thus they could achieve fulfillment of their heartfelt duty of life (itikartavya) and thus get their heart's meaning. In those days one had to undergo a very severe type of penance in order to awaken the sleeping spiritual energy of Kundalini and to make it ascend through the different subtle centres. But, by the grace of the unprecedented method introduced by the Maha Yogi, the seekers will be able to achieve the joy of moksha in their own lifetime, spontaneously, and they will be able to see the rising of the Kundalini (in Bujandar's Marathi commentary the phrase is "hytasa desi, hyatsa dola"). There will be no need to give up the body by living samadhi (a method adopted of shutting oneself in a cave and dying there while in meditation). But by the capacity of the yoga, one will even be able to achieve victory over death. There will be neither need to leave the body, nor to think of your rebirth. The realized soul through this yoga will not have to worry about food, clothing or shelter. Diseases and mental sickness will be completely destroyed and such people will not need the institutions known as hospitals anymore. They will have a power to develop a subtle body, and other powers....

Everyone of these predictions is fulfilled in the life work of Shri Mataji Nirmala Devi. She was born at the geographical centre of India in the hill station known as Chindawada, exactly at noon on the 21st of March 1923, the day of spring Equinox when day and night are equal.

On May 5th, 1970 Shri Mataji introduced the method of Sahaja Yoga by which realization is achieved effortlessly and without any penances or fasting, let alone living death, on the part of the seeker. The spirit manifests as the witness and man conquers his appetite through detachment.

Thousands have seen the rising of the Kundalini and the pulsation in different chakras when Shri Mataji awakens the secret power of the seven centres.

C. J. Jung spoke of a collective unconscious common to all mankind which he himself had glimpsed through his own dreams and insights and those of his patients. He also knew and taught that this collective realm is only to be attained by a maturing process of self-realization, casting of illusion and imaginings which hide the collective reality and hinder its realization into collective consciousness, with the dawning of a new awareness.

Sahaja Yogis know that this described how the Kundalini herself records her own history and carries the scars of our self-inflicted injuries. All this knowledge becomes as an open book after self-realization and aids the recovery of the subject.

It is true also that as one establishes one's realization by giving to others, so also material problems of income, good and shelter are miraculously solved. This we have seen and experienced. It is a fact.

This awareness balances, neutralizes and heals human problems and relates humanity to the Divine. It can only be achieved through Kundalini awakening not by discussing, intellectualizing or philosophizing. It is a spontaneous, living happening which takes place without any effort on the part of the individual. All that is needed is a sincere desire.

The vibratory knowledge is absolute knowledge. Shri Mataji herself never consults any books, but radiates innate knowledge on every subject with astonishing insight and understanding. Shri Mataji Nirmala Devi's Sahaja Yoga is beyond rationality - it is like the sprouting of a seed into a big tree - you cannot explain it. Now you

have to proclaim that this is the fulfillment of the ancient prophecies. This is the Revelation and Testament of modern times.

This is the advent of the New Age of Truth. Let us forget whatever hardships we have suffered in our search in the past. It does not matter if some could not find it before. We have to open our minds and understand that though the discovery is unprecedented it does not make any seeker or predecessor small. If some experiments are made it does not matter if ultimately we have found out the way. It is a collective achievement. Perhaps in the chaos of modern times it was to happen and many who have been earnestly searching it in many lives are reborn to have their promises fulfilled by the Divine. May be we were our predecessors. The seeker has now to confront himself honestly, to challenge his conditioning and with the strength of truth to break away from the past to find fulfillment of his spirit.

Sahaja also implies that it is inborn, we all have the same potential to become the spirit and now the time has come to transform this potential into a living reality. It is a direct and pragmatic approach. It rejects any kind of games or power trips. It denounces rigidity, fanaticism, asceticism or any 'ism'. Each individual must respect himself and earn his own living, never be a parasite on others or society. Marriage is a sacred institution, necessary for both individual growth and as the foundation of the society. Children born of spiritual parents will be the great souls of the golden age. The Mother has prepared the feast for Her children and we are to enjoy it and celebrate.

All the great incarnations are respected and their essence respected. However, a rigid adherence to a particular one eclipses the integrated understanding of the Divine. Each incarnation illuminated a certain aspect of the Divine and added a stepping stone for human ascent. Hence to hold on to one or other stepping stone is to live on an isolated island. The Divine can only be experienced in collective consciousness and there is no room for individual notions or sects, creeds or ego.

In answer to man's prayer this great opportunity has come to know the self. Now no books need be mastered, no sermons need be



learnt, no alms need be given, no mountains need be scaled, no initiations need be taken. It is all simply Sahaja Yours spontaneously. The fruition time has come and Mother gives it to all Her children with love, joy and compassion...

Holy Spirit will come upon thee  
and the power of the most High  
will enlighten thee'.

## ***HOW TO SEEK THE TRUTH***

At the very outset we have to understand that we cannot create truth, we cannot organize truth. Truth is, was and will be. We cannot cheat truth. We have to reach that point to receive it. It is not a mental achievement. It is not a concept, we cannot change it. Sahaja Yoga establishes the proof of truth and enables you to experience it. Where the seekers of truth are misled the results have been disastrous.

*- Shri Mataji*

Most psychic, spiritual and supraconscious groups are like drugs. They entice and entrap the seekers. They are insidious. Their dangers are not apparent until it is too late.

Everything that is transient is not necessarily Truth. Not all powers contribute a righteous path. Visions, voices, astral projection, auras, levitation, predictions, communications with the dead and Hatha Yoga are all possible but they do not lead to Truth. They empower us temporarily. They make our ego believe that we are special. But all these powers soon sour, cause illness, distress and depression. They are clear invitations for spirit possession. They are detours that confuse, if not destroy, our true seeking. Some groups are after our money. Others are after our spirit. Others, simply want to take us to hell with them.

When choosing a guru or seeking groups ask the following questions :

1. Is money taken at any time ? The Truth cannot be owned, nor can it be bought or sold.

2. Does the teacher use pressure techniques like salesmen? One should know the value of their path by one's own conviction, not by the number of books read, classes attended, or pledges made. Truth is not dependent upon salesmanship.

3. Do we, ourself, feel the effect of the technique? Do not be satisfied by the vague promise that we will be in an 'inner circle' at some time in the future.

4. Do they clothe the followers in unusual dress, seat in strange postures, or submit one to wild changing? The Truth is not something that has to be attained through strenuous efforts. It is the purity of our desire that counts, not the harshness of their tests.

5. Is this a balanced path similar to that followed by the sages, yogis and great men of the past, or will it lead to frightening experience of a subconscious or supraconscious nature?

6. Are the members of the organization, including the guru or leader, people one can trust? Are we comfortable with them? Do they display love and joy? Is their warmth genuine? Is the value of what they are teaching evident in their eyes?

7. Is there a freedom of choice to leave or continue? Follow the heart, not the ego. If there are fears or misgivings, give them heed. If in doubt and under duress, leave. Do not be bullied.

8. Is there a way to verify how the system works. Whatever phenomenon occurs, the working of its principle should be ascertainable.

Yes, life has its woes, its ups and downs. There is misery, suffering and repulsion. But if we also become miserable then only misery is perpetuated. Let us not fall into the vicious circle of Les Miserable. Let us diffuse the misery with our positivity. When there are dark clouds let us look for the silver lining. When we see the mire let us look at the lotuses. Let us delight in the sweet plays of a loving Motherly power, who is eternally full of love and compassion for her children. Who tenderly leads and bestows self- realization. Life is God's gift. It is a path to abide with him. Let us embark on the path lending each other a hand, then we will not miss the signs at the cross roads. The blind could see with the eyes of the mute and the deaf could hear with the ears of the blind. By sharing our gifts the journey will become shorter!

Thank You Mother

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You cannot know the meaning of your life until you are connected to the power that created you.

**H.H. SHRI MATAJI NIRMALA DEVI**  
**Founder of "SAHAJA YOGA"**

On 5th May 1970 Shri Mataji Nirmala Devi introduced a unique Method of inner transformation called Sahaja Yoga. Within the following years Sahaja Yoga Grew dramatically and transformed the lives of thousands all over the World. The Ascent is a sequel that records the process of that transforming force and how each individual can ascend to his own Ultimate Collective Being.



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